



# The Vetrun

No. 124

FEBRUARY 1983.



W.A. VETERANS A.A.C.

PRESIDENT. R.E. Sammells.

Registered for posting as  
a periodical.

Category 'B'.

SECRETARIES.

TREASURER.

EDITOR.

Val Prescott

Dorothy Whittam

Colin Leman

Jeff Whittam.

384 8585

387 6438

364 7782

A diamond is a lump of coal that made good under pressure.

COMMITTEE MEETING. As members will now realise the Chronomix Clock has now been bought, and has already been put to good use in the time trials and at some Sunday runs.

INCORPORATION. Steps have now been started to incorporate the club and advertisements will shortly be appearing in the newspaper to this effect.

PRESENTATION. At the Christmas Gift Race Dick Horsley was given a presentation woodcarving tools to mark his 50 years in athletics. A speech was given by John Gilmour in which members were given an insight into the many aspects of athletics that Dick has been involved in. (The highlight to me was this year at the start of the Fremantle to Perth relay when Dick told me that it was 50 years ago that he first ran in the race. There cannot be many people who have competed in an event over a 50 year period. Ed.)

VETERAN STATE CHAMPIONSHIPS. It has been decided to open the Champs to Veteran members of the Marathon Club, who may wish to compete, on payment of a \$5 registration fee plus the individual entry for each event.

CLUB WINDCHEATERS. Barrie Slinger is getting some samples in various sizes and will have them at the next few club runs so that members can look at them and try them on for size. AND GIVE HIM THEIR ORDERS.

HANK STOFFERS WEEKEND. This will take place on the weekend of 5/6/7 of March 1983. Labour Day Weekend. The venue is EATON which is 2km off the Coast Road at Australind. It is a scout camp with dormitories, kitchen, dining room, toilets and showers etc. Beds and mattresses are in the dormitories but at the time of going to press we are not sure whether pillows or cutlery and crockery and cooking utensils are provided. It is anticipated that the cost will be approximately \$2 per night per person. If you want to go ring Dorothy on 387 6438 as soon as possible and let her know. She hopes to see Hank and his wife at the S.W. Champs on the 30th Jan to find out all details etc. It has been suggested that one evening we have a barbecue and another a "Casserole Night" i.e. everyone brings a casserole big enough to feed their party and they are all put out on the table for everyone to enjoy. Let Dorothy have your thoughts on this idea.

24 HOUR RELAY. This will now be held on the weekend of 30th April/1st May 1983 at Belmont track. Derek Hoyer is organising the M40 team, Allen Tyson the M50 team and Dorothy Whittam the Ladies team. If you wish to run give them a ring and let them know. If there are too many for the above teams then a support team will be raised. If you cannot or do not wish to run the Jeff Whittam would like your name as an official. Officials will be rostered so let him know what time you would prefer to help. If you have not participated in this event before (new members) then ask someone who has, its a terrific weekend with club spirit running at its highest level. GET YOUR NAMES IN NOW. We have also invited other clubs to put in a team, they have to provide their own officials and support teams though. This should give more competition throughout the event. Each team will start at a different spot on the track.

MARATHONS. The 1983 Avon Womens Marathon will be held in conjunction with the mens Nike International Marathon on Sunday 10th April 1983. Entry forms are available from "Nike Canberra Marathon, P.O. Box 144, KAMBAH. ACT. 2902.

Holidaying in the U.S.A.?? If you are going to the U.S.A. for a Marathon or simply for a holiday there are quite a few ways of saving money on air fares and travel, if you would like more details give Allen Tyson a ring or see him at one of the club events. It could save you a bomb.

CHANGES OF ADDRESS. Ian Lyon, Unit 1/29, Canning H'way, Victoria Park. 6100.  
Tony Dowling. 14, Carrington Street, Nedlands. 6009.  
Hank Stoffers. 39, Eagle Crescent, Eaton. 6230.  
Pat & Dave Carr, District High School, Kulin. 6365.  
Jo & Mike Stone, Unit 4/96, Millpoint Road, South Perth. 6151.

FEBRUARY BIRTHDAYS. Happy Birthday to the following members.

David Clive	turns 46	remains M45 27	Val Pach	turns 44	remains W40 01
Lee Docksey	" 32	" W30 01	Val Prescottt	" 39	" W35 08
Pat Carr	" 51	" W50 18	Allen Tyson	" 58	" M55 06
Ann Deanus	" 43	" W40 01	Dennis Wilmott	" 52	" M50 08
Ken Gilbert	" 41	" M40 03	Andy Wright	" 62	" M60 04
Winston Hough	" 42	" M40 12	Colin Walsh	" 51	" M50 16
Jim Hosking	" 40	becomes M40 01	Gerard Ryan	" 38	" M35 05
Alison Johnstone	" 36	remains W35 09	George Boakes	" 70	becomes M70
Val Lishman	" 53	" M50 14	George now becomes an honorary		
Jan Middleton	" 49	" W45 21	member on attaining 70 years.		

I have just been reading the latest issue of "FOOTNOTES" the Tasmanian Vets magazine and they are advertising the 1983 T.C.U. Southern Cross Marathon and Half Marathon. One piece rather intrigued me, it states "First Prize awarded for the best AGE/SEX performance". I wonder, do you have to run in the event as well?????

AT LAST the results of the State Marathon Champs. But only for those who are registered. the event was won by Clive Hicks. Uni. in a time of 2.22.57.7  
Veteran results are as follows:-

psn	name	5km	10km	15km	20km	25km	30km	35km	
1.	Clive Hicks	17.27	34.40	50.48	67.07	84.03	100.47	117.31	135.17 2.22.57.7
			17.13	16.08	16.19	16.56	16.44	16.44	17.46 7.40
3.	Frank Smith	17.28	35.15	52.43	70.30	88.56	106.37	123.53	141.37 2.29.05.3
			17.47	17.28	17.47	17.26	17.41	17.16	17.44 7.28
4.	Colin Leman	18.24	37.53	58.26	75.59	95.54	115.25	134.09	153.34 2.41.20
			19.09	20.53	17.33	19.55	19.31	18.44	19.25 7.46
5.	Don Caplin	18.20	37.20	56.01	74.49	94.55	114.16	134.00	156.35 2.45.19
			19.00	18.41	18.48	20.06	19.21	19.44	22.35 8.44
7.	Derek Crowther	18.27	37.58	57.20	76.58	97.28	117.25	137.40	158.38 2.47.13
			19.31	19.22	19.38	20.30	19.57	20.15	20.58 8.35
10.	Stan Latchford	21.28	42.25	63.00	84.56	106.35	127.12	148.16	170.58 3.00.27
			21.00	20.32	19.56	21.39	20.37	21.04	22.42 9.29
11.	Brian Danby	19.53	40.26	64.08	86.36	103.45	124.04	147.09	171.00 3.01.14
			20.33	23.42	17.28	21.39	19.39	22.15	23.51 10.14
14.	Dave Carr	20.56	42.12	65.00	83.51	106.35	128.45	150.48	178.30 3.10.41
			21.16	22.48	18.51	22.44	22.10	22.03	27.42 12.41
16.	Dave Hough	N/T	N/T	N/T	85.50	110.29	138.11	161.07	189.47 3.23.45
					N/T	24.39	27.42	31.32	28.40 13.58

some of the time are a bit suspect at the 20km and 25km marks they gave Frank at 75.34 and 98.56 which gave his splits at 22.47 and 23.26 for those legs then this would have meant he ran the next 5km in 7.16 we realise that

there may be some variation in times but not that much. Sorry we cannot give the times of the rest of the club members who ran, but these are all the results that the association took. i.e. registered members only.

#### DARLINGTON HILLS RUN. 28th November 1982.

34 Vets journeyed up to Darlington for the run up the bridle path. 7 opted for the easy way out by running 9km whilst the others were formed into two person teams. Warm conditions prevailed and it was generally agreed that the event would be better held earlier in spring. The shorter event was won by Joan Slinger in 41.01 with a further 20 seconds to Enid and Derek Crowther, whose togetherness suggested a bridal rather than a bridle path run. Other times were Joan Pellier & Margaret Warren 41.41 and Dorothy Whittam & Val Tyson 44.49. The 16km teams event was won by John McGuinness 69.06 & Mel Shead 67.10 for a collective time of 136.16 for this effort they each won a mug and a special vote of thanks from the organiser, because their times were easy to add up. Colin Leman was the fastest male with a really great time of 56.55 and Lee Docksey was fastest lady with 76.56 Lorna Butcher's 77.51 was also a great performance and she never ceases to amaze. I hope I run as well when I'm 46 Lorna. Morris Warren was handicapped when held up by a reptile on the path, but any time lost was made up when he was allegedly surprised by an amorous kangaroo. Aub Davie was a member of two teams because of the odd number of starters. Special thanks go to the various helpers especially Liz Shead who walked back at a faster pace than Mel ran.

John Maddison.

Thanks John it was a good day perhaps you can arrange the cloud formations better next time.

#### RESULTS.

1.	John McGuinness	69.06	Mel Shead	67.10	136.16
2.	Graham Thornton	67.47	George Peet	68.55	136.42
3.	Barrie Slinger	68.42	Keijo Vaalsta	71.07	139.49
4.	Tony Manis	77.16	Ken Snowdon	63.00	140.16
5.	Les Oakley	63.50	Jeff Whittam	77.36	141.26
6.	Allen Tyson	70.40	Aub Davie	70.57	141.44
7.	Mitch Loly	71.39	Aub Davie	70.57	142.36
8.	Lee Docksey	76.56	Mike Khan	66.09	143.05
9.	Fraser Deanus	68.42	Jim Greenfield	74.52	143.34
10.	Dave Hough	67.31	Lorna Butcher	77.51	145.22
11.	Andy Wright	77.53	John Pellier	70.22	148.15
12.	Colin Leman	56.55	Marilyn Acreman	97.14	154.09
13.	Barrie Thomsett	86.35	Morris Warren	69.29	156.04
14.	Jim Barnes	62.54	Ann Deanus	97.14	160.08

#### MYSTERY RUN. 16th January 1983.

There was only a very small turnout for this event owing to the marathon clubs Christchurch run, so the course that Hugh Kirkman had devised was shelved till later on in the year and the dozen who had turned up decided that they would run along the south bank of the river in an easterly direction for fifteen minutes and then turn round at whatever point they had reached, so that we would all arrive back at McCallum together. This turned out quite a good idea as the day was very hot. Cliff and Dick did some 1km laps under the shade of the trees.

#### RESULTS FROM PERRY LAKES. Various dates.

Discus.	Kath Counsel	did a P.B. of 24.72	(W35)	
10km.	Kevin Anderson	33.47.8	Dave Carr	41.40.8
	Bob Harrison	36.25.3	Art Briffa	42.17.5
	Ted Maslen	36.37.7		

Margaret Harman W40 ran what was probably her fastest time at Perry Lakes on Saturday 15th Jan 1983. She finished 2nd in the open 1500m. The winner did 4.48, but guess what the timekeepers failed to record a time for her. She was about 180m behind the winner as the winner finished and made a very strong run up the finishing straight. I estimate that her time would have been about 5.45 or slightly better. The field was well spread out so there should have been no

reason to not get her time even if only one watch had been operating.

Don't forget to give your results to Dick Hersley if he is at the stadium or let him have them at one of our club events. Who knows you may miss out on a club record if you don't. If you cannot find Dick about let Val Prscott have them or Jeff Whittam for inclusion in the newsletter.

#### BATTERHAM'S BUSH BASH. 23rd January 1983.

A total of almost 60 turned out on a fine hot morning at the Batterham's for this annual run. It was good to see Phyllis Farrell back running again after her accident. Early in the morning Dennis and Bob Johnstone had been round the course marking all the corners and tricky bits with lime, then after Jeff and Dorothy arrived with the flags and arrows they went round again with these. It must have been one of the best marked courses that we have ever had. Andy arrived in the nick of time with the clock and the rest of the bits that are necessary for running an event and after a plea from Dennis for feed-back on the best markings for the course he started 45 runners off. After the event Linley and Dennis threw open their house and garden and the swimming pool for members to enjoy a social and barbecue.

#### RESULTS.

1. Don Caplin	M40 26.36	24. Merv Moyle	M55 36.47
2. Colin Leman	M35 26.50	25. Bob Farrell	M40 37.02
3. Hugh Kirkman	M40 27.18	26. Jeff Whittam	M45 37.08
4. Ron Jones	M45 29.13	27. Ray Lawrence	M50 38.05
5. Dave Hough	M50 31.07	28. S. Batterham	inv 39.07
6. Fraser Deanus	M40 31.16	29. Maxine Tapper	W35 39.23
7. Bob Sammells	M45 31.23	30. Ian Lyon	M45 39.49
8. Rob Shand	M50 31.27	31. Ann Deanus	W40 39.54
9. Brian Foley	M35 31.36	32. Joan Pellier	W40 39.55
10. Dalton Moffett	M50 32.06	33. Mike Berry	M50 40.10
11. George Peet	M45 33.09	Frank Usher	M55 40.10
12. John Pellier	M40 33.25	35. Jan Morrey*	W40 inv 41.10
13. Dave Carr	M50 33.48	36. Enid Crowther	W40 41.22
Derek Crowther	M40 33.48	37. Margaret Warren	W45 42.38
15. Bill Mitchell	M45 33.52	38. Nora Berry	W50 44.32
16. Brian Danby	u/c 34.11	39. June Strachen	W55 47.08
17. Mick Carrick	M40 34.28	40. Dorothy Whittam	W45 49.38
18. Morris Warren	M45 34.54	41. Pat Carr	W50 52.24
19. Dave Benson	M40 34.35	42. Phyllis Farrell	W35 58.43
20. Duncan Strachen	M60 35.30	Val Tyson	W55 58.43
21. Dennis Batterham	M50 35.56		
Ian Sutherland	M40 35.56		
23. Andy Wright	M60 36.07		

\*Jan Morrey is a Vet from the Eastern States on holiday over here.

We would like to thank Linley and Dennis for hosting the run, Bob Johnstone, Alison Johnstone, Cliff Bould, Kathy and Nicole Mitchell for marshalling the roads. Jill Peet, Allen Tyson and Garnett Morgan for the finish and most important Jonathan and Todd for the drink station.

#### ALBANY MARATHON. 7th November 1982. (Full Results)

1. Frank Smith	2.30.36	60. John Pellier	3.17.58
3. Hank Stoffers	2.33.13	66. Mel Shead	3.20.47
4. Don Caplin	2.37.20	71. Roy Croft	3.27.51
5. Colin Leman	2.39.52	72. Dave Hough	3.28.42
9. Frank Steere	2.46.43	73. George Peet	3.29.02
12. Jim Barnes	2.49.48	89. Tony Dowling	3.40.17
15. George Audley	2.52.02	99. Andy Wright	3.51.55
22. John Maddison	2.56.04	101. Gerry Noordyk	3.57.48
27. Stan Latchford	2.59.32		
42. Barrie Slinger	3.07.29		
45. Charlie Spare	3.09.15		
48. Morris Warren	3.09.20		
56. Bob Bryce	3.11.20		
57. Fraser Deanus	3.16.23		

CHRISTMAS GIFT HANDICAP, 19th DECEMBER '82

There were 19 women and 43 men runners and two men walkers in this event at McCallum Park. The distance for women was 5.2 k around Heirisson Is. while the men included the Dave Jones course in their run (total 7.4 k). Only 30 secs. was allowed between the starting of the different age groups (just as well as the temperature was soaring).

At the conclusion of the running, a tempting array of cakes, biscuits, scones, jam and cream (provided by the women) was appreciated by the gathering, followed by the usual exchange of Christmas gifts.

The opportunity was taken for Patron of the Club, Bill Hughes, to make a presentation to Dick Horsley after John Gilmour had enumerated the accomplishments of this athlete over a fifty year period. As it was only three days before Dick celebrated his 70th birthday he concluded his sixties with distinction and club members were able to wish him well for his seventies.

Club President Bob Sammells made a presentation to Tom Jones who is still competing after being a champion sprinter in the army during World War 1.

Bob Harrison generously provided barbecue facilities and members relaxed under the trees and restored some of the lost fluids. The blazing sun was no deterrent to John Gilmour and Jim Barnes who busily applied themselves to track marking.

RESULTS

<u>Place</u>	<u>Name</u>	<u>Actual Time</u>	<u>Place</u>	<u>Name</u>	<u>Actual Time</u>
1	Caplin D.	23.7	32	Tapper R.	28.09
2	Kirkman H.	23.35	33	Crowther E.	28.40
3	Leman C.	23.28	34	Oakley L.	28.37
4	{ Forbes Judy	24.31	35	Berry N.	30.15
	{ Doxey L.	24.31	36	Bob ?	29.30
	{ Butcher L.	24.31	37	Strachan J.	31.33
7	Crowther D.	24.22	38	Middleton J.	30.08
8	Buchanan B.	25.22	39	Leman S.	29.20
9	Snowden K.	25.30	40	Sutherland I.	30.06
10	Danby B.	25.10	41	Akerman E.	30.13
11	Barnes J.	25.55	42	Sutherland G.	29.50
12	Sammells B.	26.09	43	Warren M.	30.50
13	Smith F.	26.10	44	Wright A.	33.07
14	Shand R.	27.33	45	Strachan D.	33.07
15	Deanus F.	26.37	46	Lawrence R.	32.07
16	Moffett D.	27.50	47	Torkildsen R.	32.34
17	Thornton G.	27.00	48	Usher F.	33.04
18	Kahn M.	27.17	49	Whittam D.	32.23
19	Vaalsta K.	27.48	50	Jones D.	33.35
20	Monks B.	27.56	51	Farrell R.	33.17
21	{ Walker J.	28.37	52	Tompsett B.	34.45
	{ Walker D.	28.37	53	{ Warren R.	35.30
23	{ Davies A.	28.07		{ Slinger B.	35.30
	{ Vaalsta T.	28.07		{ Slinger J.	35.30
25	Pellier J.	27.38	56	Whittam J.	36.39
26	Morgan G.	28.59	57	Lyon Ian	35.38
27	Shead M.	27.25	58	McGlashan H.	36.40
28	?		59	Bolton T.	
29	{ Pellier Joan	28.17	60	McGlashan R.	38.43
	{ Deanus A.	28.17			
31	Mitchell B.	28.42			

Dick Horsley and Don Stone walked an independent course

Many thanks to Kath Mitchell and Lynn Warren who assisted rostered members, Valerie and Allen Tyson.

NEW CLUB RECORDS. Nov/Dec

<u>Ladies. 10,000m.</u>	Lee Docksey	W30	42.03
<u>Mens Triple Jump.</u>	Peter Gare	M40	10.87
<u>Mens 10,000m.</u>	Frank Smith	M40	33.09

Anyone visiting Victoria Jan Morrey would be pleased to see them and take them for a run with the Victorian Vets. Her address is:-  
108, Reserve Road, Beaumaris. 3193. Tel; 589 5869.

FRIENDSHIP RUN. 12.4km (two laps of 6.2km) Kings Park 9th January 1983.

52 members and 5 by invitation set out on the run which was held in good conditions, temperature in the low 20s with a light easterly blowing. Derek Crowther led the field early and set the pace. Derek retired after the first lap, which left Frank Smith and Colin Leman running together. Both decided not to race each other to the finishing line as it was a FRIENDSHIP run, not a race. They both crossed the finishing line together in a time of 44.16. In the ladies section Lorna Butcher, who ran very strongly throughout the race, crossed the line in the good time of 60.34. I apologise to those runners whose times for the first lap were not recorded, it is quite difficult on the first lap when many runners come through in groups. It was great to see Gerry Allen back running with the club after a four month break due to work commitments. I would like to thank Joan and John Pellier, who marked and flagged the course, also my thanks go to Ann Smith and Cliff Bould who have assisted me each year with this run, also thanks to Leslie Brown's daughter who marshalled on the course and special thanks to Dennys Butcher, who with his help at the start made my part much easier. I would also like to thank my family who helped make the run possible. After the run a barbecue was held where Morris Warren was seen giving out samples of his home brew, I wonder if the Swan Brewery is interested in the recipe.

<u>RESULTS. LADIES.</u>				Les Oakley.			
		lap 1	lap 2			lap 1	lap 2
Lorna Butcher	W50	30.19	60.34	Enid Crowther	W30	30.41	-
Ann Deanus	W40	32.42	65.52	Leslie Brown	W35	35.40	-
Jo Stone	W35	31.26	66.00	Maxine Tapper	W35	32.28	-
Joan Pellier	W40	32.42	66.40	Dorothy Whittam	W45	36.54	-
Gloria Sutherland	W35	32.35	69.28	Pat Carr	W50	38.47	-
Marilyn Acreman	W40	35.05	71.15	June Strachan	W55	38.47	-
Margaret Warren	W45	35.05	71.15	Val Tyson	W55	44.36	-

<u>MEN.</u>							
Colin Leman	M35	21.47	44.16	George Peet	M45	-	52.50
Frank Smith	M40	21.47	44.16	John Chadwick	M35	-	53.17
Don Caplin	M40	21.54	44.57	Allen Tyson	M55	26.30	53.54
Maurice Smith	M45	22.13	45.13	Keijo Vaalsta	M45	26.22	55.02
Chris Benn	inv	23.01	46.23	Merv Moyle	M55	28.52	57.20
Derek Hoyer	M40	22.41	46.59	Bruce Buchanan	M50	28.52	57.23
Jim Barnes	M35	23.28	48.01	Tom Savin	inv	-	57.33
John Gilmour	M60	23.28	48.01	Garnett Morgan	M55	28.00	57.37
Ron Jones	M45	-	48.39	Duncan Strachan	M60	32.35	58.24
Bill Monks	M45	23.50	49.22	Andy Wright	M60	29.07	59.31
Ken Snowdon	M40	23.28	49.39	Bob Farrell	M40	-	60.11
Dave Hough	M50	24.21	49.37	Ray Lawrence	M50	-	60.21
Bob Sammells	M45	24.23	49.53	David Jones	M55	29.30	61.20
Graham Thornton	M40	24.32	50.42	Ernie Moyle	inv	M55	-
Jim Hosking	M35	24.45	50.48	Tim Boulton	inv	36.46	-
Gerry Allen	M40	25.19	51.20	Greg Kelly	inv	25.19	-
John Pellier	M40	25.19	51.25	Fraser Deanus	M40	25.19	-
Mike Khan	M35	24.41	51.34	Derek Crowther	M40	22.36	-
Morris Warren	M45	24.42	51.42	Barry Thomsett	M40	30.52	-
Dalton Moffett	M50	25.20	52.11	Alan Acreman	M45	30.10	-
Dave Carr	M50	25.19	52.16	Jeff Whittam	M45	29.12	-
Shand	M50	26.02	52.21				

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Did the member who went round the course picking up \$2 notes contravene his amateur status? Could it be classed as prize money? Will it ever get into club FUNDS

# ANNUAL GENERAL MEETING.

In terms of Clause 18 (a) of the constitution members are advised that the Annual General Meeting of the club will be held at McCallum Park on Sunday 27th March 1983, commencing at 8am sharp. The meeting will be followed by a run.

Notices of motion will be received up to Sunday 20th March 1983. Nominations for office bearers will be received up till the same date 20th March.

Please make every effort to attend to ensure YOU elect to the committee those members who you wish to continue the progressive running of the club and to take this opportunity of airing your views.

Subscriptions will be due on the 1st April and will be fixed at the A.G.M. With next months newsletter there will be a RENEWAL membership form that the committee would like ALL members to fill in and return with their subscription to the treasurer so that club records can be kept up to date. This will then be used each year to keep records updated.

DO NOT FORGET TO TAKE YOUR MINUTES OF THE LAST A.G.M. YOU WILL FIND THEM IN NEWSLETTER 116 JUNE 1982.

All offices are open for nomination. The President and the two secretaries have stated that they do not wish to continue next year all other members of the committee have said they are prepared to stand again.

The committee consists of:- President, Vice President, Secretary, Treasurer and FOUR committee members.

also there is Patron, Auditor, Librarian, Newsletter editor, Statistition and Armourer/Equipment officer.

See you all there on Sunday 27th March 1983.

At the back of the newsletter you will find a sheet of nomination forms. The nominee must also sign the form as well as the proposer and seconder.

## BOOK REVIEW:- "THE LONG HARD ROAD" - BY RON HILL PART 1 - NEARLY TO THE TOP.

This book is easily the best book I have ever read associated with running ! The clue to the reason for this lies in the adjunct to the title - "Part 1", because Ron has such a wealth of experiences to talk about he was unable to fit it into one book.

For those of you not familiar with Ron Hill's achievements - he has been a top class runner from the mid fifties right up until the present time. He represented Britain at 3 Olympic Games, won gold medals for the marathon at the Commonwealth and European games and also became the only Englishman to win the Boston marathon. As a veteran he ran a 2hr. 20min. marathon in 1982. (his best time being 2hrs. 9min.28secs. in 1970).

However, the main interest and enjoyment in this book comes from Ron's account of his day to day life, with such tit bits as finishing a winter training session with a thin layer of black ice covering his clothes and hair, or his explanation of how he managed with only one bath per week - despite two training sessions per day (!!) I found myself completely absorbed in his efforts to reach the top whilst he fills in the background with a colourful account of daily living in a North of England industrial town.

If you can get this book I thoroughly recommend it.

Alan Acreman

RESULTS OF THURSDAY EVENING TIME TRIALS.  
6th January 1983.

100m.

Dorothy Whittam	14.47	Charlie White	12.10	Ian Lyon	13.50
Pat Carr	16.43	Dave Carr	12.68	Reg de Grouchy	13.50
Lorna Butcher	16.63	Hilary de Souza	12.73	Les Oakley	13.80
Maxine Tapper	18.27	Bill Monks	13.31		

2km Walk.

Dick Horsley	11.29	Don Waters	11.51(inv)		
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DISCUS.

Alex Cummings	30.96	Hilary de Souza	27.14	Bob Hayres	21.12
Bob Fergie	30.58	Ian Lyon	23.94	Dick Horsley	21.02
Andy Wright	27.48	Jeff Whittam	22.32		

LONG JUMP.

Ian Lyon	4.59	Jeff Whittam	4.46?	Maxine Tapper	2.92
Les Oakley	4.26				

SHOT.

Bob Fergie	11.36	Dorothy Whittam	8.24	Jeff Whittam	7.69
Alex Cummings	8.84	Dave Carr	7.96	Dick Horsley	6.57
Ian Lyon	8.76	Bob Hayres	7.91	Margaret Warren	5.74

Discus & Shots used at weight for age group.

800m.

Don Caplin	2.12	Frank McLinden	2.42	Maurice Smith	2.24
Kevin Anderson	2.15	Allen Tyson	2.47.5	Don Caplin	2.24
Dave Carr	2.19	Lorna Butcher	3.13	Bill Monks	2.30
Les Oakley	2.20	Maxine Tapper	3.15	Dave Roberts	2.41
Bill Monks	2.24	Pat Carr	3.47	Morris Warren	2.58
Morris Warren	2.43			Dave Carr	2.58
Bob Hayres	2.48.9				
Reg De Grouchy	3.01				

1500m.

Don Caplin	4.26	Frank McLinden	5.25		
Kevin Anderson	4.31	Allen Tyson	5.28		
Dave Carr	5.02	Lorna Butcher	6.11.4		
Bob Hayres	5.14	Cliff Bould	6.11.7		
Morris Warren	5.18	Maxine Tapper	6.33		
		Enid Crowther	6.47		
		Margaret Warren	6.56		

13th January 1983.

HAMMER.

Bob Fergie	36.58	Ian Lyon	19.88	Dave Carr	18.23
Jeff Whittam	20.25	Andy Wright	18.48	Dick Horsley	15.68

JAVELIN.

Hilary De Souza	32.62	Ian Lyon	24.06	Dick Horsley	18.88
Mel Shead	29.80	Jeff Whittam	20.30	Dave Carr	17.73
Bob Fergie	29.38	Dorothy Whittam	18.94		

TRIPLE JUMP.

Ian Lyon	9.13	Jeff Whittam	7.68		
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400m.

Dave Carr	59.48	Mel Shead	67.89	Don Stone	74.00
Ian Lyon	64.00	John Pellier	70.00	Bill Hughes	77.00
Ted Costello	66.49	Allen Tyson	72.20	Pat Carr	80.42

200m.

Les Oakley	29.64	Dave Carr	26.05	Hilary De Souza	28.35
Dorothy Whittam	29.75	Charlie White	26.43	Ian Lyon	28.35
Pat Carr	33.84	Bill Monks	27.13		

1500m WALK.

Don Stone	7.22	Don Waters	9.09	Val Tyson	10.41
Dick Horsley	8.24	Tom Savin	9.35		

5000m.

Frank Smith	M40	16.04	Ted Costello	M45	18.21	Morris Warren	M45	19.38
Don Caplin	M40	16.37	Bob Sammells	M45	18.22	Cam Ansell	M40	19.38
David Hoyer	inv	16.52	Bill Monks	M45	18.57	Allen Tyson	M55	19.40
Colin Leman	M35	16.55	Les Oakley	M35	18.58	Tom Savin	M35	20.55
Derek Hoyer	M40	17.06	Barrie Slinger	M40	18.59	Bill Hughes	M55	21.01
Derek Crowther	M40	17.17	Bob Faulkner	M35	19.10	Andy Wright	M60	21.44
John Maddison	M40	17.21	John Pellier	M45	19.16	Cliff Bould	M65	21.48

Mel Shead M35 retired after 6½ laps.

LADIES.

Alicia Ansell	W35	20.18	Joan Slinger	W40	22.54	Margaret Warren	W45
Lorna Butcher	W50	22.25	Enid Crowther	W40	24.16	retired after 5½ laps.	

20th January 1983.100m. LADIES.

Dorothy Whittam	W45	14.4	Jan Morrey	W40	inv	14.9	Pat Carr	W50	16.4
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5000m WALK.

Don Stone	M50	27.30	Don Waters	inv	29.35.00	Dick Horsley	M70	29.35.5
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1600m WALK. LADIES.

Val Tyson.	11.14
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100m. MEN.

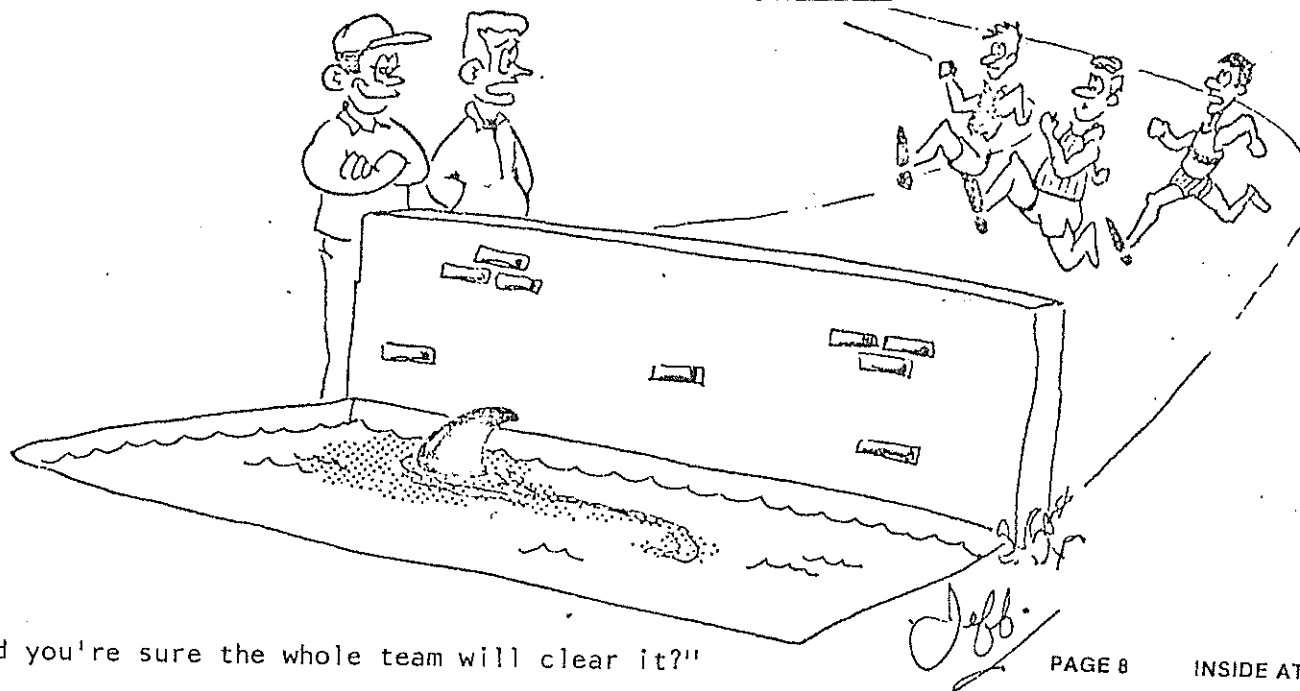
Charlie White	M40	12.56	Hilary De Souza	M40	12.83	Dave Carr	M50	13.00
Bill Monks	M45	13.80	Ian Lyon	M45	13.90			

10km. MEN.

Kevin Anderson	32.57	Rob Shand	M50	39.22	Mel Shead	42.25
Frank Smith	33.12	Ted Costello	39.37	Maurice Johnson	M45	43.19
Don Caplin	35.23	Dave Carr	39.58	Keijo Vaalsta	M45	43.56
Derek Crowther	36.17	Bill Monks	40.13	Bill Hughes	45.14	
Frank Steere	M35	36.26	Morris Warren	40.42	Andy Wright	45.45
Ken Gilbert	M45	37.01	John Pellier	41.23	Cliff Bould	45.48
Les Oakley	38.06	Allen Tyson	41.48	Bob Faulkner	11 laps	17.00
Barrie Slinger	38.32	Frank McLinden	M50	42.04	Bob Harrison	7 " 10.01

10km. LADIES.

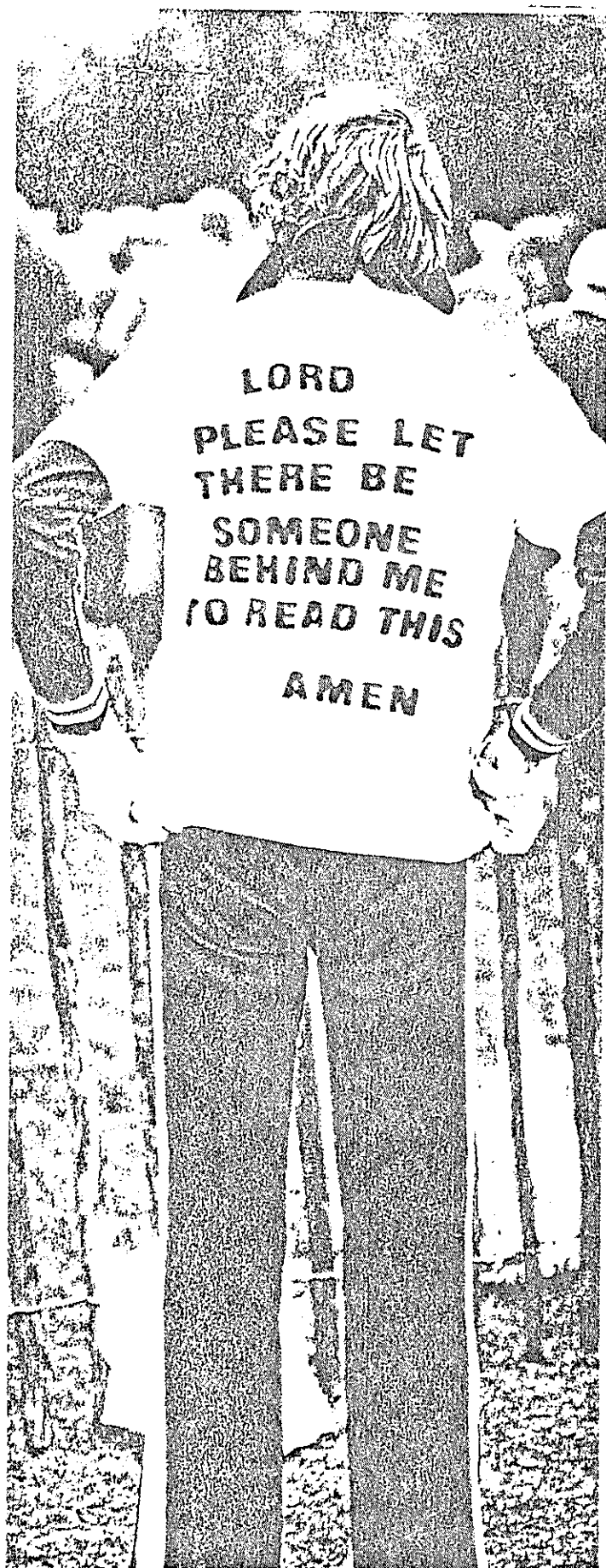
Alicia Ansell	41.47	Enid Crowther	50.57	Jan Fletcher	W35	retired
Lorna Butcher	46.21			at 5km		21.50
Joan Slinger	49.12	Jan Morrey	inv	retired after 13 laps		25.09
		Tuula Vaalsta	W45	retired after 7 laps		14.17



"... and you're sure the whole team will clear it?"

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INSIDE ATHLETICS



from JOGGING MAGAZINE.

### Just in rhyme

I thought I'd take up jogging  
So I bought your magazine.  
My friends all started grinning,  
Like the cat who'd got the cream.

I bought myself a tracksuit  
And size six running shoes;  
I've fasted longer than a week --  
I told them all, "that's news".

Now they all have my hobby  
Even though they laughed at first.  
They're married to it all the time,  
For better or for worse.

Through putting out your magazine  
Enthusiasts you've got,  
So keep the good work up, I say,  
And thanks a jogging lot!

Kristina Johnson  
Bilton Grange, Hull

### THE EDITOR "HARD AT IT"

