

The Vetrun

NO 167 AUGUST, 1986

W.A. VETERANS' A.C.

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FROM THE COMMITTEE

SORRY!

We are very late with this Newsletter.
The Editor was out of action - one of
our walking wounded!

PROGRAMME: 1986/87

The Committee will be spending a major part of the August meeting in discussing policy and procedures for our next year's events.

We would appreciate, in writing please, any suggestions and offers of help in running this programme.

EQUIPMENT CONTROL OFFICER

It is disappointing that our appeal in the previous newsletter brought no response.

The position is still vacant.

NATIONAL VETERANS NEWSPAPER

Thanks to Bob Hayres, Richard Harris and Bob Johnstone. Our appeal for contributions for this paper was successful! Keep it up! (See "Letterbox").

Address for the Newspaper:

18 McInnes Road
Tynong North 3813

(No. 3 is now available from Sandi. Price : \$2.00)

COMPUTER

The Committee agreed to investigate the feasibility of having a computer as a medium-term goal.

AFTER FUN-RUN

1. After City-To-Surf - At the Slingers, Florence Street Nedlands
B.Y.O. Casserole
2. After the Marathon - At the Strachans, Jacobsen Way, Thornlie
B.B.Q

ANDY WRIGHT HANDICAP RUN

There was confusion as to the number of laps in this event. The Handicapper has suggested that many handicaps were invalid because he based his estimates on 4 laps instead of 3.

He recommends that:

1. Placings and awards stand for 1986.
2. The run be removed from the Handicap Championship for 1986.
3. Another run replace it for championship points in 1986 (to be announced).

The Committee accepted these recommendations.

CLUB RUNS AND RECORDS

The Andy Wright run again illustrates the use of the club book of runs. In the past, some runs have depended on "word of mouth" for details. In the Andy Wright run, it appears that the course used to be 3 laps and this was what was published.

It is disappointing that, in this case, the error was not detected by some of our more keen and critical readers before the race. However, with the book now established, it should be easier to maintain accurate descriptions and records.

If you find that we have made any other errors, please let us know, in writing.

CLUB WEEKEND - YORK - OCTOBER 3 - 5

This will be a "short" weekend from Friday to Sunday.

Colin and Sue Leman have investigated some testing but attractive runs and the relatively short drive should make this a good outing.

Venue: D.S.R. Camp

Cost: \$6.00 a night (\$3.00 children)

Maximum: 65

Application: Use the tear-off slip in this newsletter. (Page 4)

BOB'S BOX

At our runs, our Treasurer, Bob Farrell, provides a receptacle for entry fees.

The Committee believes that our Club has worked well using the "Honour System" for this fee. For example, in the time trials before and after Christmas last year, members co-operated well and we met our commitments.

This method seems easier than taking personal entries and is in keeping with the way our club works.



"GETTING TO KNOW YOU..."

A warm welcome to our new members:

NAME	ADDRESS	TEL. NO	D.O.B.	D.O.J.
John Curtis	4 Arran Court Warwick 6024	448 1083	16/5/36	28/6/86
Cyril Slater	14 Cadogan St Kingsley 6026	409 8053	13/3/40	28/6/86
William John Goddard	25 Crowhurst Way Morley 6062	275 3740	4/7/41	28/6/86
Paul Haynes	53 Davallia Road Hamersley 6022	448 3837	8/4/41	28/6/86
Peggy MacIver	41 Belvedere Road Hamersley 6022	448 2153	30/4/44	1/7/86
Robin MacIver	41 Belvedere Road Hamersley 6022	448 2153	28/5/41	1/7/86
Mike Frederick Fermor	4 Currawong Cres. Walliston 6076	293 1632	7/7/39	13/7/86
Maggie Julia Webb	4 Currawong Cres. Walliston 6076	293 1632	6/2/49	13/7/86
Ian Partington	36 Derinton Way Hamilton Hill 6163	418 5409	5/3/46	17/7/86
Geoffrey Ernest Francis	3 Whittome St Middle Swan 6056	274 1262	14/2/50	19/7/86
John Alfred Edwards	28 Griver St Cottesloe 6011	384 0770	22/12/40	19/7/86

THANKS!

To Bob Harrison for his great contribution to the Jorgensen Park run. Always appreciated, Bob.

To new member Tina Carman who offered to type this newsletter when she saw our appeal for help. Tina has done a super job. Many thanks. (Any typpping errors in this newsletter can be atttttributed to the equitor....!)

CENTRAL AUSTRALIAN MASTERS' GAMES - ALICE SPRINGS

In previous issues we have advertised this event. Elliott's Travel has told us they have about 16 tickets available. We understand that the airfare and accommodation (18th October to 26th October) is \$620.00.
For confirmation or further information, you can ring 279 7711 or 294 3152.

PILBARA RUNNING ASSOCIATION

Stan Latchford keeps us informed with this group's excellent newsletter. If you are in the Pilbara and looking for a run, Stan can be contacted on 091 83 17 81 (4).

VETS LONG WEEK-END

Friday, October 3 - Sunday, October 5, 1986

NAME: _____

* I (we) will be attending on:

Friday night - (\$6/Adult, \$3/child)

\$

Saturday night - (" ")

\$

I enclose Total:

\$

* I am interested in dining out on Saturday evening.

Yes

No

SIGNED: _____

Please return this slip to: Sandi Walton
9/12 Elvira Street
PALMYRA 6157

(Before September 10, 1986)

* You will need to supply your own blankets and bed linen, plus food.



Bob Sammells
5 Mciness Court
Greenwood 6024
16 July 1986

Dear Basil

I write to seek space in the Vetrun to urge members to support the "Veteran Athlete". The paper meets a long - felt need in giving us news on a National basis and will, I am sure, be a cohesive force in Veterans athletics in Australia. But it does need everyone's support now, in its formative stages. The two issues to date have been excellent value for money and I would ask all members to take at least a one year subscription.

Yours sincerely,

Bob Sammells

Joe McKechnie
1/143 Onslow Road
Shenton Park 6008
26 June 1986

Dear Leo

On Friday the 20th June I had an operation. Everything went fine and I spent five days at the Wanneroo Hospital just completely relaxing.

I take this opportunity to thank you for the running calendar and booklets you delivered to me. Also, many many thanks for the nice introduction to the club from you when I had my first run in the vets half marathon. I was made very welcome also by Bob Farrell, Bob Sammells and Basil Worner, and a few of the ladies had a few kind words for me too.

All my best regards to you and your committee and members of the club and I will see you all again in about a month's time.

Yours faithfully,

Joe McKechnie



Richard Harris
July 1986

ERNIE TO CARRY ON RUNNING

West Australian veteran runner Ernie Moyle retired in July, aged 61, after 28 years service with the Main Roads Department, where he worked in the Accounts Branch.

In retirement, he plans to continue his road running career, which he began in his middle age.

Ernie is a member of the WA Marathon Club and the WA Veterans Athletics Club and holds two inaugural records in his age group in Veterans' Athletic Club runs. He was captain of the MRD Road Runners 2nd team last year, when MRD won the Perth Corporate Cup.

He became interested in health in 1971 after a medical check in which his overall fitness was found to be low. His wife, Myra, encouraged him to join a health club and he became a life member. He works out at the club three times a week and follows each work-out with a 12 km run, often including hills.

In his last week at work Ernie ran the 5.33km Corporate Cup event with the Department's team in 24 minutes during his lunch break. Then he ran back to the office to complete some assignments.

(Congratulations on your "Great 28" Ernie! We are sure you brought to your work and your colleagues the same commitments and warmth that we know round the Club.

The Veterans Club wish you a happy start to your next career and hope that includes lots of PBs! Editor.)

THE TRIALS OF TIME

(TRUE STORY)
by Old Codger

Ever since I joined the ranks of the Aged there has been an urge to keep up with the grandchildren and, at last, I think it's happened.

Whilst adding my name to the Tuesday night entry sheets the man said "Why don't you have a go at the discus?" It's never too late, they say, and when I turned up at the circle I was given all the expert help I needed - how to hold it and why it went into a wobble as soon as it left my hand. Came away with much more know how and the ambition to do better next time.

So I consulted my Little Athletics Manual only to discover a need for continual practice. But I had no discus; full stop. Fortunately, two of the wife's round baking tins were right for size and shape and are now, like us, joined together in holy deadlock, courtesy of some small nuts and bolts. Light as a feather and ideal for a weak character trying to get rid of the wobbles.

After a few days of trial by error the jam tart contraption began to glide almost smoothly across our lawn and the time had come for a supreme effort. I breathed in deeply a few times and then really let fly. It sailed on and on, over the garden fence and was only stopped by next door's marigolds.

So there was I, at the age of Aged - plus, knocking on the neighbour's door and murmuring "Please can I have my discus back?"

GEORGE AGAIN!

Albany Vet George Audley created a new State record for 100 kms which he completed in 8 hours 47 mins 18 secs on McGillvray Oval on July 27th.

This was part of the 12 hour "rehearsal" for the 24-hour run later this year.
Well done, George!

DÉJÀ VU, AGAIN.

What's it like to return to the world of the Vets after a few years' absence? Well, in a nutshell it's bloody hard work, but the friendly faces made it all worthwhile.

It's been a long time since I fronted up at McCallum Park on a Sunday to tackle whatever the events programme had decided fit to dish out on the day. On this day it was 16 km Help!

The organizer and starter on the day was Don Caplin who gave a Bert Newton-like humorous monologue. I'm not sure how Don's running is progressing but his jokes have certainly improved from the old days.

Off we go on our merry way and I look around at a lot of fit bodies attached to many unfamiliar but many familiar faces. I'm soon jogging beside a very recognizable bloke - Frank Usher. Over the Causeway we trot - there's Jill Langdon, Lorna Butcher and overtaking us I hear two familiar voices - Yes, the Slingers are back from yet another snow skiing holiday. It seems there are some constants in life.

The sun is shining and the river looks great. A very nice place to run. As we head towards the University Frank, Margaret Warren and I are bringing up the rear and solving most of the world's problems at the same time. Very pleasant.

Our dream-like state is interrupted by the approaching front runners who are already on the way back.

The speedy ones in the past are still the speedy ones today. The "Smith Brothers" - Frank and Maurice followed by John Gilmour, and Jimmy Barnes. There comes Cliff Bould just like the old days.

Round the halfway mark and we're heading home. Slowly the mob pulls away from me and I find myself surviving at the back of the pack. Just as I begin to enter the "Loneliness of the Long Distance Shuffler" world I was joined by "Sheila" who carried me through the last miles with her delightful conversation.

We made it to the finish line and the friendly ovation was most welcomed. Anne Smith was recording the times and she looked up at me ... "Bob?", she asked... "You used to be Bob, didn't you?" "Yes, it's me, Bob... Why?... Don't you recognize me?", I muttered. "Well," she said diplomatically... "...you're....umm bigger!"

And older I thought - but what the heck - Bigger and/or older, it was nice to be back. (... So look out Frank Smith ... Bob is back!)

As I was heading back to my car I bumped into ageless Tommy Jones who informed me that he was a little tired of the sprints and was thinking of concentrating on more distance work this year. Maybe 5 km for a start, then build up.

I just looked at this gritty old timer and I thought - "yeah, why not Tommy, 5 km and then build up!"

What the heck, why not? ... I drove away thinking, ... It's nice to be back.

Bob Johnstone

**** HAPPY BIRTHDAY ****

David Benson	turns 45	becomes M 45	22
Glenys Waldhuter	" 43	remains W 40	17
Peter Davies	" 57	" M 55	26
Walter Anderson	" 44	" M 40	20
Susan Sanders	" 33	" W 30	29
Margaret Stone	" 44	" W 40	17
Norm Richards	" 49	" M 45	29
Bert Carse	" 45	becomes M 45	08
Tony Wood	" 45	" M 45	28
Marg Briggs	" 38	remains W 35	30
Brian Danby	" 38	" M 35	08
George Audley	" 51	" M 50	21
Jan Hough	" 43	" W 40	18
Bill Hughes	" 59	" M 55	15
Jim Langford	" 42	" M 40	12
Barbara Leach	" 42	" W 40	25
Ted Maslen	" 51	" M 50	08
Jill Langdon	" 39	" W 35	05
Barrie Robinson	" 47	" M 45	13
Maxine Tapper	" 39	" W 35	15
Jeff Whittam	" 52	" M 50	05
Rod Cox	" 43	" M 40	17
Kevin Martin	" 47	" M 45	28
Tuula Valsta	" 49	" W 45	07

ANDY WRIGHT MEMORIAL RUN HANDICAP

June 22 1986

This was an ideal morning for runners, not forgetting walker. Some 92 persons attended and completed the course. There were some who found the three laps insufficient so they did an extra one. Perhaps they knew about the food that was to be had after the running. I don't blame them one little bit. It was indeed a feast.

The first female across the line was Shirley Cross, the first male was "Bruce" Norden, both received trophies for their effort.

Females first three on corrected times:

1. C. Bell
2. A. Ansell
3. M. Forden

Males

1. H. Kirkman
2. T. Maslen
3. J. Bell

Congratulations to the winners, and to all who took part. There were many persons who assisted during the morning to a larger or lesser degree. To all these people...Thank you.

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time	Pos.
1.	A. Lohman	VIS	39.08			
2.	S. Cross	F45	42.39	2.00	40.39	59
3.	S. Maslem	F45	44.35	4.00	40.35	58
4.	J. Norden	M40	45.18	12.00	33.18	32
5.	C. Slater	VIS	45.25			
6.	J. Willers	W35	45.25	10.00	35.25	39
7.	J. Sanger	W30	45.26	9.30	35.56	41
8.	C. Cole	W45	45.55	6.00	39.55	56
9.	J. Russell	VIS	46.03			
10.	B. Johnson	M40	46.04	10.00	36.04	42
11.	R. Davis	W40	46.05	5.00	41.05	62
12.	L. Hassam	M55	46.13	8.00	38.13	50
13.	R. Sheehy	VIS	46.14			
14.	C. Bould	M70	46.23	9.30	36.53	44
15.	A. Martin	VIS	46.32			
16.	I Stevens	VIS	46.34			
17.	R. Parker	VIS	46.38			
18.	M. Warren	F50	46.51	6.00	40.51	60
19.	P. Haynes	VIS	47.01			
20.	A. Davie	VIS	47.02			
21.	J. Johnson	F40	47.03	6.00	41.03	61
22.	R Rouledge	VIS	47.04			
23.	N. Berry	F55	47.11	4.00	43.11	66
24.	J. Ferris	VIS	47.14			
25.	V Beaumont	M55	47.15	14.30	32.45	27
26.	S. Walton	F35	47.21	12.00	35.21	38
27.	B. Kernaghan	M45	47.25	16.00	31.25	21
28.	M. Moyle	M55	47.27	15.45	31.42	24
29.	M. Robinson	F45	47.30	6.00	41.30	64
30.	A. Sim	M35	47.31	12.00	35.31	40

ANDY WRIGHT MEMORIAL RUN (Cont.)

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time	Pos.
31.	E. Moyle	M60	47.33	10.30	37.03	46
32.	M. Forden	F40	47.35	14.30	33.05	31 (3)
33.	I. Lyon	VIS	47.39			
34.	R. Lawrence	M55	47.44	14.00	33.44	33
35.	K. Martin	VIS	47.46			
36.	P. Davies	M55	47.48	15.00	32.48	29
37.	M. Acreman	F45	47.53	8.30	38.23	53
38.	E. Crowther	F40	47.58	4.00	43.58	67
39.	K. Johnson	M55	48.00	13.00	35.00	36
40.	P. Davis	VIS	48.01			
41.	P. Jones	M50	48.03	16.00	32.03	25
42.	E. Maslem	M50	48.06	21.00	27.06	2
43.	J. Pellier	M45	48.07	19.30	28.37	5
44.	M. Pritchard	F40	48.11	7.00	41.11	63
45.	J. Pellier	F45	48.12	13.00	35.12	37
46.	J. McLean	M55	48.13	10.00	38.13	50
47.	P. Farrall	F40	48.15	10.00	38.15	52
48.	G. Peet	M50	48.17	15.30	42.47	65
49.	L. Butcher	F55	48.23	8.00	40.23	57
50.	A. Pomery	M55	48.31	17.00	30.31	16
51.	W. Monks	M45	48.33	19.30	29.03	7
52.	J. Greenfield	M40	48.38	19.00	29.38	11
53.	K. Forden	M45	48.40	17.00	31.40	23
54.	J. Bell	M40	48.42	21.30	27.12	3
55.	J. Stickers	M45	48.45	18.30	30.15	14
56.	B. Worner	M50	48.46	16.00	32.46	28
57.	C. Bell	F35	48.49	18.00	30.49	18 (1)
58.	R. Farrell	M45	48.50	14.00	34.50	35
59.	D. Reudavey	VIS	48.54			
60.	N. Richards	M45	48.58	18.00	30.58	19
61.	H. McGlashan	M45	49.00	19.00	30.00	12
62.	M. Warren		49.01	18.30	31.31	22
63.	B. Crellin	M45	49.04	16.00	33.04	30
64.	D. Roberts	M40	49.06	20.00	29.06	8
65.	D. Moffett	VIS	49.08			
66.	A. Ansell	W40	49.20	18.00	31.20	20 (2)
67.	I. Sutherland	M45	49.30	12.00	37.00	45
68.	P. Martin	VIS	49.32			
69.	R. Davis	M45	49.36	13.00	36.36	43
70.	D. Hough	M50	49.37	20.00	29.37	10
71.	R. Shand	M50	49.49	19.30	30.19	15
72.	H. Kirkman	M40	49.50	24.00	25.50	1
73.	G. Thornton	M45	50.18	21.30	28.48	6
74.	R. Brown	M45	50.12	18.00	32.12	26
75.	P. Wisston	VIS	50.33			
76.	F. McLinden	M55	50.44	20.30	30.14	13
77.	M. Johnston	M45	50.45	20.00	30.45	17
78.	J. Curtis	M50	50.47			
79.	D. Strachan	M60	50.51	12.00	38.51	54
80.	J. Yates	M40	50.56	21.30	29.26	9

ANDY WRIGHT MEMORIAL RUN (Cont.)

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time	Pos.
81.	V. Tyson	W60	50.59	00.00	50.59	70
82.	A. Stone	VIS	51.22			
83.	W. Hughes	M55	51.24	14.00	37.24	49
84.	J. Cariss	VIS	52.03			
85.	D. Horsley	M70	52.34	8.00	44.34	68
86.	B. Danby	M35	52.50	24.45	28.05	4
87.	S. Munsie	M50	52.52	13.00	39.52	55
88.	A. Tyson	M60	53.22	16.00	37.22	48
89.	J. Sparks	VIS	57.32			
90.	R. Sammells	M45	57.33	20.30	37.03	46
91.	F. Usher	M60	60.22			
92.	K. Whistler	M50	61.25	14.00	47.25	69.

BRIDGES AND MILL POINT ROAD CHAMPIONSHIP
--

JUNE 29, 1986

Presumably 91 runners (including 15 visitors) started in this race because that's the number who finished; and despite the downpour in the latter part of the event, to date no reports of missing persons have been lodged!

There were no new records set by the male runners - which is understandable in light of the weather conditions - but the ladies showed what could be done by setting new times for the W30, W35 and W40. The details are given below.

Warm thanks to the helpers: Wally Cross, Maureen Pomery, Thelma Manly and Kath Penton at the finish, and Allen Tyson who braved the elements to act as safety officer at the hazardous section of Mill Point Road.

It was good to see that the weather could not dampen the spirit of the Vets and that resourcefulness overcame the difficulties.

RESULTS: WOMEN

W30	1. Joy Sanger	47.33 (R)	W45	1. Sheila Maslen	53.39
				2. Carol Cole	60.13
W35	1. Jill Chambers	37.56 (R)		3. Pat Spencer	60.54
	2. Cheryl Bell	40.59	W50	1. Elza O'Dea	48.43
	3. Kath Noordyk	43.31		2. Patricia Weston	52.07
	4. Sandi Walton	45.36		3. Margaret Warren	52.45
	5. Jenny Willers	48.06	W55	1. Nora Berry	56.11
	6. Margaret Taylor	62.29			
	7. Joanne Stewart	62.52			
W40	1. Alicia Ansell	42.59 (R)			
	2. Margery Forden	45.22			
	3. Joan Slinger	46.28			
	4. Phyllis Farrell	48.14			
	5. Alison Aldrich	50.03			
	6. Rosa Davis	54.21			
	7. Mary Pritchard	54.36			

BRIDGES AND MILL POINT ROAD CHAMPIONSHIP (Cont.)

Men

M35	1. Brian Danby	33.36	M50	1. George Innes	36.58
	2. Angus Sim	46.24		2. Bill Monks	38.21
				3. Ted Costello	38.31
M40	1. Hugh Kirkman	34.03		4. Terry Tate	39.32
	2. Bert Carse	34.40		5. Ray Atwell	39.57
	3. Tony Wood	37.44		6. Brian Hanks	39.58
	4. Dave Roberts	37.51		7. Rob Shand	40.19
	5. Mike Khan	38.11		8. Bob Hayres	41.19
	6. Paul Martin	38.54		9. John Curtis	44.22
	7. Tony Speechley	39.15		10. Basil Worner	44.59
	8. Cam Ansell	45.28		11. Duncan Phillips	45.16
				12. Selby Munsie	56.07
				13. Ken Whistler	56.10
M45	1. Don Caplin	34.41			
	2. Graham Thornton	37.08	M55	1. Frank McLinden	38.42
	3. Maurice Johnston	38.31		2. Dalton Moffett	40.24
	4. Joe Stickles	38.48		3. Alan Pomery	41.28
	5. Kevin Martin	39.10		4. Barry Evans	42.12
	6. Joe Trovato	39.49		5. Merv Moyle	43.06
	7. Bob Sammells	39.54		6. Vic Beaumont	43.31
	8. Hamish McGlashan	39.55		7. Brian Alderich	43.36
	9. Barrie Slinger	40.33		8. Peter Davies	45.03
	10. John Pellier	40.57		9. Ray Lawrence	45.30
	11. Richard Harris	41.18		10. Bob Abrahams	53.41
	12. Maurice Warren	41.39			
	13. Ray Brown	44.13	M60	1. Duncan Strachan	46.48
	14. Robert Farrell	45.00		2. Garnet Morgan	48.24
	15. Alan Chambers	46.45		3. Ernie Moyle	49.48
	16. Robert Davis	49.43			
M70	1. Cliff Bould	47.30	M65	1. John Gilmour	36.02

VISITORS

1. Basil Hannah	33.53	9. Robert Bellis	42.27
2. Paul Odan	35.07	10. Ian Partington	42.31
3. Peter Priest	35.52	11. Alan Martin	43.00
4. Michael Archer	37.12	12. Masashi Seo	44.07
5. Peter Nowland	40.37	13. Heath Tyrrell	46.47
6. A. Noordyk	40.46	14. Jeremy Carios	49.42
7. Mike Rhodes	41.26	15. Jill Thomson	49.52
8. Garry Kosovich	41.38		

Athletes and Printers :

Many thanks to Jan Johnson and Shirley Cross for their invaluable assistance in running off this newsletter. We would have been even later without their kind offer of help.

SUTHERLAND RUN 8.4 km

JULY 6, 1986

Things did not look promising for this year's run. At 6.30am the rain was belting down, but by 8.30am the sun was beaming out of a clear blue sky, and all was fresh and glistening. This was the way it remained for the rest of the day - we were indeed again fortunate.

After missing the start last year George Innes made sure he was on time this year by arriving about an hour early.

Margery Forden did a good job with the handicaps, arranging it all in Keith's absence. Thanks Margery.

Many thanks to those who assisted at the finishing line including Nicola Mitchell and our ever-reliable Wally Cross.

Thanks, too, to those who assisted directing runners out on the road - Jane and Katie Sutherland, Rosemary McGlashan, Bob Hayres, Bob Johnstone and Jim McLean - these people are essential in making the run a success.

First club member home this year was Shirley Cross, followed closely by Barry Johnson. New records were set by spring chicken Sandi Walton, Margery Forden and Lorna Butcher and in the men's section by Don Caplin, Dalton Moffet and John Gilmour. Congratulations all!

No doubt, Dick Horsley will reappear next year to set a new record in his age group. We all missed you and Gwyn.

Look forward to your company again next year.

Ian and Gloria Sutherland

(Thanks to Ian and Gloria for another well run run! And for the super hospitality after - thanks!)

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time	Pos.
1.	Jeanette Tomlinson	VIS	46.59			
2.	Shirley Cross	W45	47.11	1.45	45.26	54
3.	Barry Johnson	M40	47.15	6.45	40.30	38
4.	Alan Martin	VIS	48.07			
5.	John Edwards	VIS	48.07			
6.	Steve Mitchell	VIS	48.37			
7.	Jeremy Cariss	VIS	48.18			
8.	Tony Wood	M40	48.41	16.45	31.56	5
9.	Ian Partington	VIS	48.43			
10.	John Russell	M50	48.57	8.00	40.57	40
11.	Alison Aldrien	W40	49.09	6.00	43.09	46
12.	Alan Tyson	M60	49.09	12.30	36.39	21
13.	Kevin Martin	M45	49.15	15.30	33.45	10
14.	Don Caplin	M45	49.21	19.45	29.36	1 (R)
15.	Sandi Walton	W35	49.24	10.00	39.24	33 (R)
16.	John Gilmour	M65	49.25	18.00	31.25	3 (R)
17.	Garnett Morgan	M60	49.27	8.45	40.42	39
18.	Margery Forden	W40	49.29	12.15	37.14	24 (R)
19.	Kirt Johnson	M55	49.33	10.00	39.33	34
20.	Aub Davie	M50	49.37	13.30	36.07	19

SUTHERLAND RUN (Cont.)

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time	Pos.
21.	Margaret Warren	W50	49.39	5.00	44.39	53
22.	Dave Roberts	M40	49.42	16.45	32.57	6
23.	Vic Beaumont	M55	49.50	12.15	37.35	27
24.	Lorna Butcher	W55	49.53	6.00	43.53	49 (R)
25.	Brian Alderich	M55	49.55	12.15	37.40	28
26.	Maxine Tapper	W35	49.59	3.30	46.29	55
27.	Ray Lawrence	M55	50.05	11.00	39.05	32
28.	Angus Sim	M35	50.08	10.00	40.08	35
29.	Barry Kernaghan	M45	50.09	13.30	36.39	21
30.	Alan Pomeroy	M55	50.12	14.15	35.57	18
31.	Basil Worner	M50	50.12	13.30	36.42	22
32.	Rob Shand	M50	50.15	16.30	33.45	10
33.	Hugh Kirkman	M40	50.18	20.00	30.18	2
34.	Hamish McGlashan	M45	50.19	16.00	34.19	13
35.	Paul Martin	M40	50.21	16.45	33.36	8
36.	Kath Mitchell	W45	50.22	1.45	48.37	60
37.	Jim Barnes	M40	50.23	no handicap		
38.	Bill Mitchell	M50	50.24	13.30	36.54	23
39.	Duncan Strachan	M60	50.25	10.00	40.25	37
40.	Leo Hassam	M55	50.26	6.45	43.41	48
41.	John Pellier	M45	50.27	16.45	33.42	9
42.	Pat Quiton	M50	50.31	15.00	35.31	16
43.	Cliff Bould	M70	50.36	8.00	42.36	44
44.	George Innes	M50	50.46	19.00	31.46	4
45.	Ray Brown	M45	50.54	13.30	37.24	25
46.	Bill Hughes	M55	50.57	10.45	40.12	36
47.	Patricia Weston	W50	50.59	8.30	42.29	43
48.	Dalton Moffet	M55	52.01	16.00	35.01	14
49.	Paul Jones	M50	51.02	13.30	37.32	26
50.	Joe Yates	M40	51.20	18.00	33.20	7
51.	Joe Travoto	M45	51.27	17.15	34.12	12
52.	Ernie Moyle	M60	51.29	8.45	42.44	45
53.	Fred Haggard	M60	51.38	7.30	44.08	57
54.	Duncan Phillip	M50	51.44	13.00	38.44	30
55.	Rosa Davis	M40	51.46	5.00	46.46	56
56.	Arnold Jenkins	M40	51.58	18.00	33.58	11
57.	Morris Warren	M45	52.06	15.30	36.36	20
58.	Phyllis Farrell	W40	52.07	8.30	43.37	47
59.	Merv Moyle	M55	52.11	13.30	38.41	29
60.	Rob Davis	M45	52.16	11.00	41.16	41
61.	Jan Johnson	W40	52.19	5.00	47.19	52
62.	Elza O'Dea	W50	52.38	8.00	44.38	52
63.	Bob Sammells	M45	52.44	17.15	35.29	15
64.	Carol Cole	W45	52.49	5.00	47.49	58
65.	Rob Farrell	M45	53.16	11.45	41.31	42
66.	Selby Munsie	M50	53.22	9.15	44.07	50
67.	Sheila Maslen	W45	53.42	3.30	50.29	63
68.	Ted Maslen	M50	53.44	18.00	35.44	17
69.	Nora Berry	W55	53.59	3.30	50.29	63
70.	Alan Croxford	M40	55.01	16.00	39.01	31
71.	Syd Bowler	M60	55.55	1.45	54.10	65
72.	June Strachan	W60	56.12	1.45	54.26	66
73.	Pat Spencer	W45	57.17	5.00	52.17	64
74.	Val Tyson	W60	57.47	0.00	57.47	60
75.	Margaret Stone	W40	58.12	0.00	58.12	69
76.	Dorothy Whittam	W45	58.49	1.45	57.04	67
77.	Dave Hough	M50	65.00	16.30	48.30	59
78.	Brian Danby	M35	69.45	20.45	49.00	61

McCALLUM PARK - UNIVERSITY 16km (8km)

JULY 20, 1986

After some fairly rough weather during the week, conditions were ideal for the running of this event.

By popular request an 8 km run was added to the program. This event was won by Barry Harwood in 31 mins 34 secs. Jan Johnson was the first woman in with a time of 43 mins 28 secs.

Bert Carse won the 16 km event in the excellent time of 54 mins 04 secs which knocked over a minute off the course record. Trish Kirwan making a come-back from injury was first woman home in 63 mins. 38 secs.

Thanks to my helpers Ann Smith, Avril Yates and Nora Berry who very capably handled places and times and to Joan Pellier who pointed the 8 km runners in the right direction. Thanks also to the ever reliable Wally Cross, who made sure no-one (including a few strays) got past the finish line without a place card, and to El Presidente, Leo Hassam, for bringing the trailer with all the equipment. With people like these around the life of a race organiser is certainly an easier one.

Complete results were:

8 km

1. Barry Harwood	M40	31.34	9. Coral Kernaghan	W40	48.12
2. Basil Worner	M50	34.08	10. Dorothy Whittam	W50	48.13
3. Peter Sanger	M35	42.17	11. June Strachan	W60	48.37
4. Jan Johnson	W40	43.28	12. Marg Taylor	W35	48.56
5. Mary Pritchard	W40	44.09	13. Jo Stone	W40	51.46
6. Dick Horsley	M70	44.12	14. Val Tyson	W60	52.48
7. Alan Stone	M50	45.34	15. Margaret Stone	W40	53.31
8. Shirley Cross	W45	47.58			

16 km

1. Bert Carse	M49	54.04	26. Aubrey Davey	M50	68.19
2. Maurice Smith	M50	57.19	27. Allen Tyson	M60	68.31
3. Frank Smith	M40	57.19	28. Brian Aldrich	M55	68.39
4. Peter Trench	VIS	57.31	29. Merv Moyle	M55	68.44
5. John Gilmour	M65	57.36	30. Ray Brown	M45	68.54
6. Derek Hoyer	M45	58.15	31. Toulva Vaalsta	W35	68.58
7. John Presley	M40	60.29	32. Margery Forden	W40	69.57
8. Jim Barnes	M40	60.42	33. George Peet	M50	70.22
9. Ted Costello	M50	61.05	34. Bob Norton	M45	70.40
10. Maurice Johnston	M45	61.53	35. Keith Forden	M45	71.41
11. Jim Greenfield	M40	62.23	36. John Curtis	M50	72.06
12. Keijo Vaalsta	M50	62.36	37. Cam Ansell	M45	72.11
13. John Pellier	M45	62.48	38. Peter Davies	M55	72.40
14. John Atwell	M50	63.06	39. Ray Lawrence	M55	72.42
15. Joe Yates	M40	63.24	40. Bill Hughes	M55	72.49
16. Trish Kirwan	W35	63.38	41. Sandi Walton	W35	73.34
17. Bruce Hoskin	VIS	64.09	42. Duncan Strachan	M60	73.47
18. Morris Warren	M45	65.13	43. Elza O'Dea	W50	74.29
19. Dalton Moffett	M55	65.34	44. Phyllis Farrell	W40	74.39
20. Mike Faunge	M45	65.41	45. Cliff Bould	M70	75.34
21. Hamish McGlashan	M45	65.56	46. Patricia Weston	W50	75.34
22. Cheryl Bell	W35	66.36	47. Robert Farrell	M45	76.15
23. Kevin Martin	M45	66.37	48. Barry Johnson	M40	76.23
24. Joe Stickles	M45	66.50	49. Joy Sanger	W30	76.49
25. Barrie Kernaghan	M45	67.17	50. Garnet Morgan	M60	76.49

McCALLUM PARK - UNIVERSITY (Cont.)

51. Angus Sim	M35	77.03	62. Selby Munsie	M50	81.40
52. Joan Slinger	W45	78.18	63. Stewart Hicks	M60	82.22
53. Barrie Slinger	M45	78.19	64. Fred Haggert	M60	83.00
54. Ken Whistler	M50	78.19	65. Lorna Butcher	W55	84.53
55. Rob Davis	M45	78.53	66. Jill Langdon	W35	84.53
56. Cyril Slater	M45	79.40	67. Margaret Warren	W50	87.34
57. Irene Stephens	VIS	80.37	68. Bob Abrahams	M55	87.34
58. John Russell	M50	81.10	69. Frank Usher	M60	88.46
59. Alison Aldrich	W40	81.13	70. Sheila Maslem	W45	90.55
60. Jill Thomson	W35	81.18	71. Bob Johnson	M40	90.55
61. Leo Hassam	M55	81.31	72. Peter Kennedy	M60	93.56

CLIFF BOULD HANDICAP

JULY 27, 1986

5,2 km

1. Angus Sims	M35	24.57	6. Marj Taylor	W35	30.07
2. Ray Ratlege	VIS	26.33	7. Margaret Lucey	W35	30.28
3. Kevin Sturt	M35	28.45	8. Joanne Stuart	W35	32.26
4. Mary Robinson	W45	29.04	9. Selby Munsie	M50	32.28
5. Jo Stone	W40	29.54	10. Jacki Beaumont	W45	35.48

10.4 km

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time
1.	Don Caplin	M45	36.35	4.15	32.20
2.	Brian Danby	M35	36.48	3.30	33.18
3.	Paul Odan	VIS	37.55		
4.	Derek Hoyer	M45	38.27	6.15	32.12
5.	Graham Thornton	M40	38.38	6.45	31.53
6.	Arnold Jenkins	M40	40.16	6.45	33.31
7.	Dave Roberts	M40	40.23	8.15	32.08
8.	Dave Carr	M50	40.35	7.00	33.35
9.	Mike Khan	M40	40.46	8.15	32.16
10.	John Pellier	M45	40.31	8.15	32.36
11.	Barry Harwood	M40	41.27	8.45	32.42
12.	Merv Myhill	VIS	41.40		
13.	Kevin Martin	M45	41.44	9.30	32.14
14.	Frank McLinden	M55	42.18	7.45	34.31
15.	Hamish McGlashan	M45	42.22	9.45	32.37
16.	Alan Martin	VIS	42.23		
17.	Bernard Vesnauer	VIS	42.38		
18.	Mike Rhodes	VIS	42.57		
19.	Bob Sammells	M45	43.27	8.15	35.12
20.	Dalton Moffett	M55	43.42	9.30	34.12
21.	Bob Norton	M45	43.50	10.30	33.20
22.	Joe Stickles	M45	43.50	9.45	34.05
23.	Barry Kernaghan	M45	43.58	11.30	32.28
24.	Barry Evans	M55	44.18	8.15	36.03
25.	Cheryl Bell	W35	44.26	10.30	33.56
26.	Paul Martin	M45	44.27	9.30	34.57
27.	Aubrey Davey	M50	44.37	12.30	32.17
28.	Basil Worner	M50	44.47	12.30	32.17
39.	Robert Sheehy	VIS	44.51		

CLIFF BOULD HANDICAP (Cont.)

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time
40.	John Spencer	M45	44.59	10.30	34.29
41.	Ray Brown	M45	45.00	no handicap	
42.	Denis Wills	VIS	45.17		
43.	Merv Moyle	M55	46.07	12.30	33.37
44.	Bill Mitchell	M50	46.09	12.30	33.39
45.	Margery Forden	W40	46.38	14.00	32.38
46.	Paul Jones	M50	46.38	12.30	34.08
47.	Ray Lawrence	M55	46.47	16.30	30.17 (1)
48.	Anne Wilson	VIS	46.39		
49.	George Peet	M50	47.00	14.30	32.30
50.	Brian Aldrich	M55	47.14	14.00	33.14
51.	Vic Beaumont	M50	47.19	13.30	33.49
52.	Alan Chambers	M45	47.43	15.30	32.13
53.	John Curtis	M50	48.01	no handicap	
54.	Sandi Walton	W35	48.23	16.30	31.53
55.	Alan Pomery	M55	48.54	17.30	37.24
56.	Jim Dagostino	VIS	49.22		
57.	Joy Sanger	W35	49.25	18.30	30.55 (2)
58.	Barry Johnson	M40	49.25	15.30	33.55
59.	Graham Hair	M45	50.06	12.30	37.36
60.	Robert Davis	M45	50.08	17.45	32.23
61.	Ken Whistler	M55	52.13	15.30	36.43
62.	Jill Thomson	W40	52.15	no handicap	
63.	Cliff Bould	M70	52.16	19.15	33.01
64.	Joanne Peirce	W35	52.47	21.00	31.47
65.	Stewart Hicks	M60	52.47	no handicap	
66.	Garnet Morgan	M60	53.04	18.00	35.04
67.	Mike Johnson	VIS	53.50		
68.	Patricia Weston	W50	53.53	20.00	33.53
69.	Phyllis Farrell	W40	53.53	19.45	34.08
70.	Leo Hassam	M55	54.18	21.45	32.33
71.	Lorna Butcher	W55	54.56	21.45	33.11
72.	Jill Langdon	W35	54.57	22.00	32.57
73.	Jeanette Tomlinson	VIS	56.12		
74.	Shirley Cross	W45	56.18	23.00	33.18
75.	Jan Johnson	W40	56.39	25.00	31.39 (3)
76.	Wilma Vincent	W45	57.09	23.00	34.09
77.	Rosa Davis	W40	57.23	23.00	34.23
78.	Sheila Maslen	W45	57.33	25.00	32.33
79.	Carol Cole	W45	58.25	22.00	36.25
80.	Pat Carr	W50	59.05	25.00	34.05
81.	Pat Spencer	W45	59.27	27.00	32.27
82.	Kath Mitchell	W45	60.20	27.00	33.20
83.	Jim McClean	M55	61.00	20.00	41.06
84.	Bob Johnstone	M40	61.06	no handicap	
85.	June Strachan	W60	64.25	29.00	35.25
86.	Sid Bowler	M60	64.50	27.00	37.50
87.	Margaret Stone	W40	71.18	29.00	42.18

AUSTRALIAN VETS CHAMPIONSHIPS, EASTER 1987

A small group is travelling on Tuesday, April 14 and joining other club members in Sydney at an arranged accommodation (very cheap!) There are still some Apex seats available on the 14 (returning on the morning of the 22nd) If anyone is interested please talk to Shirley Cross, Dorothy Whittam or the Editor.