

The Vetrin

No. 154 JULY, 1985

W.A. VETERANS' A.A.C.

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OUT OF THE STRAIN OF THE DOING, INTO THE PEACE OF THE DONE
(Thought for August 4)

FROM THE COMMITTEE...

QUIZ NIGHT

- o Wednesday, August 14, 7.30 p.m.
- o Churchill's Tavern (Rear of Concert Hall)
- o Tickets (\$3.00) available from Committee
- o Jackie Greenfield (291 7835) is asking for donations of prizes.
- o Tables of 6.

This is our one big fund-raiser for 1985. Be part of the big fun!!

CLUB CROSS COUNTRY

- o July 14
- o Jorgensen Park :
- o This is a Club Certificate Run.
- o \$3.00 for food and run. B.Y.O.

POST-RUN TEA

- o The Committee suggested that we can expect refreshments to be provided after the run when it is a listed "Committee Run".

ALSO IN THIS ISSUE

Results of June Club Runs : Pages 3-5 Runs & Records for July : Pages 9-10

Newsdesk : Pages 7-8 Letterbox : Page 2

"Vetpower" : The Astounding Austin By Allen Tyson Page 10

Two in a Week From Frank Smith Page 11

STOP PRESS

ROME ABOUT : We have found it difficult to get results from the

MONDAY : Veterans Games, but we believe the following are accurate : Kath Holland - first in 200,400; second in 100. John Gilmour - first in 10K, 5K, 1500 with WRs in the last two. Eileen Hindle - second in hurdles and fifth in pentathlon. Barrie Kernaghan (injured shoulder) into finals of 3 sprints. Lorna Butcher and Pat Carr both performed very well in all events. Sandi Walton overcame fearful heat (100 degrees F) and ancient cobblestones to finish her first marathon, 4:16 She and Kath Penton now slumming and slimming in the Greek islands!

WELCOME TO U.S. VISITORS

July 14 - Jorgensen Park.

Duncan tells us that we may be joined by a group of visitors from the States.

Welcome to Australia, Perth and the W.A. Vets!

It looks as if the Club run could be an International Event!

LONG WEEKEND, 1985

Donnelly River

September 28th-30th - (Not 18th-30th, as printed in our last Vetrun. That would be a long, long week-end!)

Costs: 3 days for 8 people: \$100
 3 days for 9 people: \$105

**LETTERBOX**

George Audley
RMB 9210
Lwr Denmark Road
ALBANY 6330

26/5/85

Dear Basil

Just a little news from the country. Carmel Drummond who I persuaded to join the vets has been rewarded locally for her efforts. She has 4 children and can only train at 6 in the morning before the family is up.

Also I have a warning for other husbands with running wives. I suggested a run in the hills and mine said O.K. grab a shovel and a ruck sack, there are some plants I want. It was only a hilly sandy 8 k's but I jumped on the scales when I got back. The shovel weighed 1 kilo and the plant with plenty of soil round it came to 4 kilo's. I didn't suggest another hill run for over a week, she then got me lost and we were running along bush tracks with sandy hills for 1 hr 31 minutes. So be warned, stick to the main roads or take a compass and a wheelbarrow.

Regards from Albany

George Audley

George enclosed a copy of the Albany "Advertiser".

It described how Carmel shared the March award for the Albany Sportstar of the Month.

"Carmel Drummond was successful in the women's 40-44 years 5000 metre State Championship", reported the Advertiser.

Members may also remember Carmel was successful in the 10k and made an entertaining picture as she appealed for a hose-down with open arms as she reeled off each lap!

Congratulations Carmel, and thanks George!

.... (Editor).

