

THE TORCHBEARER

NEWSLETTER 45.

"56ers Torchbearers Club Inc"

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PRESIDENT'S COMMENTS

Greetings fellow Torchbearers and partners

I am pleased to report the 56 Torchbearers 1500 metres track events for men and women at the North Queensland Games in Townsville were very well contested and won by two extremely promising young milers.

Montanna McAvoy, a granddaughter of 1956 Torchbearer Joe McAvoy, won the women's event in games record time, and the men's by Liam Mumford in a convincing manner, having finished second in this event at the previous North Queensland Games.



Liam Mumford winner men's 1500m event

The overall placings were women's: Montanna McAvoy, Victoria Beck, Iris Flynn-Pittar in that order followed by the men's trio of Liam Mumford, Jack Vockins and Sam Murphy.

Both races were held on a Friday night as part of the opening ceremony and it was a pity they were scheduled to the latter part of the program as a number

of young athletes had to leave early "under protest" because they had commitments first up next morning. The next North Queensland Games will be held in Cairns, so we will make sure the two events will be staged at a more convenient time.



56ers attending Townsville NQ Games, left to right, Vern Tomasich, Mauno Kaurila, Dennis Stevenson, Bill Cummings, Jim Vallely, Kauko Kaurila, Mark Rowell.

Legendary North Queensland Rugby League player and 1956 torch bearer, Dan Clifford, sadly passed away since our last newsletter. Dan struck the fear of God into the hearts of high profile Brisbane players during his many southern tours as the hard man of Queensland Country side, but having said that, Dan was an absolute gentleman off the field.

The 56ers would like to pass on our condolences to his family.

Regards

Jim Vallely

Early Notice : The Annual Meeting & Luncheon of the 56ers Torchbearer Club Inc., will be held on Saturday 8th November 2014 at the Cairns RSL, The Esplanade, Cairns, commencing at 12 noon.

FORMER OLYMPIC GAMES

LONDON 1948

The Olympic Games resumed in 1948 after a 12-year gap. London was chosen as the venue and despite the economic situation in the post-war world London, hosted the 1948 Games with 4030 men and 438 women taking part. Needless to say Germany and Japan were not invited and the USSR was not affiliated with the IOC. The track and field events were held at the Empire Stadium and relaying the greyhound track used for 20 years with cinders and carrying out temporary works cost 80,000 pounds; during the games Belgium and Czechoslovakia won their first gold medals. There was some chaos when it was discovered that the 400m hurdles had not been marked out but 600 men and 150 women entered the track and field events. A Finn, Vilgo Heino, the 10.000m world record holder led the race but after 9 laps left the track and Emil Zatopek kept going and won the race by three quarters of a minute. Three days later Zatopek after qualifying in a 5,000m heat ran in the final and was beaten by Belgium Gaston Rieff by 0.2 seconds.

Bob Mathias the 17year old American won the decathlon after being in the stadium for 12 hours by 165 points. He continued his great decathlon form in Helsinki in 1952. Fanny Blankers-Koen from the Netherlands won three individual gold medals in the 100, 200m and the 80m hurdles. She also ran the anchor leg in the 4x100m relay to win a fourth gold medal.

WE SHOULD NEVER FORGET THEM

MERV LINCOLN

Mervyn George Lincoln was born in 1933 at Leongatta in Victoria. Dogged throughout his early childhood by bouts of illness his needs and the assistance of an aunt in assisting his education prospects saw him achieve success after success. At the age of 22 and a University graduate Lincoln branched into teaching and in the 1950's he became an internationally famous athlete. Merv whilst at Melbourne University in 1957 won the 1500m event in 3.42.0 compare this with Ron Delaney's time of 3.41.2 . It is interesting to note that Nova Peris (now a senator for the Northern Territory) won the 100m event in 11.47 in 2000 and the 200m event in 2001 in a time of 23.12 at the same university.

Merv was placed 12th in the final of the 1500m event at the Melbourne Olympics and was 7th in heat three at the Rome Olympics. In 1958 Merv Lincoln took part in perhaps the most famous mile event (outside Bannister breaking the 4 minute barrier) at the new Santry track at Dublin where he ran 2nd to Herb Elliott in the time of 3.55.9. All the first five place getters beat the 4 minute mile. Ron Delaney was placed third. (This event was reported in newsletter no. 43.) Merv never trained with Percy Cerutti but chose Franz Stampfl as his coach.



Merv Lincoln & Herb Elliot

Moving seamlessly from an athletic career he became an economist, consultant to government and the business sector, Merv developed a media career. He graduated a doctor of philosophy and Dr. Lincoln left teaching to begin a business, consulting and marketing to the investment sector. During his 70th year his health broke down and he began writing his life story with the assistance of Brenda Mc Kenna, called *CHALLENGES. The life of Merv Lincoln.*

Acknowledgment is made to the above book and author for some of the information in this presentation.

PERCY CERUTTY

Whilst not a competing athlete Percy Cerutti was a superbly fit trainer who ran a marathon just before his 51st birthday in 3:02. Cerutti was a crusty fellow, an eccentric and a deep thinker. He was an inspirational coach, but too much so for some athletes.

Cerutti's eccentricities that were fueled by unbounded enthusiasm got him into trouble with authorities. He failed to be awarded a position at Melbourne University claiming that he was the local boy. Franz Stampfl was bought in from England and Cerutti refused to accept Stampfl as his official coach or one superior in knowledge. However Cerutti's star was rising with Albie Thomas, Dave Power and a short while Ron Clarke. Then Herb Elliott joined the Cerutti camp and the press built up a huge rivalry between Cerutti's Elliot and Stampfl's Lincoln.

There was many close races between Elliott and Lincoln but as Cerutti proudly wrote 'never did Lincoln beat my Elliott. However Cerutti paid Stampfl a back handed compliment 'it is doubtful that Australia would have achieved world renown and eminence that it did if Stampfl had not come to the country, because I accepted the challenge and rose from a certain athletic lethargy with the decline of Landy, Perry and Hall.



Percy Cerutti

Cerutti's ground breaking coaching principles had grown out of a severe personal crisis when he was told that he would never work again and only had two years to live. Cerutti through his own initiative accessed various texts led him to running. In less than a year he was able to join a walking club and a year later completed a walk of 113k. By this time Cerutti was fascinated by movement and training in natural environments.

He purchased a 0.75 acre property in Portsea and constructed a training camp. Later that year he ran the 80 miles from Portsea to Melbourne to draw publicity to his venture and he was ready to take in athletes. A centerpiece of his training camp at Portsea was the sand hills that he, plus the athletes ran up regularly. The first arrival was Les Perry who later became the national three-mile champion. Perry attracted Don MacMillan who under Cerutti's guidance became the national mile champion and was second in the 1950 Centennial Games mile in New Zealand behind Bannister.

At 56 Cerutti ended his competitive career and focused on training. A new prospect was John Landy whose mile time was 4.43, after 4 months of training he ran 4.17. However the quiet Landy was uncomfortable with Cerutti's abrasive enthusiasm and he broke with him and trained alone with his own methods that he had developed with Emil Zatopek and other European runners. Cerutti had four runners MacMillan, Landy, Perry and marathon runner Prentice in the 1952 Olympics but his athletes did not fare well and he remained in a low patch for a few years.

But Albie Thomas who finished 5th in the 5,000m at Melbourne became one of Cerutti's winners. Following the Melbourne Games Cerutti entered the most successful period of his career. He enlisted Herb Elliott who had been in the stands at Melbourne and was impressed with Vladimir Kuts in the 10,000m and was only 18 when Cerutti began training him. At the start Elliott was running 4.20 for the mile but within four months was down to 4.06 a junior record. Following a winter break he returned to Cerutti's camp and soon ran a 3.59 mile. Then Elliott beat the top Australian miler Merv Lincoln with both runners clocking in below 4 minutes. Clearly Cerutti had a world-beater in his stable. During 1958 Cerutti's athletes ran superbly and claimed two doubles at the Empire Games –Elliott in the 880 and mile with Dave Power winning the 6-mile and marathon. In Dublin Elliott won the mile at Santry with Merv Lincoln runner up. The first five runners broke the 4-minute barrier with Delaney, Halberg and Thomas all in the first five. Cerutti was in Europe and did not witness this great race.

As a result of his successes Cerutti was offered contracts in Europe but returned home to build up his Portsea camp where he concentrated on preparing Elliott for the Rome Olympics. Cerutti claimed that Elliott could create a new world record at Rome and agreed to wave a yellow T-shirt if he was on world record time, he did and Elliott claimed the gold medal in world record time.

Elliott remembered Ceruttys assistance and wrote 'I remember with gratitude Percy's encouragement, outrageous pranks and diverting tactics with officials that made him worth his weight in gold.'

His other athlete Dave Power won a fine bronze medal in the 10,000m in the Rome Olympics. Cerutti moved more to writing and published five books in the 1960's. Cerutti opened up new vistas for runners, he inspired them to run barefoot, to seek out sand dunes and

renew contact with nature. He was a supporter of weight training and offered runners an escape from track training. Percy Cerutti died in 1975

FRANZ STAMPFL MBE.

Franz Stampfl was in the then Austro-Hungarian Empire the son of an Austrian general and a Russian princess. In 1937 sensing the rise of Hitler and being banned after refusing to obey instructions from Austrian officials he left Austria for England to study art. When Hitler marched into Austria in 1938 the British Government demanded that he leave the country unless he demonstrated a unique and necessary skill. He had taught skiing in his homeland. This approach earned him a job in Northern Ireland but he was interned as an enemy alien and transported to Canada and then Australia. While being transported to Canada his ship was torpedoed by a German U-boat. In order to survive Stampfl forced a steel plate aside and jumped into freezing water but a rescue boat arrived and Stampfl was shipped back to Britain and interned but later sent to Australia. He was interned at Hay where he organized athletics, boxing, wrestling and football matches.

After the war he married an Australian woman and moved back to London. He admired the English for their love of amateur sport and felt their athletes could use his help. He arranged a number of coaching posts including part time posts at Cambridge and Oxford Universities. He was not asked to aid the British Olympic team in 1952.



Franz Stampfl MBE

After Stampfl coached the John Fisher School and they won by large margins the Public Schools Challenge Cup two years in a row and were denied a hat trick of wins when officials decided to reward individual performances. Stampfl trained Roger Bannister in his performance in achieving the first four-minute mile in 1954. Stampfl immigrated to Australia and became the director of athletics at Melbourne University and

trained 11 of the athletes in the Australian team for the Melbourne Olympics.

He trained many successful Australian athletes most notably Ralph Doubell the 800 m 1968 Olympic gold medalist in world record time and the 1984 Olympic bronze medalist Gael Martin. Other athletes included Tony Sneazwell, Alan Crawley and Merv Lincoln in addition to Commonwealth champions Peter Bourke, Sue Howland and Judy Peckham.

Stampfl was great proponent of the interval style of training where athletes run high-intensity distance trials followed by short recovery periods.

Stampfl had a great rivalry with Percy Cerutti. Stampfl's coaching was regarded as 'scientific' whereas Cerutti's techniques were considered natural based on 'stotan' philosophies and their athletes were seen as rivals.

Stampfl was involved in a car accident in 1980 that left him a quadriplegic but despite this he continued Coaching. He was awarded an MBE for services to athletics. Franz Stampfl died in March 1995.

56ers CORNER

56'ERS MONUMENT CAIRNS ESPLANADE

If members have not yet viewed the 56ers monument installed on the Cairns Esplanade, you can Google it on Monument-Cairns foreshore-Cairns Regional Council. It is shown in its great splendour and does the club a great deal of credit. It is viewed by a large number of tourists.

LETTER FROM TREVOR MASTERS (29 MILES SOUTH OF CAIRNS RECEPTION)

Trevor forwarded a letter to the secretary in the early New Year that described his youthful experience to qualify to carry the torch.

He lived in NSW Country and was awarded an apprenticeship but moved to Mareeba on a tobacco property. When he finished the apprenticeship he assisted on the farm. My father was a very good sprinter and after he knew that the Olympic Torch would land in Cairns he said to me you should have a go at qualifying. We measured out a distance up the road.

Twice a day rain or shine before or after work I would run the distance and record the time.

All went well but as the qualifying race day I used to develop a 'stitch'. So of to a Mareeba doctor we went for advice. Some ointment was dispensed that killed the pain when put on 20 minutes before I ran and there would be no trouble. The big day arrived and the whole town gathered at the Mareeba showground and the big race was set down for 10am so at 9.40am on went the ointment. An announcement over the PA system said the race was postponed until 11.30 and at 11.10 on goes the ointment soon after the PA said race delayed until 2.0pm. At about 1.40 pm on goes the ointment again- just about out of ointment by this time. This time the race went ahead and I qualified. The next day they could just about have done open-heart surgery without an anesthetist because my whole stomach area was numb for a day or two. All went well and I was allocated number 28. What an honour, dropped off, run (great) told to get into the Army truck, handed a medal told to sit down and was thrilled. One of the best days of my life.

Shortly after the Olympics I got married and returned to NSW. I retired from the NSW Police Service after 30 years and went to Hervey Bay in Queensland for 16 years but returned to NSW for family reasons.

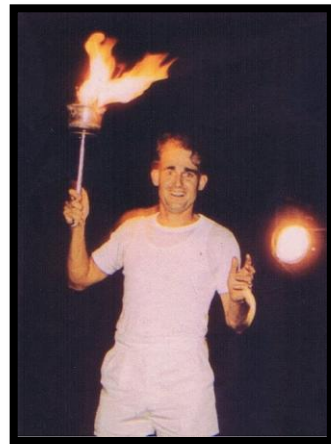
We visited Cairns about 7 years ago and met Keith Barrett-a gentleman and I joined the 56'ers and gain much pleasure from your newsletter. Keep up the good work, as there are a lot of runners who want to keep the memories alive.

MAX ACKLAND

(39 MILES SOUTH OF THE CAIRNS RECEPTION)

Max Ackland was born in 1928 at Narrogin WA the family moved about WA for a few years and Max's father had to shoot rabbits for the family survival. Max had to walk to a nearby dairy each morning to secure milk.*(the editor can relate to this at Yarraman in Queensland)* The family moved to Townsville and Max's development to become a pharmacist was to start. In 1945 Max commenced his pharmacy apprenticeship and by 1948 he was earning well as a dispenser. He started pharmacy in Babinda and later took on the existing pharmacist Fred Lizzio. They both entered the movie showing business and the theatre exists to this day.

Max decided to train for a run in the Olympic Torch run to the Melbourne Olympics. He trained enthusiastically and did well against the other men in the town *(one of whom was the editor who qualified at the same Babinda selection trials at the Babinda showgrounds).*



Max Ackland carrying a blazing Olympic Torch

Max ran the torch 39 miles South of Cairns or 21 miles North of Innisfail. The run remains a proud memory for the family.

Max's son Peter recalls the torch relay as a three-year-old sitting in the back seat of the car travelling slowly in convoy and seeing his dad return to the car all sweaty and happy. Peter wondered in later life why he was not allowed to sit on some ones shoulders to watch the changeover. He would have remembered that well enough. Max after some devastating ills passed away in Atherton on the 6th January 2009. Max was considering ordering the humorous certificate in a senior citizens magazine OBE-over bloody eighty. The family believes that he deserved a real OBE because he raised the spirits of countless people whose paths he crossed.

JIM VALLELY (2 MILES SOUTH OF THE CAIRNS RECEPTION)

As a sixteen year old in 1956 and keen on a number of sporting codes, I cherished the thought of being involved in the Torch Relay and not having television to influence us, sport was our foremost recreation.

I was apprenticed to my father as a third generation butcher and I must confess he was a pretty hard taskmaster who wasn't overly enthusiastic with sport as hard work was almost a religion to him.



*Jim Vallely's change over Mulgrave Road,
2 Miles of the Cairns reception*

Come the day of the Torch Relay and, as I jumped on my bicycle to pedal off to my starting venue, I can distinctly remember my father saying 'Don't hang around over there because you have sausages to make when you return', this was the last thing on my mind.

My starting mark was one mile out of Cairns that happened to be a busy intersection directly in front of the Cairns Showground, where three of the larger schools in the vicinity, St Augustine's, St. Monica's and Parramatta had gathered along with quite a large crowd of well wishers. I am happy to say everything went according to script.

My bigger thrill came a fortnight later when I had the good fortune to venture down to Melbourne and be in the Melbourne Cricket Ground when Ron Clarke carried the Torch into the arena for the final leg, and that is when it dawned on me just how significant our Olympic Torch Relay of 1956 really was.

Jim Vallely

SHERBROOKE LITTLE ATHLETICS CENTRE MEET CONTRIBUTED BY BILL O'NEILL (MIRRIWINNI)

It is 7am on a Saturday, and workers are out preparing the sports grounds for another event. This activity occurs each week from October to March and for the winter months the group move to the Knox Grounds as well as other venues for cross country running. The Knox Sports Ground is located in Knoxfield and is extensively used by schools and athletic clubs up to senior serious levels. Line marking, tents for officials for each event, the official contact desk, opening the tuck shop, all the stored equipment required for the day, erection of the sprint finishing post servicing and eight lane track as well as the line marking and the extensive PA system.

I was greeted by Trevor Weekes (chairman) and proceeded to take photos and observe the events. I watched a 6-year-old girl throwing the shot put and it was amazing how far she was able to throw the put. Other events were discus throw, sprints 100 and 200m and the long jump all coordinated for the centre table and control point. This was the last day of the competition for the season and presentation day occurs on the following Saturday. All up the usual number of children attending is about 200.

Sherbrooke Centre is located in a beautiful setting amongst business premises and local housing, surrounded by nearby hills that form part of the Dandenong Ranges. In the centre of the grounds is a picnic area and children's playground surrounded by lovely trees.



*Founding member Ken Walters and
Bill O'Neill 1956 Torch bearer*



Ken Walters and Richard Weeks at Sherbrooke



Ken Walters signing on athletes at Sherbrooke

Sherbrooke Centre is located in a beautiful setting amongst business premises and local housing, surrounded by nearby hills that form part of the Dandenong Ranges. In the centre of the grounds is a picnic area and children's playground surrounded by lovely trees.

Trevor introduced me to Ken Walters who was the founding member of the group in 1970 and they talked about their aims and programmes and the benefits children gain through competition and learning to be sportsmen and women. Ken's article in a recent 56'ers newsletter is worth another read as it shows the dedication these folk put into the sport and participants.

As these people were very busy with organizing the events I decided not to stay too long and left very satisfied with the time spent at Sherbrooke.

By the way we witnessed a few 200m sprints and one boy won his race by a huge margin. This was one of Richards's sons so dad was able to shout encouragement and high five him after it was over.

Bill O'Neill

SOME MORE USELESS INFORMATION ABOUT SCOTCH WHISKY

I wish to apologize to readers about an error that I made in the whisky story in newsletter 44. I associated Talisker Distillery in Skye with Tobermory in Mull. The Talisker distillery in Skye does add peat flavoured water to their mash. Did any of you pick up the error?

The alcohol strength of whisky, whiskey, rum and gin are all the same at 40 percent by volume. This compares with beer that varies between 2.5 and 5 percent. By law, whisky is kept in barrels for at least 3 years. Some of the more important single malts are matured for upward of 10 years (normally between 12 and 18 years). The price rises with time in the barrel of course. Brookladdie distillery the anglicized version of the Gaelic (Bruichladdie) was closed down many years ago with the whisky stock placed into bond. But recently an American syndicate recommenced production and bottled the bonded whisky-one wonders how mellow was the whisky released but a 22year old Brookladdie is priced at \$253 per bottle.

What is the difference between Scotch, Irish, Rye and Bourbon whiskies.? The difference between Scotch and Irish is related to geography in that Scotch whisky is distilled in Scotland and Irish Whiskey is distilled in Ireland. Irish distillers tend to favour three distillations where the Scots generally favour two.

Bourbon is by regulation in the USA produced from a mash of not less than 51% corn grain.

Rye whisky is produced in both Canada and the USA has no geographical significance. In the USA rye whiskey must by regulation be produced from a mash of not less than 51 % rye grain. Canada has no such regulations but "must possess the aroma, taste and character generally attributed to Canadian whisky".

Whenever whisky is blended it is placed back into barrels in order for the spirit to 'marry' for several months. A considerable amount of money is tied up with whisky while it is maturing.

SOME INTERESTING DRINKS PREPARED WITH THE ASSISTANCE OF WHISKY

Highland Cooler: 1 tea spoon of powdered sugar, juice of half a lemon, 2 dashes of Angostura, 1 glass of whisky, 1 lump of ice , ginger ale.

Hot Toddy: Place a spoon full of sugar in a warm glass and add enough boiling water to dissolve the sugar. Add a generous measure of whisky and stir. Add a small amount of cinnamon and ginger powder and add more boiling water and whisky and stir well. (Delicious. Recommended).

Highland Coffee: Simply add whisky, coffee and cream to taste.

Whisky Sour: To a double whisky add the juice of half a lemon and half a tea- spoon of sugar. Shake with ice and serve with a squirt of soda

Whisky Mac: Whisky and green ginger wine to taste. They may be in equal proportions or two thirds whisky and one third green ginger wine.

Rusty nails: Equal portions of whisky and Drambuie (dynamic).

JOKERS CORNER

LOST DOG POSTER ON SHOP WINDOW

MISSING PET DOG, BLIND IN ONE EYE
LEFT EAR TORN OFF, BAD CASE OF MANGE
RECENTLY DESEXED, WALKS WITH LIMP

ANSWERS TO THE NAME OF 'LUCKY'

A POOR BLONDE JOKE

Did you hear about the two blondes who froze to death in a drive-in movie.

They had gone to see 'Closed for winter'.

THE PERFECT HUSBAND

Several men were sitting in the locker room of a golf club. A mobile phone on a bench rings and a man engages the hands-free speaker function and begins to talk. Everyone else in the room stops to listen:

Man: Hello.

Woman: Hi honey it's me. Are you at the club?

Man: Yes

Woman: I am at the shops now and found this beautiful leather coat. It's only \$2,000. Is it OK if I buy it?

Man: Sure go ahead if you like it that much.

Woman: I also stopped by the Lexus dealership to see the new models. I saw one I really liked.

Man: How much?

Woman: \$ 90,000.

Man: OK, but at that price I want it with all the options.

Woman: Great! O, and one more thing. I was just talking to Kate and found out that the house I wanted last year is back on the market. They are asking \$980,000 for it.

Man: Well then go ahead and make an offer of \$900,000. They will probably take it but if not we can go the extra \$80,000 if it's what you really want.

Woman: OK. I'll see you later! I love you so much!

Man: Bye! Love you too!

The man hangs up.

The other men in the locker room are staring at him in astonishment, mouths wide open, he turns and asks

Man: Does anyone know who owns this phone?

Kind Regards.

Dennis M Stevenson
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