

The Vetrun

No. 147, DECEMBER 1984

W.A. VETERANS' A.C.

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

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PRESIDENT: Barrie Slinger 3867727
TREASURER: Frank McLinden 3871152

It is with deep regret that we inform members of the death of PHILIP LLORENS.

He was a regular member of the Kings Park group in the first two years after its inception and although we have not seen much of him over the past year he will be sadly missed. Our sympathy goes to his family.

TO KNOW IS NOTHING AT ALL. TO IMAGINE IS EVERYTHING.

COMMITTEE MEETING.

TIME TRIAL MEETINGS IN THE NEW YEAR WILL COMMENCE ON THE 10th JANUARY AT THE NEW CANNINGTON TRACK AND WILL ALTERNATE EACH WEEK WITH THE PERRY LAKES WARM UP TRACK. THESE ARE THE CONTINUATION OF THE TIME TRIALS.

CHRISTMAS DINNER. HAVE YOU GOT YOUR TICKETS YET??? If not see either Barrie Slinger or Duncan Strachan NOW. Or give them a ring to reserve your ticket, which should be paid for before the day. Tel. No's above.

CLUB RUNS. Invitation runners will not, in the future be recorded in the results list, but will have their times shown under "invitation Runners" at the end of the results. Parents don't forget if you have your children running in our events it is up to YOU to supervise them, particularly if we are running on busy roads.

NEW MEMBERS.

Jan Wilhelm Van Den Driesen, 5, Abney Street, Beldon. 6025. 401 4170
M40 11th September 1942.

John Arthur Bennington, 20, Macquarie Avenue, Padbury. 6025. 401 3599
M45 19th March 1937.

Barry Madsen, 36, Clark Street. Nedlands. 6009. 386 8005 M35
24th April 1946.

MARATHON TIMES. Would members please let Brian Danby know their best times in each age group they have competed in. This is to help complete club records. There are still a few members who have not given Brian their times.

CHRISTMAS DINNER. IF YOU ARE VEGETARIAN and would like to go, if you ring Barrie Slinger and let him know he can arrange for a vegetarian meal for you. Let him know as soon as possible though.

The menu for the dinner is:- Prawns in a Basket. Sirloin of Beef or Grilled Dhufish. Strawberries and Cream. Coffee etc.

FIXTURE LIST OF TIME TRIAL MEETINGS ARE LATER IN THIS NEWSLETTER.

do not misplace as venues alternate.

VII World Veterans' Games

Organising Body Inc.

On Behalf of the V.V.A.C. & the A.A.V.A.C.

PRESIDENT:

M. E. (Peg) Smith. Grad. Dip. Rec. (P.I.T.)
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NEWS RELEASE NUMBER 1 - OCTOBER 1984

The VII WORLD VETERANS' GAMES ORGANISING BODY INC has been set up under the auspices of the Victorian Veterans' Athletic Club and the Australian Association of Veteran Athletic Clubs, to submit a bid for the holding of the VII World Veterans' Games in Melbourne.

The anticipated date for these games is 29th Nov/6th Dec 1987, almost 31 years to the day after the Olympic Games were held in Melbourne.

The Organising Body already has the support of both the State and Federal Governments and the Amateur Athletic associations.

We also have the excellent sponsorship of both TAA and QANTAS for the bid presentation to be made in Rome during the VI World Veterans' Games next year.

The Committee's submission for assistance to both levels of government was very favourably received and guarantees the possibility of a very bold bid against the other interested countries in Rome.

The Games are staged in an atmosphere of goodwill and emphasise that participation is considered to be within the compass of all mature age men and women.

The prospect of an expected 3000 overseas competitors and other visitors to Melbourne is of special interest to the tourist industry here and obviously will also encourage many more Australian veterans into active participation in athletics at the same time.

We look to success in our bid for the benefit of all Australians and seek your support in our efforts.

Enquiries about this bid should be directed to :

VII WORLD VETERANS' GAMES
ORGANISING BODY INC.,
P.O. BOX 311,
GREENSBOROUGH VIC 3088

T. J. (Jim) SEYMON.
Hon. Secretary - phone(03) 6151250

ATHLETICS MISCELLANY

The largest Track and Field Meet in athletics history was held in Hannover, W. Germany, in 1979 when 3,126 competitors took part in the World Veterans Championships. The second largest ever number of athletes, 3,050 in all, assembled in Brighton, England, this August for the European Veterans Championships. Competitors in recent Olympic Games have numbered close to 2,000. Clearly, organised athletics is alive and well.

It is easy to accept that organised athletics is a modern phenomenon. This is not the case and so, because it dates back a considerable time, a brief history is attempted.

Twenty-eight centuries span the 'first' Olympic Games of 776 B.C. to the present day, yet these were only one of several athletic celebrations that were held in the pre-Christian era.

The oldest of these may have been the Lugnasad or Tailteann Games which, according to the Book of Leinster, dates back to 1829 B.C. These Games were held in August each year at Tailiti, Co. Meath, Ireland, and had running, jumping, weight-throwing and pole-vaulting events. David P. Willoughby refers to a source that attributes the founding of these Games to Luguid the Strong circa 3000 B.C. If true, our 28 centuries almost doubles to 50.

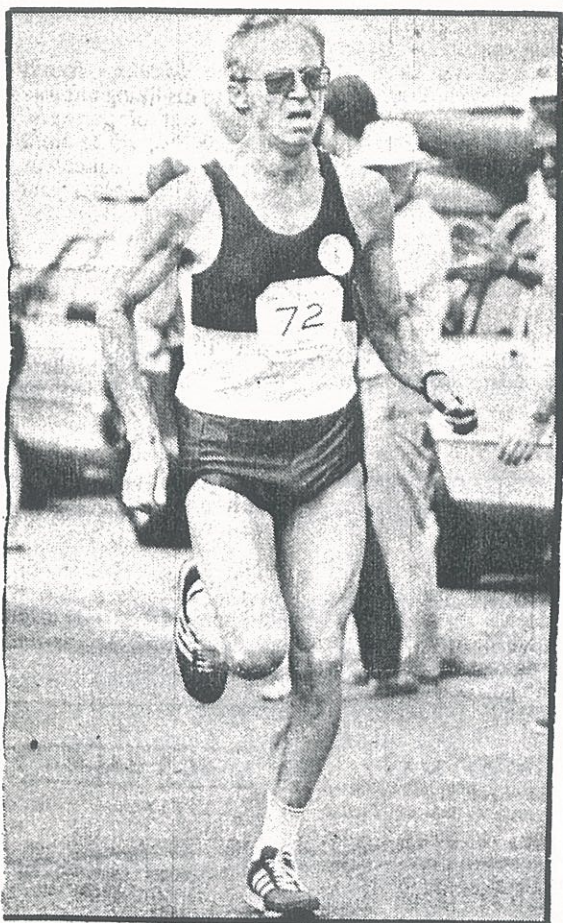
Peter Matthews dates the Tailteann Games to circa 500 B.C. so somebody is wrong somewhere. That the Games were held is, however, beyond question. But Matthews also gives a date of 3800 B.C. as the date of organised races at Memphis, Egypt, so our search for the start of organised athletics has taken us back 58 centuries.

The Games at Olympia, the Olympic Games, are known to have been held circa 1370 B.C. and celebrated there over the next 600 years. The celebration of 776 B.C. is notable for one reason; for the first time the name of the Olympic Champion is known to us. The only event contested was the stade race, a foot race of some 190 metres, that was won by Coroibus of Elis. As is well known, the Games were celebrated regularly for another 11 centuries until their barring by the Roman Emperor Theodosius in 393 A.D.

Almost a millenium passed before organised athletics re-appeared. Scandinavian Northern Games were held by the Vikings in the 9th and 10th centuries. The earliest Highland Games were held in Scotland in the 13th and 14th centuries and in 1530 Scotland beat England in an International match that had running, jumping, shot put, wrestling and archery events.

(To be continued next month.)





●● 1984 fun run winner Hank Stoffers crosses the line after an absorbing three-way struggle with Keith Yardley and Ken Fleay.

COUNTRYWIDE

This year I have spent some time working in the country, Bunbury and Geraldton, and have met up with the local running clubs there.

At Bunbury the local 'Runners' club meets twice a week for training with Hank Stoffers.

Hank does a great job making the sessions interesting without burning off the slower members like me.

He is quite a 'Media' personality there with training hints in the local paper and interviews on radio.

In the 'Surf to Surf' fun run Hank was the overall winner, first Vet and first local runner. He said a slower start this year helped him keep up with the younger runners and was flat out at the finish to record a well deserved win.

Nora came down for the weekend so we both entered. It was a well organised run with

adequate drink stations and a water spray for cooling. The distance was about 9.4k.

Other Vets running were Wally Anderson 34m 42 (26th), Bruce Hollier 36m 07 (44th), Phyllis Head - back in action walking - 77m 07. Nora did 53m 53 (456th) and I did 38m 08 (80th). Altogether 677 runners finished.

During my 3 week stay in Geraldton Nora came up for one of them and we joined in with the 'Harriers' for two weekends, one of which included an enjoyable BBQ at the Walkaway Tavern.

The club is a small Family affair with women and children joining in on shorter courses.

There we had a few runs with Marion and Peter Falks who migrated from England last year where they were active in the athletic scene for some years.

Marion, now 35, was a top international race walker but now is taking things easy, although she did win the 'Sun City' funrun. She is thinking of training for the Peoples marathon, so look out you Veteran ladies!

Excuse typing! MB

I have had a phone call from Tony Tripp of the Marathon Club to ask me if I would inform members of the Vets about a 100 mile event that he is organising on the 11th October 1985. He is an ultramarathoner who has competed in the 'Comrades Marathon' 10 times and in 3 100 milers, two of which he organised. He has already talked to two members who are interested and he would like to know if any more are. The event will either be run in Fremantle or Perth and will be sponsored, hopefully. Interested? Ring Ben Knott on 350 5827 for details.

HONG KONG INTERNATIONAL TRACK & FIELD MEETING. 20-21 October 1984.

At this meeting two of our members competed with great success. they were Peter Muller in the M45 group and Bill Chapman in the M60 group. Between them they brought home five gold medals and five silver medals.

CONGRATULATIONS.

Results are as follows:-

PETER MULLER.

JAVELIN	1st	33.60
SHOT	2nd	8.24
TRIPLE JUMP	1st	10.76
DISCUS	1st	27.32
HIGH JUMP	1st	1.40
LONG JUMP	1st	4.96

BILL CHAPMAN.

JAVELIN	2nd	24.86
SHOT	2nd	10.15
HAMMER	2nd	28.40
DISCUS	2nd	38.64*

* New club record.

ALBANY MARATHON. 4th November 1984.

2. Frank Smith	M40	2.34.28
3. Hank Stoffers	M40	2.34.39
4. Jim Langford	M40	2.37.52
18. Bob Bryce	M50	2.53.31
19. Harry White	M40	2.54.06
21. George Audley	M45	2.55.10
28. Barrie Robinson	M45	2.58.59
44. R Harrison?	M40	3.08.46
46. Charlie Spare	M45	3.09.48
49. R Holland?	M45	3.11.02

61. Dennys Butcher	M55	3.17.55
51. John Pellier	M45	3.11.43
52. Brian Kennedy	M50	3.11.55
54. Bruce Hollier	M50	3.12.57
84. S Lockwood?	M55	3.39.53
100. Gerry Noordyk	M60	4.10.23
102. Keith Forden	M45	4.15.05

WOMEN.

82. Trisha Spain	W40	3.35.38
90. Margery Forden	W40	3.47.47
97. Pat Hayden	W45	4.05.05

The race was won by John Duck from the Eastern States with a time of 2.29.55. There were 105 finishers inside the cut off time and one who did 4.45.00 which was outside the time. This report was received from George Audley who is 49 not 48 as I put his age in the August Birthday List. Sorry about that George. (He can't wait to get in the M50s).

COMMENT HEARD AT THE OPENING OF THE NEW CANNINGTON ATHLETIC TRACK.

"I know you, you're Dick Horsley"? Subject did not know whether to be flattered at being thought such a good athlete or hurt as he had just turned 50. Dick incidently does not look his almost 72 years.

MID PARKS TRACK RUN. Kings Park. 23rd October 1984.

It was a fine cool morning for this run. organised by Allen Tyson with the assistance of Val. there was a good turnout of about 40 members. The course had been well marked with flags and arrows. but the gremlins managed to get into the act and someone removed the flags and arrow from the most crucial part of the course throwing the runners into confusion so that some finished up going around one section of the course the wrong way round whilst others cut the course short and some even managed to do a longer course. Everyone enjoyed the run, no matter which one they did.

RESULTS:-

<u>W55</u>		<u>W40</u>		<u>W35</u>	
June Strachan	41.58	Kath Penton	40.48	Sandy Walton	47.55
<u>W50</u>		Joan Slinger	51.18	Gloria Sutherland	40.28
Lorna Butcher	46.33	Margery Forden	44.35	Jill Pearton	43.40
Jeanette Tomlinson	41.25	Barbara Godwin	43.27	<u>M70</u>	
<u>W45</u>		Marilyn Acreman	42.17	Dick Horsley	48.03
Mary Robinson	41.18	Phyllis Farrell	42.19	<u>M60</u>	
Margaret Warren	43.27	Joan Pellier	48.03	Duncan Strachan	51.20
<u>M55</u>		<u>M50</u>		Frank Usher	46.40
Peter Davies	45.53	George Peet	52.13	<u>M45</u>	
Kirt Johnson	46.42	Leo Hassam	45.58	Keith Forden	46.55
Merv Moyle	dnf	Basil Worner	46.59	Bernard Godwin	50.23
Ern Moyle	47.06	Dalton Moffett	47.23	Joe Stickles	46.58
<u>M40</u>		Jeff Whittam	dnf	Bill Monks	48.34
Barrie Slinger	48.34	<u>M35</u>		John Pellier	48.19
Barrie Harwood	46.05	Brian Danby	47.50	Ian Sutherland	49.23
Rob Farrell	51.52			Morris Warren	47.31
				Hamish McGlashen	dnf

BRIDGES CYCLE TRACK RUN. McCallum Park. 4th November 1984.

On a bright warm and windy day we had a good turn out of 74 runners, eight of them choosing to run the 5.2km course around the Cliff Bould course on Heirisson Island. First vet was Sheila Maslen followed by Barbara Godwin and Allen Tyson.

In the 10km (approx) Don Caplin had a great run finishing in 33.40 into a strong headwind for the second half of the course. Second vet was Hugh Kirkman in 35.38 and third was Jim Barnes getting back to his best, in 36.01.

My thanks to Cath and Bill Mitchell, Liz and Russell Khan for helping me with the run.

Mike Khan.

RESULTS. 5.2km

Sheila Maslen	W45	28.02
Barbara Godwin	W40	29.13
Allen Tyson	M55	30.21
Jeff Whittam	M50	31.51
Val Tyson	W60	36.38
Barry Howard	inv	19.14
Lucinda Jenkins	inv	21.16
Sam Waters	inv	22.51

10km.

Don Caplin	M45	33.40
Hugh Kirkman	M40	35.38
Jim Barnes	M40	36.01
Graham Thornton	M40	36.33
Arnold Jenkins	M40	37.11
Ken Snowden	M40	37.22
Fraser Deanus	M40	37.37
Frank McLinden	M50	38.06
Keijo Vaalsta	M50	38.22
Bob Sammells	M45	38.41
Barry Evans	M50	38.46
Dalton Moffett	M50	39.16
Dave Roberts	M40	39.24
Mel Shead	M40	39.47
John Bell	M35	40.20
Bob Farrell	M40	41.23
Jan Vandendriesen	M40	42.04
George Peet	M50	42.06
Aub Davie	M45	42.28
Merv Moyle	M55	43.39
Duncan Strachan	M60	43.39
John Bennington	M45	44.40
Kath Penton	W40	44.45 1st
Bernard Godwin	M45	45.17
Mike Berry	M50	46.23
Dave Jones M	M55	46.23
Barrie Thomsett	M40	46.49
Frank Usher	M60	46.49

10km.

Marilyn Acreman	W40	46.52
Alan Acreman	M45	46.53
Ray Lawrence	M55	47.09
Sandy Walton	W35	47.10
Phyllis Farrell	W40	47.41
Kirt Johnson	M55	47.43
Mary Robinson	W45	47.44
Lorna Butcher	W50	48.18
Dick Horsley	M70	48.19
Elza O'Dea	W45	48.43
Cliff Bould	M65	49.10
Jeanette Tomlinson	W50	49.10
Ernie Moyle	M55	49.37
Jo Stone	W35	54.15
Gloria Sutherland	W35	55.00
Maxine Tapper	W35	55.36
Nora Berry	W50	56.38
June Strachan	M55	56.38
Jill Pearton	W35	56.38

Invitation Runners

Marc Fairhead	34.44
Brian Robinson	35.11
Paul O'Dan	36.40
Stewart Snooks	36.40
Eric Peterson	37.01
Frank Mowtil	37.14
Ian McGibb	37.42
Brian Warrel	40.34
Paul Myers	41.42
Ian Thomsett	41.47
Peter Sanders	43.32
Mike Sanders	43.32
Chris Wride	44.24
Tom Delaney	46.34
Terry Bairne	47.44
Teressa Borwick	67.12
Wal McKinnon	67.12

SUNDOWN FUN RUN. W.A.I.T. South Oval. 5pm 18th November 1984.

Once again the Sundown Run was held in the evening, after a couple of years of being held in the morning. It was the perfect end to a long day of running as most of the clubs members had either helped officiate, or run, in the Thornlie Square Fun Run in the morning. There was a pleasing turnout of 64 runners at the start. There was a choice of 1, 2, or 3 laps of the 2.9km circuit.

Seven runners decided to do one lap, ten two laps and fortyseven went the full distance. The weather was warm with a moderate breeze as the runners lined up for the start of the slightly undulating course around the internal roads of W.A.I.T. Brian Danby explained the course, which was well marked and marshalled, before firing the gun to send the runners on their way.

Keith Forden was first home on the one lap course, Geoff Sanders on the two laps and Bob Harrison on the three laps.

The results are placed in the "Sammells Method of Placing". IE if your name starts with an A you come first (or thereabouts). Otherwise look down

the list. Thank you all those who officiated and marshalled for the run.

RESULTS. 2.9km

Shirley Cross	17.07
Keith Forden	14.05
Johanna Sanders	30.39
Johann Sanders	30.39
Mathew Slinger	15.28
Val Tyson	20.09
Dorothy Whittam	17.07

5.8km

Barbara Godwin	32.25
Lucinda Jenkins	35.25
Kirralee Jenkins	35.29
Ernie Moyle	31.03
Kath Noordyk	29.36
Adrian Noordyk	28.42
Joan Pellier	28.46
Geoff Sanders	28.20
Joan Slinger	30.11
Sandy Walton	29.14

8.7km

Marilyn Acreman	43.16
Jim Barnes	33.35
Victor Beaumont	41.16
John Bennington	41.55
Lorna Butcher	44.04
Don Caplin	33.55
Alan Chambers	54.09
Jill Chambers	35.14
Carole Cole	46.06
Bob Farrell	39.46
Bernard Godwin	39.02
Jim Greenfield	36.05
Bob Harrison	31.48
Arthur Harris	38.11
Pat Hayden	43.59
Leo Hassam	46.15
Tony Heppner	32.08

8.7km cont.

Arnold Jenkins	33.31
Mike Khan	34.03
Sheila Maslen	49.18
Ted Maslen	33.22
Frank McLinden	34.45
Hamish McGlashen	37.13
Stanley Mitchell	43.12
Bill Minks	38.45
Merv Moyle	41.06
Selby Munsie	43.08
Brian Oldrich	43.07
George Panyotou	44.04
George Peet	39.06
John Pellier	35.54
Duncan Phillip	40.40
Mary Robinson	48.14
Bob Sammells	35.16
Peter Sanders	34.56
Frank Smith	32.08
Jo Stone	48.03
Ken Snowden	34.38
Allen Tyson	39.52
Keijo Vaalsta	36.53
Tuula Vaalsta	42.04
Morris Warren	42.04
Peter Ware	40.27
Ken Whistler	48.03
Basil Worner	43.36
Denis Wilmott	38.15
Jeff Whittam	49.21

PRIZE WINNERS:-

Lorna Butcher
Sheila Maslen
Frank McLinden
George Panyotou
Frank Smith
Basil Worner

THORNLIE SQUARE FUN RUN. 18th November 1984. 8.2km.

Initially I would like to thank all the club members who officiated to make this event possible. Many Thanks. Also many thanks to all Vets who too part in the run and supported me in getting this Fun Run off the ground.

The event will be held again next year on the same course.

Some good performances were shown by many Vets. Frank Smith took 2nd place. Jill Chambers looked very comfortable winning the Female Open. Once again John Gilmour put in a fantastic performance and looks set to accomplish more world records.

Once again Thank You Vets.

Jim Barnes.

MEMBERS Results and positions:-

2. Frank Smith	28.15	38. Vic Beaumont	36.35	59. June Strachan	47.40
3. Don Caplin	28.50	39. Joan Pellier	37.05	60. Alan Chambers	48.00
6. John Gilmour	29.45	41. Kath Penton	37.15		
7. Stephen Barrie	29.50	42. Basil Worner	38.10		
8. Brian Danby	30.05	43. Dick Horsley	38.35		
9. Jim Barnes	30.10	48. Sandy Walton	40.15		
10. Maurice Smith	31.15	49. Frank Usher	40.20		
=15. Jill Chambers	32.30	50. John Smith	40.40		
=15. Frank McLinden	32.30	51. Ernie Moyle	41.50		
=21. Gerry Allen	33.30	52. Leo Hassam	42.25		
30. Merv Moyle	34.55				



8

TIME TRIALS.. No. 3. 25th October 1984.800m

		time	pts	long jump distance	pts
Jan Fletcher	W35	2.38	904	4.33	926
Val Pach	W40	3.13	544	-	-
Mary Robinson	W45	3.16	548	2.72	543
Dorothy Whittam	W45	-	-	3.88	1224
Bob Sammells	M45	2.29.5	706	3.77	268
Bob Faulkner	M40	2.24	712	4.33	332
Brian Danby	M35	2.21	712	4.04	20
Bob Fergie	M45	2.51	448	4.11	404
Mel Shead	M40	2.29	652	4.09	236
Aub Davie	M45	2.31	688	3.73	252
Cliff Bould	M65	3.14	652	-	-
Bill Minks	M45	2.21	808	4.48	552
Dick Horsley	M70	2.47	1036	3.02	816
Jeff Whittam	M50	3.14	232	3.17	135
Mel Pach	inv	2.18.5			

NO.4.		200m		Hammer	
Dorothy Whittam	W45	29.9	810	15.20	410
Jill Chambers	W35	29.7	630	-	-
Jan Fletcher	W35	30.5	550	-	-
Margery Forden	W40	35.3	170	-	-
Joan Pellier	W40	36.9	20	-	-
Lorna Butcher	W50	37.1	190	-	-
Sandy Walton	W35	37.0	20		
Mary Robinson	W45	42.6	20	5.34	20
Val Tyson	W60	47.3	20	-	-
C Green	inv	50.3	20	-	-
Dick Horsley	M70	34.6	840	17.12	606
Cliff Bould	M65	44.0	20	-	-
Bill Hughes	M55	30.8	520	-	-
John Pellier	M45	30.7	430	9.70	20
Arnold Jenkins	M40	28.5	550	12.32	20
Aub Davie	M45	29.6	540	13.28	25
Mel Shead	M40	30.1	390	20.10	179
Bob Sammells	M45	31.2	380	10.14	20
Brian Danby	M35	29.9	310	12.88	20
Jeff Whittam	M50	-	-	15.82	383*
Ken Whistler	M50	-	-	17.12	435*

* Points adjusted for overweight implement

Sandy "Hit the Wall" in the 200m, stopping .15m from the finish when her "Legs just went".

NO.5.

		1500m WALK		Discus	
Mary Robinson	W45	11.00	220	11.62	165 1
Lorna Butcher	W50	9.32	632	13.12	306 1kg
Jan Fletcher	W35	8.03	808	21.84	474 1kg
Val Tyson	W60	10.22	612	-	-
Bob Sammells	M45	10.05	260	16.74	146 2kg
Mel Shead	M40	8.04	684	18.22	113 2kg
Bob Fergie	M45	-	-	24.44	416 2kg
Dick Horsley	M70	8.26	1136	22.44	700 1kg
Jeff Whittam	M50	9.35	380	22.04	379 1.5kg

A small band of intrepid(?) competitors braved the elements of a Perth spring, with walks and discus held between heavy showers and wind squalls. Even so no-one could close the gap on Dick Horsley, who rumour has it, will do anything to avoid a 10km.

DEFINITIONS:-

HITTING THE WALL. The feeling a marathoner gets at 20 miles and a jogger gets at 1 mile. (And others get at different times and distances).

SEXUAL PERFORMANCE. A theoretical benefit derived from running that most runners are too tired to enjoy.

THE LATEST CHAMPION.

The British Athletic world is still recovering from the shock of the latest Marathon time from Steve Jones, who clocked 2hr 8min 5sec in Chicago last month.

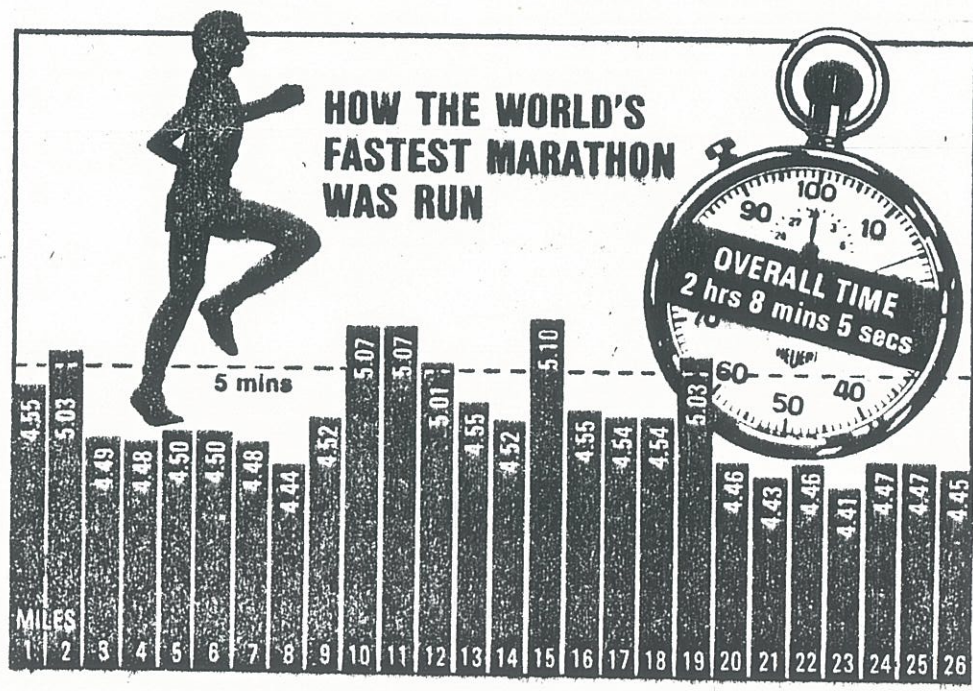
Jones, who is a corporal in the R.A.F., is steadfastly refusing to run any more marathons until at least mid 1985. He states that he is more interested in competing at 10,000metres and runs for pleasure and not to satisfy the sponsors of big events, whatever they offer him as prize money.

He believes that the other famous marathon runners are mistaken in their training schedules and pseudo-scientific methods. Running shorter distances faster and intensity of mind when needed are his ingredients for Success.

His philosophy for winning is to stay with the leaders until 20 miles and THEN start racing.

As present World Best Time holder no one can argue. If there are any sceptics then the time chart of his race in Chicago will clearly dispel any doubt. Good running to all Vetrun readers.

John Spencer



HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

CAM ANSELL	turns 42	remains M40 17	Dalton Moffett	turns 54	remains M50 28
Nora Berry	" 55	becomes W55 17	Derek Cowlan	" 51	" M50 16
Derek Crowther	" 43	remains M40 29	Arthur Gardiner	" 57	" M55 13
Fyllis Head	" 65	becomes W65 26	Stephen Barrie	" 49	" M45 25
Ross Holland	" 47	remains M45 26	Vic Beaumont	" 55	becomes M55 19
Dick Horsley	" 72	" M70 21	Mary Robinson	" 48	remains W45 07
Jack Collins	" 73	" M70 24	Donald Bremner	" 39	" M35 23
Mike Khan	" 40	becomes M40 01	Barry Harwood	" 43	" M40 14
Barrie Slinger	" 45	" M45 29	Nanette Harding	" 35	" W35 01
Peter Williams	" 45	" M45 08	Barbara Godwin	" 45	becomes W45 19
			Kath Penton	" 43	remains W40 15

CLUB RECORD RUNS FOR DECEMBER:-

3 Parks & Heirisson Island. W45 S Cross 57.50; W55 V Tyson 57.50; M40 R Strauch 33.54; M45 A Davie 33.59; M50 B Buchanan; M55 R Lawrence 34.09; M70 D Horsley 34.36: Distance is 7.4km

MITCHELLS RUN. 7.8km. W35 J Stone 39.01; W40 J Slinger 37.58; W45 M Warren 41.55; W50 L Butcher 37.44; W55 J Strachan 49.20; M35 B Danby 29.33; M40 D Caplin 27.56; M45 R Sammells 30.53; M50 R Shand 30.32; M55 A Tyson 34.56; M 60 A Wright 35.50:

CHRISTMAS GIFT RUN:- W30 G Sutherland 26.48; W35 J Slinger 23.30; W40 J Slinger 25.27; W45 T Vaalsta 25.15; W50 L Butcher 24.05; W55 V Tyson 32.42; M35 D Caplin 17.50; M40 R Harrison 17.58; M45 R Shand 18.07; M50 R Shand 19.39; M55 J Gilmour 17.28; M60 C Bould 22.08; M65 R Horsley 22.53; M70 24.39:

CLUB RECORD RUNS. cont.

10

For those members who have not competed in the Christmas Gift Run before, The idea of the run is that each runner brings along a small gift, to the value of approx \$2.-\$3.00. These are then placed in a pile, and, depending on the whim of the organiser, they are distributed at the end of the race. There then follows a B.Y.O. barbecue. Bring your better half along as its a very sociable morning. (the "Whim of the organiser" means he decides who gets first go at the pile of presents. ie in finishing order, reverse finishing order, from the middle out etc.) The prizes are to be "Plain Wrapped" so you do not know what you are about receive.

BOXING DAY. LESCHENAULTIA RUN. 7.2km W30 L Docksey 34.07; W35 J Slinger 35.47; W40 E Crowther 39.58; W45 T Vaalsta 37.47; W50 N Berry 43.30; W55 V Tyson 38.37; M35 R Wall 25.22; M40 D Caplin 26.36; M45 R Shand 26.16; M50 D Carr 28.43; M55 A Tyson 30.46; M60 A Wright 35.34;

TIME TRIALS. 1985 PROGRAMME. START 6pm. BOTH VENUES.

10th JANUARY	100m Discus	400m Hammer	5000m Triple Jump	3000m walk D & J Strachan.	Cannington
17th JANUARY	200m Shot	800m Javelin	3000m Long Jump	1500m walk D & J Whittam	Perry Lakes
24th JANUARY	100m Discus	200m Shot	10000m Triple Jump	5000m walk J & J Pellier	Cannington
31st JANUARY	200m Hammer	1500m Javelin	2 mile Long Jump	1500m walk B Danby/W Monks	Perry Lakes
7th FEBRUARY	100m Shot	400m Hammer	5000m Triple Jump	3000m walk F & A Deanus	Cannington
14th FEBRUARY	200m Hammer	800m Discus	3000m Long Jump	1500m walk R Sammells/M Shead	Perry Lakes
21st FEBRUARY	100m Javelin	400m Discus	10000m Triple Jump	5000m walk R & P Farrell	Cannington
28th FEBRUARY	200m Hammer	800m Javelin	1500m Long Jump	1500m walk M & M Warren	Perry Lakes
7th MARCH	100m Shot	200m Discus	8000m Triple Jump	3000m walk D & E Crowther	Cannington
14th MARCH	200m Javelin	400m Shot	1 mile Long Jump	200m walk F McLinden/ B. Slinger	Perry Lakes
21st MARCH	100m Discus	400m Hammer	1500m Triple Jump	1500m walk F Smith/M Johnston	Cannington

If you are down to officiate and cannot please arrange for someone to take your place. See Brian Danby the week before for paperwork.

From West Australian
31st October 1984

Old-age boredom

A SIMPLE solution to the boredom of old age: Learn to gracefully and without rancour do nothing.

Too much is made of occupational therapy for the aged. The simple fact is that when eyes are dim, digits stiff-

ened, hearing dulled and the memory vague, the time has come to accept that deftness and vivacity is no longer expected and idleness is no longer a condemning condition.

(Mrs) JOSEPHINE
KERR,
Richmond Street, North
Perth.

ON THIS PAGE AND THE NEXT ARE THE CLUB TRACK AND FIELD RECORDS TO 15 - 11 - 84

These records are as close as I can get them. Anyone disputing them, will they please see me and let me have full details.

Dick Horsley.

Would all athletes competing in events NOT conducted by the Vets Club Please advise Dick if they think they may have broken a record. Do not forget to give him FULL DETAILS of your performance. TRACK & FIELD EVENTS ONLY

MEN

CLUB RECORDS (TRACK) - TO 15.11.84

(M90)
24.0 T. JONES

M35 (P/V)	M40	M45	M50	M55	M60	M65	M70
100 11.2 P. GARE	11.2 P. GARE	11.9 D. CLIVE	12.5 D. JONES	12.7 D. JONES	14.6 N. GOFF	15.4 D. HORSLEY	16.81 D. HORSLEY
200 23.1 J. GOLD	23.3 P. GARE	25.4 D. CARR	25.9 D. JONES	26.3 D. JONES	31.1 N. GOFF	36.1 J. COLLINS	37.2 D. HORSLEY
400 50.5 P. GARE	52.5 P. GARE	54.9 D. CLIVE	55.75 D. CARR	61.00 R. DE GAUCHY	71.4 D. HORSLEY	73.8 D. HORSLEY	75.32 D. HORSLEY
800 2.02.9 D. CAPLIN	2.04.1 K. GILBERT	2.08 D. CARR	2.08.8 D. CARR	2.11.9 J. GILMOUR	2.17.0 J. GILMOUR	2.38.0 D. HORSLEY	2.39.5 J. GILMOUR
1500 4.12.7 D. CAPLIN	4.17.0 D. CAPLIN	4.11.0 D. MORLAND	4.11.1 D. CARR	4.22.0 J. GILMOUR	4.30.5 J. GILMOUR	5.11.9 D. HORSLEY	5.33.4 D. HORSLEY
1m 4.39.0 D. CAPLIN	4.42.0 D. CAPLIN	4.47.0 D. CAPLIN	5.22.0 D. FAULSTON	4.40.0 J. GILMOUR	4.57.1 J. GILMOUR	5.30.6 J. GILMOUR	6.17.7 D. HORSLEY
3000 8.52 P. WALL	9.09.0 P. O'HARE	9.24.0 D. CAPLIN	9.58.0 A. BRIDGES	9.24.0 J. GILMOUR	9.44.0 J. GILMOUR	11.36.0 D. HORSLEY	12.11.0 A. BRIDGES
5000 15.14 P. WALL	15.49 F. SMITH	16.20.7 F. INNES	16.05.4 J. GILMOUR	16.09.7 J. GILMOUR	16.38.3 J. GILMOUR	20.16.0 D. HORSLEY	21.54.4 D. HORSLEY
10000 32.57.1 J. LANGFORD	32.36 F. SMITH	34.03 E. MASLEN	33.05 J. GILMOUR	33.40 J. GILMOUR	34.30.0 J. GILMOUR	36.11 J. GILMOUR	38.07 J. GILMOUR
110 16.2 T. REYNOLDS	19.6 R. JOHNSON	20.7 D. WALKER	18.3 N. GOFF	18.4 N. GOFF	19.4 N. GOFF		
400 60.1 P. GARE	64.7 P. GARE	66.6 J. DAVIES	71.2 D. JONES	73.9 D. JONES			
2000 8/c 7.32.4 H. STAPERS	6.43.5 E. MASLEN	8.23.5 D. STONE	8.29.9 A. TYSON				
3000 8/c 10.14.9 J. LANGFORD	9.04 E. MASLEN	10.12 E. MASLEN	11.25.1 A. MERRITT	11.18.0 A. MERRITT	13.13.7 D. STAMMAN		

MEN

RECORDS TO 15.11.84

M35 (P/V)	M40	M45	M50	M55	M60	M65	M70
1500 WALK 8.31 S. SUTHERLAND	7.31 J. SMITH	6.59 G. DAVLEY	7.14 D. STONE	9.06 A. TYSON	7.22 D. HORSLEY	7.45 D. HORSLEY	8.08 D. HORSLEY
2000 WALK 12.18 S. SUTHERLAND	10.18 J. SMITH	10.10 J. SMITH	9.49 D. STONE	12.09 A. TYSON	10.49 D. HORSLEY	10.40 D. HORSLEY	11.16 D. HORSLEY
3000 WALK 14.06.6 D. FAUX	15.16 J. SMITH	15.04 J. SMITH	15.03 D. STONE		15.22 D. HORSLEY	16.15 D. HORSLEY	16.52 D. HORSLEY
5000 WALK 25.44.7 D. FAUX	26.37 J. SMITH	26.26.5 G. DAVLEY	26.18 D. STONE		26.33 D. HORSLEY	27.32 D. HORSLEY	28.5.5 D. HORSLEY
DISCUS 40.24 E. NIEMANNIS	48.16 R. BROWN	30.40 A. CUMMINES	31.84 A. CUMMINES	32.64 W. CHAPMAN	38.64 W. CHAPMAN	24.26 A. HIGHT	26.92 D. HORSLEY
HAMMER 46.85 E. NIEMANNIS	31.26 A. FERGIE	31.76 A. FERGIE	33.54 A. CUMMINES	26.08 N. GOFF	28.44 W. CHAPMAN	16.22 D. HORSLEY	17.48 D. HORSLEY
SHOT 12.90 E. NIEMANNIS	16.51 R. BROWN	10.31 A. FERGIE	9.09 K. HUSTLER	10.62 W. CHAPMAN	10.73 D. HORSLEY	8.99 D. HORSLEY	9.02 R. BRIDGES
JAVELIN 45.52 T. REYNOLDS	41.44 B. OLD	37.40 A. FERGIE	31.20 A. CUMMINES	28.78 F. FAY	24.92 N. GOFF	18.82 D. HORSLEY	18.88 D. HORSLEY
LONG JUMP 6.36 T. REYNOLDS	5.94 D. SCOTT	5.32 D. WALKER	5.64 N. GOFF	5.15 N. GOFF	4.35 N. GOFF	3.35 D. HORSLEY	3.28 D. HORSLEY
TRIPLE JUMP 12.37 T. REYNOLDS	13.40 K. BROWN	10.86 P. MULLER	11.30 N. GOFF	11.46 N. GOFF	9.36 N. GOFF	6.20 R. BRIDGES	7.09 D. HORSLEY
HIGH JUMP 1.71 T. REYNOLDS	1.50 T. ROTT	1.45 A. FERGIE	1.34 D. WALKER	1.35 N. GOFF	1.20 A. WRIGHT		
POLE VAULT 2.70 P. GARE	3.40 P. SMITH	2.75 E. MASLEN	2.40 N. GOFF	2.40 N. GOFF	2.05 N. GOFF		

WOMEN

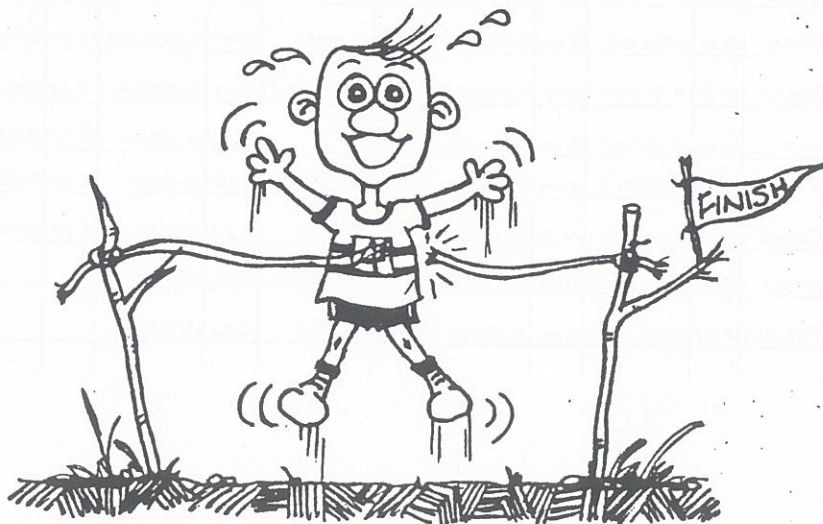
W.A. VETERANS A.C. RECORDS TO 15.11.84

	W30	W35	W40	W45	W50	W55	W60+
100	11.7 E.HINDLE	12.0 K.HOLLAND	12.4 K.HOLLAND	13.7 D.WHITTAM	15.79 P.CARR	18.06 V.TYSON	
200	24.1 E.HINDLE	24.6 K.HOLLAND	25.6 K.HOLLAND	28.7 D.WHITTAM	32.2 P.CARR	41.5 V.TYSON	47.3 V.TYSON
400	57.7 E.HINDLE	56.0 K.HOLLAND	59.3 K.HOLLAND	67.8 D.WHITTAM	79.85 P.CARR	99.7 V.TYSON	1.47.2 P.HEAD
800	2.19.3 J.CHAMBERS 2.22.0 J.CHAMBERS	5.34.0 J.FLETCHER 2.22.0 J.CHAMBERS	2.29.6 K.HOLLAND	2.50.8 M.HARMAN	3.06.7 L.BUTCHER	3.46.1 V.TYSON	3.43.2 P.HEAD
1600	4.39.3 J.CHAMBERS	5.24.5 C.AMIES	5.24.0 M.HARMAN	5.44.0 M.HARMAN	6.06.0 L.BUTCHER	7.40.8 V.TYSON	7.06.0 P.HEAD
1m	6.07.0 L.DOLLEY	5.34.0 J.FLETCHER 5.39.0 J.CHAMBERS	6.00.0 M.HARMAN 6.00.0 M.HARMAN	7.10.0 D.WHITTAM	6.35.0 L.BUTCHER	9.04.0 V.TYSON	9.10.0 V.TYSON
800m	13.8 E.HINDLE	14.00 E.HINDLE (ASKED)	16.9 L.JENKINS				37.1 P.HEAD
1500	63.2 E.HINDLE	63.6 K.HOLLAND	72.7 K.HOLLAND	84.8 D.WHITTAM			
3000	10.10 J.CHAMBERS	11.07.0 A.ANSELL	11.43.0 A.ANSELL	11.44.0 J.PELLIER	13.08.0 L.BUTCHER		
5000	18.51 J.CHAMBERS	19.25 A.ANSELL	20.39.0 M.HARMAN	20.36.3 M.HARMAN 20.39.0 J.PELLIER	22.17 L.BUTCHER	28.00 V.TYSON	32.21 P.HEAD
10000	40.26.0 J.CHAMBERS	40.06 A.ANSELL	45.51 M.HARMAN	47.13.6 M.HARMAN	45.58.3 L.BUTCHER	4.45.5 V.TYSON	57.56 P.HEAD

WOMEN

RECORDS TO 15.11.84

	W30	W35	W40	W45	W50	W55	W60+
1500 WALK	9.38 J.PEARTON	8.11.7 J.FLETCHER	9.32 L.JENKINS	9.41 M.NARREN	9.31.6 L.BUTCHER	9.39 V.TYSON	9.53 P.HEAD
2000 WALK	13.29 J.PEARTON	11.57 J.FLETCHER	14.59.2 D.WHITTAM	13.52 M.NARREN	13.20 L.BUTCHER	13.16 V.TYSON	
3000 WALK		18.18 J.FLETCHER	21.19.3 L.JENKINS	20.37 M.NARREN	19.25.7 L.BUTCHER	19.58 V.TYSON	21.02.6 P.HEAD
SHOT	7.30 L.BROWN	9.04 K.HOLLAND	8.01 K.HOLLAND	8.24 D.WHITTAM	6.24 L.BUTCHER		8.47 P.HEAD
DISCUS	20.10 E.HINDLE	27.68 K.HOLLAND	22.76 K.HOLLAND	20.00 D.WHITTAM	14.98 L.BUTCHER	8.48 V.TYSON	11.10 P.HEAD
JAVELIN	22.54 E.HINDLE	24.30 J.FLETCHER	20.76 K.HOLLAND	20.58 D.WHITTAM	14.14 L.BUTCHER	10.14 V.TYSON	10.90 P.HEAD
LONG JUMP	5.55 E.HINDLE	5.19 K.HOLLAND	3.90 E.MERCER	4.22 D.FOODWIN	2.69 L.BUTCHER	2.20 V.TYSON	
HIGH JUMP	1.49 E.HINDLE	1.24 E.MERCER	1.20 E.MERCER	1.20 T.MANLEY			
TRIPLE JUMP		8.82 K.HOLLAND		7.75 D.WHITTAM	6.04 L.BUTCHER		



W.A.I.T. RUN 11th November 1984.

10.6km approx.

Bob Harrison	M40	37.00
Frank Smith	M40	37.01
Jim Barnes	M40	39.08
Ted Maslen	M45	39.36
Fraser Deanus	M40	39.53
Bob Norton	M45	40.34
Dave Hough	M50	40.54
Frank McLinden	M50	40.59
Dalton Moffett	M50	41.05
Kike Khan	M35	41.10
Bob Sammells	M45	41.10
Barry Evans	M50	41.26
Jill Chambers	W35	41.46
Basil Worner	M50	44.04
Terry Tate	M45	44.20
Peter Davies?	M55	45.34
Bill Mitchell	M45	45.44
Vic Beaumont	M50	46.18

Invitation Runners

Frank Steere	38.25
Bob Carol	45.08

John Pellier	M45	46.25
Joan Pellier	W45	47.25
Gerry Noordyk	M60	47.36
John Bennington	M45	47.47
Barrie Thomsett	M40	48.07
Kath Penton	W40	48.07
Merv Moyle	M55	49.57
Selby Munsie	M50	49.59
Frank Usher	M60	50.09
Sandy Walton	W35	50.29
Dick Horsley	M70	50.29
Ernie Moyle	M55	50.31
Phyllis Farrell	W40	50.36
Cliff Bould	M65	51.34
Leo Hassam	M50	51.45
Ann Deanus	W40	52.29
Pat Hayden	W45	54.45
Jill Pearton	W35	59.07
Sheila Maslen	W45	59.27
Alan Chambers	M45	68.27

5.6km approx.

Maurice Smith	M50	19.59
John Maddison	M45	20.06
Kevin Anderson	M40	20.39
Barry Harwood	M40	21.03
Bryan Hardy	M40	25.06
Lorna Bitcher	W50	27.36
Allen Tyson	M55	27.52
Jo Stone	W35	28.49
Elza O'Dea	W45	28.52

Carole Cole	W40	29.08
Maxine Tapper	W35	30.27
Peter Davies?	M55	30.27
Jeff Whittam	M50	30.58
June Strachan	W55	31.01
Mary Robinson	W45	31.01
Ken Whistler	M50	32.03
Val Tyson	W60	37.50

LEMAN's RUN. DEEPWATER POINT. 25th November 1984.

A very good turnout of 57 members and 14 invitation runners started out on the run from Deepwater Point, 19 to do the 7km course around the river and over the new Mount Henry Bridge and Canning Bridge, the other 52 to carry on along the river and over the first footbridge over the freeway and along Melville Parade before crossing back over the freeway near Richardson Park to return along the cycle path back to Canning Bridge, then crossing to the other side of the river and along to the finish at Deepwater Point.

After the run everyone tucked unto tea, coffee and biscuits, whilst the always had a barbecue breakfast.

The weather was perfect, slightly overcast and a cool N.W. breeze coming off the river. John Gilmour is once again in fine form, setting a new world record for the M65 group over 10 miles on this Marathon Club course.

Our thanks go to Sue and Colin for organising this superb event and to those who marshalled on the course. Also to John Pellier for supplying the generator to power the two urns for the drinks and Wally 'numbers' Cross.

RESULTS:- 7km.

Barrie Slinger	M45	30.45
Bernard Godwin	M45	35.12
Cliff Bould	M65	37.11
Marilyn Acreman	W40	37.16
Jo Stone	W35	39.08
Fred Hagger	M55	39.34
Enid Crowther	W40	39.43
Mary Robinson	W45	40.30

Barbara Godwin	W40	40.41
Margaret Warren	W45	40.52
Dorothy Whittam	W45	44.35
Pat Carr	W50	44.42
Shirley Cross	W45	47.27
June Strachan	W55	47.28
Dick Horsley	M70	58.02
Jeff Whittam	M50	58.02

INVITATION RUNNERS.

John Dartnell	32.42
Patsy Reside	38.43

Lucinda Jenkins	43.49
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Leman's Run cont. 10 Mile results:-

Frank Smith	M40	56.50	George Peet	M50	73.50
John Gilmour	M65	59.13	Bob Farrell	M40	74.48
Bob Harrison	M40	59.52	Vic Beaumont	M50	75.23
Don Caplin	M45	60.02	Duncan Strachan	M60	75.49
Derek Crowther	M40	60.40	Merv Moyle	M55	75.49
Erian Danby	M35	64.17	Joan Pellier	W45	76.35
Jim Barnes	M40	64.13	Kath Penton	W40	77.19
Arnold Jenkins	M40	64.20	Barrie Thomsett	M40	77.34
Mike Khan	M35	64.57	Peter Davies	M55	79.15
Frank McLinden	M50	65.29	Sandy Walton	W35	82.00
John Pellier	M45	65.32	Phyllis Farrell	W40	82.05
Bob Sammells	M45	65.35	Ernie Moyle	W55	85.30
John McGinnis	M45	66.18	Selby Munsie	M50	87.02
Vincent Caruso	M35	66.36	Ray Lawrence	M55	87.25
John Bell	M35	66.52	Pat Hayden	W45	101.53
Maurice Johnston	M45	66.59	Frank Usher	M60	101.53
Bob Norton	M40	67.14	INVITATION RUNNERS		
Dalton Moffett	M50	67.22	Bob Argyle		59.03
Barry Evans	M50	67.28	John Ferris		61.30
Morris Warren	M45	69.01	Peter Sanders		63.29
Jim Greenfield	M40	69.01	Alan Croxford		64.49
Mitch Loly	M40	69.17	Richard Spark		67.33
Dave Roberts	M40	69.30	Joe Yates		70.29
Dave Carr	M50	73.32	John Atwell	70.58	70.58
			Tony Butler		70.58
			Rod Marston	73.24	73.24
			Richard Harris		73.32
			Malcolm Sergeant		79.43
			Pruce Crossley	92.35	92.35

LETTERS TO THE EDITOR:-

Ms K McAllister
100 Shenton Road
SWANBOURNE
6th November, 1984

Dear Editor,

Looking forward to being a veteran I've started borrowing 'The Vetrun' from my friends to keep in touch with you all and was distressed to see the terms 'Ladies' used. This is not the first time I've noticed such a backward slip on the part of the Editor. Women, for your information, are women; they are not Ladies and they are not girls.

This is the age of equal opportunity; in fact it is now illegal to discriminate against women. The term Ladies is discriminatory and derogatory. You do not refer to Gentlemen, you refer to men. The same should go for women.

As someone who is looking forward in my older years to being an active member of this otherwise progressive group of individuals I would welcome a change in your policy.

As an aside the term Ladies is even less appropriate in this context given that Ladies don't sweat!

Sincerely yours,

c.c. President, Barrie Slinger

Keto McAllister

Personally I have always looked upon the descriptive terms "He's a gentleman, or "He's one of the boys", as being highly complementary. Ed.

SPORTS EXTRA



In the long run, TV marathons have become an awfully hard slog

Once, television marathons were irresistible.

That was when Robert de Castella was winning, looking like some ferocious sergeant major in pursuit of a deserter.

And that was when, as in Brisbane, our commentators had control over the film instead of having to talk over American film.

Watch the current series of American marathons long enough, and re-runs of Skippy take on the richness of Hamlet. After a while, you ache for the sparkle of the Leyland Brothers.

Something needs to be done. Maybe Kerry Packer could introduce a runners' comfort level. Tony Greig could kneel thoughtfully (he is, after all, the altar boy of cricket commentary), and pronounce the gross on the bitumen a touch worn.

Maybe they could get an ambulance to chase the field, as at the races. Come to think of it, a whole convoy of ambulances.

The terrific thing about fitness is the way it lands you in hospitals, gives you blistered feet, shin soreness, dehydration — all the fantastic things denied to unhealthy people.

Whatever the TV people do, they've got to get away from this dialogue:

— And now, at the 19 kilometre mark, the leaders, all in one bunch, are Carlos Lopes of Portugal, Alberto Salazar of the U.S., Rob de Castella of Australia, Steve Jones of Wales, and Kamau of Kenya. You'll pick out Kamau if you look carefully: he's the only black one. And next to him that's ... er.

— Er, Steve, bit of trouble with the film here. The helicopter tracking the leaders has gone to refuel. We're, in fact, seeing the tail-enders. They're about 17 k behind the leaders.

— Yes, that's, in fact, the Mayor of Chicago, a real fitness fanatic, we're seeing. That's him breaking dancing in mid-screen. Why would he be doing that in a marathon Gaylene?

— Well, Tom, relaxing is everything in marathon running. It's important to get the carbohydrates coursing through the body so that the enzymes sit right with the electrolytes. Besides, the mayor is, in fact, not breakdancing but having a convulsion.

— Oh, I see. A strange goanna-like movement, isn't it.

— This is the Nine Network and we've just had a retrenchment.

— Back with the leaders at the 24 km mark. And isn't it absolutely *fascinating*? All in one bunch.

Carlos Lopes of Portugal, Salazar, de Castella, Steve Jones and Kamau.

— Yes, Steve, and the viewers will pick up Kamau, in the green singlet... or to put it another way the only black in sight.

— Er, Gaylene, we notice Rob's moustache isn't drooping. A good sign?

— Yes, Fred, the Institute of Sport in Canberra has found that if there's no moustache droop at the 25 k mark you're either going very well... or using a helluva lot of wax... or — and this is interesting — a member of another gender.

— A woman, Gaylene?

— Well, possibly, yes.

— Expert comment there from Gaylene. Now returning to the leaders and — oh! — is this race *fascinating*? The leaders at the 26 k mark, all running in one bunch, are Carlos Lopes of Portugal, Salazar, Rob de Castella of Australia, Steve Jones, and Kamau of Kenya. You'll pick up Kamau by the birthmark between the shoulderblades... or, alternatively, he's the only black runner in sight.

— Running alongside Chicago's Great Lakes now. Fred, how did great lakes affect runners in your day?

— It's a difficult one, Steve. The Elwood Canal did bother my sinuses. I guess you can say some athletes can handle great lakes, Steve, and others can't.

— Thanks, Fred, winner of the 1952 Birdsville fun run, a wealth of experience there.

— Gaylene, a lot of puddles on the course with this heavy rain?

— Yes, Tom, there's evidence that puddles can follow rain.

— Gaylene, the effect on the runners?

— Well, Steve, it's been established that when shoes get sodden, feet are harder to lift, the difficulty of the lift being in proportion to the wetness of the shoes.

— More Canberra research, Gaylene?

— Yes, Steve.

— Makes you wonder, doesn't it? How did athletes get by before space-age technology?

— Back with the leaders. Absolutely fascinating now. *Oh, Jones looks to be in a bit of trouble there, Fred!* ... er, is it usual for him to do calisthenics at this stage?

— Actually, the chopper's on the blink again. We're, in fact, seeing the tail-enders. That's the mayor, still convulsing, and he's just swallowed his tongue. It may not be helping him.



Les Carlyon

— Now we're back with the leaders. There's Carlos Lopes of Portugal, Salazar, Rob, Steve Jones, and Kamau of Kenya.

— Yes, you'll pick up Kamau. He's black. He's also the only runner on the screen. The others appear to be at least five kilometres back.

— Gaylene does this mean Kamau has broken away?

— Well, Jim it's either that, or Kamau, the police escort, the crowd, and the ambulance carrying the mayor have all taken the wrong route.

— How important is taking the right route, in a marathon, Gaylene?

— Well, research into route deviation related to protein intake has shown...