

VMC 10,000m MEN "EMIL ZATOPEK TROPHY" SPONSOR: VIC. MAR. CLUB

Fine, light wind, 14o. Qual: 29:00 / 14:00

1.	27:59.64	PAUL PATRICK	22	11.	28:59.60	WAYNE LARDEN	N 24
2.	28:02.24	GARRY STAINES	GB	12.	29:02.03	ROB O'DONNELL	24
3.	28:03.65	STEVE MONEGHETTI	31	13.	29:20.54	KERRY RODGER	NZ 31
4.	28:15.48	ROBBIE JOHNSTON	NZ 26	14.	29:59.3	RODERIC DEHIGHDEN	24
5.	28:21.33	PHIL CLODE	NZ 28	15.	30:31.60	SEAN GUILTY	27
6.	28:31.93	ANDREW LLOYD	34	DNS	8	MALCOLM NORWOOD	29
7.	28:32.89	PAT CARROLL	A 32	DNS	17	MIKE DALTON	T 27
8.	28:34.60	ROD HIGGINS	A 26	DNS	18	ADAM HOYLE	29
9.	28:50.92	PAUL ARTHUR	N 26	DNS	9	MICHAEL INWOOD	Q 27
10.	28:54.52	RAY BOYD	W 27				

VMC 10,000m WOMEN "EMIL ZATOPEK TROPHY" SPONSOR: RUNNERS WORLD

Fine, steady breeze, 16o. Qual: 38:00 / 18:00 / 11:00

1.	32:28.50	CAROLYN SCHUWALOW	28	16.	36:19.86	SIMONE STERNSON	18
2.	32:35.48	MICHELLE DILLON	N 20	17.	37:49.70	SUSAN ROBERTSON	21
3.	33:00.88	BARBARA MOORE	A 36	DNF	34	GLENDA MOORE	31
4.	33:05.60	KERRYN MCCANN	N 26	DNS	23	KRISHNA STANTON	A 27
5.	33:35.56	SUE MAHONY	N 28	DNS	24	SUSAN HOBSON	A 35
6.	33:59.90	TANI RUCKLE	N 31	DNS	31	MARCIE SHEER	S 35
7.	34:31.67	MARYANN MURRAY	T 24	DNS	39	GERALDINE RILEY	30
8.	34:39.06	SUSAN CASE	29	DNS	1	JACKIE GALLAGHER	Q 26
9.	34:46.49	KYLIE PORTER	20	DNS	54	LISA SEARLE	26
10.	34:47.86	JOANNE COWAN	N 38	DNS	30	SHARON CLODE	NZ
11.	35:22.56	LIZEL MAAS	S 23	DNS	56	NATALIE HARVEY	18
12.	35:38.74	ISABELLA WOO	A 22	DNS	32	EMMA CARNEY	21
13.	35:48.31	JUNE PETRIE	29	DNS	58	LISA DICK	25
14.	35:52.33	CLAIR FEARNLEY	18	DNS	59	KERRY SCHREIBER	Q 26
15.	36:13.05	ELAINE COOPER	A 34	DNS	28	JACKIE HALLAM	N 23

VMC 3000m u.20 "ROBERT DE CASTELLA TROPHY" SPONSOR: VIC. MAR. CLUB

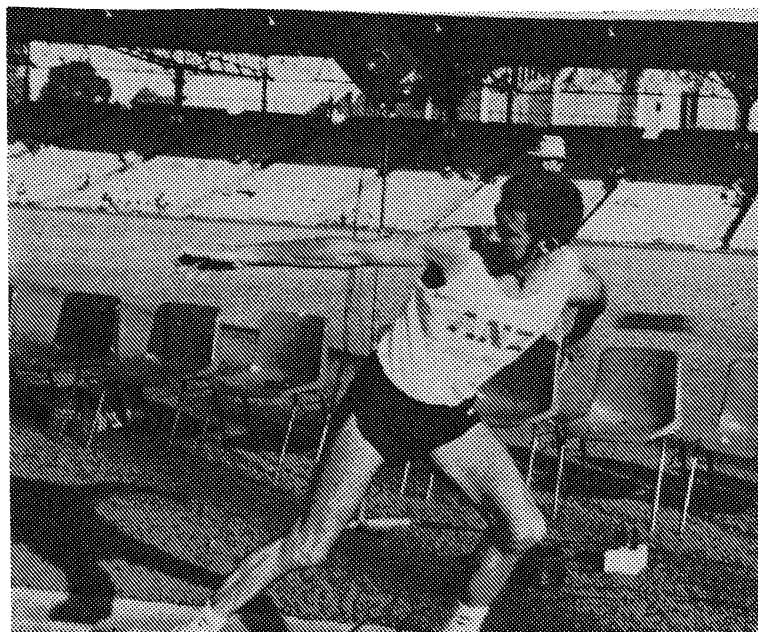
Fine, light breeze, 15o. Qual: 8:28 / 3:56

1.	8:10.52	MICHAEL POWER	17	A18REC	6.	8:35.3	LUKE YEATMAN	18
2.	8:21.3	MARK TAYLOR	S 19		7.	8:41.5	LUKE RUSSEL	17
3.	8:26.6	TOM MULLER	T 18		8.	8:51.8	DAMON COURT	T 18
4.	8:28.2	PAUL IMHOFF	T 18		DNS	48	BRAD MARLAND	19
5.	8:32.4	PAUL CLEARY	17					

VMC "WAL SHEPPARD TROPHY" MASTERS MILE (M 40+) SPONSOR: VIC. MAR. CLUB

Fine, sunny, light breeze, 17o. Qual: 4:50 / 4:30m

1.	4:25.6	MIKE LAWSON	N 40	e7.	4:45.2	KEN DUXBURY	40
2.	4:25.8	RAY WILSON	40	e7.	4:45.2	ERIC GREAVES	46
3.	4:27.6	ALAN HAMMOND	40	9.	5:01.7	ALAN BENNIE	46
4.	4:32.8	GRAY RYAN	43	DNF	87	JOHN BELL	A 47
5.	4:36.4	RUSSELL JOHNSON	41	DNS	85	ERIC SIGMONT	45
6.	4:40.4	TERRY O'HALLORAN	41	DNS	89	NEIL GRAY	46



Longtime VMC member and top distance runner JOHN SHEEHAN about to receive the baton in the Corporate Cup relay.



MIKE LAWSON, ALAN HAMMOND and RAY WILSON, plus TERRY O'HALLORAN's leg. at half-way in the Masters Mile.

A.I.S. "MALINOWSKI CUP" 3,000m STEEPLECHASE SPONSOR: VIC. MAR. CLUB

Fine, light breeze, 16o.

PREMIER DIVISION Qual: 9:05			QUALIFIERS DIVISION Qual: 9:20		
1.	8:34.32	SHAUN CREIGHTON A 26	1.	9:00.2	KYNAN DAWES 23
2.	8:49.62	ANTHONY HILL 22	2.	9:06.9	RUSSELL GREER Q 22
3.	8:50.24	GRAEME OLDEN 29	3.	9:10.6	COLIN JAMES N 23
4.	8:52.62	RICHARD RUSSELL 23	4.	9:14.7	ANDREW COLVIN N 21
5.	8:55.61	DAVID LIGHTFOOT N 28	5.	9:15.1	TRAVIS LONGMUIR 21
6.	8:59.19	SCOTT FAULKNER 20	6.	9:19.1	GABRIEL BOURIS 24
7.	9:08.34	DARREN ABBOTT S 22	7.	9:37.3	BRADLEY CASE S 18
8.	9:26.2	BRUCE JONES Q 24	8.	9:51.9	SCOTT BRITAIN Q 18
9.	9:31.3	IAN HUMPHRIES N 28	9.	9:53.2	DARYL KNIPE Q 18
10.	9:37.8	DAVID RUNDLE N 25	10.	10:02.6	PETER MACKNAMARA 20
DNS	69	PETER MOORE Q 27	DNS	76	DANNY O'DONNELL Q 20

"CHARLENE RENDINA" TROPHY 800m WOMEN SPONSOR: VIC.MAR. CLUB

Fine, light wind, 15o.

Qual: 2:08

1.	2:03.29	MARGARET LEANEY 26	4.	2:04.97	NICOLE ROBINSON 24
2.	2:03.89	NARELLE PARR N 21	DNS	242	FIONA MCCARTHY N 21
3.	2:04.64	LISA O'CONNELL 27	DNS	246	NICOLE WEBSTER 25

800m MEN INVITATION TRIAL SPONSOR: VIC.MAR. CLUB

Fine, light wind, 15o.

Qual: 1:50

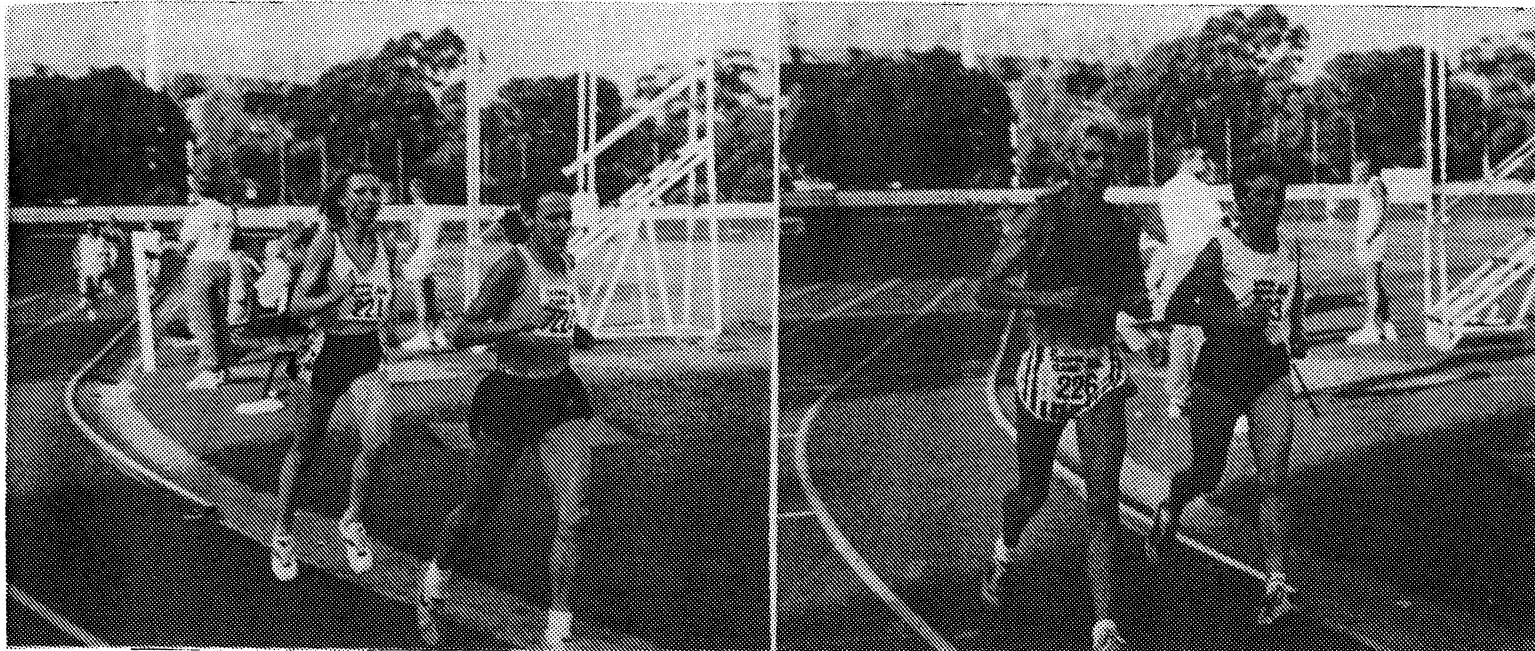
1.	1:48.15	DEAN KENNEALLY 26	6.	1:49.52	GREG WHITFIELD 24
2.	1:48.35	MATTHEW LANDY 21	7.	1:50.79	GRAHAM GLASSFORD
3.	1:48.84	TIM CHERRY 26	M8	ROB FREGON 20	
4.	1:49.03	SIMON LEWIN 21	M8	JUSTIN RINALDI 21	
5.	1:49.47	MARK HOLCOMBE 20			

EMIL ZATPEK 10,000m "W2" DIVISION 13-12-1993

Humid, slight breeze, 24o

Qual: 55:00 / 27:00

1.	38:00	MARINA DULHUNTY N 34	DNS	222	NIKKI CLARK 28
2.	38:44	CHARLENE RENDINA 45	DNS	225	MARIENNE HIBBERT 37
3.	38:58	PETRINA TROWBRIDGE 46	DNS	228	GLENYS FRASER 33
4.	39:45	LAVINIA PETRIE 50	DNS	229	MARYANNE MARTIN 37
5.	49:21	ANNE HAMILTON 46	DNS	230	PAM JONAS 39
DNF	227	ANNE ZIOGOS 37	DNS	231	LENORE DAVIES 26



CHARLENE RENDINA ensured an early pace in the W2 division as MARINA DULHUNTY keeps close contact. Although Marina ran out a comfortable winner, Charlene improved her PB on the night.

PETRINA TROWBRIDGE (226) and LAVINIA PETRIE had their own battle further back to also record respectable times.

EMIL ZATOPEK 10,000m "B" DIVISION 15-12-1993

Wet track, windy, 14o.

Qual: 32:30 / 15:30

1.W/C 28:24.5	DARREN HORTON	5. 31:11	TIM BENTLEY	31
DNF 113	IAN GAINEY W/C 41	6. 31:44	GREG MANDILE	32
DNS 112	MIKE LETCH W/C 45	7. 31:57	VIN MCCARTHY	24
1. 30:43	COLIN OLIVER T 23	8. 31:57	MICHAEL GRAY	Q 18
2. 31:02	SIMON DAVIS 27	9. 34:13	ANTHONY WALLACE	22
3. 31:04	PETER GAFFNEY 39	DNS 107	KEITH WASHINGTON	35
4. 31:09	MAGNUS MICHELSSON 25	DNS 104	BRAD SMITH	Q 23

EMIL ZATOPEK 10,000m "C" DIVISION 14-12-1993

Wet track, gusting wind, 17o

Qual: 35:00 / 17:00

1. 32:57	STEPHEN MCLENNAN 29	13. 34:45	JOHN CASTLE	48
2. 33:21	TERRY COX 28	14. 35:12	PAUL CURTIS	22
3. 33:24	PAUL D'ARCY 29	15. 35:15	PHILIP WAKELEY	29
4. 33:31	IAN WELLARD 25	16. 35:27	STEVEN WILSON	28
5. 33:38	PETER RISK 37	17. 35:32	MARK RITTER	34
6. 33:59	CHRIS MUIRDEN 30	18. 35:51	CHRIS RAYMENT	33
7. 34:18	STEVE KNIGHT 32	19. 36:12	NEIL RYAN	51
8. 34:22	NORM GATES 46	DNS 117	PAT RYAN	18
9. 34:28	IAN MUMMERY 30	DNS 119	MATTHEW KEMP	30
10. 34:35	GREG HILSON 24	DNS 142	DENNIS TAYLOR	45
11. 34:35	RUSSELL WEAVERS 39	DNS 149	PHIL JOHNSON	S 37
12. 34:44	STEPHEN REID 25			

EMIL ZATOPEK 10,000m "D" DIVISION 15-12-1993

Overcast, fair breeze, 21o.

Qual: 38:00 / 18:30

1. 34:55.6	SHAUN VESEY 16	9. 36:39	ELIAS SAHELY	39
2. 35:15	DAVID INNES 40	10. 36:44	GREG LEASK	35
3. 35:21	PETER MOORE 45	11. 37:00	ALAN JENKINS	32
4. 35:36	ALLAN CONNOLLY 25	12. 37:11	DAVID JONES	42
5. 35:41	ANDREW SMALLWOOD N 18	13. 37:30	ROBERT HENDERSON	47
6. 35:45	CHRIS HARVEY 32	14. 38:55	JOHN WAITE	53
7. 35:49	COLIN HEYWOOD 39	DNF 163	JOHN MOIR	36
8. 35:52	ANDREW EDNEY 31	DNS 168	NICK TONER	18

EMIL ZATOPEK 10,000m "E" DIVISION 14-12-1993

Wet track, fair breeze, 21o.

Qual: 41:00 / 20:00

1. 38:16	COLIN BARNES 36	11. 41:55	GORDON STEPHEN	40
2. 38:28	LAURIE COLLARD 36	12. 41:56	NEVILLE GARDNER	49
3. 38:32	BILL IRVINE 45	13. 42:14	JIM MCGOVERN	41
4. 39:27	ROD BAYLEY 47	DNF 196	GAVAN THOMSON	38
5. 40:01	TONY KING 45	DNS 184	JOHN STAFFORD	48
6. 40:06	PETER BEARSLEY 41	DNS 186	TONY BERRY	58
7. 40:13	ANDREW WALKER 42	DNS 189	ROGER MCDONALD	39
8. 40:16	GREG WILLIAM 40	DNS 190	JOHN MCBRIDE	43
9) 41:05S1	ANDRE KOWALSKI 42	DNS 191	MALCOLM BROWN	52
10) 41:50S2	DENIS WATSON 48	DNS 198	PETER NEYLAND	33

9) & 10) adjusted times: S1 - 24 laps in 39:25, S2 - 24 laps in 40:08

EMIL ZATOPEK 10,000m "F" DIVISION 13-12-1993

Humid, rising breeze, 22o

Qual: 50:00 / 24:00

1. 40:59	STEVEN STERN 39	9. 46:17	BRUCE GOODMAN	56
2. 41:03	ROB SUTTON 32	10. 47:22	DAVID JONES	56
3. 43:36	ADRIAN VALLANCE 42	11. 48:12	PETER MCGRATH	54
4. 43:46	ALAN FRYDAY 46	12. 49:06	COLIN SILCOCK	61
5. 44:15	SAM HILDITCH 59	13. 49:17	BRENDAN PEEL	26
6. 44:20	KEVIN BROWNE 57	14. 49:23	KEN MATCHETT	72
7. 44:44	PETER BATTRICK 50	DNS 208	ED-LUKE GILLIAN	23
8. 45:18	JIM DUGGAN 51	DNS 213	GERRY CLARKE	57

Handicap Results: 1. PETER MOORE 2. DAVID INNES 3. GREG MANDILE

EMIL ZATOPEK 1993 ENTRIES:

EVENT: A-19 B-14 C-23 D-16 E-21 F-16 W1-30 W2-12 - 151
 EVENT: J3- 9 MM-12 M8-9 W8-6 SC-22 - 58 = TOTAL - 209

CORPORATE CUP RELAYS

MEN 4x800		WOMEN 4x400	
1.NATIONAL MUTUAL	8:09.8	MOBIL OIL AUST	4:36.5
2.RESERVE BANK	8:12.6	A.S. COMMISSION	4:39.8
3.ANZ BANK	8:27.2	BP AUSTRALIA	4:55.9
4.BP AUSTRALIA	8:38.3	BLAKE DAWSON WALDRON	5:18.3
5.C.S.I.R.O.	8:47.0		
6.MELB. MIDDAY MILERS	8:51.3		
7.BUREAU OF METEOROLOGY	8:55.3		
8.DPT.HEALTH HOUSING	9:05.9		

A BIG THANK YOU to the people who scored the laps for runners, some of them taking part in other divisions of the 10,000m. They were: Joan & Peter Logan, Colin Browne, Sam Hilditch, Gerry Riley, Tom Kerr, Bill Baxter, Peter Macdonald, Steve Hadlow, Kathy Lee, Luke Delaney, Matthew Kemp, Phillip De Sousa, Bob Ellis, Mal Cother, Mark Gardner, Noreen Krusel, Nyala Miller, Robyn Smallwood, John Moir, Susan Robertson and several more who did not record their names on the lap sheets. All the runners "owe you one", many of them don't have a clue of how important your support is for their own success !

Our grateful acknowledgement goes to the 2 sponsors who have never let us down, RUNNERS WORLD and CUBITT TROPHIES. A heartfelt THANK YOU to Neil and Ken !!!

We also extend thanks for a job well done to our own Marshals, Timekeepers and callers, Number Stewards, Recorders, Committee and Club Members who pitched in this year and also other years. This also for all athletes who took part to make it the success we need.

A THANK YOU to the Victorian Athletes and Officials Club, without them not only the Emil Zatopek series, but also Athletics Victoria would not function at all !!



An assortment of Lap Scorers shown braving a wet and windy Tuesday evening to assist the "E" division runners. NEVILLE GARDNER (188 black shorts) and companion are reflected in the wet track surface.

The main night saw a very competitive program, commencing with the Melbourne City Corporate Cup Relays. These teams are selected from the top eight finishers in the Spring "Around the Tan" midday series and rivalry is keen as the results show.

The Masters Mile competitors were led out by Mike Lawson with Alan Hammond and Ray Wilson on his heels, Terry O'Halloran and the others hanging on for almost 2 laps before the leading three put much daylight between themselves and their pursuers. It was only in the last lap that Hammond had to give way to Wilson who pressured Lawson all the way to the tape. A great race to set the tone for the night !

The 22 entries in the Steeple had to be split into 2 divisions for the sake of safety and they performed up to expectations, several PB's achieved in each division as well as some below par efforts.

Dean Kenneally proved superior in the 800m, whereas Matthew Landy and Tim Cherry improved their previous bests in a close finish.

There were only 4 starters for the women's 800m, but they all bettered their old times with a fast first lap, although they tended to fade later. It certainly had the crowd on their toes with less than 2 seconds between the four at the finish.

All credit to Michael Power to go out on a virtual solo record attempt in the 3000m and achieving an Australian under 18 target. Mark Taylor hung on for a little over two laps and faded to be second with the two Taswegians, Muller just inside the qualifying and Imhoff just a whisker over the 8:28 mark. It sure said little for the rest of Australia's under 20 hopefuls !

The women's 10,000m became an attack on the C'wealth Games qualifying. spearheaded by Carolyn Schuwalow and Michelle Dillon, who kept changing lead in the middle stages. After a cautious 81 sec first lap, they were timed at 4 laps in 5:13 with Barbara Moore, 5:14 for Kerryn McCann, Sue Mahony, Maryann Murray and Tani Ruckle, Sue Case hanging in there with 4:15, but weakening. 4 laps later the sorting out had begun with the four leaders through in 10:24 with Ruckle, Murray and Mahony stringing out 3 to 5 seconds behind. Halfway in 16:14 saw Dillon and Schuwalow together, Moore beginning to lose McCann at 3 and 5 seconds down, Mahony, Ruckle, Case and Murray still under 17 minutes and the rest strung out.

The two leaders were taking turns in front to maintain the pressure with the noisy support from the crowd urging them on for the qualifying target. From 3 laps out Carolyn stepped up from 79 sec per lap to 76, 75 and 72 as against Michelle's 79, 77 and 75 still giving her a huge PB and the qualifying they had worked together for. Barbara Moore proved too strong for Kerryn McCann in the end to earn 3rd place, PB efforts for both, as well as for several other finishers.

The start of the men's race commenced with a 64 opening lap by Pat Carroll to lead by over 12m, but by 4 laps he was swallowed by the leading bunch of 13 runners in a time of 4:25 to 4:27. The three favourites: Paul Patrick, Gary Staines of Britain, and Steve Moneghetti as well as Andrew Lloyd showed out. The New Zealand contingent of Robbie Johnston, Phil Clode and Kerry Rodger were there as also Paul Arthur, Ray Boyd, Wayne Larden and Rob O'Donnell.

By the end of the 7th lap the pace had dropped to 69, so Moneghetti stepped it up to 67 to keep it on a sub 28 minute target. By halfway, that had shaken off most except for Staines, Patrick and Clode, all going through in just on 13:59. Johnston and Lloyd were tailing off, Carroll and Higgins pairing further back, Rodger, deHighden and Quilty simply just having a bad day, others running on doggedly.

Moneghetti tried to shake off his companions, but only Clode faded 7 laps from home, as the crowd roared in anticipation of a break-away. It was Patrick who suddenly jumped the others with 200m left and caught them napping, although Staines tried valiantly to repair the damage. An exhilarating finish to a great race with 11 runners under 29 minutes !