



OFFICIAL NEWSLETTER

OF

SOUTH AUSTRALIAN VETERANS' ATHLETIC CLUB INC.

(Founded 1971)

S.A.

VETS

ATHLETICS



FROM THE EDITOR'S DESK . . . _____ MARCH - APRIL 96

HAPPY EASTER TO ALL

A special urge of encouragement for the Athletes attending the National Championships in Perth over Easter.

The State Championships (results enclosed) were recently held at O.S.F. in the afternoon, allowing for more athletes to attend. Unfortunately the attendance was **DISMAL** only 28 entries. I know the State Championships may not be everyone's athletic goal, but, as representatives of our State Club, you should make the effort to attend or assist on our best official days of the year. The executive made the change to daylight events instead of people needing to rush to O.S.F. on Friday nights. This change was to enable **EVERYONE** to attend - obviously this does not suit many members. To assist the executive committee in planning the 97 Championships, please ring, write, fax or physically make the effort and contact a committee member as to your preferred day/time that would suit you to attend. A tear-off slip is enclosed in this newsletter for you to forward your reply **NOW**

A SPECIAL GET TOGETHER B.B.Q. - end of season presentation day is set for **SUNDAY APRIL 21st** at 12.30pm at the S.A. Vet. Clubrooms - Please **ALL** come and get to know each other.

A REMINDER: Your Annual Fees are due - April '96 - please fill out your renewal form (end of newsletter) add cheque and then forward to the Treasurer.

OF SPECIAL NOTE:

A great athlete has run his last race. **CO//IN COOPER** has died after an enormous battle with disease. Our thoughts and prayers are with Ann and family at this time.

OTHER NEWSLETTER ITEMS are:

1. An interesting article on running shoe wear.
2. A crossword for you to complete over Easter.
3. Paging A.A.V.A.C. - interesting reading about the Aust Assoc. of Veterans Athletics Clubs. Please read and forward your thoughts to the Committee,
4. Riverland Masters Games - good luck to our recent competitors - a report.
5. A chart to assess your Heart rate/exercise level and height/weight chart.

Please do some serious thinking about the State Championships and put forward your opinion.

See you all on April 21st.

AGAIN HAPPY, SUCCESSFUL, SAFE EASTER TO ALL.

Phil Aldridge (ED)



SOUTH AUSTRALIAN VETERANS' ATHLETIC CLUB INC.

COACHING — TRAINING

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COACHES

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Ph: 296 5474

Don BROWN
Ph: 332 9802

Brenda PARKINSON
Ph: 278 8516

Paul TOWNLEY
Ph: 265 3842

Geoff WHITEHALL
Ph: 363 1793

LOCATION/TIMES

Adelaide Harriers
(South Tce/King William Rd)
Tuesday & Wednesday
evenings (5.30 pm)

Pembroke School
Monday evenings (5.30 pm)
Olympic Sportsfield
Kensington
Wednesday evening (5.30 pm)

Flinders University
Tuesday (8.00 am)
Thursday (2.15 pm)
Sunday (9.00 am)

Pembroke School
Mon & Tues (5.30 pm)
Thursday at Olympic Sports Field
or Park 9 Nth Adelaide (5.30 pm)

Adelaide Harriers
Tuesday evening

CATEGORY

{ Sprints
upwards

{ Sprints
upwards

{ Sprints
Hurdles

{ Sprints
Middle Distance

{ Sprints

COMMITTEE MEETINGS

Held on the LAST THURSDAY of each month at 7.00 pm At Clubrooms
(Corner Peacock/Greenhill Rd., SOUTH PARKLANDS)

ASSISTANT SECRETARY/TROPHY STEWARD

LINDA WHITELAW PH: 377 2108

COMMITTEE MEMBERS

David JANSSAN

Norm CHARLES

Jim LIASCOS

Paul BOYCE

CLUB DELEGATE AND ATHLETIC TRACK ORGANIZER

David JANSSAN
Ph: 289 1739

CLUB CAPTAIN AND UNIFORM SUPPLIER

? Help!

RESULTS VETS CLUB TITLES 1996

100 mts

W40 J. Bowden	18.60
W55 B. Parkinson	14.80
W60 B. Byrne	16.00
M45 G. Whitehall	11.74
M50 P. Dunham	13.36
M55 D. Janssan	12.45
P. Boyce	14.20
M60 J. Liascos	13.67
M65 T. Morgan	14.40
K. Postler	15.47
M70 R. Clarke	14.79
W. Bowden	18.82

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200 mts

W40 J. Bowden	41.74
W50 A. Lang	34.37
W55 B. Parkinson	31.86
W60 B. Byrne	33.78
M45 G. Whitehall	24.78
M50 P. Dunham	27.54
M55 D. Janssan	26.81
P. Boyce	29.54
M60 J. Liascos	28.51
F. Rogers	28.77
M65 G. Parkinson	30.38
T. Morgan	30.81
K. Postler	35.03
M70 R. Clarke	31.76

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400 mts

W30 M. Laird	79.48
W40 J. Bowden	95.37
W50 A. Lang	72.38
M45 G. Whitehall	53.81
M50 P. Dunham	60.13
M55 D. Janssan	67.82
P. Boyce	68.10
M60 F. Rogers	64.67
M65 G. Parkinson	68.08
M70 R. Clarke	68.97

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800 mts

M45 G. Whitehall	2-17.50
M50 P. Dunham	2-33.98
M60 F. Rogers	2-26.53
M65 R. Woodcock	2-40.57
G. Parkinson	2-43.81
M70 R. Clarke	2-47.74

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1500 mts

W50 A. Lang	5.36
M60 F. Rogers	5.25

- - o 0 o - -

5000 Mts

M40 A. Goldie	19.20
M50 D. Smart	21.15
D. Milburn	22.48
M65 R. Sjoerdsma	23.40
M75 H. Snelgar	30.19

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10000 Mts

M40 A. Goldie	39.09
M50 G. White	40.02
D. Milburn	45.45

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Short Hurdles

W50 B. Parkinson	14.08
M60 J. Liascos	18.74

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300 Mt Hurdles

M60 J. Liascos	60.00
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3000 Walk

W30 D. Goodger	18.44
W45 S. Krammer	14.18
K. Dewhirst	18.53
M50 G. White	13.49
D. Milburn	18.29
M65 C. Hainsworth	17.48
J. Smythe	22.42

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5000 Walk

W30 D. Goodger	35.00
W45 S. Krammer	24.48
K. Dewhirst	33.26
M50 G. White	24.41
D. Milburn	31.54
M65 C. Hainsworth	30.30
M65 J. Smythe	34.20
M80 J. Webber	37.08

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Long jump

W40 J. Bowden	2.00
M45 G. Whitehall	4.90
M55 D. Janssan	3.78
M65 T. Morgan	4.52*

*(A.R. 4.92m. M65)

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Triple Jump

M60 J. Wascos	7.70
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High Jump

W55 B. Parkinson	1.20
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Pole Vault

M55 G. Powell	3.30
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Hammer

M65 K. LePage	32.54
M75 H. Snelgar	24.08

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Shot Putt

W40 J. Bowden	5.75
W50 G. Boyce	7.55
M55 P. Boyce	6.65
M60 D. Paul	8.34
M65 L. LePage	9.13
M70 W. Bowden	8.47

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Discus

W40 J. Bowden	16.48
W50 G. Boyce	18.14
M60 S. Grimm	30.90
D. Parker	25.28
M65 K. Postler	30.06
J. Smythe	20.20
M70 W. Bowden	23.44

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Javelin

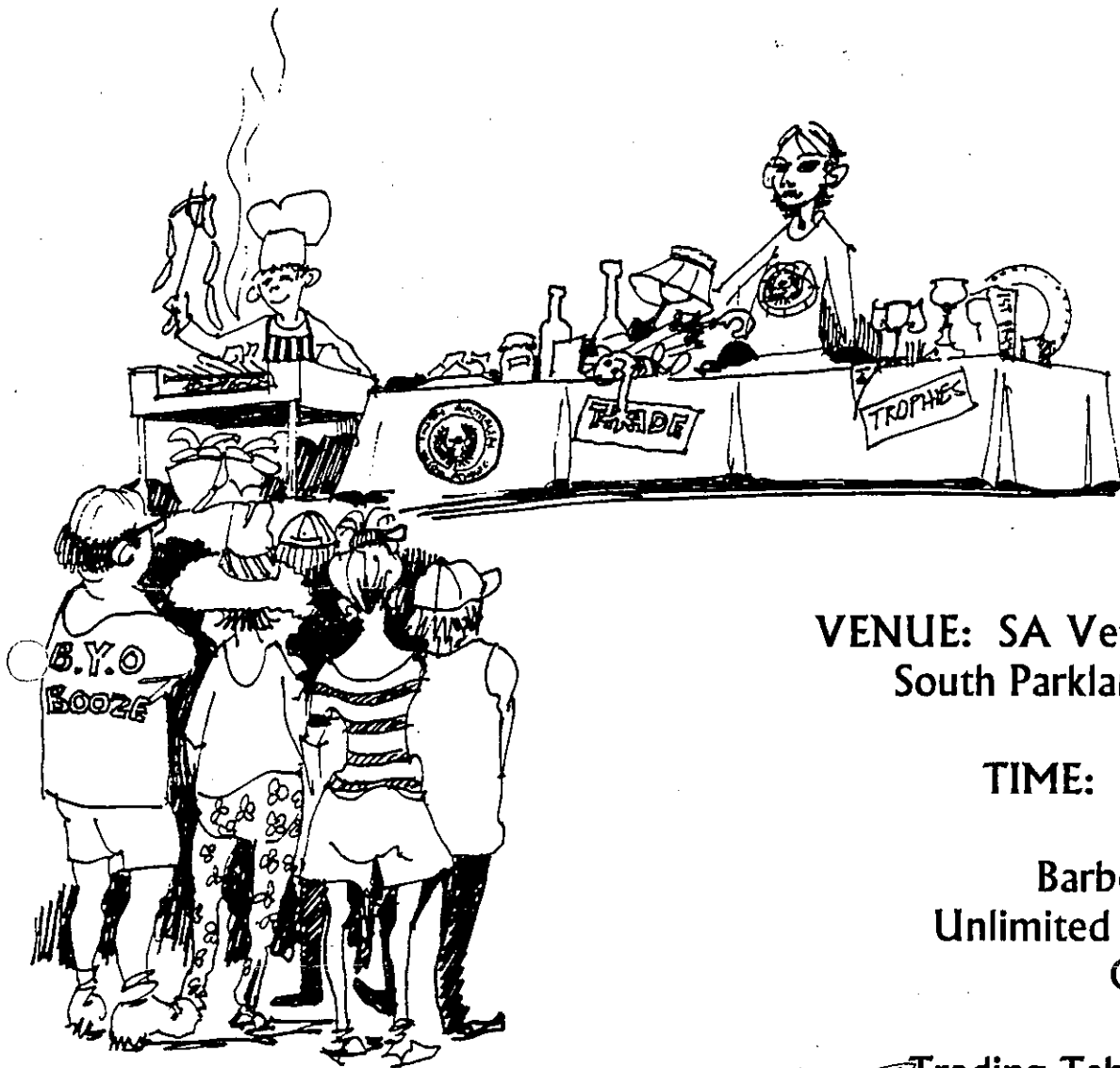
W40 J. Bowden	13.64
W50 G. Boyce	15.36
M60 D. Parker	28.24
S. Grimm	27.90
M65 K. Postler	22.68
M70 W. Bowden	20.92

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MANY THANKS TO ALL HELPERS - The only disappointment was the LACK of participants. The weather was great and all competitors did well. It is up to YOU the members to inform the executive committee the most appropriate time of the day to hold the State Championships DO IT NOW - to allow planning for 1997.

SA VETERANS ATHLETIC CLUB

End of Season Presentation and Get Together
Sunday April 21st 1996



VENUE: SA Vets Clubroom
South Parklands, Wayville

TIME: 12.30 pm

Barbecue / Salads
Unlimited Tea / Coffee
Cakes / Slices

Trading Table and Raffle

COST: \$5.00 per person

B.Y.O '5 CHAIRS
DRINKS
+ TRADING TABLE

Family/Friends Welcome - Come along and meet your fellow members!

SECRETARY'S REPORT 1,

Bev. Byrne
20 Acacia Avenue
HAWTHORNDENE 5051
Tel. 2788537

CLUB CHAMPIONSHIPS: March 10 & 17 1996

Entries were down once again on last year in spite of a change of timing in an attempt to convenience most members. Some of the decrease was due to unavoidable sickness and injury, however, there needs to be better support for such events if the Club is to maintain an active role in Veteran athletics.

To those that did come and either competed, officiated or supported, the Committee expresses its appreciation of their participation.

Among the many good efforts from our athletes, the following deserve a special mention:

Bob Clarke M70 4 S.A. Records - 100m 200m 400m & 800m.

Tom Morgan M65 1 S.A. Record - Long Jump

Jim Liascos M60 1 S.A. Record - Short Hurdles

Brenda Parkinson W55 Great runs in 100m & 80m Hurdles and looking very promising for good results in the latter at 1997 Melbourne Nationals.

Our sincere thanks go to Ron & Betty O'Neill, Ruth Webber, Don Dohnt and Pat Peters, those long-suffering officials who never refuse our requests for help and without whom these events could not be run. To those Club members who helped out in any capacity, even though unable to compete - Thank you!

Congratulations go to the winners of our Club Raffle, which raised \$60.00 towards Club funds:

1st Prize: "Gus."

2nd Prize: Bill Bowden

3rd Prize: Frank Rogers

I hope they all enjoyed their spoils!

Don't forget the Presentation on April 21st 1996 at the Clubrooms 12.30pm

END OF SEASON PRESENTATION AND GET TOGETHER - SUNDAY APRIL 21st 1996

While on the subject of our social function any donations of cakes, slices, etc. for our trading table would be appreciated and we look forward to seeing as many members as possible at this our end of season get together.

Please R.S.V.P. to Sec. Bev. Byrne by Wed. April 17 1996 to enable some estimate of numbers for catering purposes.

SECRETARY'S REPORT

2.

Working Bee - Feb.11 1996

Once again a reasonable response to this working party - much being accomplished by willing hands . Almost all the window frames have been re-covered with chicken wire to provide extra coverage against window vandalism. Further investigation of track irrigation has been undertaken with follow-up research, a slow but necessary process in the provision of a Club running track.

More painting of Clubrooms was necessary as graffiti vandalism remains an ongoing and aggravating problem but with persistence it is hoped we will eventually gain the upper hand.

My thanks go to Brian Witty, Glyn & Paul Boyce, Phil & Raelene Aldridge, Richard Sjoerdsma, Andrew Goldie and Ron Byrne for their willing participation. Apologies to anyone I may have omitted.

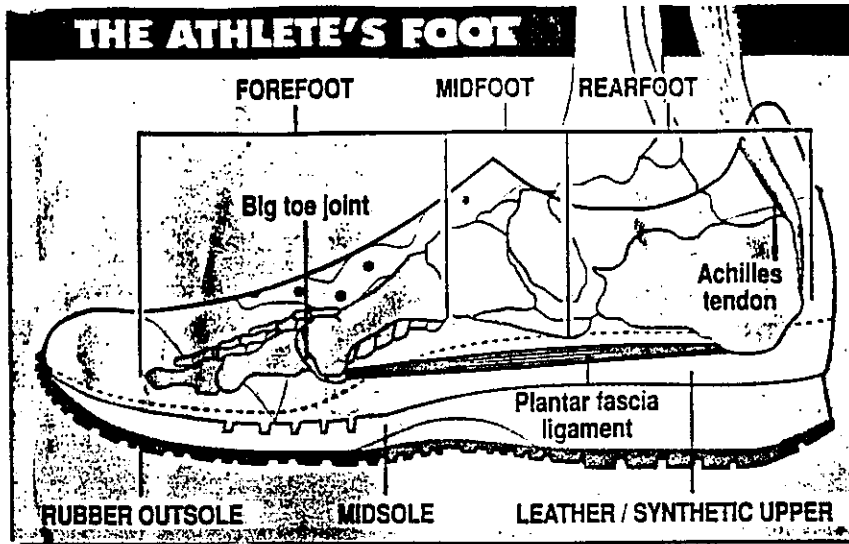
S.A.V.A.C. has finally acquired carpet for the Clubrooms - kindly donated by Jim Steele of Solomons -Queenstown. His generosity is much appreciated. Members may wish to consider this firm when next re-carpeting.

RIVERLAND MASTERS GAMES MARCH 23-25 1996

The Athletics programme was held at Waikerie Football Oval over this weekend on a reasonable grass track in perfect weather. The competition was friendly and provided for both the more serious athlete as well as those "having a go". The whole atmosphere of the Games was relaxed and low-key with laughter and jocularly a key element. Those S.A.V.A.C. members who competed all came away with varying successes and their support of each other throughout the competition showed Club loyalty is strong. The Opening Ceremony at Barmera was a great success, a very enjoyable evening and the organisers are to be congratulated for their efforts on behalf of the athletes, even to the ordering of the perfect weather! Thanks must certainly go to Richard Law and his band of helpers for their organisation and running of the athletic programme. Much dedicated effort would have gone into this event and they deserve the success that was achieved.

All in all a great weekend!

Full results of the Masters Games will be published as they come to hand.



Poor stability and cushioning in a sports shoe can lead to serious and long-term damage to the bones, muscles, tendons and ligaments in the foot. Sports podiatrist Simon Bartold says the following areas are the most common trouble zones for injuries that may be avoided if the correct shoes are worn:

The **ACHILLES TENDON** joins the calf muscles to the heel bone and is extremely susceptible to excessive rolling of the foot inwards (pronation) or outwards (supination). When rolling occurs, the Achilles tendon is bowed. This increases the likelihood of a rupture or tear, particularly on the inside (medial) area of the heel.

The **PLANTAR FASCIA LIGAMENT**, attached to the base of the foot, is the strongest ligament in the body and acts like a bow string holding the foot in

shape. Without cushioning and stability the point where the ligament meets the heel bone can tear - leading to *plantar fasciitis*. Again, the medial side of the joint is the most susceptible.

Less commonly, the ligament can be stretched beyond its "elastic range" so it no longer returns to its natural state.

The **BIG TOE JOINT** or metatarsophalangeal joint - where the big toe connects to the rest of the foot - is susceptible if shoes are too flexible, or flexible in the wrong places. Bartold says a shoe should flex in only one place - at the big toe joint.

If the flex-point is too far back or forward, then pressure is exerted on the stiffer body of the foot, leading to muscle and bone damage called "turf toe".

An unstable shoe causes the **ANKLE JOINT** to roll excessively, which speeds up the process of arthritis.

SPORTS CROSSWORD *By Steve Wray*

ACROSS

1. He won at Bathurst in 1983 driving a Mazda RX7 (6).
4. The Dallas area famous American football club (7).
5. This Australian is the only cricketer to twice exceed 40 wickets in a Test series (8).
10. Peter Brock won his first Bathurst title driving one of these cars (6).
11. Australia's highest Test wicket taker (6).
12. He is the coach of the Fremantle Dockers in the AFL (7).
16. They won their only AFL Premiership in 1966 (2,5).
17. He rode Kensei to victory in the 1987 Melbourne Cup (5).
20. British winner of the men's 1500m gold medal at the 1980 Olympics (3).
21. Melbourne Tigers basketball sharpshooter (4).
23. He was the KI 1000 canoeing gold medallist for Australia at the 1992 Olympics (8).
26. This former English cricket all-rounder was nicknamed "Beefy" (initials) (2).
27. The Kangaroos of the AFL (5,9).
32. Local Rugby Union club (6).
33. Next Olympic Games will be held here (7).

DOWN

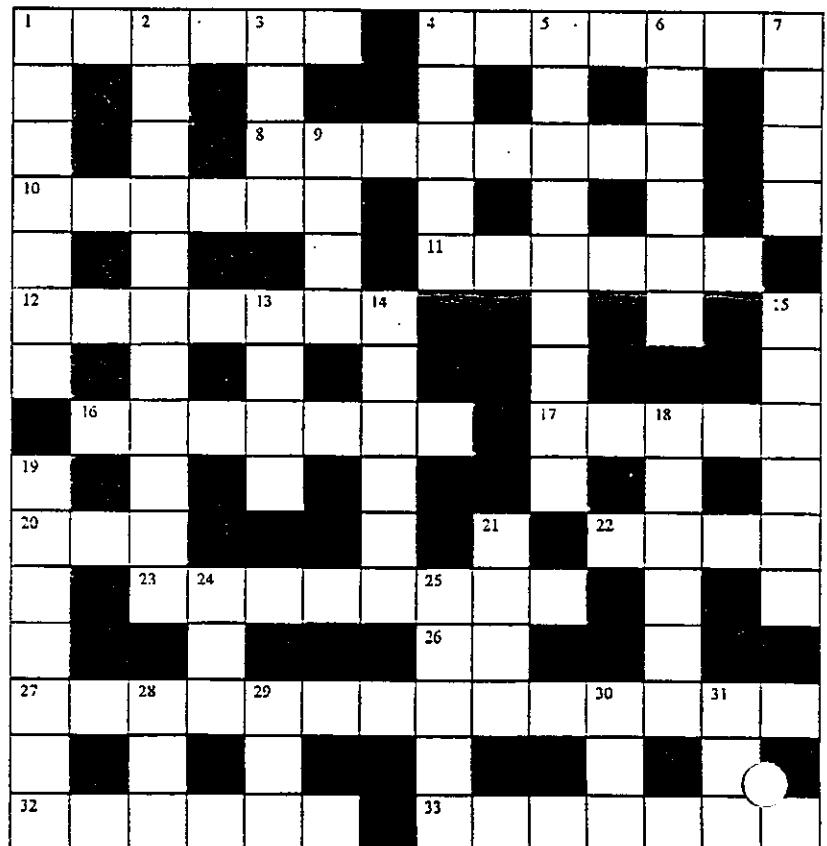
1. This American football legend recently announced his retirement (7).
2. Australian winner of the 1991 World Archery championships (11).
3. Former Australian Rugby coach Jones (4).
4. This former manly Sea-Eagles favourite was nicknamed "Crusher" (5).
5. The world's premier tennis tournament is held here (9).
6. 5 1/2 of these make up a cricket ball (6).
7. Ancient Japanese form of wrestling (4).
9. Master batsman of the current West Indian lineup (4).
13. Carlton footballer Mil Hanna doesn't have any! (4).
14. Carlton Blues veteran ruckman (6).
15. He lost the Americas Cup - again (6).
18. American winner of the men's 1992 World Surfing crown (6).
19. Captain of the Canberra Kookaburras Rugby Union team (7).
21. American baseball legend, Ty (4).
22. Tennis linenmen judge whether the ball is in our ... (3).
25. Sydney Bulldogs full back (5).
28. North Sydney Bears centre (3).
29. Golfer ... Sutton won the 1983 US PGA (3).
30. The last soccer World Cup finals were played in this country (3).
31. Used to divide a volleyball court (3).

ADELAIDES TOP-SELLING SHOES

1. Nike Air Max Triax. \$129.
 2. Nike Air Max. \$176.
 3. Reebok Aztrek. \$134.
 4. ASICS Gel 123. \$112.
 5. Brooks Addiction. \$116.
- (Sales figures from Rowe and Jarman, the Athlete's Foot, Balletti Sports and Joggers World).

RECOMMENDED RUNNING SHOES

1. ASICS Gel MC Plus \$116 (for women the ASICS Gel 2010 \$136).
 2. ASICS Gel DS Trainer, \$150.
 3. Brooks Beast, \$145.
 4. Adidas Lexicon, \$109.
 5. Saucony Grid 9000, \$139.
- (Recommendations from physiotherapist Steve Saunders and podiatrist Simon Bartold.)



SOLUTION! OVER PAGE.

RETURN

TO: Bev Byrne,
20 Acacia Ave.,
HAWTHORNDENE S.A. 5051

Re: S.A. VETERANS' STATE CHAMPIONSHIPS
MARCH 1997

The MOST suitable day/time for me to compete in the above games are:

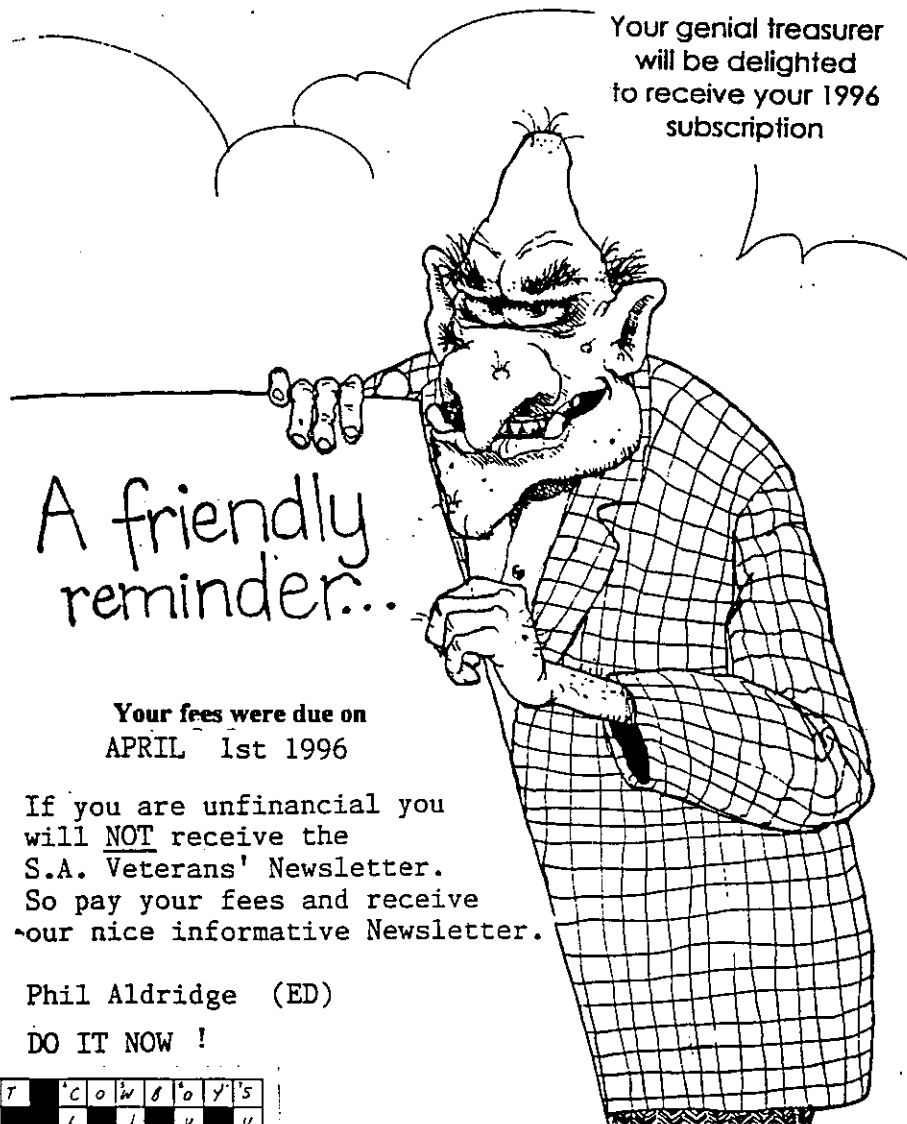
(Please tick ONE suggestion only)

Sat afternoon () Sunday morning () Sunday afternoon ()

Friday evening () over one weekend, Sat & Sunday afternoon ()

NAME: AGE GROUP M/F

FORWARD TO BEV BYRNE NOW



Your genial treasurer
will be delighted
to receive your 1996
subscription

A friendly
reminder...

Your fees were due on
APRIL 1st 1996

If you are unfinancial you
will NOT receive the
S.A. Veterans' Newsletter.
So pay your fees and receive
our nice informative Newsletter.

Phil Aldridge (ED)

DO IT NOW !

H	O	F	F	A	T		C	O	W	B	O	Y	S	
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SPORTS CROSSWORD SOLUTION

Chasing a
MASTERS GAME
around Australia?

Some addresses for you.

6TH AUSTRALIAN MASTERS GAMES
General Manager:
Ms Sue Baker-Finch
c/- ACT Bureau of Sport and Recreation
PO Box 1156
TUGGERANONG ACT 2901
Tel: 06 207 2069

HONDA MASTER GAMES ALICE SPRINGS
General Manager:
Mr Steve Scarlett
PO Box 1095
ALICE SPRINGS NT 0871
Tel: 089 515 329 Fax: 089 515 3

AUSTRALIAN VETERANS GAMES WAGGA WAGGA
Coordinator: Rhonda Sullivan
PO Box 20
WAGGA WAGGA NSW 2656
Tel: 069 235 428

WESTERN AUSTRALIA STATE MASTERS GAMES
Secretary: Mr Jim McCann
WA State Masters Games Assocn
PO Box 553
ALBANY WA 6330
Tel: 098 416 800

QUEENSLAND STATE MASTERS GAMES
Queensland Masters Games Association Inc.
General Manager: Mr Stan Perry
Queensland Events Corporation
PO Box 7990
Waterfront Place
BRISBANE QLD 4001
Tel: 07 3221 1949, 07 5581 6051
Fax: 07 3221 1684

BERRI FRUIT JUICES RIVERLAND MASTERS GAME FESTIVAL
Chairperson: Ms Kathy Edwards
147 Marion Rd
RICHMOND SA 5033
Tel: 08 438 775 Fax: 08 438 731

DUBBO MASTERS GAMES
Coordinator: Mr John McDonald
PO Box 979
DUBBO NSW
Tel: 068 824 444

FORBES VINTAGE AND VETERANS GAMES
Chairman: Mr Ken Sanderson
PO Box 156
FORBES NSW 2871
Tel: 068 521 333 Fax: 068 521 333

YOUNG MASTERS GAMES
Coordinator: Mr Graham McDonald
Young Tourist Centre
PO Box 45
YOUNG NSW 2594
Tel: 063 823 394

MARYBOROUGH MASTERS GAMES
President: Mr John Craig-Gardiner
PO Box 1225
MARYBOROUGH QLD 4650
Tel: 071 215 349 Mobile 018 968 225

TASMANIAN MASTERS GAMES
General Manager: Mr Kerry Dewkins
PO Box 206
LAUNCESTON TAS 7250
Tel: 003 346 523 Fax: 003 342 969

COLLIN COOPER

It is with sadness and regret that S.A.V.A.C. must report the death of our well-respected member - Collin Cooper.

Collin lost his battle with cancer on Friday March 22nd 1996, aged 67 years. Collin faced his illness as he confronted everything in his life, with a positive attitude, courage and above all with dignity.

Athletics was Collin's great passion all his life, he being an outstanding athlete throughout his junior, senior and veteran years, both as an amateur and professional runner, achieving many successes along the way in all arenas local, national and international.

His veteran athletic years also included a successful coaching agenda, coaching and advising athletes of all standards from South Australia, interstate and overseas. An inspirational coach, his philosophy being that everything in life was a challenge to be faced with determination and overcome if at all possible.

Collin was a Board member of A.A.V.A.C. holding the position of Director of Travel and Sponsorship until his resignation last month. His motivational influence and enthusiasm in encouraging veterans to travel to interstate and international championships will be sorely missed by the National Veteran Board as we in South Australia will miss his active presence in South Australian Veteran Athletics, both as friend and athlete.

As a Club we extend our sincere sympathy to Ann and her family in their loss.

Vale, Collin.

FUN RUN/WALK - MAY 5th 1996

This is the first of what the S.A.V.A.C. Committee hopes will be several events staged by the Club during the winter months to encourage our members to keep in touch through the winter athletic season.

Events: 2½K & 5K Run
3K Walk

Venue: Sth. Parklands by Clubrooms cnr. Peacock Rd. & Greenhill Rd. Wayville.

Time: 2.00pm

Cost: \$2.00 per person - Entries will be taken on the day.

Open to all-comers members and non-members.

Afternoon tea will be served in Clubrooms following the event.

Please come along and enjoy a friendly Run/Walk and encourage friends and family to join us.

PAGING AAVAC

A BRIEF SUMMARY OF THE DEVELOPMENT OF THE AUSTRALIAN ASSOCIATION OF VETERANS ATHLETICS CLUBS

The Australian Association of Veterans Athletic Clubs was officially formed on 21st April 1974.

Whilst there had been competitor meetings held before then, they had been arranged by the older athletes with the approval of the Australian Athletic Union. The forming of a national Association was stated to provide the following advantages:-

- Regularising of interstate competition
- having a truly representative Australian team
- a bigger voice in Australian athletics
- greater chance of government assistance when sending an Australian team overseas
- unified thinking on things that affect veteran athletes throughout Australia
- Australia wide agreement on events, weights, heights (for record purposes)

The first office bearers of the Association were

President N R O'Neill, Campbelltown, South Australia
Secretary/Treasurer Wal Sheppard, Victoria

Capitation fees were set at 20cents per member, and the present official uniform was adopted. Other business decided at that historic meeting included the setting of national records, endorsement of the current program as a suitable national program, agreement on weights and implement specifications and a calendar of national championships. It was decided to have minimum entry requirements before the award of medals, and also standards were to be imposed.

Another agenda item concerned the urgent need to contact the Canadian Masters Athletics organisers to arrange a letter confirming that the first World Veterans Championships in Toronto were for amateurs only. A team was to be selected by Jack Pennington (convenor), Logan Irwin and Wal Sheppard.

It is interesting that many of the decisions taken at that first meeting were to remain association policy for many years, e.g. the election of the President based on the venue for the next national Championships. The uniform colours remain the same, and our badge is unaltered.

The early development of competition was for men only. In 1976 when the national championships were held in Brisbane, five women competed by invitation. Heather Doherty of Queensland, two Victorians and one from New South Wales. In 1979 women competed openly for the first time in Sydney and in 1980, a constitutional change permitted women to be appointed to attend meetings of the national association.

Communication has always been a problem within the veteran athletics movement. In 1978 a motion to introduce a Veteran Athlete magazine was defeated, but approval was given in 1979. Peter Colthup from Victoria was one of the four appointed to organise its production, but in 1981 the concept was referred back to the States. In 1986 The Veteran Athlete was approved. Mike and Penny Hall produced the magazine until it folded in 1991, having had a constant struggle to achieve sufficient paid subscriptions to cover their production costs.

It is significant to note that it was not until the early 1990's that the development and management of the Association was given any real attention. Veteran Athletics was instantly popular and the trailblazer in mature age sport in Australia. The hosting of the World Championships in Melbourne in 1987 was the crowning glory for veteran athletics in Australia and should have been the catalyst for a surge in growth for the sport.

Sadly, this was not the case. 1987 also saw the first Australian Masters Games held in Tasmania which introduced many mature aged persons to the multi sport concept, and there were an unbelievable 23600 participants in the World Masters Games in Brisbane in 1994. In this period from 1987, the veteran athletic movement has stagnated with static growth in most states whilst numbers have actually declined in one state.

Comparisons with other mature aged sports clearly show that veteran athletics has failed to move with the times and now lags well behind several other sports. The reasons for this situation occurring are numerous but one most obvious observation is that the sport failed to develop a professional management approach to the conduct of its affairs and did not move to meet the demands of its membership. It is certainly not too late to turn this situation around.

The development plans now being prepared and implemented should achieve their objectives, but only if members and administrators are united in wanting to achieve a better future for their Association. It is no good wanting the "good old times" to return. They won't because the world we live in today is vastly different to the world we knew even ten years ago.

Stan Perkins,
Immediate Past President, AAVAC Ltd
November 1995

Approved by Stan

The AUSTRALIAN ASSOCIATION VETERANS ATHLETICS CLUBS is your elected body to represent you on the:-

AUSTRALIAN SPORTS COMMISSION
AUSTRALIAN CONFEDERATION OF SPORT
ATHLETICS AUSTRALIA
OCEANIA REGIONAL COUNCIL
AND THE WORLD ASSOCIATION OF VETERANS ATHLETICS

**AAVAC Representatives and members travel at special rates with J.C.T.
AAVAC Working Party members stay at The Astoria Hotel, Kings Cross at special rates which are also available to members.**

TASMANIAN EXPERIENCE

During the Christmas Vacation I spent ten pleasant weeks in Tasmania. The weather was delightful and for those who are interested in statistics-eighteen of the seventy two days were fine, the rest were cool and cloudy with occasional bursts of scud and cool glorious sunshine. On three occasions I visited the athletic track in the Domain to partake in some form of Veterans Athletics. There was no tight schedule of events, competition was generally in mixed sex and age groups and every one was supported to give of their best. I, being unfit at the time, decided to compete in Field Events. Well below par, I nevertheless delighted in the ability of Vets to travel from one state to another and within minutes find a venue in which to continue to train and keep fit. Fitness was on my mind. Staying at Tarooma I ran the Channel Highway most days. The blossoms and blooms during December were magnificent, colourful, large and with strong perfume, something we A.C.T. people appreciate. What I did not appreciate was the hill which I had to run on my return. This was my bete-noir, but it also became my challenge. No way would I return to the mainland without conquering that 500 metre gargantuan. Needless to say on my fifth week of training I did it. What had taken me seven minutes to walk, I ran in four minutes, and from then on life became a little more rosy. The Trugunnini track became less steep and the Freycinet climb a little less arduous. I travelled around the eastern coastline and hoped to visit the Launceston Vets group. But it was not to be, the rains came. Then floods on the Esk and the Huon, as well as some spots in Hobart. However after an aerial flight over Federation Peak, a boat trip on Bathurst Harbour, and a return along the D'Entrecasteau Channel my spirits lifted and I began to wish that I could have stayed longer on the Isle. My thanks go to the friendly group who organised the Christmas function and to Ron Challis, Peter Lyden and Bob Richards who spend many long hours organising the Hobart Vets and who I know are interested in achieving more government funding for all Australian Veteran Athletes.

SPONSORSHIP

In the last Paging AAVAC, the arrangements between J.C.T. and us were outlined. Needless to say some of our members who are either travelling to Perth for our National Championships on the 5th to 7th of April, or to the Oceania Games between the 6th and 13th July have rung me to say that they have managed to achieve a better price through some other Flight Organisation. In one or two instances this could be true, but what is not possible is for a large contingent to achieve that result. There are only a few special price tickets on each flight (as far as I am aware) and the conditions may not be suitable for all travellers. This matter has been discussed with J.C.T. management and they advise that they will always match the conditions which you have managed to achieve as an individual as long as they are given the appropriate information.

J.C.T. can continually provide better facilities and costings for us because they take the risk of booking flight and accommodation facilities for up to two years in advance.

J.C.T. has been working on AAVAC's behalf since 1994 for the Veterans Durban World Games in July 1997. It will always be best for you to check your prices with J.C.T. after you have found "a better deal".

At the Annual General Meeting held in Melbourne on the 29th August 1992 the following motion was moved and carried:-

That AAVAC Ltd approve the creation of the position of Executive Director. In 1993 the AAVAC Board established a "Search Conference" to plan for the future. This has now been finalized

Item 10 of the plan is the "Critical Component" which states:-

A review of the objectives and strategies of this strategic plan highlights the emphasis that AAVAC has put on improving the effectiveness of its administration and making it relevant to all members:-

The appointment of an executive officer and establishment of a national headquarters are seen as the critical components in the professional management of the association and in charting a course for its future growth and direction."

A decision has now been made and all that is required is the finance.

AUSTRALIAN SPORTS COMMISSION

The Commission is the Federal Government's agency responsible for the development of sport in Australia. It operates under the authority of the Australian Sports Commission Act 1988, which specifies its powers and functions. It has two principal objectives

- increased participation in sport and sport activities by Australians
- excellence in sports performance by Australians.

The Commission operates programs and provides services to National Sporting Organisations to achieve these objectives.

COMMENT:- The Commission makes grants to The Veterans Athletics Movement through its Mature Age assistance program. Since 1988, two grants have been received one for \$7000, and another for \$4000.

AAVAC IS YOUR NATIONAL LOBBYING ASSOCIATION AND REPRESENTS YOU ON THE WORLD ASSOCIATION OF ATHLETIC CLUBS, THE CONFEDERATION OF SPORT AND THE AUSTRALIAN SPORTS COMMISSION

AAVAC Representatives and members travel at special rates with J.C.T.

AAVAC Members may obtain discount prices at the ASTORIA HOTEL, KINGS CROSS, when staying in Sydney.

STATE CHAMPIONSHIPS 95/96 FEB.14 - FEB.21 1996

SAVAC RESULTS

VET. WOMEN 3000m RACE WALK

1. Sandra Kramer 14.34.60

VET.WOMEN 3000m RUN

1. Barbara Hill 13.55.20

OPEN WOMEN 10000m RACE WALK

2. Sandra Kramer 54.10.00

VET. MEN 5000m RUN

3. Leslie King 16.25.20
4. David Standeven 17.01.00

VET. MEN 10000m RUN

3. Leslie King 35.12.70
4. David Standeven 35.51.00

VET.MEN & WOMEN 100m

1. Hans Van Bavel 11.72
3. Geoff Whitehall 12.02

VET. MEN 200m

1. Hans Van Bavel 23.80
2. Geoff Whitehall 24.46
3. Bill Dickenson 25.55

VET MEN & WOMEN 400m

1. Hans Van Bavel 53.73
2. Geoff Whitehall 54.45
3. Bill Dickenson 55.32
5. Rob Mangelsdorf 1.00.57

VET MEN 800m

1. Leslie King 2.10.53
3. Rob Mangelsdorf 2.17.00

VET MEN & WOMEN 1500m

1. Leslie King 4.23.17
5. Rob Mangelsdorf 5.05.63

VET. MEN POLE VAULT

2. Glenn Powell 3.30m

VET.MEN DISCUS

5. Siggy Grimm 25.76m

VET.MEN JAVELIN

3. Siggy Grimm 25.50m

CONGRATULATIONS to

LINDA & LAURIE WHITELOW
on the birth of a baby Daughter
NAOMI ANN on March 15th 1996

-- o 0 o --

NEW MEMBERS - WELCOME

DI GOODGER
29 Wingate Crescent
PARAFIELD GARDENS 5107

JOE PEPKOVIC
36 Anstey Crescent
MARLESTON 5033

-- o 0 o --

CALENDAR OF EVENTS

1996

APRIL

Fri.5-8 (Easter)	Aus.Veteran Athletic Champs. Perth - W.A.	Entries closed.
Sat.6	35+ Pentathlon - O.S.F.	A.S.A.- 3328022
Sat.13	Suhard Shield - O.S.F.	A.S.A. 3328022
Sun.21	State 10k Road Champs.	A.S.A. 3328022
Thurs.25 (Anzac Day)	Anzac Mile - Ad.Harriers 2pm	D.Paul 2985005
Sat.27	Regency Park Run 1k-3k-8k-15k	D.R.C. 2985005

MAY

Sat.4	Enfield Harriers Host Day - 2pm Carisbrooke Reserve 2k 4k 8k 10k	A. McKay 3455375
Sun.5	Greenbelt $\frac{1}{2}$ Marathon	S.A.R.R.C. 2130615
* Sun.5	S.A.Vets.Club Fun Walk/Run Clubroom Parklands -2pm 2 $\frac{1}{2}$ k & 5k Run 3k Walk	SAVAC 2788537
Sat.11	Patawalonga Relays - ?Flinders	A.S.A. 3328022
Wed.15	DRC Winter Night Runs commence O.S.F. - 7.30pm	D.R.C. 2985005
Sun.19	F.Union Ashford Comm.Hospital Fun Run - 8.30am -5k&10k	Life-Be-In-It 2311754
Sat.25	W.D.Wilson Mem.Run - West Tce.	M.Jones 2983489
Sun.26	Barossa & Light $\frac{1}{2}$ Marathon Tanunda	T.Miller 085-622863

JUNE

Sat.29	Veterans 10k - Regency Park	D.Paul 2985005
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JULY

Sat.6 -13	8th Oceania Veteran Games Tahiti- <u>Entries close May 10 1996</u>	SAVAC Sec. 2788537
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AUGUST

Sat.31	S.A.Vets.Club Host Day- 5k & 10k Walk/Run SAVAC Clubrooms Sth.Parklands	SAVAC 2788537
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SEPTEMBER

Sun.15	City-Bay Fun Run/Walk 12k - A.F.C.	D.Paul 2985005
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OCTOBER

Sat.19-27	Honda Masters Games Alice Springs <u>Entries Close August30 1996</u>	N.T.Dept.(089)51532 Sport & Rec.Fax.(089)51533
Tues 29	A.Harriers Handicap Meets commence	D.Paul 2985005

SOUTH AUSTRALIA VETERANS ATHLETIC CLUB INC.
APPLIC FOR MEMBERSHIP

Surname (Mr,Mrs, Ms)

First Name

Address:

.....P/Code.....

Telephone No: ()Fax No:(.....).....

Annual subscription fee	\$30.00
" Pensioner "	\$20.00
" Country Member fee	\$15.00
" Athletic State Registration	\$60.00
" Associate fee	\$20.00

Enclosed cheque for \$.....-00 amount. Please circle your category of membership.
Attach your cheque (payable to S.A. Veterans' Athletic Club) and forward to The registrar:

Richard Sjoerdsma
54 Warwick St.
WALKERVILLE 5081

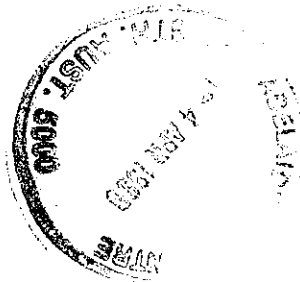
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TOORAK GARDENS S.A. 5065

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Bev Byrne.
20 Acacia Ave.
HAWTHORNDENE S.A.
5051



PLEASE NOTE

Membership fees are due:-
APRIL '96

Please forward your fees to

Richard Szoerdsma
54 Warwick Street
WALKERVILLE S.A. 5081

Please phone Richard for new
fee schedule for '96 on:-

344 2604

NOTICE

PLEASE NOTE



ATTENTION !!
Members

