V.M.C.NEWSLETTER AUTUMN 1990 MARCH VOL.22 No.1 EMIL ZATOPEK WEEK - 1989 RESULTS :

<u>P1</u>	Callname	Surname	Age	<u>Time</u> (29:00 / 1/:	Pl N	Callname	<u>Surname</u> bers) 7-12-89	Age	Time
1 2 3 4 5 6 7 8 9 10 11	STEPHEN PETER MALCOLM JOHN ROB PAT GARRY MERVYN NICK MICHAEL BRAD	Warm, still, MONEGHETTI BRETT SA NORWOOD ANDREWS NSW	hum 27 25 31 3 <b>2</b> 28 33 22 29	id. 200. 17 27:55.05 28:16.72 28:33.01 28:34.88 28:38.37 28:48.88	Star 12 13 14 15 dnf dnf dns dns dns	rters. DEAN JONATHAN JOE NICK	GIBLIN TAS LUBOFSKY MURPHY BROWN SA LLOYD ACT HARRISON N HOYLE ACT WILSON BARRETT ACT SHEEHAN MORLEY ACT	28 34 29 30 25 26 21 32 31	29:52.55
	B DIVISION	32:30/15:30 arm, still, h	) Qu	alifying VM	C ME	MBERS	6-12-89		
1 2 3 4 5 6 7 8 9 10 11 12 13	GREGORY COLIN MALCOLM RODNEY NICHOLAS BRUCE SIMON PETER DON DARRYL BRIAN MICHAEL	LYONS, SA OLIVER TAS JOHNSTONE HIGGINS ACT COPE TAS GRAHAM DAY NSW GAFFNEY NICHOLSON CCONNELL ACT SIMMONS MCGLONE JOHNSTON NSW	21 19 22 20 27 20 35 29 20 33 36	$\begin{array}{c} 30:22\\ 30:31\\ 30:34\\ 31:09\\ 31:29\\ 31:41\\ 31:56\\ 32:01\\ 32:09\\ 32:28\\ 33:35\\ 32:39\\ 33:00 \end{array}$	14 15 dnf dnf dnf dns dns dns dns dns dns	SEBASTIAN BRIAN STEVE PETER STEVE MIKE FRANK GEOFF PETER SIMON	GIMENEZ NSW JOHNSON MAYMAN TUTTY KNIGHT PATTERSON ACT STRK TAS BERKELEY NSW QUINT PHILLIPS TAS CORNTHWAITE KAUFMAN	28 34 24 28 24 23 20 25 29	33:01 33:28
	C DIVISION	35:00/17:00 humid,light 1	) Qu	alifying VMC	MEM	BERS	5-12-89		
1 2 3 4 5 6 7 8 9 10 11	MARIO DARREN DAVE PETER LEW GERARD LAWRENCE NICK PETER JASON MARK	CORDEDDA RIVIERE BULLOCK TAS COX HARVEY GAUD MALONE BIDEAU SHONE BETHERAS EDWARDS	29 25 24 32 40 24 28 29 44	32:09 32:12	12 13 14 15 16 17 18 dnf dns	ANTHONY ALAN DIDIER BRENDAN GRAEME BERNIE MIKE STEVEN IAN ROBBIE	DE CASTELLA BENNIE MARTIN PEEL DAVIS RITZER DALY WILSON MINTER ZIERSCH SA	22 42 33 22 40 42 34 24 39 32	$\begin{array}{c} 34:11\\ 35:11\\ 35:24\\ 35:24\\ 36:19\\ 36:26\\ 37:14 \end{array}$
	D DIVISION	37:00/18:00 Warm, humid,	) Qu	alif <b>ying VMC</b> . 19 Start	MEM	BERS	6-12-89		
1 2 3 4 5 6 7 8 9 10 11	MIKE JOE MARK JOHN LAWRENCE STEPHEN MICK NICK JOHN COLIN KEN	A A A A A A A A A A A A A A A A A A A	41 32 20 35 35 21 44 29	. 19 Start 32:57 34:15 34:28 35:06 35:39 36:25 36:43 36:45 37:08 37:35 37:41	12 13 14 15 16 dnf dnf dnf dns dns	ANDREW BARRY ANDREW STEVEN MICHAEL ADAM JIM BOB WARRICK TOM CHRIS	WATKINS WATKINS WALKER STERN WHIMPEY MACKAY DONOGHUE FOWLER ERW1N CREBB1N COLLINS SA	27 50 38 35 16 35 28 25 40	37:53 38:01 38:25 38:43 39:08
E DIVISION 39:00/19:00 Qualifying VMC MEMBERS 5-12-89 Mild, humid, fair breeze, 160, 13 Starters.									
1 2 3 4 5 6 7	ELIAS ALAN MALCOLM JIM VIN ANDREW DOUG	nid, fair bro SAHELY BALLARD BROWN GRELIS MARTIN BURGESS PETROFF	43 48	. 160. 13 5 36:28 37:27 37:49 38:09 38:10 38:14 38:40	8 9 10 11 dns	DENIS KEITH STEPHEN IAN ROB IAN	WATSON LODGE MURPHY PIGGIN ANDREW DOBSON	44 58 28 45 29 39	38:47 39:21 39:55 41:09
F DIVISION 42:00/20:00 Qualifying VMC MEMBERS Overcast, firm breeze. 130. 12 Starters. 4-12-89 1 GEOFF HERBEN 37 37:42 8 ANDREW YEAMAN 16 39:41									
1 2 3 4 5 6 7	GEOFF RON JOHN TERRY TONY GORDON KEN	HERBEN YOUNG EYRE McCABE KING STEPHEN CHALMERS	58 54	37:42 38:17 38:26 38:32 38:53 39:07 39:18	8 9 10 11 dnf dns	ANDREW GERRY PETER MICHAEL BARRY BOB HERB	YEAMAN RILEY BLACK CUMMINS MOORE ROLLS BETAR	$16 \\ 59 \\ 44 \\ 45 \\ 40 \\ 42 \\ 43$	39:41 40:30 41:08 43:33

## <u>EMIL ZATOPEK WEEK - 1989 RESULTS :</u>

<u>P1</u>		No Limit VM	ic M		<u>P1</u>	<u>Callname</u>	<u>Surname</u> 4-12-89	<u>Age</u>	<u>Time</u>
1 2 3 4 5 6	MARK JIM DANNY	McGOVERN WYHOON HOCKLEY GOLDENBERG	33 37 13 45	. 8 Starters 38:22 39:28 39:39 41:05 41:18 42:57	7 8 dns dns dns	BEN GORDON PETER ALAN ALAN DAVID	MORREY LOUGHNAN QUINN WITHERS BURGOYNE FARNSWORTH	61 37 39 39 75 51	43:41 42:48
	W1 DIVISIO	N 38:0 18:00 arm, humid, l	)/:	11:00(3000m)	Qua	li <b>fying Ope</b>	en 7-12-89		
1 2 3 4 5 6 7 8 9 10 11	SUSAN JENNY TANI CAROLE JOY ANNETTE	HOBSON ACT LUND QLD RUCKLE ACT CONNOLLY Q TERRY ACT DWYER NSW PBELL-SMITH T MALAXOS WA DOVEY NSW MAHONY NSW	31 28 27 21 21 29 18 27 23	$\begin{array}{c} 33:01.66\\ 33:12.35\\ 33:13.88\\ 33:27.20\\ 33:44.16\\ 34:00.50\end{array}$	12 13 14 15 16 dnf dns dns dns dns dns	TANIA RHONDA JULIENNE KAREN COLLEEN LAVINIA KRISHNA MAREE CAROLYN LIZ KYLIE	WARRICK MALLINDER POCUE MUIR STEPHENS PETRIE WOOD ACT McDONAGH SCHUWALOW ROSE NSW LUCAS	22 24	36:15.65 37:41.71 37:06.35 37:13.73 37:46.53
		W2 DIVISION					4-12-89		
1 2 3	EMMA JOANNE JANINE	RILEY	18 24 32	39:35 VCJR 40:26 40:53	4 5	ANITA GLENYS LINDA	BUTKO PILLING QUELCH	14 26 36	42:05 43:14 47:10
	3,000m JUN	IOR MEN "ROBE Warm, humid,	RT I	DE CASTELLA '	ROP	<b>IY</b> " 8:30/3:	56 Qualifying	g 7-	12-89
1 2 3 4 5 6 7 8 9	JULIAN PAUL ROBERT GLEN DAVID DARREN RUSSELL ANTHONY DEAN	PAYNTER PATRICK MITCHISON N FRANKLIN EVANS ABBOT SA STOKES NSW HILL ROSE TAS	19 18 19 19 19 18 19 18	8:11.95 8:12.59 8:12.61 8:16.83 8:18.27 8:19.19 8:31.21 8:31.83 8:33.01	10 11 12 13 dnf dns dns	DAVID BILL TRAVIS JOHN RODNEY SIMON ANTHONY BRETT	FORSTER NSW GRAAFSMA LONGMUIR WEEKS BERKELEY N SOSTARIC ACT NEAL CARTWRIGHT	18 17 19 19	8:43.82 8:48.70 8:56.14 9:26.44
	MASTERS MI	LE " WAL SHEF Warm, humid,	PAR	D TROPHY" 4:4	4 <b>0/</b> 4	<b>30 Qualify</b> 5 Starters.	<b>ring</b> 7-12-89		
1 2 3	MALCOLM LEW JOHN	LYNN NSŴ HARVEY	40 <sup>-4</sup> 40 <sup>-4</sup>	4:26.43 4:37.87 4:44.05	4 5	NEIL PAUL PETER	GRIFFIN		4:48.94 4:58.07
		<b>INVITATION 1</b> d, slight bre			ont	ers.	7-12-89		
1 2 3 4 5 6	STEVÉN MARK CRAIG	BEECRÖFT DONAHOO BRILL KNOX SAUNDERS	18 31 22 30 22	12:04.08 AJR 12:28.54 12:29.03 12:39.95	7 8 9 dns	MARK MURRAY CELIA JEFFREY MICHAEL	WALL DICKINSON MASSIE-BERTI GOLLER BODEY COBERTSON TAS	23 19 ??	13:18.52 13:24.77 14:03.12
		es SPECIAL IN d, slight bre			tarte		7-12-89		
1 2 3 4	DEBBIE FLI JENNY LAU CATRIONA GEORGINA	NTOFF-KING RENDETT LARRITT		56.85 1 57.49 S	Pacer	nakers: HEN HASKEF	2		54.24 56.45
	RPORATE CUP Warm, humi	<b>4 x 400m REL</b> d, light bree	AY Veze.	<b>WOMEN</b> ( 220, 7-12-	-89		x 800m REALY		
1 2 3 4 5	A.N.Z. BAN AUSTRALIAN B.P. AUSTR DEPARTMENT MANCHESTER	CUSTOMS ALIA OF LABOUR	2	4:34.14 4:37.73 4:55.26 5:05.32 5:11.52	2 H 3 M 4 A 5 S 6 A	3.P. AUSTRA MELBOURNE M A.N.Z. BANN SHELL AUSTRALIAN	JTUAL ALIA MIDDAY MILERS CUSTOMS CONSTRUCTION		3:15.74 3:16.25 3:37.91 3:51.86 3:54.28 9:00.03 9:10.86

VMC 10,000m HANDICAP: 1. DANNY WYHOON "G" 2. PAVE BULLOCK "C" 3. GEOFF HERBEN "F"

ZATOPEK WEEK - DISTANCE RUNNERS' MECCA !

The VICTORIAN MARATHON CLUB'S 1989 BP EMIL ZATOPEK CUP 10,000m SERIES and associated events was another exciting week of track racing, all the more since Melbourne enjoyed several days of early summer.

Commencing on Monday evening with the lower women's and men's divisions, personal best times seemed to be the order of the day. 18 year old Emma Riley achieved a Victorian Country Junior Women Record and 13 year old Danny Wyhoon ran a fine sub-40 minutes for the toughest track event, while several of the well performed veteran runners battled for the lead.

The second day saw another tight race between 4 well matched runners in the "C" division and a no less tight battle took place in the "B" division on the third day. The latter was decided by South Australia's Gregory Lyons by a full final lap sprint from up and coming Taswegian Colin Oliver and Malcolm Johnstone of Ballarat. The main night, Thursday, saw the cream of distance running from a wider field of participation in action. The innovation of having the Corporate Cup runners to field relay teams on the track was a great success and sure created atmosphere. The ones who failed to field teams will be sorry having missed out on one of the best nights of athletics in Melbourne for many years.

BP AUSTRALIA sponsored the whole series and also provided the trophies for the main events. D LINE SPORTSWEAR provided \$1500, to be split 5,4,3,2,1 for the first 5 placings in the Junior Men 3000m, RUNNERS WORLD shops also put up \$1500 for the Women 10,000m and the VMC allotted a further \$1500 from the BP sponsorship for the Men 10,000m.

The Masters Mile for over 40's was a quality win in an excellent solo run by Malcolm Lynn and the special 3000m Walk saw Steven Beecroft break the under 20 Australian Junior Record. This was followed by a special 400m Hurdles trial to give Gold Medallist Debbie Flintoff-King and her Commonwealth Games team partner Jenny Laurendett an opportunity for sharpening up competition.

The women's 10,000m saw Sue Malaxos take a run-away lead for 2 laps and lead through the first km in 3:15. Joy Terry and Annette Dwyer got trapped into closing up too fast as Annette led through 2km in 6:32 (3:17 km) and Joy led through 3km in 9:51 (3:19 km) and then settled down to 3:20 pace as Joy led through 4km in 13:11 and 5km 16:31. Hobson, Ruckle and Lund had made contact in more leisurely fashion, keeping a wary eye on each other.

Sue Hobson now took the lead and quickened the pace for the next km in 3:18 to reach 6km in 19:49 and Dwyer barely hanging on. The same 3:18 for the next km forced Terry to the back of the bunch and another 3:18 by Hobson got rid of Terry and had the other two struggling and losing ground. From there the gap steadily widened behind Sue Hobson, turning the 9th km in 3:21 (her slowest) and covering the final km in 3:05. The battle for second place, some 11 seconds further back, went to Jenny Lund. Carole Connolly ran a steady pace right through to pick up Joy Terry and Annette Dwyer and finish a comfortable fourth. Many of the runners relished this opportunity for top competition and achieved personal best times.

The men under 20 3,000m was fiercely contested by the first six, and with 500, 400, 300, 200 and 100 Dollars at stake for the first 5 placings, as also in the women's and men's 10,000m events, there was some extra incentive. The result was in doubt all the way down the home straight, second and third could only be separated by the photo finish camera. (cont.)

The final event of the night, the Men 10,000m was another thriller with some unexpected twists. Incorporating the Commonwealth Games selection trial, the strongest field available in Australia had entered the event. Notable scratching, were Gerard Barrett, Adam Hoyle and Darren Wilson, former major placegetters in the event. After the usual first lap scramble in a moderate 68 seconds, Stephen Moneghetti took the lead and settled down to 2 laps in 65 and then 66 to 67. 2km in 5:31 and 3km in 8:17 strung the field out as Brad Camp was dropped, Andrew Lloyd losing contact with the leaders, Robert deCastella behind the pack and Pat Carroll just hanging on. Two more 67 laps and Gary Henry and Mal Norwood let go, with only Peter Brett, John Andrews and James Harrison hanging onto "Mona". John Andrews let go after another 67 and the halfway 5km time was 13:52. Harrison called it a day at this point and Peter Brett stuck to "Mona" to almost the 7km mark before he too was left behind. Steve maintained 68 sec per lap until the second last in 67 and a 65 final lap with the enthusiastic and raucous support of the near 2000 spectators. All credit to Peter Brett for a gutsy second placing and a thrilling battle for the next three placings between Norwood, Andrews and Robert deCastella as Malcolm's 60 second final lap was just too much for the game John Andrews.

The weather had cooled down from a very hot day, temperatures were about 20 degrees during the night, and a great atmosphere prevailed throughout. The program went without a hitch and many positive comments were received from the public in appreciation of the organisation and team work by the Victorian Marathon Club and officials in charge of proceedings.

## WE OWE THANKS TO A BIG TEAM.

Various people, members of the VMC and supporters of the runners, did a magnificent job in ensuring the success obtained by attending to the unspectacular but most essential tasks such as lap-scoring, time calling, finish recording, checking and issuing correct competition numbers, marshalling for an orderly presentation of events, etc. Several were too modest to list their names, but we had the following:

JOHN BROWN, DAVID CRAIG, KEN EMERY, GERRY RILEY, JOAN & PETER LOGAN, IAN MINTER, STEPHEN ROACH, KEVIN FALLOON, BERNIE CARLSON, JOHN NICHOLLS, KEN MUNRO, DAMIEN LOUGHNAN, ROBERT JAMIESON, BILL BAXTER, DANIEL PERLSTEIN, ANDREA KING, ROB LAWRENCE, GERRY & MAUREEN RILEY, COLIN & DOT BROWNE, BARRY CALLANAN, PETER SHONE, BILL BOXER, JENNY McINNES, MAL COTHER, NEIL RYAN, PAMELA & RICHARD SIMON, SANDRA KERR, PAUL MULRANEY, JIM DUGGAN, SAM HILDITCH, ANDREW THOMAS, NICK TAPLIN, AARON KEEFE, ANDREW ORME. Apologies to people, whose names we did not obtain.

Key people were Peter Booth, assisted by Trevor Vincent, who kept the information flowing; Val & Les Armstrong on the electric result processing; Bruce McAvaney giving expert background and commentary to the sponsors and their guests; the Athletics Victoria officials and staff ensuring procedures in line with IAAF requirements and the sponsors, BP AUSTRALIA, D LINE SPORTSWEAR and RUNNERS WORLD who made it all possible.



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V.M.C.NEWSLETTER
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VMC 4 LAPS(13km) PRINCES	S PARK	FUN RUN.21-1-1990. Co	ol.warmi	ng up. 115 Starters.	
01.BRUCE GRAHAM 27 42		38.KEN MUNRO 58	52:42	75.ROZ POWLEY 33W	61:24*
		39.GERRY RILEY 59	52:51	76.DAVID JONES 52	61:34
03.RICK PESTELL 31 42	2:43	40.KEVIN CASSIDY 29	53:01	77. GRAHAM BISHOP 45	62:02
04.BRIAN RULE 26 43	3:15	41. JOHN RASKAS 42	53:26	78.MARG BURROUGHS 46W	62:32
05. JOHN PHILLPOTTS 41 44	4:18	42.MARK MOLONEY 31	53:37	79.MICHAEL LOH 25	61:34
06.GARY MCALLISTER 28 45		43.PETER REES 37	53:41	80.JOHN BECROFT 48	63:09
		44.MARK REDDAN 16	53:43	81. TONY BACON 35	63:25
		45.GEORGE MORGAN 38	53:46*	82.ANNETTE BIRD 40W	63:28
	7:59	46.BARRY WATSON 54	54:01	83.JOHN STUART 48	63:37
10.LAWRENCE GLOVER 35 48		47.MICHAEL HAY 25	54:16	84.GLEN STACY 66	64:27
		48. ANDREW TUNNE 31	54:29	85.KEITH ATKINSON 33	65:14
12.BRETT COLEMAN 15 48		49. TONY ANDERSON 49	54:35	86.STEVE RUSH 63	65:23
		50.HARRY HILDEBRAND 2		87.BILL BAXTER 52	65:42
		51. TREVOR MARSH 28	54:46		65:44
		52. PAUL HODGE 22	55:08	89.MICK JONES 61	66:36
		53.PETER GAVIN 40	55:12	90.GARY BACON 33	67:11*
		54.CRAIG EDWARDS 27	55:15	91.DARYL MOSS 17	67:20
		55.CHRIS DENSHAM 45	55:16	92.BRIAN MOSS 23	67:20
		56.LEONIE SULLIVAN 25		93.SANDRA KERR 14W	68:00
		57. JOHN PAGE 38	55:44	94.ANNE CALLAGHAN 52W	
		58.CHRIS RICHARDS 24	55:51	95.GORDON BURROWES 54	
		59.PETTER APPELT 38	55:57	96.ROBYN McLAGHLAN 33	
		60.STEVE WHITE 35	56:31*	97.JEFF BRIGGS 44	68:35
		61.PETER RAY 41	57:00	98.CHARLY WARR 56	69:01
		62.ANDREW HAYDEN 28	57:27	99.BILL WADDELL 30	69:11
		63.FRED HARRISON 47	57:31	100.GRAHAM JENKINS 44	
		64.MICHAEL RYAN 29	57:45	101. CHRIS GRIFFITHS 401	
		65.DAVID CAMPBELL 31	57:52*	102.PETER McGREGOR 32	
		66.CHERYL RULE 27W	57:54	103.MARG BRISTOW 53W	72:33
		67.VIC MOSS 36	58:09	104.MERV BECKETT 58	73:12
31.MIKE WALSH 38 51		68.D.HAMILTON-RITCHIE			73:38
		69. PAUL DAVIES 40	59:01	106. JOAN JERRAM 43W	75:39
		70. GLENYS JARDINE 33W		107.BILL McGLAULIN 37	75:54
34. LAURIE MeINTYRE 30 51		71.JOE SKIM 42	59:56	108.WYNE GRAY 27	76:37
		72. PAUL FISHER 24	60:32	109.LES CATIONS 32	77:03
36.ANDREW McGREGOR 26 52 37 GLYN COX 39 52		73.WARRICK DICK 46 74.JOHN BACON 65	$61:18 \\ 61:21$	110.BRUCE WATSON 29	85:00
57 GLIN COA 59	4.11	14.JUNIN DAUUN 00	01.41		

VMC 1LAP(3.2km)PRICESPARK21-1-1990,13Starters.1.RACHEL GIBNEY17W12:484.BOBWHITE5914:227.SANDRATARR18W17:082.GEOFFREYVISSER1213:165.JOHNHERON3314:548.LOUISEGIRDWOOD12W20:533.JAYPHILLPOTTS913:176.JUSTINFRETHER1316:45PHILLIPMcGEE13(21aps)41:32

Joint Race Managers FRED LESTER & MAL COTHER were assisted by MCOSE O'CALLAGHAN, DENIS WAT-SON, GEORGE EDMONDS, KEVIN FALLOON, GARY COLEMAN, JAY PHILLPOTTS, JEFF VISSER, as weel as several bystanders.

We were treated to a great battle as Safet Badic rebuffed Bruce Graham's every move to take the lead until the last 5 meters. Visiting Finnish triathlete Isa Vierula was well ahead of other female competitors as she was in her Two Bridges run before Xmas.



Some of our regular participants around the city runs snapped at the conclusion of the MELBOURNE CITY SPORTS "Sunset Series". Page 12