

**M40 RUNNERS**

	TOTAL	AVE	BEST
Clive Hicks	11.280K	5:15	5:06
David Reid	11.200K	5:22	5:19
John Ferris	11.200K	5:50	5:42
David James	11.200K	5:47	5:37
Wayne Pantall	11.200K	5:48	5:33
Milton Mavrick	11.200K	5:59	5:47

**M45 RUNNERS**

	TOTAL	AVE	BEST
Duncan McCauley	14.181K	5:27	5:13
Ralph Henderson	12.800K	5:43	5:36
Ivan Brown	12.800K	6:13	6:04
Dave Scott	12.800K	5:46	5:35
Brian Danby	12.800K	6:14	6:05

**M50 RUNNERS**

	TOTAL	AVE	BEST
Bert Carse	11.200K	5:28	5:12
Brian Foley	11.200K	5:48	5:35
Roger Walsh	11.200K	6:23	6:11
Vic Waters	10.789K	6:15	5:53
Dennis Miller	9.600K	6:20	6:09
Dave Roberts	9.600K	6:03	5:48

**M55 RUNNERS**

	TOTAL	AVE	BEST
Bob Sammells	12.800K	6:15	6:02
Don Caplin	12.800K	5:45	5:32
John Pellier	12.800K	6:26	6:03
Ted Maslen	12.800K	5:49	5:31
Richard Harris	11.276K	6:28	6:18

**M60 RUNNERS**

	TOTAL	AVE	BEST
David Carr	11.200K	5:52	5:42
Maurice Smith	11.200K	5:54	5:41
Dick Blom	9.600K	6:19	5:59
Mick Cousins	10.073K	5:43	5:37
Vic Beaumont	9.600K	7:16	7:09
Dalton Moffat	9.600K	6:44	6:33

**W35 RUNNERS**

	TOTAL	AVE	BEST
Tess Brockwell	11.200K	6:09	5:55
Sue Prewett	11.200K	6:13	6:07
Denise Lancaster	11.200K	7:25	7:16
Jackie Halberg	11.200K	7:34	7:05
Joan Pellier	9.617K	8:05	7:39

**W45 RUNNERS**

	TOTAL	AVE	BEST
Jill Chambers	11.417K	6:00	5:56
Heather Sanderson	9.600K	6:58	6:50
Margaret Birks	11.200K	6:51	6:42
Roma Bettles	11.200K	7:18	7:07
Jan Jarvis	11.200K	8:04	7:50

**W50 RUNNERS**

	TOTAL	AVE	BEST
Marg Forden	11.200K	7:21	7:14
Peggy McIver	11.200K	6:42	6:29
Erica Mercer	11.200K	7:12	7:02
Maureen Stewart	10.156K	6:58	6:45
Ann Turner	9.600K	7:50	7:42

# Four Hour Relay

Coker Park  
October 30, 1994

## RUNNERS

TEAM	DISTANCE	AVE TIME	1600
M40	67.280K	5:42	
M45	65.381K	5:52	
M50	63.590K	6:03	
M55	62.476K	6:09	
M60	61.273K	6:16	
W35	54.417K	7:03	
W45	54.617K	7:02	
W50	53.356K	7:12	

## WALKERS

WOMEN	34.960K	10:59
MEN	42.440K	9:03

**WOMEN WALKERS**

Michelle Boyle	6.400K	10:35	10:31
Dorothy Whittam	6.400K	10:28	10:25
Mill Middel	6.400K	10:44	10:39
Jackie Billington	6.160K	10:40	10:35
Lorna Lauchlan	4.800K	11:19	11:14
Jackie Beaumont	4.800K	12:37	12:23

**MEN WALKERS**

John Misson	8.000K	7:56	7:51
Paul Martin	8.000K	8:18	8:04
Peter Johnson	7.240	8:48	8:48
B Weatherburn	6.400K	9:38	9:32
Barrie Thomsett	6.400K	9:30	9:02
Bob Chalmers	6.400K	10:37	10:21

# How to read these results

TEAM results overall are shown at top of this column, showing total distance covered by each team in four hours. The figure after that shows average time per 1600m. It's interesting that performance followed in exact age order.

The individual results of each team, beginning at top of the page, show how far each runner went during the Relay. The average time taken for each 1600m is shown, and finally, that athlete's best time for any 1600m run during the event. (1600m is four laps of the track.)

# Thanks are due, to Bob Fergie

BOB Fergie is one of the busiest Vets currently. As well as holding down the secretariat, and co-ordinating our State Champs, he's in the hot seat for next year's Nationals, to be held in Perth.

Despite all, he smiles through, puts up with endless queries from this editor, and does meticulous work on events like the 4-Hour Relay.

All the results below were compiled by Bob, and he was instrumental in getting the show on the road, for which we thank him heartily.

The fact that it was on the road for only four hours, and not the advertised six, is another story.

## Democracy lives on in WAVAC!

In fact, it's a fine example of democracy in action.

The wind was up, the day was getting warmer.

We'd all put in a few laps.

"I reckon we ought to cut it back to four hours," joked one jolly (UK) West Countryman. "Then we could have a drink a bit sooner!"

Good idea, thought a couple of other Vets, and passed the thought on.

Within 15 minutes there was a show of hands, and that was that!

Probably a good thing, too, as few had trained specifically for this kind of 'on-off' competition.

You just had time to cool down, and stiffen up, and you were called upon to race again.

## 24 hours 'easier'

Veterans of the 24-hour relays say they were easier, because there was more time (about an hour) between runs. At Coker, we were running about every 25 minutes, which is not quite long enough to rest, but too long to stay hot.

Despite this, some great performances were recorded, and all teams ran and walked commendable distances. Most competitors were novices at this kind of event, and all will benefit from the experience.

Perhaps next year we can organise some specific training?

In the meantime, our race calendar now contains a good range of other relays, due to the efforts of Bob Sammells in building up this aspect of the club's activities.