



The Vetrin

No. 146, NOVEMBER 1984



W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WBH 0370".

PATRON: W. J. (Bill) Hughes

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TREASURER: Frank McLinden, 387 1152

A MIND IN MOTION IS LIKE A ROLLING SNOWBALL

Record breaking relay

CONGRATULATIONS TO THE TWO LADIES TEAMS WHO, ON THE 20 - 21 OCTOBER 1984, BROKE THE WORLD RECORDS FOR THE 24 HOUR RELAY. THE OVER 35 YEARS TEAM BROKE THE EXISTING RECORD OF 214 miles 1135 yards WITH A NEW RECORD OF 219 miles 1081 yards. THE OVER 40 YEARS TEAM BROKE THE EXISTING RECORD OF 186 miles 262 yards WITH A NEW RECORD OF 195 miles 535 yards.

Full details in a special 24 hour relay edition of the newsletter to be published shortly. If anyone took any photographs of the runners or the teams before, during or after the event would they please LOAN them to the editor so that we can publish some pictures alongside the report. They can be either black and white or colour and will be returned to the lender immediately after the newsletter is published. please send to arrive before the 15th November 1984 to:- Jeff Whittam, 49, Holland Street, Wembley. 6014.

COMMITTEE MEETING. CHANGE OF VENUE.

Would all members please note that the venue for the 5000m Time Trial, to be held on the 15th November and the 10,000m Time Trial to be held on the 13th December, has been changed from Perry Lakes Track to the new COKER PARK TRACK, WHARF STREET, CANNINGTON. Both events will start as scheduled at 6pm. All other time trials will be conducted as per programme in the October newsletter.

NEW MEMBERS.

Mary C Pritchard	13, Framfield Way, Balga. 6061.	349 9908	W40 19/1/43
Harry Pritchard	" " " "	" "	M40 18/11/42
Paul Jones	5th Floor Savings House, 12, Victoria Avenue, Perth. 6000.	272 4282	M45 25/6/35
Peta J Newbold	1, Robinson Terrace, Daglish. 6008.	382 3464	W30 10/9/50
Jeanette Tomlinson	5, Rea Street, South Perth. 6151.	367 5454	W50 09/6/34
Joanne Collins	Lot 67, Sexton Road, Sawyers Valley. 6074.		W35 01/10/45

THORNIE SQUARE FUN RUN.

Attached to the back of this newsletter is an entry form for the above fun run. This run is in the morning of the SUNDOWN RUN anyone who is not competing is asked to go along and help, as the club is assisting with the organisation of the event.

SUNDOWN RUN. 13th November 1984. W.A.I.T. SOUTH OVAL 5pm.

CLOSING DATE FOR THE ABOVE IS 5th NOVEMBER 1984. Get your entry in NOW.

The grandeur and peace of tall timber, sparkling sunny days, and the fellowship of over fifty crazy runners - what better recipe for a delightful get-away-from-it-all weekend? Especially so when they're as varied and as crazy a group as the one that assembled at the Donnelly River for the Sept-Oct long weekend recently. Those who were unable to make it missed a real treat.

Most had assembled and had settled in to one of the four houses by eight o'clock on the Friday night, and over a bite to eat there were some interesting theories put forward about the best ways to unwind after the rigours of the week and the trials of the trip down from the city. Surprising (or was it?) how many of these featured the consumption in liberal quantities of a favourite "potion". Certainly quite a few were tried! The call even went out for Sandy Walton's 'Pritikin' drop, but alas, it was not to be found.

Saturday dawned bright and bracing - just a little early for some of the Friday night theorists; but somewhere close to 8.15 the troops were on the track and after some characteristic instructions from il Presidente, we were off on a group 'recovery' run over mixed terrain in the general direction of the Willow Springs Road. Distances varied from 10 to 20K, according to the taste of the group; and if one could judge by the talk and laughter that rang through the forest and startled the local fauna, the pace wouldn't have set many records. We all had a lot of fun. 'Brunch' followed and the feeling of being really on holiday prevailed.

The afternoon was filled in in a variety of ways with games and walks, etc. One odd fellow even went fishing (and swimming!) in the Donnelly - but he had nothing to show on return but a set of waders as wet on the inside as out, and nobody would believe his story of having been dragged into the river by a huge fish.

The Casserole Night proved a great success. There was certainly no lack of food. One voice from across the sea was heard to remark: "If they bring any more next year, we'll have to find an extra oven." But appetites were equal to the challenge and with the inner man and woman satisfied we moved on to the fun and games that had been arranged. Don Caplin and Cheryl Amies took off the honours in the doubles Quoits, and the 'progressive' Table Tennis champions were Barrie Slinger and Colin Leman. An unconfirmed report (from a first class source) indicates that later in the evening the T-T champs were challenged and beaten by Duncan Strachan (since the Herne Hill run we know it rhymes with 'bracken') and Derek Crowther. Not only did Cheryl show a deft hand with the quoits, but she tickled the ivories effectively as well as she accompanied the WAVAC 'choir' as it rended (sic) sundry songs of yesteryear.

On Sunday morning the weather was once again ideal for the Swamp Gully Run. Most felt that it was better for it not to be competitive, so people were left free to take the 7.5 or 17K at the pace that suited them. The majority covered the 17K course, the first ones home being Colin Leman, Derek Crowther and Hank Stoffers, followed closely, I understand, by a couple of snakes in hot pursuit. Nor was the start of the run without its humour. As we set off and were passing a tourist bus full of wildflower folk, every ear did a 'double-take' as a well-known voice was heard from the window: "Coom on now, yew rrrroonerrs. Roon harrrrd!" It was none other than wee Maurice up to his tricks again and it put us all in good heart for what lay ahead.



About mid-day everyone moved off for the short trip to One Tree Bridge. For those who trusted in their map-reading skills it proved a bit longer than they thought, what with newly made roads that didn't exist on maps, and others whose names had been changed; but eventually the tally was complete and there was much to talk about as we shared a pleasant lunch on a grassy hillside a couple (or did someone say four or five?) kilometres along the Bibbulmun Track.

After lunch an energetic group under the leadership of the same Scottish leprechaun who had cheered us all up in the morning set out to walk back to Camp along the said B.T. Once more the ground and the maps didn't agree all that well, and the winter's rains had played some quaint tricks with the water crossings our brave party encountered, so nightfall caught them some distance from home. It was with much relief that Barrie and his search party found them just then and lifted them home to warmth and safety.

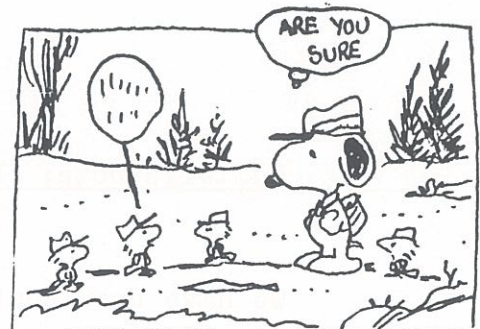
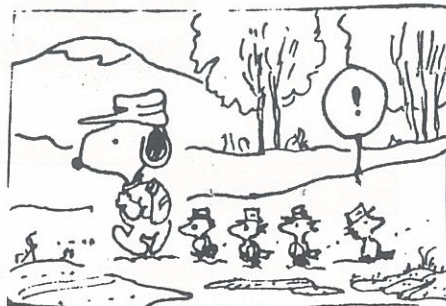
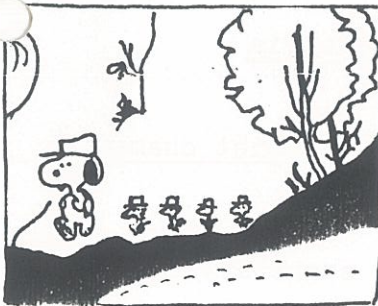
The barbeque that night was memorable for the ferocity of Wally Cross's fire which burned with a more than cheerful glow, even after half of the wood had been removed, the handsome variety of the vintages available, and for the talent and gamesmanship displayed. Keith Forden prevailed over the writer as singles Quoits champion, and Keith made it a double by carrying off the honours for the Table Tennis in company with Maurice Warren. All in all it had been Maurice's day.

Overnight we had a bit of fairly heavy rain, but the morning was pleasant again, even though the pack jog out along the Tin Mines Road did get a few baptising showers, and they accompanied the lunch stop at Balingup on the way home; but they weren't enough to dampen the spirits of those who had been privileged to share the weekend together, and to have so much simple fun.

As a new member I found that the weekend provided a great opportunity to get to know a lot of club members, and to appreciate the spirit of close friendship which is the strength of the club.

On behalf of all who were there, thanks to the Committee, and especially to the Secretary, Duncan, for the planning and arrangements that made the occasion possible.

Leo Hassam.





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15th August, 1984.

Mr. Wal Sheppard, B.E.M.,
Honorary Secretary,
Australian Association of
Veterans' Athletic Clubs,
2 Montgomery Place,
BULLEEN, VIC. 3105

Dear Mr. Sheppard,

I have just sighted your letter of 19th July last, upon my return from a five week visit abroad.

I am delighted and honoured to accept the position of Patron of your Association, and would be pleased to support your bid which would enable Melbourne to stage the 1987 World Games.

With best wishes,

Yours sincerely,

DON CHIPP
Senator for Victoria

Editor's note: Don Chipp is a former professional sprint champion.

HOBART

We have been contacted by the Tasmanian Veterans secretary who advises that all bookings for next Easter's Nationals in Hobart will be handled by the Tasmanian Government Tourist Bureau.

The Bureau has secured accomodation for mainland veterans and will be the returning point for registration and entry forms which will become available shortly.

A road walk venue has already been chosen in Hobart being a 10k out and back flat course near to the beach.

For your accomodation requirements contact:-

David Craike 211 7411

Tasmanian Tourist Bureau, 32 King William Street.

A RIGHT ROYAL RUN

For many years the English nobility have experienced increasing difficulty in maintaining their stately homes, castles and estates. This is due to escalating maintenance costs and large death duties payable to the taxation office. This burden has regrettably led many of the noble families into despair and bankruptcy and the consequent sale of the ancient properties to willing Arabs, Americans, the National Trust or successful businessmen. Not so the Duke of Devonshire. His stately home is Chatsworth House. Standing in hundreds of acres in the most beautiful hilly countryside of North Derbyshire, Chatsworth which was built in the late 1600's is one of the most impressive mansions in England. The present Duke and Duchess who are related to royalty have clever and shrewd business minds. They now run Chatsworth at a profit by staging many social, sporting and cultural events throughout the year.

September 23rd this year was the inaugural Chatsworth Chase. This was a 10 kilometre run commencing near the house and thence through forests and tracks in the hills behind the estate and finishing in front of the gardens under the ancient majestic oak and beech trees.

The Duke need have had no anxieties about success. Two thousand runners from the North of England turned out on a showery blustery day which kept the less adventurous indoors having a nap after Sunday lunch. Little boys who had climbed the nearby trees to get a good view must have witnessed a spectacular start. The grass was classically English green and the going was boggy and wet due to heavy rains during the previous 48 hours. Startled sheep not used to such large numbers of homo sapiens charging across their usual pastures scurried away. An hour earlier in the Family Fun Run a frantic ewe had run amoc and knocked down two little boys. The going was very heavy in that the mud and sheep droppings stuck to the shoes, but more disagreeable was the incline. This can only be described as UP. Not an ordinary hill but four miles of constant, muddy torturous ascent through sodden lanes, ploughed fields and forest trails. Estate gamekeepers sporting deerstalkers and tweeds stood by gateposts acting as course directors. Occasional grouse startled by this human invasion could be heard rustling in nearby thickets. The human dropout rate was higher than usual and many of the retirees were walking, gasping and limping on. The joy of the final two miles all down hill was a welcome reward. The first five hundred runners spattered with mud were presented with a handsome 'medal' and a plastic bag of pamphlets about sponsors and future events. The winner's time for this noble event was 31 minutes giving some indication of the kind of standards in this part of the world. As I limped exhausted back to the car I tried to calculate the Duke's profit - two thousand runners each paying an entrance fee of £2. One of my less cynical friends reminded me that all proceeds were to be donated by the Duke to converting an old barn into a special school for deaf children. We agreed it was well worth our efforts and hoped that next years chase would be as enjoyable and successful as this one.



Best wishes to
all Vet run Readers
John Hennes

CORRECTION. Jeanette Tomlinson's birthday should read 09/7/34 not 09/6.34

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Marilyn Acreman	turns 44	remains W40	04	Ross Williams	turns 45	becomes M45	10
Kevin Anderson	" 44	" M40	20	Margaret Warren	" 49	Remains W45	12
Bob Pryce	" 54	" M50	06	Selby Munsie	" 51	" M50	03
Bob Faulkner	" 41	" M40	24	Kath Noordyk	" 38	" W35	19
Derek Hoye	" 46	" M45	04	Jackie Greenfield	" 42	" W40	19
Hugh Kirkman	" 43	" M40	27	Bruce Hollier	" 55	becomes M55	18
Merv Moyle	" 58	" M55	29	Ray Purdue	" 36	remains M35	27
Bill Mitchell	" 50	becomes M50	12	Ev Whistler	" 45	becomes W45	03
Gerry Noordyk	" 63	remains M60	21	Frank Fay	" 56	remains M55	19
Joan Pellier	" 45	becomes W45	08	Cheryl Bell	" 34	" W30	15
John Rowland	" 42	remains M40	21	Pat Hayden	" 49	" W45	11
Hank Stoffers	" 44	" M40	18	Harry Pritchard	" 42	" M40	18
Morland Smith	" 47	" M45	07				

CLUB RECORD RUNS FOR NOVEMBER. Bridges & River Cycle tracks.

W30 C Milbourne 43.31; W35 M Peterson 46.08; W40 J Pellier 53.24; W45 L Butcher 51.10; W55 V Tyson 69.50; M35 F Smith 33.19; M40 D Hoye 33.39; M45 M Smith 35.16; M50 A Tyson 38.19; M55 R Godkin 43.00; M60 C Bould 41.32; M65 C Bould & R Horsley 47.52: These records were set before the cycle tracks were completed. If members wish it a new set of records can be inaugurated with this run as, theoretically, times should be faster with the better surface.

I have just received a letter from Albany member George Audley giving me the news that he has done 6.59.6 for the 1500 walk and asking what the record for this distance is in his age group, M45s, well this is now the record as he beat the previous one held by Jim Smith of 7.26.00. He also lets us know that they have a W40 down there who is breaking local records with gay reckless abandon every time she runs. Her name is Carmel Drummond and he is trying to persuade her to come up for the Vets Champs next year. She runs middle/long distance events. George also sends his best marathon time for the M45s of 2.52.02 done at Albany Marathon on the 7th November 1982. (Please note Brian).

Fisherman extraordinaire

IF HE hasn't gone fishing, Jerry Allen has gone running, or cycling, or swimming.

Allen (42) is the only West Australian in the Hawaiian Ironman Triathlon - a 4km ocean swim, 180km bike ride and 42km marathon run, in succession - to be held on the first weekend in October.

As the Curator of Fishes at the WA Museum, he leads an already busy life, without having to add the rigours of training to his schedule. But he does, and only too well, as wife Connie will testify.

At present Allen is in the U.S. working at the California Academy of Sciences at San Francisco, where he is preparing a paper on "schnapper of the world".

"Yes, Gerry does go fishing, but he's mainly into training," says Connie.

Last weekend, in between work and fishing, he found time to contest an event in Salt Lake

By GREG SMITH

City, Utah, finishing 48th from a field of 450, and finishing fourth in the veterans' section.

Allen is one of a select band of overseas competitors - 16 of whom are Australian - who will contest this year's ironman event.

Of the 8000 entries organisers had to cope with this year, only 1200 will be accepted after applicants are put through rigid qualifying standards.

Hitting the triathlon road was not easy task for Allen, who, in the early 1970s, was a weightlifter in Hawaii, competing in the 90kg class (one division above Robert Kabbas, Australia's silver medallist in L.A.).

He took up running in the late 70s and started thinning down. But injury problems kept him off the road, so he switched to cycling, and shazam... triathlon fever hit him.

It "worsened" during a trip to the U.S. in 1981, when he really got hooked, says Connie. So now he has slimmed to 67kg and is in the best shape of his life.

To date, he has contested about half a dozen triathlons, both in Australia and in the U.S., where his work often leads him.

He won the veterans' section at the Sri Chimnoy event in Adelaide last year, and has completed two Coral Coast events in Cairns.

Before work he swims about 4km, runs in his lunch breaks and pedals the bike for about two hours after work in the hills of Roleystone outside Perth.

The hills of the Darling Ranges and weekend competition with a veterans' cycling club have given him a solid base on which to race with in Hawaii.

"Oh, he'll finish," says Connie. "Especially with all the training he's been doing."



JERRY ALLEN

VINTAGE VETS

The bottle of champagne offered as a prize in N/L 141 went unclaimed. It was, you will all be pleased to learn, most enjoyable. However, one athlete who met the conditions stipulated was William Francis King, 'The Flying Pieman', of Sydney.

King arrived in Sydney from England in 1838 and followed several occupations before adopting the one by which he became famous. He was in his forties and a renowned athlete when, in September, 1848, he started in a 30 mile race against a mail coach. The race was from Windsor to Sydney and the fully-laden coach was drawn by a four-horse team. The event caught the public's imagination and crowds attended the start and finish; many followed the race on horseback and in carts. In Macquarie Place, just on last light, and to the excitement of the crowd, King came in first. He was still receiving the congratulations of the crowd when the coach and sweat-covered horses arrived.

Later that month he wagered that he could walk (one source says run) 192 miles in 48 hours. One of the conditions was that he was not to stop for more than one minute at any time. Three judges worked in relays to cover the attempt, which was made on a circuit of just under a mile.

King covered $66\frac{1}{2}$ miles in the first 12 hours, but was slowed by a thunderstorm to 104 miles at 24 hours. After 36 hours he was up to 157 miles and completed the distance in 46 hours 30 minutes. The magnitude of his achievement was such that it was to be almost 30 years before this distance was bettered over 48 hours. By this time, multi-day events were popular in the U.S.A. and England and were regularly contested by professionals - hardly the case in Australia in 1848.

The Pieman seems never to have lost a race, whether against the clock, animals or human opponents. Indeed he often used to race carrying a boy on his shoulders, presumably as a handicap. His strength was demonstrated when he once ran $1\frac{1}{2}$ miles in 12 minutes. What made this unusual was the 80lb live goat that he was carrying at the time. How about something like that to fill Perry Lakes Stadium one afternoon?

Sources: The Proud Australians by Bruce Howard and Marathon and Long Distance Runner magazine.

Bob Sammells.

Keeping fit

I saw a jogger jogging at the dawning of the day,
His mouth was hanging open and his face was
drawn and grey;
He pounded round the river with a slow deter-
mined tread
And a look upon his face that showed he wished
that he was dead.
His breath came gasping outwards as he tot-
tered down the track
And the sodden perspiration dribbled down his
front and back,
Which is, after all, the penance of the man who
daily jogs.
And his steps were closely followed by a dozen
barking dogs.
His legs moved up and downwards in a laboured,
measured beat,
Just as if they were determined to destroy his
aching feet.
And at every step he grimaced as the agony and
pain
Was transmitted to that region where he used to
have a brain.
I inquired, "Does not the pounding over hill and
dale and stones
Cause a swift degeneration of the structure of
your bones?"
But he shook his head, asserting that it didn't
hurt a bit,
Gasping out the information it was this that kept
him fit.

"Once," he rather proudly told me, "I was ugly
and obscene
And I couldn't see my toenails for the stomach
in between.
But, with exercise and diet, I've transformed my
ugly fat
To a healthy, vibrant body with a stomach taut
and flat.
Just by sheer determination I've transformed
my former life
To this acme of perfection (urged on, mind you,
by the wife).
Just by trotting ten miles daily with high fibre in
my grub
And by cutting out the sessions that I once had
at the pub.
It's the life," he wheezed, and pounded off
again way down the track,
Hotly followed by his variegated coloured canine
pack,
With the veins on his leg muscles (I could see
them very well)
Standing out all taut and twisted and as varicose
as hell.
Thereupon I moved off homeward with a
cogitative mind
Thinking, should I be a jogger or a person of that
kind?
But, in view of the confusion flying round inside
my head,
I decided to postpone it and went home and
went to bed.

Charles Moir

1st W.A. VETERANS MARATHON. 5th AUGUST 1984: (Run in conjunction with the W.A. Milk Marathon).

Of the 492 finishers in the race 175 were of Veteran age and of these 43 were members of the club. Overall winners were:-

MEN AGE CATEGORIES

40-44	Frank Smith	2-31-57
45-49	William Butler	2-41-32
50-54	Maurice Smith	2-48-44
55-59	Bill Hughes	3-18-07
60-64	Andy Wright	4-16-16
65-69	Frank Hansford	4-53-29
	-Smith	
70 plus	Stanley Green	4-22-57

WOMEN AGE CATEGORIES

35-39	Jill Chambers	3-13-58
40-44	Sue Hill NSW	3-08-45
45-49	Margaret Harman	3-35-54

MEN

1st	Alan Thurlow	2-23-28
2nd	Bruce Galloway NZ	2-24-20
3rd	Peter Taylor	2-24-25

WOMEN

1st	Tina Wild NZ	2-48-28
2nd	Rae Martin	2-54-20
3rd	Carol Pickard	3-03-36

RESULTS IN AGE GROUPS:- * denotes club member

W35

1.	Jillian Chambers	3.13.58*
2.	Clare Werren	3.17.06
3.	Joanne Collins	3.27.40*
4.	Barbara Leach	3.48.50*
5.	Colleen Milbourne	3.51.44
6.	Bronwyn Salter	4.01.21
7.	Patsy Hallen	4.27.32
8.	Noelle Dawson	4.42.23

W40

1.	Susan Hill	3.08.45
2.	Alicia Ansell	3.17.33*
3.	Maureen Stewart	3.29.06
4.	Joan Slinger	3.40.17*
5.	Trisha Spain	3.41.26*
6.	Jill Montagu	3.53.07
7.	Joan Vadala	4.36.30

W45

1.	Margaret Harman	3.35.54*
2.	Patricia Hayden	4.27.22*

M40

1.	Frank Smith	2.31.57*
2.	Bob Harrison	2.48.16*
3.	David Rice	2.50.47
4.	John Tomczak	2.50.50
5.	Harry White	2.51.42*
6.	Barrie Robinson	2.52.35*
7.	David Pursell	2.53.05
8.	Graham Thornton	2.55.44*
9.	Kenneth Lawrence	2.57.30
10.	Ken Begbie	2.58.24
11.	Martin O'Rourke	2.58.36
12.	Barrie Slinger	2.58.59*
13.	Neil Birkett	2.59.14
14.	Arnold Jenkins	2.59.52*
15.	Phillip Shorthouse	2.59.54
16.	Brian Foley	3.00.12*
17.	Peter Lawrence	3.00.16
18.	John Pellier	3.02.43*
19.	Richard Port	3.05.31
20.	John Milne	3.07.08
21.	Robert Smoothy	3.07.13
22.	Peter Van-Duren	3.08.14
23.	John Millane	3.11.05
24.	John Hornsby	3.11.31
25.	Barry Spice	3.13.48
26.	Stan Latchford	3.16.45*

M40

cont.		
27.	Kenneth Snowden	3.20.54*
28.	Frank Seed	3.21.34
29.	Tony Ashby	3.21.39
30.	Derek Alwyn	3.21.57
31.	Fraser Deanus	3.22.05*
32.	Anthony Speechley	3.22.23
33.	Saint Sudano	3.22.37
34.	Ronald Dorn	3.24.57
35.	James Grant	3.25.16
36.	Moo Lee	3.26.18
37.	Barry O'Brien	3.28.42
38.	Marshall Power	3.28.51
39.	Gary Lynn	3.29.09
40.	Jim Greenfield	3.31.25*
41.	Lance Gersbach	3.31.25
42.	Glen Lloyd	3.31.39
43.	John Slattery	3.32.08
44.	Kenneth Page	3.32.12
45.	William Reynolds	3.32.30
46.	Ian Moore	3.33.04
47.	Thomas McAlister	3.33.19
48.	Keith Tracey	3.33.59
49.	Rodney Marston	3.34.38*
50.	Brian Wainwright	3.34.56
51.	George Atzemis	3.35.07
52.	Joseph Yates	3.35.50

M40	cont.	
53.	Micheal Marlinovich	3.39.38
54.	Robbie Burns	3.40.42
55.	Harry Simmonson	3.42.26
56.	Robert Jenkins	3.42.57
57.	Lawrence Nevin	3.43.49
58.	Ian Bernadt	3.45.10
59.	John Salter	3.48.07
60.	Sandy Meeres	3.48.36
61.	John Weekes	3.49.34
62.	Graeme Barnett	3.50.26
63.	Ian Bunce	3.54.51
64.	Christopher Limb	3.55.02
65.	Henk Stappenbelt	3.56.33
66.	Arthur Twiss	3.56.50
67.	John Ellard	3.57.14
68.	Robert Kronberger	3.58.27
69.	Cyril Slater	3.58.30
70.	Clifton Smith	3.59.08
71.	Thomas Smith	3.59.42
72.	Roger Elmitt	4.00.24
73.	Barry Munyard	4.01.03
74.	John Italiano	4.05.30
75.	Robert Bailey	4.06.25
76.	Stephen Walter	4.11.33
77.	Peter Smith	4.12.36
78.	Dino Gava	4.16.32
79.	Dudley Baker	4.21.04
80.	Barry Boyd	4.21.43
81.	Rajin Nathan	4.22.11
82.	Thomas Mazey	4.22.25
83.	John Wood	4.25.57
84.	Mel Harris	4.43.18
85.	Richard Clayden	4.44.38
86.	Bob Johnstone	4.51.12*?

M45		
1.	William Butler	2.41.32
2.	Don Caplin	2.44.48*
3.	Graham McDonald	2.50.01
4.	Terry Manford	2.56.45
5.	George Audley	2.58.01*
6.	Morris Warren	3.01.55*
7.	Charlie Spare	3.02.01*
8.	Sidney Wilcox	3.05.07
9.	Colin Brooks	3.10.16
10.	Guiseppe Trovato	3.10.17
11.	Graham Parkin	3.11.34
12.	Roy Beckett	3.11.37
13.	David Branson	3.12.11*
14.	Bill Monks	3.13.38*
15.	Robert Pimblett	3.14.46
16.	David Moyes	3.15.20
17.	Robert Norton	3.15.23*
18.	Malcolm Hay	3.19.40
19.	Raymond Whiteaker	3.20.17
20.	Arthur Towers	3.22.10
21.	Alistair McMillan	3.22.59
22.	Aub Davie	3.27.36*
23.	Peter Summers	3.33.05
24.	William Hanlon	3.33.58
25.	Richard Harris	3.36.16
26.	John Marshall	3.41.01
27.	Jim Skates	3.41.42
28.	David Bird	3.42.06
29.	Tony Butler	3.44.39
30.	Douglas Nokes	3.46.11

M45	cont.	
31.	Brian Jones	3.48.29
+32.	Len Merrick	3.48.39+
33.	James Ramsey	3.51.25
34.	Graeme Clinton	3.53.14
35.	John Kagi	3.54.26
36.	Kenneth Mazey	3.59.37
37.	Norman Scott	4.01.18
38.	Ronald Hancock	4.10.24
39.	William Stephenson	4.12.25
40.	John Murray	4.12.51
41.	Kevin Sealey	4.14.03
42.	Barry Mort	4.15.28
43.	George Bourne	4.16.45
44.	Micheal Holmes	4.18.07
45.	Douglas Dore	4.21.57
46.	Wal McKinnon	4.49.44

M50		
1.	Maurice Smith	2.48.44*
2.	Bob Bryce	2.54.38*
3.	Tim Fry	3.04.00
4.	Derk Blom	3.07.03
5.	John Davies	3.09.00
6.	Dave Hough	3.10.55*
7.	Bruce Hollier	3.15.24*
8.	Frits Heyne	3.24.05
9.	Dennis Wilmott	3.25.47*
10.	Bob Hayres	3.33.39*
11.	David Ridout	3.44.14
12.	Darcy Farrell	3.54.27
13.	Derek Cowlan	4.07.10*
14.	Alex McKenzie	4.15.18
15.	Ken Whistler	4.29.20*

M55		
1.	Bill Hughes	3.18.07*
2.	Thomas Delaney	3.59.34
3.	Edward Barkla	4.00.03
4.	Fred Hagger	4.07.52*
5.	Colin Pates	4.26.48
6.	John Goldsmith	4.46.55

M60		
1.	Andy Wright	4.16.16*
2.	Frank Usher	4.29.59*

M65		
1.	Frank Hansford-Mill	4.53.29

M70		
1.	Stanley Green	4.22.57*

+ERROR IN M45 GROUP+

John Geddes 3.49.42
this would place him between 32-33

HERE's a joke, perhaps a little out of date - but still worth mentioning - presently doing the rounds in London primary schools.
What's Zola Budd's theme song? Answer: It's a long way to trip a Mary.

12 EVENT CLUB CHAMPIONSHIPS. PROGRESSIVE RESULTS

	HALF MAR.	Club CCCh	Mill Pt Rd	MARA THON	STAT CCCh	TOT PTS	PSN
Don Caplin	842	1050	1050	896	918	4756	1
Jill Chambers	899	1076	937	746	-	3658	4
Brian Danby	789	916	871	655	726	3957	2
Graham Thornton	752	911	798	735	729	3925	3
Morris Warren	673	770	757	691	522	3413	6
John Pellier	640	818	702	651	526	3337	7
Bill Monks	508	867	768	545	759	3447	5
Dave Branson	654	781	663	568	-	2666	10
Barrie Slinger	662	535	751	696	-	2644	11
Dick Horsley	-	1225	1225	-	-	2450	12
Bob Sammells	701	896	661	-	661	2919	8
Barrie Evans	640	816	777	-	-	2233	16
Dalton Moffett	600	866	727	-	637	2830	9
Joan Slinger	500	598	527	505	-	2130	17=
Mike Khan	653	711	741	-	-	2105	19=
Fraser Deanus	813	-	814	419	-	2046	21
Frank Smith	959	-	-	1020	-	1979	23
Margery Forden	497	761	702	-	338	2298	13
Lorna Butcher	536	769	629	-	332	2266	14
Aub Davie	317	631	528	383	376	2234	15
Maurice Smith	927	-	-	889	-	1816	25
Bob Harrison	863	-	-	825	-	1688	28=
Frank McLinden	720	896	-	-	514	2130	17=
Bob Bryce	764	-	-	818	-	1582	33
Kevin Martin	-	830	749	-	-	1579	34
George Innes	778	-	785	-	-	1563	35
Jim Barnes	-	784	740	-	-	1524	36
Keijo Vaalsta	-	811	692	-	632	2105	19=
Andy Wright	382	631	427	20	-	1460	37
Dave Hough	-	20	780	623	600	2023	22
Vincent Caruso	505	-	-	674	-	1179	42
Tricia Spain	-	-	623	492	-	1115	45
Dave Roberts	496	4	617	-	518	1631	32
Cliff Bould	490	-	586	-	-	1076	46
Dennis Wlmott	-	-	589	444	-	1033	48
Hank Stoffers	1020	-	-	-	-	1020	49=
Bill Hughes	398	-	-	596	-	994	51
Kevin Anderson	-	981	-	-	734	1715	27
Rob Shand	-	959	-	-	729	1688	28=
George Peet	418	-	529	-	-	947	55
Merv Moyle	440	-	494	-	444	1378	39
Colin Leman	-	-	868	-	855	1723	26
Ted Maslin	-	-	865	-	783	1648	31
Jim Greenfield	546	-	-	307	-	853	57
Bob Farrell	263	361	222	-	20	866	56
Derek Crowther	842	-	-	-	809	1651	30
Frank Usher	190	255	372	20	-	837	58
John Maddison	-	-	835	-	-	835	59
John Smith	231	351	238	-	-	820	60
Alicia Ansell	-	-	-	778	-	778	61
Arthur Leggett	-	775	631	-	418	1824	24
Joe Stickles	-	773	-	-	533	1306	40
Barrie Robinson	-	-	-	773	-	773	62
Sandy Walton	251	505	-	-	220	976	53
Tuula Vaalsta	-	-	747	-	651	1398	38
Stephen Barrie	742	-	-	-	-	742	64
George Audley	-	-	-	738	-	738	66
Cheryl Amies	715	-	-	-	526	1241	41
Hamish McGlashen	-	-	694	-	-	694	69=
Charlie Spare	-	-	-	690	-	690	70
Brian Foley	-	-	-	681	-	681	72
Margaret Harman	-	-	-	658	-	658	74

Record to Gilmour

THE evergreen veteran runner John Gilmour set a world age best for the one-hour run at McGillivray Oval yesterday morning.

Competing in the WA Marathon Club's annual event, Gilmour covered 15,983m - 857m in excess of American Norman Bright's 1975 best for the 65-year group.

It was Gilmour's first run since last September when he broke down with an achilles tendon injury at the world veterans' championships in Puerto Rico.

Jim Langford was the overall winner with 17,843m from Pat Maslen (17,306m) and Bill Jones (17,244m).

Tessa Brockwell, fresh from her win in the City-to-Surf Fun Run, set the best total in WA by a woman of 15,221m with a big win from Kate Maslen (13,173m). - Beccins.

12 Event Champs Cont.

Peter Davies	-	604	-	-	381	985	52
Mary Robinson	20	314	261	-	125	720	68
Ken Snowden	593	-	-	-	-	1062	47
Bruce Hollier	-	-	-	433	556	1125	44
Terry Tate	560	-	-	569	-	560	76
Alan Pomery	-	-	556	-	-	556	77
Duncan Phillips	-	527	-	-	-	527	78
Elza O'Dea	20	-	507	-	136	663	73
Mel Shead	501	-	-	-	-	501	80
June Strachan	-	-	496	-	20	514	79
Stan Latchford	-	-	-	483	-	483	81
Bob Norton	435	-	-	-	700	1135	43
Joan Pellier	-	431	-	-	320	751	63
Vic Beaumont	-	-	421	-	319	740	65
Mitch Loly	-	-	417	-	532	949	54
Rod Marston	397	-	-	-	-	397	83
Ernie Moyle	167	39	189	-	-	395	84
Duncan Strachan	391	-	-	-	-	391	85
Stan Lockwood	-	-	374	-	357	735	67
Margaret Warren	-	180	189	-	-	369	88
Gerry Noordyk	366	-	-	-	-	366	89
Kirt Johnson	-	-	363	-	-	363	90
Erica Mercer	361	-	-	-	-	361	91
Ron Strauch	353	-	-	-	-	353	92
Bob Hayres	-	-	-	350	-	350	93
Keith Forden	22	313	-	-	-	335	94
Allen Tyson	324	-	-	-	-	324	95
Jo Stone	-	-	314	-	70	384	87
Ann Deanus	306	-	-	-	-	306	97
Tony Denham	-	-	296	-	-	296	98
Ken Whistler	-	238	20	20	40	318	96
Joe Froudish	-	-	-	275	-	275	99
Kath Noordyk	272	-	-	-	-	272	100
John Bissett	-	-	269	-	-	269	101
Nora Berry	-	191	-	-	-	191	103
Barrie Thomsett	188	-	-	-	-	188	105
Sheila Maslen	-	-	189	-	-	189	104
Carole Cole	-	-	161	-	49	210	102
Phyllis Farrell	160	-	-	-	20	165	106
Fred Hagger	125	-	-	20	-	145	107
Selby Munsie	-	-	139	-	-	139	108
Dorothy Whittam	-	20	20	-	20	60	109
Alan Chambers	-	20	20	-	-	40	110
Val Prescott	-	20	-	-	-	20	111=
Bev Whistler	-	20	-	-	-	20	111=
Bernard Godwin	20	-	-	-	-	20	111=
Basil Worner	-	-	-	-	466	466	82
Alan Acreman	-	-	-	-	594	594	75
Harry White	-	-	-	-	694	694	69=
John Bell	-	-	-	-	394	394	85
Jim Langford	-	-	-	-	1020	1020	49=
Cheryl Bell	-	-	-	-	20	20	111=
Shirley Cross	-	-	-	-	20	20	111=
Jeanette Tomlinson	-	-	-	-	20.	20	111=

McCALLUM - KINGS PARK - McCALLUM. 7th October 1984. 16km or 10km.

The weather conditions were not the best, a strong wind made things rather difficult for the officials who had to chase note books, pads, race numbers and chairs up and down McCallum Park. The runners, well they had only to run in it!

The 10km event got under way at 8am and the 16km run a few minutes later. some 13 runners took part in the 10km run which followed the cycle path around the Bridges in a clockwise direction. The first vet home and third overall was Alan Pomery, the winner was invitation runner P Gibson followed by Alan's son Mark in second place. The first lady back was Yolande Caruso who came in in fifth place.

McCallum-Kings Park-McCallum cont.

The 16km run followed an out and back course along the river to the boat house just before the University, this was won in great style by Colin Leman.

Colin took an early lead and held it all the way. Don Caplin finished second and Harry Whyte took out third place. Margery Forden was the first lady home followed by Trisha Spain and Sandy Walton.

Many thanks to all the helpers, Morris Warren, Allen Tyson, Wally Cross, Andy Wright and Ann Deanus.

Fraser Deanus.

RESULTS:- 16km.

1. Colin Leman	M35	56.56	20. Stan Lockwood	M55	72.52
2. Don Caplin	M45	59.08	20. Trisha Spain	W40	72.52
3. Harry Whyte	M40	60.24	22. Duncan Strachan	M60	74.59
4. Brian Danby	M35	60.36	23. B. Crossley	inv	75.06
5. John Maddison	M45	61.07	24. Gerry Noordyk	M60	76.27
6. Mike Khan	M35	62.39	25. Basil Worner	M50	77.14
7. Robert Norton	M45	63.51	25. Keith Forden	M40	77.14
8. Morris Warren	M45	64.14	27. Sandy Walton	W35	77.55
9. Bob Sammells	M45	64.31	28. Kath Penton	W40	78.39
10. Vincent Caruso	M35	65.26	29. Kirt Johnson	M55	78.51
11. Dalton Moffett	M50	66.54	29. Enid Crowther	W40	78.51
12. Dave Roberts	M40	67.15	31. M. Hayden	inv	80.32
13. D. Kitchen	inv	69.51	32. Phyllis Farrell	W35	80.45
14. George Peet	M50	70.10	33. Selby Munsie	M50	81.39
14. Wes Carter	M45	70.10	34. Pat Hayden	W45	81.57
16. Bob Farrell	M40	71.09	35. Frank Usher	M60	82.05
17. Margery Forden	W40	71.15	36. Mary Robinson	W45	86.12
18. Paul Jones	M40	72.29	37. Elza O'Dea	W45	88.49
19. Merv Moyle	M55	72.49			

10km.

1. P. Gibson	inv	40.24	8. Maxine Tapper	W35	55.16
2. Mark Pomery	inv	41.32	9. Jeanette Robinson	inv	56.51
3. Alan Pomery	M50	41.54	10. Margaret Warren	W45	58.07
4. N. Richards	inv	42.11	11. Shirley Cross	W45	58.59
5. Yolande Caruso	W30	48.26	12. June Strachan	W55	59.01
6. Dick Horsley	M70	49.05	13. Val Tyson	W60	69.48
6. Lorna Butcher	W50	49.05			



"I STILL MAINTAIN THAT ONCE HE GRASPS THE HAND RELEASE TECHNIQUE THAT BLOKE'S GOING PLACES."

'RABBITS' HALF MARATHON & 8km run. HERNE HILL. 14th October 1984.

The half marathon was started first and the 8km runners were sent on their way 15 minutes later. The weather was beautiful but got rather warm for the runners during the race.

First home in the half marathon was Frank Smith who looked as if he could comfortably have gone round again. He was closely followed by Bob Harrison.

First on handicap was Bill Monks, by so much that it can only be by a hiccup in the handicap computer. Second was Keijo Vaalsta.

John Gilmour, who is now back fighting fit after a long enforced lay-off, set a world record for his age group. Congratulations John, well done.

Dave Carr was first to finish in the 8km run and Kath Penton was a good first on handicap. All the ladies ran in the 8km event having in mind that the 24hour relay was taking place the following week, but Morris Warren was prepared for this and presented the first nine ladies with a book prize each.

In spite of Morris's efforts in marking the course some competitors had the unfortunate experience of the sunn getting in their eyes and not being able to see the markers and thus turning incorrectly. Lorna Butcher and our intrepid orienteer Jeff Whittam went out in their cars and pointed them in the right direction.

Tea and biscuits (courtesy Hendry) were enjoyed after the run and several members stayed on for a barbecue.

Many thanks for assistance to Mary McGinnis, Ann Smith, Phyllis Barnes and Heather and Allison. All age group winners set inaugural records.

Andy Wright, Morris Warren & Hendry

RESULTS:- Half Marathon.

RESULTS:-	Half Marathon.	age	Clock	psn	H'cap	Adjusted	psn
		gp	time			time	
Bill Monks		M45	1.23.13	8	32.00	1.55.13	1
Keijo Vaalsta		M50	1.27.34	13*	31.00	1.58.34	2
Dalton Moffett		M50	1.28.57	16	31.30	2.00.29	3
Bob Harrison		M40	1.18.08	2	42.30	2.00.30	4
Frank Smith		M40	1.14.55	1*	45.45	2.00.40	1
Mitch Loly		M40	1.30.11	20	31.00	2.01.11	6
Brian Danby		M35	1.22.18	7*	39.00	2.01.18	7
John Pellier		M40	1.26.30	11	35.00	2.01.30	8
Jim Barnes		M40	1.21.36	5	40.00	2.01.36	9
Dave Roberts		M40	1.31.31	23	30.30	2.02.01	10
Alan Acreman		M45	1.30.36	22	31.30	2.02.06	11
Derek Crowther		M40	1.20.19	4	42.00	2.02.19	12=
Morris Warren		M45	1.27.04	12	35.15	2.02.19	12=
Stan Lockwood		M55	1.38.32	26*	24.00	2.02.32	14
Robert Farrell		M40	1.40.00	27	23.00	2.03.00	15
Basil Worner		M50	1.32.10	24	31.00	2.03.10	16
Frank McLinden		M50	1.28.00	14	35.30	2.03.30	17
Harry Whyte		M40	1.24.44	10	39.00	2.03.44	18
Port Johnson		M55	1.44.34	29	19.30	2.04.04	19
Brian Foley		M40	1.29.05	17	35.00	2.04.05	20
Barrie Robinson		M45	1.23.42	9	40.30	2.04.12	21
John McGinnis		M45	1.30.27	21	34.00	2.04.27	22
Peter Davies		M55	1.40.59	28	23.30	2.04.29	23
Bob Sammells		M45	1.28.34	15	36.00	2.04.34	24
Bernard Godwin		M45	1.47.58	31	17.00	2.04.58	25
Jim Greenfield		M40	1.34.03	25	32.00	2.06.03	26
Don Caplin		M45	1.21.54	6*	44.15	2.06.09	27
Frank Steere	M40	inv	1.29.25	19	38.00	2.07.25	28
Duncan Strachan		M60	1.47.57	30*	20.30	2.08.27	29
Keith Forden		M45	1.51.33	32	17.00	2.08.33	30
Kevin Anderson		M40	1.29.07	18	42.00	2.11.07	31
Gerry Noordyk		M60	1.53.47	33	18.30	2.12.17	32
Fred Hagger		M55	2.10.20	35	14.00	2.24.20	33
John Gilmour		M65	1.19.31	3*	NOT HANDICAPPED		
Jack Noordyk		inv	1.19.31				
Terry Ryan		inv	1.18.25				
Richard Spark		inv	1.27.04				
Colin Walsh		M50	1.53.49	37	not handicapped		
8km RUN.							
Kath Penton		W40	37.12	4	6.30	43.42	1
June Strachan		W55	44.50	15*	1.30	46.20	2

RESULTS cont.

Marilyn Acreman	W40	40.05	10	7.00	47.05	3
Margaret Warren	W45	41.33	11*	6.00	47.33	4
Joan Pellier	W40	36.42	3 *	11.00	47.42	5
Enid Crowther	W40	39.25	8	9.00	48.25	6
Barbara Godwin	W40	44.28	13	4.00	48.28	7
Mary Robinson	W45	43.02	12	6.00	49.02	8
Lorna Butcher	W50	39.25	8 *	9.30	48.55	9
Sandy Walton	W35	39.10	7 *	10.00	49.10	10
Hamish McGlashen	M45	31.45	2 *	17.45	49.30	11
Dick Horsley	M70	38.01	5 *	11.30	49.31	12
Dorothy Whittam	W45	46.41	16	3.00	49.41	13
Pat Carr	W50	44.48	14	5.00	49.48	14
Dave Carr	M50	30.49	1 *	21.00	51.49	15
Allen Tyson	M55	38.01	5 *	14.15	52.15	16
Val Tyson	W60	57.05	18*	00.00	57.05	17
Jeff Whittam	M50	49.00	17	11.30	60.30	18
Margery Forden	W40	D.N.F.				
Leo Hassam ran 12km no time was taken.						

* Denotes Inaugural Record.

TIME TRIALS No.1. 3000m.				No.2. MILE				SHOT	
	age	time	pts		time	pts	dist.	pts.	
Alan Acreman	M45	10.54	688		5.38	652	-	-	
Brian Foley	M40	10.02	814		4.52	898	6.83	66	
Frank McLinden	M50	10.06	892		-	-	-	-	
Dave Jones	M55	13.05	445		-	-	-	-	
Brian Danby	M35	9.53	811		5.14	736	6.06	20	
Aub Davie	M45	11.33	571		5.47	598	6.43	80	
Frank Smith	M40	9.30	910		-	-	-	-	
Derek Crowther	M40	10.24	748		-	-	-	-	
Don Caplin	M45	9.50	880		4.47*	958	-	-	
Dick Horsley	M70	12.39	1123		6.17	1198	7.58	596	
Bob Fergie	M45	13.40	190		6.41	274	9.06	448	
Mel Shead	M40	10.59	643		5.30	670	-	-	
Bob Sammells	M45	10.31	757		5.30	700	5.80	20	
John Pellier	M40	10.34	718		5.25	700	7.20	118	
Kath Penton	W40	13.23	601		-	-	-	-	
Sandy Walton	W35	13.15	595		-	-	-	-	
Joan Pellier	W40	11.50	880		6.07	828	-	-	
Dorothy Whittam	W45	14.40	430		7.29	406	6.78	500	
Margery Forden	W40	12.11	817		6.23	742	-	-	
Trisha Spain	W40	11.58	856		6.18	772	-	-	
Val Pach	W40	13.17	619		6.49	586	-	-	
Enid Crowther	W40	13.22	604		7.15	430	-	-	
Alicia Ansell	W40	11.43*	901		6.00*	880	-	-	
Mary Robinson	W45	14.08*	526		7.21	454	5.65	297	
Terry Ryan	M35 inv	9.59	-		5.07	-	-	-	
Jan Fletcher	W35	-	-		5.57	868	6.42	256	
Jill Chambers	W35	-	-		5.39*	976	-	-	
Val Tyson	W60	-	-		9.10*	70	-	-	
Margaret Warren	W45	-	-		7.24	436	5.24	223	
Dalton Moffett	M50	-	-		5.28	772	-	-	
Bill Monks	M45	-	-		5.19	766	-	-	
Hamish McGlashen	M45	-	-		5.26	724	-	-	
Cliff Bould	M65	-	-		7.18*	592	-	-	
Jeff Whittam	M50	-	-		7.18	112	6.72	120	
Morris Warren	M45	-	-		5.37	658	5.23	20	
Mel Pach	inv	-	-		4.50	-	-	-	
Andy Wright	M60	-	-		-	-	8.16	462	

* Denotes Record. Joan Pellier was absolutely delighted with her time in the 3000m and also the mile. Both PBs

DEFINITIONS:- BEER. A universally imbibed beverage that cancels out the calories you lose when you run. (But what the hell, it sure beats Staminade.)
 COLLAPSE POINT. One step beyond the finishing line.

CLUB CHRISTMAS DINNER. NEDLANDS GOLF CLUB. 8th DECEMBER 1984. TICKETS \$13.00
 APPROX. BOOKINGS TO THE SECRETARY DUNCAN STRACHAN 458 3859.