The late GEORGE WILSON as we like to remember him. Here seen training for the World Veterans Games in the 1970's. Former VMC Treasurer and a fine all-round sportsman. Died Dec. 12, 1989
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: VMC 598 High Street, E. KEW 3102.

REGULAR 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 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 Tel (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 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 swoppable 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 22,24 only, at special price of $5.
19(Sun)RICHMOND AC "CUBITT CLASSIC" 10M, Bartlett Res, BURNLEY, 8.00am (Map 45 B12)
22(Wed)10km TWO BRIDGES, 6.30pm Alexandra Ave BBQ's (Map 44 B12) $2 & $4; 2k-$1.
MAR 19(Sun)12k & 4k "FALLEN COMRADES", DOMAIN 8.00am (Map 43 K10) $2 & $4; 4k-$1.
27(Mon)VIC 16km EASTERN CHAMPIONSHIP Latrobe Uni 9.00am. $4 & $6.
3.1km Parent & Child 11.00am, $1 each. (Map 19 H 7)
APR 9(Sun)20km & 5km, ALBERT PARK, 9am, $3 & $5; 5k-$2. (Map 57 J 3).Refreshment.
19(Wed)VIC ANNUAL GENERAL MEETING, WALKERS CLUB ROOMS, ALBERT PARK, 8.00pm.
25(Mon)15km & 5km, ALBERT PARK, 9am, $3 & $5; 5k-$2. (Map 57 J 3).Refreshment.
MAY 14(Sun)10km & 5km, Pre-Marathon TUNE-UP, PRINCES PARK, 9am (Map 29 G12)
28(Sun)"RUNNERS WORLD" MARATHON, FISH BEND, 10am (Map 56 H2) Entries by MAY 14.
$6 Members, $8 Non-Members. After MAY 14 late fee $16! 10k-$3, enter on day!
JUN 11(Sun)"DAVID WARD" HALF-MARATHON, BURNLEY, 9am (Map 45 B12) Entries by MAY 28.
$4 Members, $6 Non-Members. After MAY 28 late fee $12! Refreshments.
17(Sat)50 Miles AUSTRALIAN TRACK CHAMPIONSHIP, BOX HILL (Map 47 C7) Early entry!!
18(Sun)50 Miles ROAD CHAMPIONSHIP, PRINCES PARK (Map 29 G12) Early Entry! 288 9739
24(Sat)VIC 25k Incl. VICTORIAN CHAMPIONSHIP, Werribee S. (209 G11) $5 & $7; 5k-$2.
JUL 16(Sun)VIC "SPORTSCRAFT QUEEN OF THE LAKE" WOMEN'S 10km, 9.00am, ALBERT PARK (Map 57 J3)
Entries by July 2. $4 members, $6 non-members. After JLY 2nd, Late Fee $10.
NOTE: Use Race Entry Forms ONLY for Early Entries listed above!
All other race fixtures Entries on Day, 30 mins prior listed Starting Time!
FURMS ARE NOT AVAILABLE.
Below are the races requiring Pre-Entry: (Check for more details on Fixture List)
MAY 28(Sun)VIC "RUNNERS WORLD" MARATHON, FISHERMENS BEND, 10am.
JUN 11(Sun)VIC "DAVID WARD FINANCIAL SERVICES" HALF-MARATHON, BURNLEY, 9am.
JUN 17(Sat)VIC "HI-TEC SPORTS" 50 MILES TRACK AUSTRALIAN CHAMPIONSHIP, BOX HILL.
JUN 19(Sun)VIC "HI-TEC SPORTS" 50 MILES ROAD CHAMPIONSHIP, PRINCES PARK.
JUL 16(Sun)VIC "SPORTSCRAFT QUEEN OF THE LAKE" WOMEN'S 10km, ALBERT PARK, 9.am.
AUG 27(Sun)VIC "COAST ROAD CHALLENGE" 32.2km BRIGHTON BATHS, 8am.
THERE WILL BE SPECIAL ENTRY FORMS ALSO AVAILABLE FOR MEMBERS AND NON-MEMBERS for ALL
the races listed above, which will list in more detail times and conditions as well as prizes in these major VIC events.
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---
DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the VICTORIAN MARATHON CLUB & ROAD RUNNERS event named on this Entry Form, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.

2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes but is not limited to Commonwealth and State Departments and Instrumentalities, medical and paramedical practitioners and personnel, and shall so operate whether or not the loss, injury or damage is attributable to the act or neglect of any or more of them.

3. I have read the rules and conditions of the event as stated in the declaration above and upon literature and other material distributed in connection with the event and agree to abide by them.

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

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

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

(*Complete if applicable)
Although this is 1989, the report covers our financial year of 1988, and there has been a fall-off in membership numbers - 15.6% (547 down from 648) - although participation slid by less than half that - 7.8% (3055 down from 3314) compared to 1987. It is no consolation to point to a general trend of this happening across the whole spectrum of the adult running scene, rather should it lead to an examination whether we are properly promoting and servicing one of the simplest and healthiest leisure pursuits not just to the community but primarily to ourselves.

Going beyond just running, taking part in sport is very much something we want to do for ourselves as individuals, but to achieve success in lone endeavour is far more arduous than joined in this pursuit with others. To be a sport it requires the participation of many people in groups for greater enthusiasm and enjoyment as well as encouragement for common achievement, the individual makes more progress if there is a feeling of support. It is an experience most of us go through in our sport. In the running environment we find that training together in groups, or even just in twos and threes, gives us a lift in our personal approach to being involved. Whether that occurs only once or twice a week or more often is largely a question of convenience and does not pre-suppose that every person in the group needs to neglect more specific training needs of his/her own.

How well we do and how effective our conduct of our sport is in our achievement of personal goals depends almost entirely on the efficiency of our organisation, our awareness of the need to maintain the basic functions which help it to deliver the goods for us personally. These basic functions are almost like a pyramid: The various runners, men and women, boys and girls; mutual support training groups; local clubs; district or state associations up towards national and international level.

The VMC, that is all its members, needs to have a good look where we can make our activities more meaningful to the many people who take part in our runs, yet are reluctant to join in the organisation. One of the most obvious shortcomings is our inability to establish local training groups particularly for women where this task is vital for self-protection. With the existence of established local clubs, many of them numerically small, we should be looking at joint efforts which would be of benefit for both, the local club and the VMC, and for the community at large.

There are a number of work places who encourage employees and executives to take part in fitness runs such as ours, in the past several clubs have utilised our fixtures to conduct Club Championships or trials, which at the same time also gives their runners the advantage of a reasonably sized field as competitive support. It is up to our members to publicise and encourage participation such as this. If you find the type of program we pursue, and 547 members and 3000 plus participants must find some satisfaction, go out and let others know what you are doing. Most of us started out simply because someone asked us to: 'have a go and see if you'll like it.'
V.M.C. NEWSLETTER is published for the information of members of the VIC- TORIAN 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*

**VICTORIAN VENUES**

**Melway Ref. Map**

OLYMPIC PARK: Swan St & Batman Av, Trams Princes Bridge, Trains Richmond 44 B 11

TWICE BRIDGES: Alexandra Av, opp. Botanic Gardens, near Morell Bridge 44 B 12

ALBERT PARK: Robinson Hall (Walkers) rear Basketball Stad., facing lake 57 J 3

PRINCES PARK: Walker St. Pavilion, near Carlton Fq, Royal Pde, trams pass 29 G 12


POINT LEO: Red Hill Tennis Club, Red Hill–Pt.Leo Rd 190 J 4

FISHERMEN’S BEND COM. YOUTH CENTRE: Opp. Bus Terminus & Shops, GARDEN CITY 56 H 2

DOMAINT: Birdwood Av, rear Shrine of Remembrance, 1.5km up St.Kilda Rd 43 K 12

LATROBE UNIV: Car Park 6, off Ring Road, 500m east Waterdale Rd entrance 19 H 7

WERRIBEE St: Price Reserve Map 209 G 11 /South of St. Mary’s RC School 201 H 10

WESTERFOLDS PARK: Porter St, T’STOWE 33 E 1/2 \ BUNDOORA PARK: Plenty Road 19 F 4

BRIMBANK PARK: South of Keilor Park, enter from Calder H’way/Cemetery Rd 15 B 8

DEVLIN BEND RESERVOIR: Graydens Rd, MOOROOPNA 152 J 3

COBURG TRACK: Outlook Rd, off Murray Rd, rear Basketball Stadium 18 A 10

COLLINGWOOD TR: Heidelberg Rd, CLIFTON HILL; Crosscountry Course opposite 30 G 12

DONCASTER TR: George St. 33 J 11 \ BOX HILL TR: Elgar Rd/Barwon St 47 C 7

CROYDON TR: Norton Rd 50 K 4 \ NUNAWADING TR: Burwood H’way, E.B’WOOD 62 B 7

MURRUMBEENA TRACK: North & M’beena Rds 68 K 9 \ MENTONE TRACK: Second St 87 B 7

FRANKSTON TR: Ballam Park 103 B 4 \ SANDRINGHAM TR: Thomas St, HAMPTON 76 K 6

SPRINGVALE TR: Ross Res. NOBLE PARK 80 E 12 \ KNOX TR: Rushdale St, SCOREBY 73 D 7

ABERFELDIE TR: Corio St. ESSENDON 28 D 6 \ 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.
A TRIBUTE TO THE LATE GEORGE WILSON.

The cheerful countenance of GEORGE WILSON is no longer with us but most of us recall fondly the solid short figure doggedly pacing along in the field and looking to enjoying every moment of it. George served as Treasurer of the VMC for some time and often lent a hand at organising our runs. When he finally retired from work, he also put in a day a week at our VMC office to help with the 101 routine tasks that are the lot of every larger sports organisation.

Brian Lenton’s classic record "DISTANCE RUNNING IN AUSTRALIA" provides some quotes from among the 100 or so picked from a cross section of distance running names around Australia: GEORGE WILSON, Born 13th March 1912, Place Richmond(Vic), Height 5’ 6”, Weight 156 lbs (70.76kg), Occupation Clerk.

cricket for 28 years with Eastern Suburban Churches and a spell with Camberwell sub-district, squash with South Yarra Club for 16 years, did not enter athletics until 1968, aged 56....in his second season reached a stage of general fitness to be one of only four Victorians to complete all 4 marathons conducted in Victoria in 1969 - Traralgon, VMC, VAAA and Ballarat...."

"Retired from Commonwealth Public Service in 1972 at age 60, after 38 years continuous service (except for 6 years with the forces in WW2)... went to stay a year overseas in 1973, based in London ... participated in veterans events there, Cologne, Isle of Man... attended Commonwealth Games in Christchurch 1974, Montreal Olympics 1976...."

"Most memorable races were Traralgon Marathon 1969, World Veterans Marathon in Germany 1972 and the 25km held at Douglas on the Isle of Man which is set in the middle of the Irish Sea. By coincidence all these events were marred by pouring rain throughout...at Traralgon only 14 of 34 starters completed the course in near Arctic conditions... in Cologne, Germany, over 450 competitors from 23 countries lined up... 428 finished the course... Arthur Welsham(England) in 2:24:59 beat H. Muller(Germany) by a bare 8 seconds..."

"Another large field of over 500, again from 23 countries, faced the starter, or perhaps it would be more correct to say 'should have' for the Isle of Man event as an estimated 100 competitors were still sheltering under the grandstand from the pouring rain and gale force winds when the starters gun punctured the air some 200 yards down the road. The organisers would not accept any blame for this, claiming that experienced runners should know that if a race was billed to begin at 10.00am (it actually began at 10.01) then everyone should have been on the line. However there was some poor organisation and the competitors had travelled long distances with a large tram from Japan. In the first place, although the circuit on part of the motor cycle Tourist Trophy course was advertised as anti-clockwise, in deference to runners from the continent it was altered to clock-wise the evening before. The next mix-up then was the start and that it would be in front of the grandstand with warnings given each 5 minutes from 9.45am. However, it did not start from the advertised place and no-one could be found who had heard any warnings..." (The Isle of Man IS after all in the Irish Sea !)

An interview with FREDA WILSON, who had enjoyed her travels with George very much, revealed that in the last few years Arthritis in the knees increasingly bothered him and stopped his running, so George took up exercises with weights and a stationary bike to maintain pretty good fitness. However, minor ailments increased with age until George suffered a stroke late in 1988 which led to his passing away on the 12th of December 1988. In his younger days, George had played Saxophone and Clarinet in various bands as a Traditional Jazz afficianado and built up a great collection of records over time. He was always active in club affairs, one activity was the 29ers founded by the Melbourne Cricket Club to encourage older players.

To conclude with a story George was fond of: One of the slower runners in the Boston Marathon was asked in the closing stages if the traffic upset him. He replied: "No, I don't mind the traffic, the only upsetting thing was seeing a newsboy on a corner at the 15 mile mark with the winner's name in the headlines !"

Running had been good to George Wilson.
VMC NEWSLETTER AUTUMN 1989 MARCH VOL.21 No. 1

VMC 12km TWO BRIDGES, 16-11-1988, Cool, overcast. 36 Starters.

01. GRAEME SMITH 32 39:52 12. LAWRENCE GLOVER 34 43:59 23. HARRY WATTS 43 49:34
02. STEPHEN MILLER 27 39:52 13. PHIL LEAR 40 44:02 24. RICHARD TODD 40 49:46
03. PETER MEHMET 28 40:06 14. PETER GRAYLING 32 44:22 25. GRAEME SALTHOUSE 51 50:05
04. ANDREA THOMAS 29 40:24 15. TIA HANSDALE 34 44:33 26. GEORGE TURNER 43 50:36
05. IAN GILBERT 40 41:11 16. DICK DOWLING 38 44:34 27. BILL CONROY 33 51:27
06. TARQUIN OEHRI 37 41:14 17. ALAN IRWIN 47 45:08 28. MICHAEL HAYES 42 53:03
07. RAY POWLEY 32 42:32 18. CHRIS BENN 27 45:35 29. HOWARD GOLDENBERG 42 53:04
08. BRUCE KIRK 25 42:35 19. PERETZ SHAND 17 47:54 30. JOHN CUNNINGHAM 43 54:45
09. PAUL MUNDAY 30 42:46 20. MIKE GRAYLING 32 48:34 31. HELEN vANAGEL 31W 56:27

Race Manager TERRY O'HALLORAN was assisted by FRED LESTER, JOHN BROWN, MIKE WALSH, PETER DOUGAN and MAL COTHER. Thank you all!


01. ANDREW MILLER 29 19:02 02. LAWRENCE GLOVER 34 24:40 03. IAN HANDASYDE 35 31:43
04. TERRY CASSIN 33 25:55 05. IAN NORMAN 33 26:30 06. ANDREW SHERMAN 25 31:57
07. NICK HUNTER 27 27:35 08. PETER ROWE 34 27:49 09. JOHN BROWN 35 32:11
16. MARK EDWARDS 30 30:02 17. STEVE LAWES 31 30:08 18. LAWRENCE GLOVER 34 33:34
22. GRAEME SALTHOUSE 51 35:33 23. HARRY WATTS 43 36:48 24. RICHARD TODD 40 38:04
28. GRAEME SALTHOUSE 51 40:08 29. HARRY WATTS 43 40:36 30. RUSSELL BROWN 35 41:04
31. RUSSELL BROWN 35 41:32 32. RAY POWLEY 32 41:55 33. RUSSELL BROWN 35 42:18
34. RUSSELL BROWN 35 42:42 35. RUSSELL BROWN 35 42:55 36. RUSSELL BROWN 35 43:08
37. RUSSELL BROWN 35 43:21 38. RUSSELL BROWN 35 43:34 39. RUSSELL BROWN 35 43:47
40. RUSSELL BROWN 35 43:59 41. RUSSELL BROWN 35 44:11 42. RUSSELL BROWN 35 44:24
43. RUSSELL BROWN 35 44:36 44. RUSSELL BROWN 35 44:49 45. RUSSELL BROWN 35 45:01
52. RUSSELL BROWN 35 45:85 53. RUSSELL BROWN 35 45:97 54. RUSSELL BROWN 35 46:09
55. RUSSELL BROWN 35 46:21 56. RUSSELL BROWN 35 46:33 57. RUSSELL BROWN 35 46:45
58. RUSSELL BROWN 35 46:57 59. RUSSELL BROWN 35 47:09 60. RUSSELL BROWN 35 47:21
61. RUSSELL BROWN 35 47:33

Race Manager DOTT BROWNE was assisted by LEE HARVEY, DUNCAN CROCKETT, JOHN BROWN, BOB ROLLS, TERRY HARRISON, FRED LESTER & MAL COTHER. Thank you all.

Several footballers, on the advice of their coach, took advantage of the availability of our runs to test their fitness. Depending on the position they play in for the team, a rate of 4:00 to 4:30 minutes per km over a distance of up to 10km is a reasonable achievement for a tall and solidly built man, to do much better than that would probably be done at the expense of enough weight to absorb the buffeting in their game.

DAVID WARD EZ FUN RUN joint Race Managers FRED LESTER & JIM GOKK were assisted by MAL BROWNE, PETER SELIG, JIM HOPKINS, PETER SLATTERY, PETER BLACK, PETER NELSON, PETER LOGAN, KEN SENIOR, JOHN BROWN, MICK WHITELAK and a number of public spirited youngsters offering drinks to the runners on each lap. Thnk you for keeping up the EZ tradition!

There was a slight problem in sorting out several placings as the rush of finishers and their order of listing got somewhat muddled. However, with some patience such things were okay in the end and the ones who weren't too much in a hurry to get away scored several T-shirts at the presentation.
"DAVID WARD" EMIL ZATOPEK FUN RUN, 10km, 18-12-1988, PRINCES PARK. Cloudy, humid. 196 Starters.

01. IAN GAINES 36 W/C 32:01 31. JOE PAGNONE 25 37:52 61. RAY BASSETT 41 41:07
02. JOHN DUNN 36 32:21 32. PETER BOULTON 27 38:04 62. MIKE GRAYLING 32 41:08
03. JIM CHAPPLE 39 32:39 33. CARY FLORES 35 38:18 63. BILL KWON 30 41:10
04. LEW HARRISON 39 32:45 34. GERRY ENTWISTLE 34 38:22 64. JOAN LOGAN 32W 41:14
05. GRAEME SMITH 32 32:56 35. TONY V. ENGELEN 41 38:28 65. TERRY LEDWITH 21 41:15
06. CRAIG WARD 32 33:17 36. GREG LOVEJOY 46 38:32 66. GRAHAM WRIGHT 40 41:21
07. JOHN PHILPOTT 40 33:30 37. GREG HALL 36 38:40 67. JOHN MORRIS 47 41:27
08. RICHARD MOORE 21 33:33 38. KEVIN JOHNSON 27 38:46 68. COL JEREMIAH 44 41:29
09. PETER MARSH 23 33:47 39. TONY ABATE 25 39:10 69. BARRY MAHON 51 41:36
10. KEN KRITZ 23 34:11 40. GLENN McBURNEY 31 39:13 70. GERRY RILEY 58 41:40
11. MIKE LITTLE 41 W/C 35:30 41. HERB BETAR 42 39:15 71. SIMON EVANS 28 41:44
12. STEVE STERN 30 35:34 42. FRANK FURLAN 49 39:25 72. HARRY WATTS 43 41:48
13. TOM KERR 44 35:40 43. RICHARD SIMON 27 39:28 73. DARREN BOWRE 48 41:52
14. PETER RACE 28 35:57 44. MAL WELINGTON 27 39:33 74. DENIS KNIGHT 19 42:07
15. JAMES McARTHUR 29 36:02 45. CLIVE THOMPSON 34 39:37 75. LAURIE FAULKNER 46 42:13
16. MARK GRAY 26 36:16 46. RAY HEFFERNAN 27 39:49 76. SEAN PORTER 27 42:28
17. JOHN WILLIAMS 36 36:23 47. RALPH McGUIRE 36 39:56 77. SEAN PORTER 27 42:28
18. PHIL REBAKIS 35 36:29 48. CRAIG CROUCH 19 40:03 78. PETER QUINN 39 42:29
19. COLIN PAGE 34 36:36 49. KEVIN CASSIDY 28 40:05 79. JOHN MAHER 38 42:31
20. TONY ALLEN 34 36:46 50. ALAN BALLARD 42 40:10 80. JANET HAYES 33W 42:32
22. GEOFF WHEELER 32 36:48 52. PAUL FAILLA 28 40:18 82. KEN MOORE 49 42:44
23. JEFF BOULTON 32 36:51 53. CHRIS FOLEY 26 40:24 83. JIM WARREN 32W 42:47
24. GREG BROWN 28 36:58 54. DENIS WATSON 43 40:34 84. MARIEANNE McGHANI 28W 42:49
25. QUINCEY FLORES 27 36:59 55. TONY MAQUEDA 27 40:47 85. TONY MAQUEDA 28W 42:49
26. LAWRENCE GLOVER 34 37:22 56. KEN MARINO 57 40:45 86. MARC ZEHNTNER 47 43:01
27. MITCHELL THOMPSON 31 37:24 57. TREVOR WESTERMAN 42 40:50 87. LES SPENCER 53 43:04
28. PETER COLES 26 37:33 58. PETER MORRIS 44 40:58 88. KEVIN KEANEY 18 43:10
29. JOHN PEARSON 21 37:35 59. JIM DONOCHUE 34 41:04 89. ANDREW PRIOR 20 43:13
30. MICHAEL BISHOP 17 37:36 60. JOHN BUCKINGHAN 43 41:04 90. MARG RUSSELL 45W 43:16

From here on, places and times ceased to match accurately.
"BP BITUMEN" EMIL ZATOPEK TROPHY 10,000m V.M.C. CHAMPIONSHIP.

"A" 15-12-88. Warm, 28o, 31% humidity. 17 Entries, 14 Starters.
1 JAMIE HARRISON, N 31 28:42.55 8 MICHAEL INWOOD, Q 22 29:55.30
2 DARREN WILSON 20 28:45.11 9 MERVYN JOHNSTONE 21 30:02.23
3 ADAM HOLT 25 28:47.10 10 DAVE HARRISON, NZ 28 30:07.83
4 GERARD BARRETT, Q 31 28:49.44 11 DEAN GIBLIN, T 23 30:13.20
5 STEVE POULTON, N 31 29:32.12 12 DIZZY LYNCH 34 30:15.36
6 JOHN BOWDEN, NZ 32 29:39.93 13 DENNIS BOYLE ? 31:17.08
7 RUSSELL FOLEY, T 28 29:43.81 14 RICK WRIGHT 26 31:28.22

"B" 14-12-88. Warm, 26o, 40% humidity. 25 Entries, 19 Starters.
1 ROB NEYLON 30 30:27.29 9 BRIAN SIMMONS 31 32:09
2 KEN PENNEY, UK 25 30:30 PB 10 TONY DIDONATO 31 32:09
3 TONY McMAHON 24 30:32 PB 11 GEORGE EDMOND 36 32:20
4 DAMIEN COOK 34 30:45 12 NEIL RYAN 46 32:26
5 DAVE STER, TAS 22 30:46 PB 13 ALLAN KNOWLES 25 32:58
6 JOHN TUCKY, ACT 28 31:25 14 JOHN OLIVER, TAS 20 33:00
7 PETER GAFFNEY 34 31:32 15 DAVID GIBNEY 24 33:53
8 MICHAEL BEECH 36 31:45

"C" 13-12-88. Mild, humid, 22o. 28 Entries, 23 Starters.
1 PETER COX 31 31:28 PB 12 TONY RENDINA 41 33:40 PB
2 LEW HARVEY 39 32:02 PB 13 ROB SUTTON 27 33:57 PB
3 LAURIE CLARKE 29 32:05 PB 14 LAWRENCE MALONE 37 34:02
4 DON NICHOLSON 28 32:14 PB 15 ANTHONY WALLACE 17 34:03 PB
5 STEPHEN MULHOLLAND 30 32:38 PB 16 STEPHEN STERN 34 34:15
6 DARREN RIVIERE 24 32:41 PB 17 BERNIE RITZER 42 35:12 PB
7 ANDREW POTOCNIK 25 32:47 PB 18 PETER BETHERAS 49 35:25
8 FORTY MEHMET 27 32:55 PB 19 PETER MOORE 40 35:32
9 MARK CONNOLLY 38 32:59 20 STEVE BROWN 28 35:38
10 MORGAN TUCKER 27 33:08 21 ROB JAMIESON 38 36:22
11 STEVEN WILSON 23 33:23 PB 22 WARRICK ERWIN 27 37:18

"D" 14-12-88. Warm, 28o, 38% humidity, 30 Entries, 27 Starters.
1 GERRY SURRIDGE 28 34:07 12 LAWRENCE GLOVER 34 36:50
2 WILL DONALD 28 34:28 PB 13 KEN SENIOR 42 37:05
3 LAURIE MCCARTHY 29 34:31 14 MARK RITTER 29 35:27
4 MARK RITTER 29 35:27 15 MICHAEL GUSTUS 33 35:55
5 JAMES STRATTYN 29 35:27 16 STEPHEN REID 34 36:40
6 ROBERT ANDREW 29 35:27 17 ROB BURRELL 41 36:49
7 ROBERT HENDERSON 42 35:11 18 STEPHEN REID 20 38:09
8 MARK CONNOLLY 38 35:59 19 BERNIE RITZER 42 38:35
9 MARK CONNOLLY 38 35:59 20 STEVE BROWN 28 38:38
10 BOB FOWLER 34 36:38 21 ROB JAMIESON 38 39:22
11 BRIAN CASSIN 43 36:43

"E" 13-12-88. Mild, humid, 22o. 28 Entries, 23 Starters.
1 GARY SIMMONDS 41 37:02 12 TONY RENDINA 41 33:40 PB
2 ROB COWLEY 34 37:18 PB 13 ROB SUTTON 27 33:57 PB
3 JOHN WAITE 48 37:20 14 RICHARD TOTD 40 39:54
4 GEOFF HOOK 44 37:21 15 RICHARD TOTD 40 39:54
5 MARTIN FILLING 28 37:25 16 STEPHEN STERN 34 34:15
6 DOUG PETROFF 47 37:58 17 BOB BURRELL 41 36:49
7 MERVYN WEAVERS 34 37:58 18 STEVE BROWN 28 35:38
8 ROBBIE MOORE 17 41:05 PB 19 PETER MOORE 40 35:32
9 DENNIS BOWERS 54 36:32 20 NATHAN TILLEY 17 39:21 PB
10 BOB FOWLER 34 36:38 21 ROBERT FUGA 45 40:06
11 BRIAN CASSIN 43 36:43

"F" 12-12-88. Mild, 17o, 54% humidity, 22 Entries, 19 Starters.
1 PHILIP MARRIOTT 33 36:26 PB 9 VIN O'BRIEN 60 38:43
2 LAURIE EDMONDSTONE 44 37:00 10 IAN U'REN 37 39:06
3 GARY SIMMONDS 41 37:02 11 RON YOUNG 57 39:18
4 ROB COWLEY 34 37:18 PB 12 SYD BONE 31 39:21
5 JOHN WAITE 48 37:20 13 IAN PIGGIN 44 39:44
6 N/A 47 37:44 14 SAM MILLET 54 39:50
7 ROBERT HENDERSON 42 37:59 15 MICK MARSHALL 47 39:52
8 DOUG PETROFF 47 37:58 16 JIM DUGGAN 46 41:35

"G" Monday 12th. Mild, 17o, 50% humidity, 18 Entries, 13 Starters.
1 ANDREW MOORE 38 37:37 PB 8 RICHARD TODD 40 39:54
2 GORDON STEPHEN 35 37:43 9 TERRY MCCABE 39 40:10 PB
3 ROBERT ANDREW 29 38:02 PB 10 PETER BLACK 43 40:26
4 CLIVE THOMSON 34 38:52 PB 11 RYAN COOK 40 40:40
5 GEOFF HOOK 44 39:21 12 TERRY DAVIDSON 50 41:12
6 MARTIN FILLING 28 39:25 PB 13 DUNCAN CROCKETT 47 41:22
7 GRAEME SALTSOUTH 51 39:51 14 PETER NELSON 48 41:55
8 GRAHAM STOCKDALE 46 d.n.f. 1 lap short 37:42
"PIONEER CONCRETE" EMIL ZATOPEK EVENTS.

"W2"10,000m,12-12-88. Warm,sunny,20o,45% hum.13 Entries, 11 Starters.

1 TANIA WARRICK 20 36:45 PB 7 JEAN ALBURY 59 41:36
2 KAREN MOIR 22 32:40 PB 8 PAULINE WILSON 37 44:34
3 PATTIE GALVIN 31 39:08 9 SUE DAVIDSON 48 44:37 PB
4 ROZ STEPHENS-WALKER 25 39:41 PB 10 GLENYS PILLING 25 44:50
5 MICHELLE OWNSWORTH 17 40:16 11 SHIRLEY YOUNG 58 47:16
6 JAN BRIMACOMBE 37 40:56

"W1" 15-12-1988. AUSTRALIAN CHAMPIONSHIP. Warm,20o,25% hum.15 Entries,10 Starters.

1 CORAL FARR 26 34:15.46 6 NIKKI CLARK 23 37:41.1 h
2 ELIZABETH ROSE, NSW 25 34:42.71 7 LAVINIA PETRIE 45 39:02.7 h
3 ANNETTE DYWER, NSW 28 35:00.13 8 COLEEN BEST 17 39:43.8 h
4 SUE MAHONY, NSW 23 35:09.10 9 JOANNE CHAPMAN 23 40:35.3 h
5 JULIE MCKIE 28 37:24.1 h h = figures in tenth seconds,hand timing

3000m WALK "A.I.S. MALINOWSKI CUP", 7 Entries, 4 Starters.

1 PAUL WILSON 21 8:56.9 h 3 GRAEME OLSEN 9:11.9 h
2 TIM READWIN 21 9:06.9 h 4 SHANE GEORGE,QLD 9:26.0 h

3000m u.20 Men."ROBERT deCASTELLA" Trophy, 24 Entries, 23 Starters.

1 JULIAN PAYNTER 18 8:15.21 12 ROD DE HIGHDEN 19 8:31.80
2 BRUCE JONES, Q 19 8:16.24 13 BILL GRAAFSMAN 19 8:32.71
3 ROHAN PERROTT 19 8:16.37 14 GROFF BURKELY, N 19 8:36.39
4 ALEX DAVEY 18 8:17.30 15 GRAHAM GLASSFORD 19 8:38.02
5 DEAN ROSE, T 18 8:18.23 16 STEVEN DEWHURST 19 8:42.22
6 SIMON DAY 19 8:18.82 17 PAUL DOWIE 19 8:43.60
7 ANTHONY NEAL 18 8:20.47 18 DEAN LIVINGSTONE 19 8:51.25
8 GLENN FRANKLIN 18 8:20.89 19 GABRIEL BOURIS 19 9:01.99
9 ROBERT O'DONNELL 18 8:22.29 20 DAVID TAIJG 18 9:11.75
10 DANIEL PALMER, N 19 8:25.61 21 COLIN GREEN 19 9:23.66
11 GREG COLLIER 19 8:28.77

"WALK SHEPPARD" MASTERS MILE 15-12-1988, 9 Entries, 7 Starters.

1 RAY MURRAY, ACT 41 4:12.56 WR! 4 KEITH MOODY 44 4:49.50
2 JOHN BELL, ACT 42 4:32.10 5 ROBIN YOUNG 40 4:58.68
3 KEITH MAYHEW, NSW 45 4:45.31 6 MIKE HALL 48 5:02.95

3000m WALK INVITATION, 15-12-1988. Men & Women.

1 MIKE HARVEY 26 12:20.6 1 CELIA MASSIE 13:46.1
2 MARK DONahoo 30 12:24.7 2 SHARON SCHNIDER 13:54.0
3 STEVE BEECROFT 17 12:29.6 3 GABRIELLE BLYTHE 13:56
4 JOHN OSTROVSKIS 12:36 4 WENDY MULDOON 14:36
5 GREG ROBERTSON, T 19 12:38 5 HEATHER MCDONALD 14:50
6 MARK THOMAS 12:47 6 MICHELLE HORN 15:42
7 PAUL KENNEDY 13:12 7 NICOLE SANSONETTI 16:09
8 BRIAN TOWERS 13:15
9 DUNCAN KNOX 13:44

DECATHLON Monday 12th & Tuesday 13th

1.STUART ANDREWS 27 10.77/7.16/13.86/1.92/49.5 4008
2.DEAN SMITH 21 10.7/7.15/13.30/1.86/51.3 - 3838
3.JON MORRISON 19 11.2/6.52/11.34/1.71/51.1 - 3343
4.MALCOLM BURT 21 11.7/6.47/10.60/1.80/53.1 - 3174
5.NICK MILANOVIC 25 11.8/6.30/10.82/1.80/54.0 - 3112
6.COLIN COLNESSO 23 11.3/6.69/11.50/1.80/51.1 - 3446
7.ROGER GROPP 24 11.3/6.68/10.27/1.83/53.7 - 3227
8.BOBDAN BABICZUK 36 11.5/6.48/11.02/1.65/55.5 - 3020
9.PHILLIP SPITVEY 27 11.7/6.23/12.70/1.74/57.7 - 3016
10.ANDREW THOMAS 19 11.8/5.78/10.36/1.83/53.0 - 3029
11.GAVIN WILLIAMS 19 12.3/5.51/11.59/1.59/54.5 - 2684

Order of events: Day 1 - 1100m/LJ/SP/HJ/400m ; Day 2 - 110H/DT/PV/JT/1500m
THE 1988 EMIL ZATOPEK SERIES REPORT.

After the qualified success of the past years, and in spite of the obvious lack of media support in the light of other megamedia attractions around the same period and in the same local area, the Combined Organising Committee - VMC, VAA, VAL - planned the 1988 series on much the same lines. It is an unfortunate position that there is only one track of international standard with associated facilities in Melbourne, designed prior to the 1956 Olympic Games (33 years ago) which has since been crowded out by larger and more modern mass sport and entertainment complexes.

We had not reckoned with the position where the National athletics body would bypass the one major distance running fixture in Australia, a main contributor in building strength in that department, in denuding it of the top performers by sending them on an overseas jaunt of little significance. The organisers had even been requested to make the top women's division the 1988/89 Australian Championship, to which we acceded and naturally enough included in our sponsorship package, only to be told 2 months prior to the event that A) the overseas trip was on, and B) the AAU would hold the Women's National Championship in January 1989.

It is in order here to express our sincere thanks to our sponsors: BP BITUMEN, sponsors of the men's 10,000m series and PIONEER CONCRETE, sponsors of the women, masters and junior men's events, for their magnificent support which enabled us to still present a quality packed series for the benefit of Australian Athletics.

After unseasonably wet and miserable weather a week earlier, the week of competition was one of rising temperatures from day to day, the main night being rather oppressive and affecting performances severely. Nevertheless, the minor divisions provided plenty of excitement and keen competition and resulted in many PB's and improved standards from Junior to Veteran levels.

The main night got off to a good start with a Veterans 1 Mile World Record, a brilliant solo performance in oppressive heat by TONY MURRAY from Canberra in the "WALLY SHEPPARD" Masters Mile. The VAL sprint series, the Victorian Amateur Walkers 3000m and the "A.I.S.MALINOWSKI CUP" 3000m Steeplechase were entertaining and building up expectations. The VAL 1500m Women's Handicap, a new event, proved popular as also did a very competitive VAL 1600m Men's Handicap.

The Australian Women 10,000m saw a well performed trio from NSW matched against Victorian Marathon Champion Coral Farr battling it out in almost 30o heat. It was a case of greater strength in adverse conditions that proved decisive as Carol Farr built an unbridgeable gap after half-way. The under 20 3000m Men had attracted 24 top Australian juniors and was once again the most competitive and exciting event bar none on the Australian athletic calendar. 15 competitors were still together at 3 laps to go. The leading bunch was still 10 strong at 1 lap to go and some 8 runners vying for position at the top of the home straight. Julian Paynter had been well placed throughout the race and finally got clear with only 40m left, but not without a determined challenge by Bruce Jones, the most improved runner in the field.

The main event, the "EMIL ZATOPEK TROPHY" A Division, requiring a qualifying time of 29:20 (14:10 for 5000m), saw 14 of the 17 entries toe the line and half of the field pushing the pace along for the first 4000m at 68sec per lap (28:20 pace). Jamie Harrison applied pressure from halfway to shake Barrett, Hoyle and Wilson off and dropping Poulton, Inwood, Bowden and Foley, to gain a 6 seconds advantage at 10 laps to go as the pace slowed somewhat, except for Darren Wilson chasing Harrison to close the gap within 2 laps. He should have pressed on up by going to the lead with 6 laps left and it was 'nip and tuck' for the rest of the way with Harrison too strong and experienced over the last 200m. The heat took its toll and affected the time of most runners between 30 to 45 seconds, yet only two runners failed to better the times of the "B" division, held under similar conditions the previous evening.

The 232 adult paying customers plus the athletes, officials and sponsors went away well satisfied with a great week and main night of sparkling athletics!

WHAT IS THE FUTURE OF SERIES SUCH AS THIS?!

One matter of concern is the viability of ventures such as this which are vital to the well-being of Australian Athletics. Venue expenses alone were $2304 for the whole series; Advertising, Artwork, Banners & Race Numbers took $2590; Trophies, Prizes and One- of - a - kind Memorabilia totalled $1535. The gate was a miserable $1787 as against an expected minimum of $49000 from 700 paying customers. We have not included in the outgoings expenses such as maintaining the office, computer time, printing, telephone and postages, salaries of staff and other miscellaneous items totalling somewhere above the $3000 mark when all put together. A budget of close to $7,700 for just one major meeting before we can think of having extra to send athletes overseas and other development plans. That's less than half the average yearly wage to help put Australian Athletics up there with the rest of the world!!

FRED LESTER, EMIL ZATOPEK SERIES DIRECTOR.
THE "ZATOPEK", A PERSONAL VIEW.

Jamie Harrison.

Well. I've finally got around to putting pen to paper! As a member being in Sydney this is about the only way I can contribute to the VMC. I originally joined so as to be able to run in the Zatopek. After several years of seeing the top Australians and a few overseas runners in one of the few Athletics events to have television coverage, I had hoped to one day be able to run in the great event.

In early '85 I had improved enough to win our State 5km, and my time of 14:14 enabled me, by joining the VMC, to run in the Zatopek. I was doubly fortunate in '85 being the year that Emil Zatopek himself was here for the 25th running of the race named in his honour. It was only a pity that we couldn't put on an event with the depth of the '86 version, with 11th place finishing in 28:33.

In 1985 I was pleased to run a PB 29:28 in 8th place (7th Australian). 1986 saw a big improvement to 28:16 (4th), and in 1987 I again improved my placing but went slightly slower with a 28:24. And so to '88!

Much was made of the depleted field for this year's race, but it is worth noting that of the runners in Japan Andrew Lloyd was the only one who has beaten me in the Zatopek. Other runners who had previously beaten me (Moneghetti, Brett, Boltz, Whitty) weren't running for other reasons. I was better prepared for this race than any of the previous ones, but the weather was a bit warm for 10km running, and a slow second half resulted in a 28:42 - but winning certainly compensated for the slowish time.

However, when December comes around this year, it's going to be hard to improve my placing at my fifth attempt at the Zatopek!

(Makes you wonder what makes 'em tick! Entry arrives by mail for the Rob deCastella under 20 Men 3000m by well performed athlete on 1988 E.Z.Series entry form. Quick check reveals Date of Birth shown as first quarter in 1968, so entry goes back with D.o.B. circled in red.

A little over a week later the same entry comes back with the entrant asking to be in the 1 mile event at the EZ Series. No such event listed for 1988!!)


Also acknowledgment for their contribution to making the series work: Jim Gook, Mike Cummins, John Brown, Michelle Bews, Doug Petroff, Sam Hilditch, Selwyn George, Joan & Peter Logan, Maureen & Gerry Riley, Dot & Colin Browne, G.Murphy, D.Filling, Susan Davidson, Leanne Andrew, Mal Cother, Jan Morrey Ron Young, Mary O'Ren, Dewar, Glenn Walker, Linda Quelch, Marc Howard, Tom Albury, Laurie Brimacombe, Howard Brown, Eero Keranen, Helen Vandernagel, Andy Moore, Geoff Purnell, Kathy Lee, Ken McLeod, Brian McInerney, John Gapes, Rod Griffin, Sam Lambraia, Lina Birrell, Geoff Hooke, Brian O'Callaghan, Paul Dowie, Barry Callanan, Tarquin Oehr, Richard Todd and others.

ADDITIONAL TO VMC 43rd ANNUAL REPORT.

Thanks are due to the Committee of the VMC who have been doing much of the organising work for the year in spite of work and family commitments, and often at the expense of their own leisure time. There is little doubt that an organisation that is as active in promoting and conducting runs as the VMC also needs more VMC members coming forward onto the Committee, even if only for a spell of 3 or 4 years, to make the organisation work for the satisfaction of all members. If it is left to only a few, and then always only the same people, we will dwindle away in time.

We also need to acknowledge the assistance we have had through various sponsors for some of our events, they have helped us to remain financially viable to carry on minimum service for our members. Thanks are also due to VAA management for their co-operation and the Athletes and Officials Club for their support.

We are looking forward to a year of arresting the slump in public interest in athletics by the input of new ideas and updated methods. We have the people, the talent and the facilities to make progress if we are willing to put in and pull in the same direction as a team. The joy of movement and personal achievement makes it worthwhile.

AUSTRALIAN WORLD CCC TEAM announced as Peter Brett, Nick deCastella, Adam Hoyle, Jamie Harrison, Andy Lloyd, Steve Moneghetti, Malcolm Norwood, John Sheehan and Darren Wilson in Open Men; R. Mitchison, Alex Davey, J. Kavanagh, Dean Rose, Grant Franklin and R. Russell in u.20M; Sue Hobson, Jenny Lund, Maree McDonagh, Jackie Perkins, Carolyn Schuvalow and Joyce Terry Open Women; Nicole Corbin, Suzy Walsham, Lindy Tresize, K. Anderson and Patricia White in u.20W. See report on trial page 20.
Race Manager GEOFF HOOK was assisted by a number of members as well as the Logan family and friends, while he also had a run in the longer race. Due to the late notification of the unavailability of our usual St. John’s Boys Camp, a last minute change had to be made to obtain the use of the Red Hill Tennis Club facilities, for which we are very grateful.

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As usual, another great night organised by NEIL RYAN and MAL COTTER, and helped along by a number of public-minded runners and spectators for a good start to the New Running Year.
LETTERS TO VMC

SUBJECT KING AND/OR QUEEN OF THE MOUNTAIN.

Geoff Hook

Dear Fred,

I would like to thank Hamilton Barry for his kind comments in his letter published in the previous issue of this Newsletter.

I have been race organiser for the VMC King of the Mountain race at Point Leo for 5 or 6 years now and I concur that it is one of the best runs in Victoria. A small dedicated following also agrees but most people apparently prefer to travel the shorter distance to Elwood for the 20 miler there than the longer distance to Point Leo. They miss out on the beautiful scenery.

Even though the VMC race has been run since 1946, we are prepared to shift our date by 1 or 2 weeks in 1989 to try and attract back many of our lost runners. I hope this move proves successful.

With regard to the trophy, it certainly is magnificent and has engraved on it many great names from past years. The winner in 1988 commented that he was honoured to have his name included with such great names. While a trophy for women is highly desirable we often don't have much of a race. Often only 1,2 or 3 may enter the 30km race. Most still opt for the shorter 15km event. A trophy should still be considered but I would like to see more women compete before the trophy approaches the magnificence of the men's trophy.

With this letter, I would like to add a note on the name of the event. It used to be called the King of the Mountain. A year or so ago, a search for a non-sexist name was initiated. This is admirable but goes against the dual trophy concept and it is unlikely that a woman will win the 30km race in the near future (e.g. Monarch of the Mountain). There has been confusion in some years whereby the female winner of the 15km race has been called the Queen of the Mountain.

I think the present King and Queen of the Mountain should apply to the main 30km race and Prince and Princess of the Mountain to the shorter, 15km race.

Editor's Note: Any other readers with thoughts on the subject?!

Some historical background: The original VMC King of the Mountain was a 20 miler from East Ringwood up Mt Dandenong Rd via Montrose up the Tourist Rd to Five Ways at Kalorama and back via Canterbury Rd and Heathmont. Until the widening and rebuilding of the major roads into the Dandenongs, this race was held usually around April/May and as the traffic made it impossible to continue the race with sufficient safety in the late 50's the Club was forced to find a suitable alternative.

Harry Logan, a long time member of the VMC, explored the Peninsula area and came up with the present course from Pt.Leo up Arthur's Seat and return. The time slot was changed to the present 2nd or 3rd Saturday in September while the Football was in its final stages and we could expect less traffic on Saturday afternoons. It was also fitting nicely into the athletics gap between crosscountry and track programs in early spring when the hills are looking near their best.

Between 1980 and 1985 participation in the 30km has been 97/108/66/130/97/116 and in the 15km up and down around 20. There has been a decline only from 1986 with figures being 55/37/44 but no change in the shorter race. Around these years there was also quite some pirating of dates on the running calendar and the collapse of the attempt of the Dpt. of Y,S & R to have a Fun Run Co-ordinator.

Geoff has a point in regard to needing numbers to make a trophy worthwhile, a trophy by itself will not increase participation and neither will a change of dates. The most important thing is for the race to be well organised and conducted.

POSTSCRIPT: Since Geoff wrote this letter, he also brought the matter up at the VMC Committee Meeting which agreed to simply have two main trophies for the 30km and leave the names as King & Queen of the Mountain. The 15km will be simply a subsidiary event, still arduous enough and carrying its own prizes.

The proposed change to the fixture calendar was thoroughly examined and found to be crowded by the Veterans 25km and the Melbourne Marathon 20 Miler on the original date which made it advisable to advance one week to the 9th of September. Hopefully other running organisers will respect the new dates when planning for future years so that there will be room for everyone to cater for the needs of runners without creating conflict of interest or loyalties.
OTHER PEOPLE’S FIXTURES - Events of Interest to Members, notified to us.

V.A.A.: MAR 3-5 T & F CHAMPIONSHIPS
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, DROUIN / MAY 27: 10km Road M/W CAULFIELD
JUN 17: Vic Schools CCC,BUNDOORA/ JUN 24: VAA Special 25km (with VMC)
JUL 8: 15km Road FISH BEND/JUL 22: VAA 12km M, 8km W CCC BUNDOORA
SEP 2: 16km CCC, Brimbank.

VIC VETS: MAR 7/8 10km Track Champs / 18-19 T&F Champs / 24-27 Nat.Champs Perth
APR 23 10km CCC / MAY 14 Half-Mar Ballarat / AUG 20 MARATHON CHAMPS Princes Park
AUG 27 10km Rd Champs Devil Bend Reservoir / SEP 17 25km Rd Champs You Yangs

ALSO: JUN 10 OTWAY CLASSIC; JUN 18 OLYMPIC DAY RUN, ALBERT PARK
MELBOURNE MARATHON INC.-APR 30 'Sussan' Women 10k/ OCT 8 MELB MARATHON
AUG 6 MALVERN MINI-MARATHON (20k?)

CORPORATE CHALLENGE SUPER SUNSET SERIES:MAR 1(Wed) 10km Domain, 7.00pm.
Send SSSE for entries to ANDREA BRAMWELL GPO Box 1603M,3001/ Enquiries:658 9879.

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.
Also a year-round program catering for all kinds of distances.
Enquiries to 55 Woodlands Ave, PASCOE VALE SOUTH 3044

EAGLEHAWK: MAR 19(Sun)Dahlia & Arts Festival Half Marathon 8.30am
CONTACT: Max Carson (054) 366 215 or Jack Wellarf (054) 469 620

VICTORIAN ROAD RUNNERS have regular program. Contact JOHN GROVES 609 3424W, 439 2843H.
First Saturday of Month: 8km Runs around the Tan, 7.30 start.

INTERSTATE:
A.C.T.: First Sunday of each month - SPANK SPORTSWEAR Women's Jogalong.
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.: AUG 13 FESTIVAL CITY MARATHON

Q’LD: MAR 11-19 NATIONAL T & F CHAMPIONSHIPS (Brisbane)
JUL 23 NAT.MARATHON(Goldcoast); AUG 19 NAT.CCC,(Brisbane)

W.A.: JUN 24,25 NAT 15km Rd CH.
AUG 6 PEOPLES MARATHON (and Half-Mar)
NOV 5 ALBANY MARATHON

NSW: MAR 19 SYDNEY STRIDERS HALF-MARATHON, Contact PO Box 119 Grosvenor St,2000
AUG 13 City to Surf, Sydney; DEC 2,3 (1990)COM.GAMES TRIALS

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, plus a Stamped Self Addressed Envelope for a reply, entry form and any other information.
YOUR ORGANISERS’ TIME IS BETTER SPENT ON DEVELOPING YOUR SPORT THAN ROUTINE JOBS !!
***MORAVIA - ON THE ZATOPEK'S HOME GROUND***

- Excitement is in the air at No.3 Nad Kazankou as Emil and Dana are busy packing and readying the car for a journey into the Moravian heights, close to the heartland of Czechoslovakia, just less than 3 hours drive from Prague.
- The Zatopeks are from Moravia, not far from a place called Nove Mesto na Morave, which literally means Newtown in Moravia and holds nostalgic memories for them.
- We depart early on a fine morning tootling through Prague with a fair amount of traffic which gradually dies down as we get further away from the city. It is mushroom time and the forests lining the main highway show plenty of evidence of cars parked in fair numbers wherever there are paths leading into the woods.
- Most of the small towns and villages still retain a character of their own and Nove Mesto is quite an attractive place nestling among the wooded hills which rise to about 800m.
- Our first call is at an old friend of the Zatopeks, Dr. Karel Zdanek, who is very much involved in sport and recreation organisation as well as conducting a sports clinic among other things at the local hospital. He conducts physical and health testing and has written papers on the development of outdoor recreation.
- Our destination is the Hotel Sport which we are booked into and which is a hive of activity as it also is in demand as a convention centre. The rooms are excellent and the restaurant looks to be of good standard.
- Dr. Zdanek makes a point of coming in the afternoon and taking us for a walk up a hill close by and giving us an outline of the history and topography of the area as well as the practical problems of developing and maintaining a healthy environment in the face of increasing industrial pollution.
- One of the features on our walk is the abundance of bitumenised paths which serve for ski training on roller skis during the summer and autumn and we pass quite a number of crosscountry skiers. Dr. Zdanek also coaches some skiers.
- Coincidentally, we watch a program on the room TV in the evening, beamed from Vienna, which deals with the dangers to the environment throughout Europe, due not only to industrial pollution but also to excessive tourism and the provision of ever more facilities which lead to the destruction of the natural wilderness which was the main tourist attraction in the first place.
- On our second day we visit the main district town after a short drive through the picturesque countryside, dotted with lakes, and visit the local glass museum which has some fantastic exhibits, both old and modern, delicate and massive, in shapes that stir the imagination. The craft of glass making is nearly as old as the settlement of Moravia which goes back over a thousand years.
- Our day also includes a walk to one of the dominant heights from where we can see for over hundreds of kms and get an idea of how the local people resisted all kinds of foreign invaders to preserve their own identity. Mountains, hills and forests stretch in all directions and game is still there in numbers.
- The last day sees us wander down from Hotel Ski into the town and visit the old monastery which is a historic treasure trove. The local priest is delighted to show us around and we view a historic collection of the development of skiing as a sport in which Moravian people provided lots of national and international champions.
- The highlight though is a collection of old books, prints, handicrafts, etchings and paintings of past centuries which are evidence of a rich history and tradition in a countryside which is little known abroad.
- For a change of environment we decide to have our lunch in the 'local', the pub where the working men and women drift in from midday on. We are ushered into what seems to be the 'saloon' corner for our meal and it is not long before there is a steady drift of people over to our table to get Emil's autograph. Emil is still very much a local hero, especially since the pre-Olympic Games publicity spread his story over many pages of the national press. However, we enjoy our meal and drinks.
- Our last act before leaving the township is taking a test at the sports clinic to find out that we are still safe from the knackers for a while and we will be quite safe to cope with the strains and stresses of watching the Olympic Games when we get back to Prague.

P.S. I was in the fortunate position of not understanding any of the commentary on the box, but had fun watching Emil sounding off at the incompetence of the experts. I expect reactions in Australia were little different.

Freddie.
RUNNER BEWARE !  

by Ron Ledingham

On Friday afternoon 9 December 1988 I collapsed whilst on a short training run with my 16 year old son Robert. This in itself was serious enough, but in addition, I fell on my face, sustaining concussion and spent several hours in hospital for observation. How could this have occurred?

I am 41 years of age, have been running consistently for some five years and have completed 10 marathons with a PB of 2:52:56. Some two and a half weeks earlier I completed the South Melbourne Marathon under humid conditions in 2:59:35 so I was in a recovery phase of running and low mileage.

I collapsed because I did not run sensibly nor did I heed long-standing, sensible advice or listen to my body.

Not only was I in a marathon recovery period but the day prior to the training run, I had resigned from my workplace to take up new employment. At my farewell that afternoon I had quite a number of drinks mainly white wine and champagne. Later that evening we had a house guest and I again had several red and white wines as well as champagne.

The next day, the day of collapse, was warm (about 27 degrees) and very humid. My son and I left for the run at about 2 pm which was the warmest part of the day - being daylight savings time. We had been running at a modest pace (about 5 min/km) for about 15 minutes along Mullum Mullum Creek, Ringwood, when I became dizzy and tripped, falling to the ground. I broke my fall by using my arms.

We walked for a short period whilst I recovered until I started running again heading for home. I took only a few steps before I completely passed out and can remember nothing until I came to, lying on the ground with several people huddled over me. I had no idea how long I had been unconscious, where I was, what day it was nor did I recognise my son.

I had apparently fallen on my face, cutting my tongue badly, sustaining concussion and abrasions to my face. My son Robert had turned my head to one side and ensured that I was still breathing prior to fetching immediate assistance and an ambulance.

I was taken to the Maroondah hospital still feeling very dizzy, disoriented and sore, where I was placed under general observation and had a blood test done. My blood sugar level was very low. Following the test results, when I answered the doctor's questions, they confirmed that I had collapsed as a result of dehydration and a very low blood sugar count brought about by excessive alcohol consumption the previous evening and the warm, very humid conditions of the day.

Me - an experienced distance runner, so I thought - I had broken common sense rules and then flaunted my ignorance by not listening to my body when the first signs of the problem developed.

If you drink alcohol, do so sensibly and be prepared to forego training for a day to allow dispersion of the alcohol and to allow blood sugar levels to return to normal. Even one month later I still suffer from a sore neck and groin muscles as a result of the fall.

A lesson for all - BE WARNED - the consumption of high level alcoholic drinks such as champagnes and wines coupled with warm, humid conditions and running DO NOT MIX!

NOTE: The fitter you are the easier it is to ignore the warning signs your body readily provides.

LOOKING FOR A NEW CAR ? The VMC had an offer from a car dealer for any good Club supporter to help support the Club. If any such member purchases a car from this dealer the Club would benefit from a bonus for $100. All the buyer would need would be to be a bona fide member of the VMC.

Anyone member interested get in touch with the VMC office or the Editor for details.

HI-TEC 50 Mile Track or Road race entrants, please note that entries close MAY 26!!

Contact for forms and details: Geoff Hook 42 Swayfield Rd, MOUNT WAVERLEY, 3149, Vic.

Tel: (03) 288 97 39
TWO MARATHONS - BERLIN AND LISBON.

by Max Balchin

The Berlin Marathon (October 9, 1988) and the Maraton de Lisboa (November 6, 1988) are both member events of AIMS. Apart from this accreditation and the guarantee of running a course that measures 42.195km, there is little else that these marathons have in common. The Berlin marathon is an established international fixture with 15 years experience, while the Lisbon Marathon is a relative newcomer to the scene with only 3 years of experience. In Berlin, the marathon obviously receives strong support from government and civic levels, but there is little evidence of this kind of support for the Lisbon marathon. Whether this is a consequence of the size of the field - 16,000 in Berlin and 500 in Lisbon - is hard to say. The contrast was apparent in many different ways. The forward to the Berlin pre-race booklet carries a message from the Burgermeister, who writes: "The (16,000) runners come from more than 50 nations because they are looking for good service, an enthusiastic metropolitan public and the unmistakable flair of a real city marathon". In Lisbon (no pre-race booklet) it was difficult to find any information about the marathon. A co-operative assistant in the Tourist Information knew nothing about the run, and when pushed into ringing the number listed on the entry form to speak to the organisers, grumbled: "It doesn't sound very well organised".

Prior to race day in Berlin, there was unmistakable evidence that a marathon was about to happen - the large number of people walking the city in track suits (many in national or club colours) and running shoes was the most obvious sign; around the city, posters and shop displays marked the occasion and in the streets signs were already in place advising motorists that certain areas would be closed off on Sunday. By contrast, the streets of Lisbon gave no clues about their marathon.

With both marathons there are traps that must be negotiated carefully if you wish to be at your best on race day. In Berlin, the first test of survival skills comes with the Registration; to collect your race number you must risk being squeezed to death in the crowded Hotel Inter Continental Berlin, where a runners' expo is held in association with the registration. The Expo features every technological advance in runners' equipment as well as a wide range of clothing. The 'showbag' that contains your race number is packed with many samples and much literature on them. Between registration and race day gear yourself up for a breakfast-jog, a course sight-seeing tour, a pasta party and Ecumenical Evening Prayers.

In Lisbon, the most difficult obstacle to overcome is finding how to reach the Monument of Discoveries using public transport, so that you can pick up your race number. Fortunately, taxis are relatively inexpensive.

By the time the gun is fired at precisely 9.00am on the Strobe de 17 Juin, the runner has every confidence that the organisation behind the Berlin Marathon is good enough to cope with the demands of the large field. The morning scenes on race day outside the nearby Reichstag, which is used as a collecting area and for warming-up exercises, take on a surreal appearance; on the steps of the Reichstag a team of aerobic dancers encourage runners to stretch this way and that way; on the lawn in front of the historic building clubs and national groups set up tents that offer shelter from the bitterly cold conditions and hot drinks are handed out to queues of waiting runners; to one side of the lawn a long row of portable toilets attract their own orderly queues and nearby trucks wait to collect runners' gear for delivery to the finish area. After completing their personal warm-up and stretching routines, runners pass through a control point and walk to the starting area where entry to each colour-coded section dividing runners of different ability and experience is strictly monitored. With a minimum of fuss, the field is sent on its way.

The starting time in Lisbon was also advertised as 9.00am. By 9.20 most of the runners had gathered around the starting line - roughly half on either side, with animated discussion and much gesticulation as to which way the run would actually be heading. Elsewhere, a TV crew seemed to divert the energies of those officials present. No doubt, the most relieved person to see that the marathon was at last about to start was the owner of a sleepy little coffee shop who, by foolishly opening for business on this particular Sunday, unwittingly provided the only toilet facility easily accessible for most of the runners. At 9.25am an official with a loudhailer appears and convinces the assembled runners to stand facing in the same direction. An attempt is made at starting the race but is soon aborted as many runners had already crossed the starting line before the gun could be fired. The elfin figure of Rosm Mota appears and lends a helping hand to push the field back to the start. A short time later the Maraton de Lisboa has actually commenced.
TWO MARATHONS (cont.)

Described as 'the largest street festival in Germany' the Berlin Marathon offers each runner non-stop encouragement and applause from start to finish. For the runner, it is like riding a wave of emotion and excitement - the one constant for the whole journey is NOISE. Bands appear in a surprising number of places along the run; jazz, steel drums, Salvation Army music and school band arrangements brighten up the hard work of running the course. The half million or so spectators that line the route not only shout their encouragement, but come equipped with something to make noise with, so that the runner is in a constant state of surprise. It might be a youth gleefully pumping a claxon horn, an elderly couple ringing cow bells, a bus inspector yelling 'HOP, HOP, HOP' on his microphone, people banging two pot lids together, a small child swinging a clockwork machine or some teenagers leaning from a balcony in a tenement building with a 'ghetto blaster' blaring out their favourite tune, but always there is noise and encouragement.

Along the route, the runner is well provided for with distance markers, drink stations, toilet stops, as well as offerings of bananas and Concentrin. Each finisher is presented with a handsome medallion (a flower as well for the women), wrapped in a plastic sheet and offered lashings of food and hot soup. Tents to shower in and change were supplied and a well organised reunion area was nearby.

Winning the men's event for the second consecutive year, the Tanzanian runner Suleiman Nyambui timed 2:11:45 (Course record is 2:11:03 by Boguslav Psujek (Poland). In the women's event, the Polish runner Renata Kokowska collected a bonus of DM 5000 for winning in the record time of 2:29:16. Both winners collected a purse of EM 15,000 (approximately $A 10,000).

In Lisbon, the Marathon is a flat 2 lap course which takes in many historic points connected with the proud maritime tradition of Portugal. The start and finish of the run is in an open area between the 15th Century Jeronimos Monastery and the impressive monument to the Discoveries. The course also takes in the Belem Tower (1515), the Salazar Bridge and the Praca do Comercio (1775) which is the gateway to the main business area of Lisbon. For part of the course the River Tagus flanks one side. On the day of the Marathon a strong headwind made the second and fourth legs of the journey hard going.

Once under way, the Lisbon Marathon was well conducted with adequate drink stations, runners were given bottle of water or cans of Isotar, sponges and frequent time calls (in Portuguese). Apart from a hardy band of friends and relatives in the central area, there was little interest in the run along the rest of the course. Compensating for this, the camaraderie of the runners was very strong - particularly in a two lap course where there is more chance for interaction. Rosa Mota joined in the first half of the run and was given an enthusiastic reception by the runners.

The men's race was an exciting affair with a tight pack of runners swapping the lead for most of the race. Osmiro Silva (Brazil) won in a time of 2:20:29 (Race Record is 2:13:59). The women's race was won by Janete Mayal (Brazil) in a record time of 2:43:05. Each finisher was presented with a medallion and a singlet.

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VC 10km TWO BRIDGES. 8-2-1989. Hot, humid, windy 30o. 61 Starters.


VC 2km TWO BRIDGES. 8-2-1989. 6 Starters.


Race Manager TERRY O'HALLORAN was assisted by KEVIN FALLOON, TONY KING, GEORGE EDMOND, VIN MARTIN, JOHN PILKINGTON, JOHN BROWN, FRED LESTER and MAL COTHER. Thank you all!
WORLD CROSS COUNTRY TRIAL - CANBERRA 29-1-1989.

George Thomas

Course - started on the centre of a trotting track and then out onto an adjacent paddock. It was a hard flat course with one small rise in the middle of the paddock, but a number of dips and roughness underfoot to disturb the rhythm runners. It was a good spectator course as a switchback and a triangle in the paddock allowed spectators to move between vantage points in the same lap. Each lap was 2km approximately.

Distance -
- Open Men : 6 laps
- Open Women : 3 laps
- Junior Men : 4 laps
- Junior Women : 2 laps

Selection Criteria - For automatic selection : O. Men first 4; O. Women first 2;
- J. Men first 4; J. Women first 2;
The selectors may send 9, 6, 6 and 6 in the respective teams.

Weather - warm, temperature in low 20's, not too hot or unpleasant.

In race order:

O. Women's Race: Jackie Perkins went from the gun and after the first 100m had a 10 - 15 metres lead from Maree McDonagh and then the rest. Jackie extended her lead for the remainder of the race to win comfortably by 24 seconds. In lap 1, Maree McDonagh chased hard and was a clear second, followed by a group consisting of Joy Terry, Anne Cross, Annette Dwyer and Elizabeth Rose amongst others. Sue Malaxos and Kerith Duncanson (it was good to see her running) were further back and Jenny Lund near the rear.

In lap 2, Jackie Perkins continued on her way, Maree McDonagh was an isolated 2nd and a chasing group of Joy Terry, Sue Hobson and Annette Dwyer had formed. Anne Cross and Elizabeth Rose, under pressure, were beginning to drop. Jenny Lund was beginning her charge and was moving through the field.

Lap 3 saw Jackie Perkins go on her merry winning way but the battle for minor places really hotted up. Maree McDonagh had been caught by the chasing group and through this lap positions changed as the second automatic selection spot was fought over. In the last 400m Joy Terry proved best from Maree McDonagh and Sue Hobson. Jenny Lund continued her charge to overtake Annette Dwyer and take fifth spot.

Note: It was very good to see Krishna Woid at the race and I hope that she will be able to run again next season.

O. Men's Race: Steve Moneghetti put together 6 laps of 6 minutes each approximately (or so usually reliable sources informed me). This was enough to keep a group within reach for lap 1, but he went away from all bar Darren Wilson in lap 2, and then gradually extended his lead. The chasing group early on consisted of Emil Zatopek winner Jamie Harrison, the last to let Steve Moneghetti and Darren Wilson go, Mark Boucher (who failed to complete the distance), Steffan Brand of W.Germany and Adam Hoyle. All these paid dearly for chasing so hard.

Lap 3 saw Peter Brett start to move through from mid-field as also was Nick deCastella and further back John Sheehan. Basically from here on, except for first and second who were untroubled, the race was a story of those who had gone out fast trying to hang on and those who had started cautiously coming through.

Over the last 2 laps, Peter Brett seemed to have secured a safe third spot but the 4th spot was up for grabs with Quentin Morley, Nick deCastella and John Sheehan running together but trying to drop each other. With this competition, Nick deCastella and John Sheehan drew closer to Peter Brett, while Quentin Morley was finally dropped at about 1km to go. John Sheehan and Nick deCastella hit the trotting track field together with 400m to go and John Sheehan's speed told, taking him up to Peter Brett on the line in the same time but having to settle for fourth. Nick de Castella was 5 seconds back and then 13 seconds to Quentin Morley. Adam Hoyle Steffan Brand and Pat Carroll, having what he considers his best crosscountry run in Australia, close behind. Nick Brown in 10th place was 9th Australian and, theoretically the cut off point for world crosscountry selection, ran a strong gutsy race but probably paid for too fast a start.
WORLD CROSS COUNTRY TRIAL (cont.)

Then followed Paul Arthur and Jamie Harrison - having his one bad run for the season. By the time you read this, the selection will be known and whether or not the run has been set aside. The next two, Merv Johnstone and Joe Murphy had strong runs coming through without ever looking threatening. Of the others, Steve Poulton managed to get into contention for the top ten places mid-race before falling back.

J. Men’s Race: Dean Rose made his third world crosscountry team from the front. John Kavanagh and Glen Franklin were clearly second and third after lap 1, with not much happening up front. Lee Town was fourth with a lap to go but tired to finish sixth as Richard Russell made a big move in the last lap to grab fourth spot.

J. Women’s Race: This race was run at the same time as the junior Men which did not help the perspective. Susie Walsham cleared out and won easily from Nicola Corbin who was again well clear of Kate Anderson.

Comment: Two national selectors asked a group after the trials to name the nine for the men’s team and everyone had a different team! A selector’s job is not an easy one! In a race you can only beat those that toe the line, it is hard to beat those that don’t! If running a trial is good enough for Steve Moneghetti and Jackie Perkins, the best male and female crosscountry runners in Australia, it seems hard to justify others not to run and expect to be picked. If Steve Moneghetti had not run and Rob deCastella had wished to run the world crosscountry, this would have placed the selectors in a very tough situation.

So, when is a trial not a trial? Perhaps the selectors should go back to the first six in the trial and have a discretion to 3 places for bad runs on the day (i.e. Jamie Harrison) or obvious crosscountry champions who are ill or injured.

XXX XXX XXX XXX XXX XXX XXX XXX XXX

VMC 6 laps (19km) PRINCES PARK, 5-2-1989. Cool, fine, strong wind. 93 Starters.

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Race Manager MAL COTHER was assisted by HEATHER & PETER JOHNSTONE, ROY SUDHOLZ, JIM GOK, JANET HAYES, BRYCE POUILLER, JOHN BROWN, FRED LESTER, ROBIN YOUNG, KEVIN CASSIDY. Thank you all. A few more helpers would no have been amiss, both for marshalling and on the watering station.
- SEEMS THE ELEMENTS were against distance runners Melbourne way this season. Wet and miserable November and early December was followed by a heatwave week for the Zatopeks. Back to cold, wet and windy until well into January before another hot week and then it improved. That is until the night for the special 5000m after a day in the 30’s with high humidity with a heavy dowpour on the track. Stopped just long enough for Malcolm Norwood to run a CG qualifying 13:36+, chased by Darren Wilson in 13:41+ and 4 more under 14 minutes.

- AIR TRAVELLERS BEWARE! Came across the Melbourne Age quoting the case of Peter Canning, a mild-mannered lecturer in English at Uni of California, as example. A piece of paper fell from Mr Canning’s lunch tray during an American Airlines flight from San Francisco to New Orleans. Mr Canning picked it up and read it. This proved to be a mistake. The note turned out to be a bomb threat. Mr Canning compounded his mistake by handing the note to the flight attendant. The pilot promptly changed his mind about New Orleans and zoomed off for an emergency landing at Albuquerque, New Mexico. There, despite protesting his total innocence, Mr Canning was clapped in irons and taken away. The aircraft was searched but no bombs were found.

Mr Canning might have remained in the calaboose had not an 11-year old boy, who had seen the story on TV, come forward and confessed that he wrote the note as a joke on a previous flight.

With grudging apologies Mr Canning was released. But he had to take a bus for the 1500km back to San Francisco. No airline would carry him!

- ATHLETES AND OTHER SPORTS PEOPLE who may find it hard to understand to what extent the Apartheid system of South Africa distorts normal living in that country would find it personally inspiring and helpful. Fairness, the corner stone of acceptable sporting conduct, is the first thing that is eliminated by a policy which preaches exclusiveness for one and inferiority for others. In this case it affects a white family whose sense of fairness is outraged and therefore its survival as a family threatened. Shades of the 1930’s Nazism’s march towards World War 2.

- INTERESTING CONCLUSION TO EDITORIAL on front page of A.A.U. NEWS’ first issue 1989, after announcing 7 groups to be sent on tours overseas this year. We quote:  

"The challenge comes with the appointment by the Union (AAU) of a Sponsor Manager and P.R. Marketing Consultant to assist both the National office and member Associations to secure more sponsorships (and hopefully finance) to lift the profile and image of athletics in the eyes of the Australian public.  

This exciting step, being undertaken by the Board of Management with the full support of the 1988 Annual General Meeting, should really see the start of athletics heading TOWARDS 2000.  

We look not only to the member Associations for support but also clubs, athletes, coaches and officials to ensure our sort of athletics maintains its high profile in Australia and internationally." End of quote.

That sounds to us a very commendable aim if we make sure to establish it on a sound footing at base level at home. It also involves business-like management and viability of all components in the scheme Support is a TWO-WAY TRAFFIC and goes along many roads from the individual athlete, to the national organisation, from the beginner to the elite, from the local council to the Ministry of Sport. It depends on the goodwill and CO-OPERATION of all people involved.

- ON THE SUBJECT OF SPORTS FUNDING, some good points were made by the Financial Review’s Michael Lynch (Jan 19, 89) in examining proposals made by the federal parliamentary committee on sport financing.  

"... 1986 Federal Government "sports spend", according to Australian Sports Commission figures, was app. $2 per head of population. This compares with an equivalent spending of $4.85 in the Netherlands, $7.43 in USA and $3.12 in Canada (not including the universities’ sports budget), while Eastern Bloc nations such as East Germany (in which sport plays an equally important but far more political role) spent $20.64 per capita.

While high-profile sports such as cricket, racing, tennis and football do not seem to have suffered, the fall-out from the stockmarket crash in October 1987 has led to many business and industry groups reviewing their sports-sponsorship programs as money grows tighter. In particular, sports which are considered peripheral have found it tougher than before to attract sponsorship...

...Just how big a business sport has become is shown by figures the industry presented to the Senate committee in Canberra before Christmas... the sport industry directly employed 150,000 people, created jobs in other industries such as manufacturing and had a facility infrastructure worth millions of dollars... five years ago, the sports industry accounted for about 1 per cent of the G.D.P. (app. $2.6 billion) with, in 1987 figures, household spending on sporting items totalling $1,133 billion. In addition, the sports industry estimated that 1986/87 government revenue from personal tax, sales tax and import duty on sport was more than $75 million.
VICTORIAN MARATHON CLUB MELBOURNE INC. - FIXTURE LIST - 598 High St. E.KEW 3102

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

MAR 19(Sun)12k & 4k "FALLEN COMRADES",DOMAIN 8.00am (Map43 K10) $2 & $4; 4k-$1.
27(Mon)VMC 16km EASTER CHAMPIONSHIP Latrobe Uni(Car Park 6) 9.00am. $4 & $6.
3.1km Parent & Child 11.00am, $1 each. (Map 19 H 7)

APR 9(Sun)20km & 5km, ALBERT PARK,9am,$3 & $5;5k-$2.(Map 57 J 3).Refreshment.
19(Wed)VMC ANNUAL GENERAL MEETING, WALKERS CLUB ROOMS, ALBERT PARK, 8.00pm.
25(Mon)15km & 5km, ALBERT PARK,9am,$3 & $5;5k-$2.(Map 57 J 3).Refreshment.

MAY 14(Sun)10km & 5km, Pre-Marathon TUNE-UP,PRINCES PARK,9am(Map 29 G12)
28(Sun)"RUNNERS WORLD" MARATHON,FISH'BEND,10am(Map56 H2).Entries by MAY 14.
$6 Members,$8 Non-Members. After MAY 14 late fee $16! 10k-$3, enter on day!

JUN 11(Sun)"DAVID WAID"HALF-MARATHON, BURNLEY,9am(Map45 B12)Entries by MAY 28.
$4 Members,$6 Non-Members. After MAY 28 late fee $12! Refreshments.

JUL 16(Sun)"SPORTSCRAFT QUEEN OF THE LAKE" WOMEN 10km, 9.00am,ALBERT PARK(Map57 J3)
Entries by July 2.$3 members,$5 Non-members. After JULY 2nd, Late Fee $8.

AUG 27(Sun)32/4km COAST ROAD CHALLENGE, BRIGHTON BATHS 8.00am(Map67 C10)$3 & $5;4k-$2.

*SEP 9(Sat)30k "K & Q OF THE MOUNT." & 15k PT.LEO-ARTHUR'S SEAT,Red Hill Tennis Club.
1.30pm start.(Map190 J4) $3 & $5. Refreshment.

OCT 22(Sun)"YARRA HILLS" 10km",WESTERFOLDS PARK,8.00am(Map33 E3)$3 & $5;2km-$1.

NOTE: Use Race Entry Forms ONLY for Early Entries listed above!
All other race fixtures Entries on Day,30 mins prior listed Starting Time!

VICTORIAN MARATHON CLUB MELBOURNE INC. - MEMBERSHIP FORM - (BLOCK LETTERS PLEASE!)

SURNAME......................................INITIALS......CALL NAME ......................
REG.NO .............CLUB......................................................................
ADDRESS:  No.........STREET....................................................................
TOWN OR SUBURB...............................................POST CODE ......................
TELEPHONE: HOME ................................WORK .........................................
DATE OF BIRTH ___/____/...... OCCUPATION/INDUSTRY.......................................
MALE/FEMALE(delete inapplicable) I CAN HELP THE CLUB WITH .......................
To assist the Club rostering on Race Days throughout the year,
I PREFER TO GO ON CLUB DUTY ROSTER 1) ............... 2) ............... 3) ..............
Check with dates on fixture list & give in order of preference to fit in with own
competition,work or family commitments.
CONTRIBUTE TO/DISTRIBUTE NEWSLETTERS ......DISTRIBUTE CLUB NOTICES AT OTHER RUNS ......
BILLET VISITOR(S) ......HAVE ENDORSED DRIVERS LICENCE(Truck/Bus) ........................
HEREWITH $12....(Senior), $6.....(Junior u.20) and SSAE for return of information.
Make out Cheques or Money Orders to V.M.C. and post to 598 High St, E.KEW 3102.
Dated://////// ... SIGNATURE ...............................................

V.M.C. NEWSLETTER AUTUMN 1989 MARCH VOL.21 No. 1

Page 23 21/1
The VICTORIAN MARATHON CLUB is a unique Road Runners organisation within the world of athletics. It is a club which caters for the newcomer to running, the experienced regular athlete, the young and the old, men and women, boys and girls. It represents a bridge as it were between the highly organised and the more casual approaches in competition, leaving it to the individual how much or how little pressure he/she likes to apply.

The ACCENT WITHIN THE CLUB is on enjoyment of running through whatever participants see as their own particular pleasure, thus achieving individually or jointly what they set out to do to their fullest personal satisfaction. We do not place expectations on anyone beyond asking runners to take a turn at performing some of the minimum chores required to conduct our events smoothly and for everyone’s satisfactory conclusion.

This mainly involves ensuring that runners do not lose their way, that everyone can find out his or her final place and time and how they compare with each other or their own previous performance.

THE CLUB MAINTAINS A PROGRAM throughout the year with the aim of enabling runners to test and improve their fitness at varying distances and, where possible, cater for different stages of fitness by offering a choice between a long or a short race on each date. Anyone can join the VMC at any of our events; if they wish to just have a run without becoming members, they may do so at a $2 surcharge in the main race, EXCEPT FOR SPECIAL EVENTS.

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

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

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

MEMBERSHIP FEES are $12 per year (senior), $6 per year (Under 20), including insurance and covering the CALENDAR YEAR (JAN 1 - DEC 31). Your membership fee entitles you to receive our quarterly NEWSLETTER, carrying results, events ahead, information, articles and comments from our own members and other sources. Post the completed MEMBERSHIP FORM (overleaf), together with correct fee, to the SECRETARY, V.M.C., 598 High St., E.KEW 3102.

All Enquiries must be accompanied by S.S.A.E. (Stamped Self Addressed Envelope) of maximum standard size (235mm x 120mm) for a reply and/or return of information!

VMC NEWSLETTER is obtainable at most race fixtures as well as at:
VAA OFFICE, Olympic Park No.1, Swan Street, MELBOURNE 3002, 428-8195.
RUNNERS WORLD, 600 High St, E.KEW 3102, 817-3503 & 340 Glenhuntly Rd, E’WICK 3185, 523-8585
ROCKY’S SPORTSPower, Chr Warrigal Rd & Burwood H’way, BURWOOD 3125, 288-8916.