



The Vetrun

No 198 MARCH 1989



W.A. VETERANS' A.C.

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

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WISHING WILL NOT BRING SUCCESS, BUT PLANNING, PERSISTENCE AND A
BURNING DESIRE, WILL.

PRESIDENTS CORNER.

With the National Track & Field Championships just around the corner I would like to wish everyone who has entered, the best of luck.

The final numbers are almost 400 and about half of these are from W.A. This is most encouraging and reflects the competitive spirit of our members.

I would like to thank sincerely, David Carr and his sub-committee for the meticulous organisation of this great event. Many of our members have spent countless hours of work to ensure the success of these games.

I thank you all on behalf of the committee.

Our new clock is in operation, mainly due to the efforts of Morris Warren. Morris has kindly made a stand and some legs for it. With a few minor modifications it will be in full operation. Well done Morris.

Gerry Noordyk is resting at home after a recent operation. He will require a lengthy recuperation period but he is in high spirits, and looking forward to the day he can start exercising again.

It is nice to see our secretary Rob Davis and his wife Rosa back running again. Both have been laid up for some time with injury and health problems. Peter Sanders is also back on the road after a recent knee problem. Don Caplin appears to be shaking off and achilles tendon injury. Unfortunately Hank Stoffers will not be entering the Championships due to a nagging achilles tendon injury. He hopes to have it on the mend for the Bunbury Half Marathon.

Last Sunday we ran the club over the proposed 10km Cross Country course for the Championships. It will be a fast course on grass and gravel tracks with some slight undulations. With a few modifications we will have an excellent course.

Keith.

FROM THE COMMITTEE.

EATON WEEKEND. The main road to Bunbury now by-passes Australind and Eaton, so turn off when you see the Australind sign and follow the road along the estuary till you come to the bridge over the Collie River at Australind. Immediately over the bridge turn LEFT and follow the river for approximately 2km, then turn LEFT into the road to the camp. (It's the only road that turns left.)

A.G.M. As stated in the last newsletter the A.G.M. will be held on the 5th April 1989 at the HOCKEY PAVILLION, PERRY LAKES. Starting at 7pm prompt. The minutes of the last A.G.M. were published in newsletter No. 187 April 1988. If you have any motions to put before the meeting please let the secretary have them at least a week before the meeting. All official positions are open for nomination. The treasurer and one committee member have stated that they will not be available for re-nomination, all the rest of the officials are willing to stand again. PLEASE MAKE AN EFFORT TO ATTEND THE A.G.M. Nomination form at the end of this newsletter.

HELPERS AT THE NATIONAL CHAMPS. We still require more people to help officiate and with the refreshment stall, if you have not already

volunteered your assistance please do so as soon as possible. It will not be rostered to clash with any event that you are competing in or to spoil your warm-up. Names to Bob Schickert Officiating. Avril Yates Canteen. Forms at the end of this newsletter.

STATE VESTS. You must wear the STATE uniform at the Championships Black shorts and Gold Vest with black trim. The absolute deadline for orders to Avril Yates is the 4TH MARCH so if you have not ordered yours, do so NOW.

SOCIAL AND DINNER. Have you got your tickets to the Social on the Sunday evening of the Championships. Its a great time to meet old or new friends and have a good chinwag or maybe dance to the Mucky Duck Bush Band and there will be good food and drinks at 'front bar' prices. See Alyson Aldrich for tickets.

PROPOSED MEMBERSHIP FEES FOR 1989/90. RENEWALS: Joint \$22, Single \$17:
New Members: \$22 plus \$5 each nomination fee, Single: \$17 plus \$5 nomination fee: Country Members Joint; \$15, Single \$10.

Half Year (Those joining after 1st Nov) Joint; \$11 plus \$5 each nomination fee: Single \$8.50 plus \$5 nomination fee:

Anyone joining in March pays full membership fee and this carries over for the following years membership.

SOME A.A.W.A. Events where the club is required to officiate.

FREMANBLE - PERTH RELAY. 14th May 1989
GEORGE SKEELS MEMORIAL HANDICAP 4th JUNE 1989
YORK - TOODYAY RELAY. (new format) 10th September 1989.

HOW GOOD IS YOUR FIRST AID?????

You and your partner are running down the road and your partner suddenly collapses. Please answer the following 2 questions.

1. A quick check reveals:- He is breathing but is unconcious. WHAT DO YOU DO???

ANSWER.. ..
.. ..

2. A quick check reveals:- He is unconcious and NOT breathing and has no pulse. WHAT DO YOU DO???

ANSWER.....
.....

This test is designed to catch you off guard. Check the answers on page 4 and see if you are happy with your knowledge of First Aid. Would you be able to render assistance in case of emergency?

NATIONALS 89 - NEWS UPDATE #10

The closeness of the World Games in Oregon does not seem to have dampened the enthusiasm for the National titles. Entry statistics are:

ACT 14	NSW 41	SA 20	VIC 80	New Zealand 2
NT -	Q 19	TAS 5	WA 195	Denmark 1
Total 377				

The entrants are highly representative of the best in veterans athletics in Australia. Peter Piper, Harry Gathercole, Wilma Perkins, Wally Beames, Ken Daniels, Heather Doherty, Roy Foley, Jan Hines, Nancy Jeffries, Arley and Stan Nichols, Fred O'Connor, Theo Orr, Jim Seymon, Fred Turner, George Simpson, Andy Smith, Jack Stevens, Peter Crombie and Gus Theobald are just a few of the 182 visiting athletes.

From the West, we are delighted that former senior National champions Robbie Goff (Decathlon), Fred and Jim Langford (Steeplechase; Cross Country and Marathon) will be competing. Robbies father, Noel, who last competed in Perth in 1982, has come out of retirement and will compete in the M65s.

Others currently in good form are Eileen Hindle (W40), who recently placed in the State senior Long Jump and Triple Jump titles, and Jan Johnson (W40) and Dorothy Whittam (W50) in the sprints and jumps.

The M65 events, with Fred O'Connor, Peter Corley and Noel Goff, will be well worth seeing. Peter is new to the sport but, from his displays in

the sprints, jumps and throws, will provide stiff competition to the others.

Kath Holland (W45) and John Gilmour (W65), at 49 and 69 respectively, will still take some beating in their age groups. John is eagerly anticipating not only these Games but his first race as a 70 year old, the Bunbury Half Marathon in May.

The M45 middle distance events will probably be the most fiercely contested. Former sub-4 minute miler Keith Wheeler will face in-form runners Bert Carse, Ken Gilbert and Brian Foley. Former State 400m Hurdler Wally Groom has made a return to athletics in this age group but may only compete in the hurdles.

These are going to be a tremendous Championships and Easter just cannot come too soon.

One final note. The Mucky Duck Bush Band will feature at the Dinner. Some tickets still remain and further orders should be placed now to avoid disappointment.

MEDICAL FACILITIES FOR NATIONAL VETERANS ATHLETICS
CHAMPIONSHIPS
PERRY LAKES, PERTH - MARCH 24TH - 27TH

1. SPORTS PHYSIOTHERAPY

This will be provided by physiotherapists from "LIFESPOT SUPERDROME". Mr. Denis Boyd, Managing Director of "Lifesport Superdrome" has kindly agreed to sponsor the championships by making available to us for the duration of the championships the services of sports physiotherapists.

2. FIRST AID POST

A First Aid Post will be provided by the Claremont Division of ST. JOHN'S AMBULANCE AUSTRALIA. We would like to acknowledge here the support of the CAPITA FINANCIAL GROUP, who have made a generous donation of \$300, which will be made to St. John Ambulance, Australia on behalf of the WA Veterans Athletics Club in return for their services.

3. MASSAGE

Ms. Sheila Simons, Director of the School of Massage at the MT. LAWLEY COLLEGE OF TAFE and Ms. Prue Fitzpatrick, Secretary of THE WA ASSOCIATION OF MASSEURS, are arranging for the duration of the Championships a roster of trained masseurs and masseurs in their final year of training. Free massages will thus be available to athletes pre or post competition during the championships.

4. MEDICAL EQUIPMENT

In addition to the above services, one well known pharmaceutical firm, BEIERSDORF (BDF) AUSTRALIA LTD. have kindly agreed to make available to us a selection of materials such as bandages, tapes, adhesive strapping, support foam, etc. and deserve our thanks and recognition.

5. MEDICAL PERSONNEL

A number of Medical Practitioners have agreed to make themselves available and give a few hours of their time. There will be at least one Medical Practitioner on the scene throughout the championships.

FIRST AID ANSWERS. (From page 2)

1. Clear the patients AIRWAY. Place in the COMA POSITION. Cover to keep warm and seek MEDICAL AID.
2. Clear the patients AIRWAY. Start MOUTH to MOUTH RESUSCITATION (E.A.R. EXPIRED AIR RESUSCITATION) immediately. Start HEART COMPRESSION. E.C.C. (EXTERNAL CARDIAC COMPRESSION). Call for an AMBULANCE. Seek help from passers by. Keep applying C.F.R. (HEART - LUNG RESUSCITATION) until help arrives.

Remember it is in your own interest to be familiar with the above procedures. If YOU KNOW the procedure that is good for the patient, but of course if you are the patient you would hope your partner knows the procedure.

If you don't know the procedure you should contact someone who can teach YOU.

HOW GOOD IS YOUR FIRST AID?

Great run by Karen Gobby

RUNNING in the State Open 3000m Womens Track Championships at Perry Lakes on Saturday Karen Gobby went within two seconds of winning this championship. She recorded a fast time of 10min 34sec.

Not fully recovered from a throat infection and not familiar with the running surface of the Perry Lakes track it was an outstanding effort by the determined Gobby who will now most likely run in the State 10km track race as part of her preparation for the Australian Veterans track championships at Easter in Perth.

In Bunbury on Thursday evening the fourth race of the Hank Stoffers Handicap series was run in testing conditions for all runners. Brian Kennedy starting from a generous handicap of 3min. 55 secs showed a big reversal of form to win the race from Lyle James and George Garland.

It was James starting from scratch who set a constant pace and opened up a commanding lead on Des Phillipson and Don Mason who in turn had a good break on Kennedy followed by the ever improving Mark Pritchard and Jeff Mortimore.

After lap two of the six lap 9.5km race James still held a big lead and it was going to be his race with his only challenge coming from Kennedy.

George Garland, Pritchard or Mortimore.

The back marker, Robert Harding, had no chance of catching James the front runner, but put in three fast laps in a big effort to gain valuable points for the series of races.

With one lap to go, James still held a good lead but was slowing and Kennedy, who must be doing some secret training, was gaining ground on him, with the fit and fast George Garland making a big effort to catch the leaders and the back markers Harding, Alan Taylor, Dave Hedley and Doug Gibbs running to see who would be fastest time. In the run to the line it was Kennedy first home from James and Garland.

Results

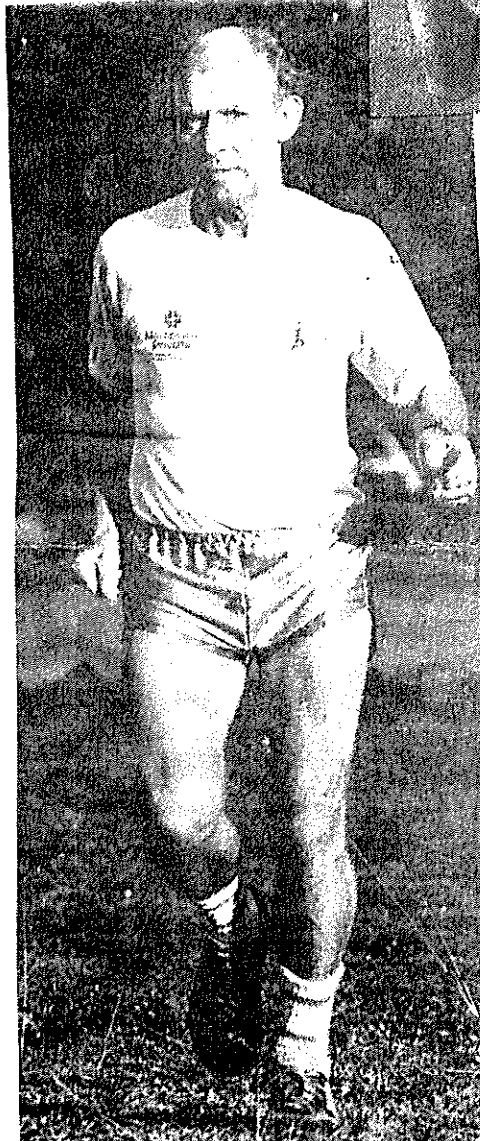
Brian Kennedy, Lyle James, George Garland, Dave Hedley, Mark Pritchard, Alan Taylor, Andrew McLaughlin, Doug Gibbs, Robert Harding, Des Phillipson, Don Mason, Richard Garnsworthy, Jeff Mortimore DNF, Peter McGlinn DNF.

Robert Harding ran fastest time of 37min 18sec, with George Garland 37:24 and Alan Taylor 37:29.

Progressive Points Tally: Brian Kennedy 9, Dave Hedley 8, Jeff Mortimore 6, Damien Gobby and Ian Parker 5, Robert Harding and Lyle James 4, Doreen Dow,

Steve Jones, Shamus Duffy and George Garland 3, Gordon Burgess and Gemma Nokes 2, Jason Gobby, Alan Taylor and Mark Pritchard 1.

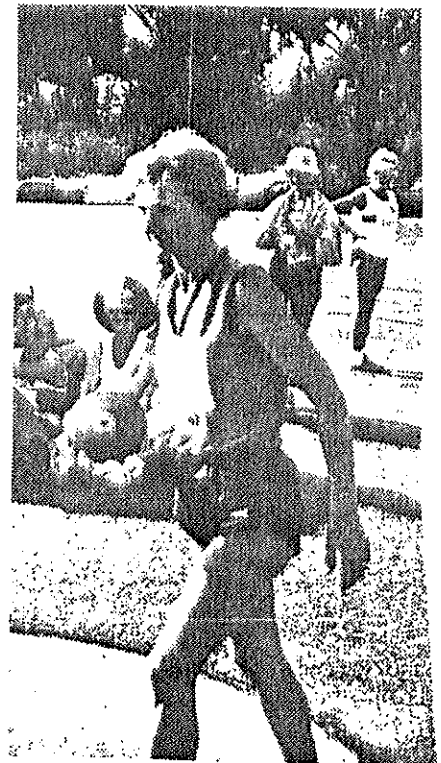
The next race series will be held in March and is sure to attract a big field.



Brian Kennedy, cashed in on the kindness of the handicapper.



Watch out for the sun at the Champs.



Barbara Wilson Albany

OAKES RACE TIME FORMULA

This is a formula for predicting or comparing running times over a variety of distances, that I came across in a UK magazine.

The formula is

$$S = d / t (1 + \sqrt{200/d})$$

In the table below are the various factors used in the calculation of race times, (with names given to them, for simplicity), and times compared with a 10km time of 39min 8secs (my own PB). The factors used are:-

Distance (d) Obvious, but must be expressed in metres

Time (t) In seconds.

Oakes Factor (S) As calculated by formula.

10km Factor = Oakes Factor for Distance / Oakes Factor for 10km

Speed Factor = 10km Factor x 10000 / Race Distance(m).

Predicted Time = 10km Factor x 10km time.

Apart from the time, only the Speed Factor is interesting as is it directly relevant. For instance a person running only 5km could be expected to run it in 95% of the time taken to run half of a ten kilometre run.

The final column shows my own PB's at various distances compared with the predicted times. The predicted times are quite close except for the marathon. Up to 5 km the times are on the track and the others were on accurately measured courses.

Like any formula the times are only a guide but this one seems quite accurate, if you train for the distances to be compared. If anyone would like a copy based on their own times, just see me (Mike Rhodes) after a run and I will get the computer to produce the figures.

OAKES RACE TIME FORMULA

10km Time	Min		Sec					
	39		8					
DISTANCE	OAKES FACTOR	10KM FACTOR	SPEED FACTOR	PREDICTED TIME		COMPARATIVE TIME		
				Min	Sec	Min	Sec	
400 m	3.91	0.03	0.67	1	2	1	0	
800 m	8.89	0.06	0.76	2	22	2	21	
1000 m	11.52	0.08	0.79	3	5			
1500 m	18.31	0.13	0.84	4	54	4	44	
2000 m	25.32	0.17	0.87	6	47			
3000 m	39.74	0.27	0.91	10	39	10	34	
4000 m	54.48	0.37	0.93	14	36			
5000 m	69.44	0.48	0.95	18	36	18	29	
6000 m	84.56	0.58	0.97	22	39			
8000 m	115.13	0.79	0.99	30	51			
10000 m	146.02	1.00	1.00	39	8	39	8	
12000 m	177.13	1.21	1.01	47	28	47	52	
15000 m	224.12	1.53	1.02	60	3			
16000 m	239.85	1.64	1.03	64	16			
20000 m	303.03	2.08	1.04	81	12			
21100 m	320.47	2.19	1.04	85	53	86	44	
25000 m	382.46	2.62	1.05	102	30			
42195 m	657.95	4.51	1.07	176	20	202	43	

WE WELCOME A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

Lesley Romeo	77, Arlunya Avenue, Cloverdale. 6105.	277 2048	17/Oct/44
Keith Wheeler	456, Great Eastern H'way, Guildford. 6055.	274 2902	11/Jun/43.
Ronald B Scott	lot 113, Harley Street, Stoneville. 6554.	295 2760	22/May/45
Lynn Carter	53, June Road, Safety Bay. 6169.		08/Apr/48
Iatti McCarthy	87, Meriwa Street, Nedlands. 6009.	386 5008	11/Apr/45
Rosemarie Weighell	45, Nelson Crescent, Lesmurdie. 6076.	291 6532	16/Nov/40
Linda R Noble	51, Regent Street, Albany. 6330.		16/Mar/56

ALL PASSED AT COMMITTEE MEETING 15th FEB 1989

EVERY BODY'S DOING IT ! AND I DON'T WANT TO BE LEFT OUT.

I have changed from Lorna Butcher back to my given name which is LORNA IAUCHIAN. But like Jill will answer to anything.

THE DEADLY MEDLEY RELAY. 5th February 1989. Yokine Reserve.

For a change the 44 runners and many helpers were treated to a cool run and this was reflected in the close tussle for the top three places - only 9 secs seperated first from second and a further 16 secs to third. Congratulations to those teams and to all participants for some fine running.

As Brian Foley mentioned at the end of the run, this is an unusual run for the club as it is a "teams" event, thus giving an opportunity to socialise more closely. At the same time, like a handicap, it does give the slower runners a chance for success because wevtry to balance the teams - not always successfully! Finally, a relay does give us a chance to do some hard interval running and some of the performances by the 2km runners such as Dave Reid, John Molloy, John Pellier, Bob Sammells, Kevin Martin, Joe Yates and Hugh Kirkman were very smart. Well Done!

It was also good to see new (or Prospective) members Mike Watts, Ann Shaw, Toni Franks, Judy Hill, Sheila Smithwick, Gary Lee and Linda Taylor enjoying their chance to record PBs over a measured distance.

Nice to see Joan Pellier showing a good turn of speed again; Patricia Weston figuring amongst the medal winners; Ann Turner enjoying a run on her "home ground" and Judy Kirkman improving with each run.

Special appreciation to George Schaeffer, Rob Raymen and Ted Maslen for helping us make up teams at the last moment. (Ted was actually on a standby flight and rang the evening before!) Also thanks to Peter Hill and Judy - Peter let us know that he was ill but turned up to help and encourage Judy. Barrie Thomsett also couldn't make it but son Ian turned up to help or run!

As usual our walkers Dick Horsley, Jack Collins and Val Tyson showed their form over 5km and looked very nifty!

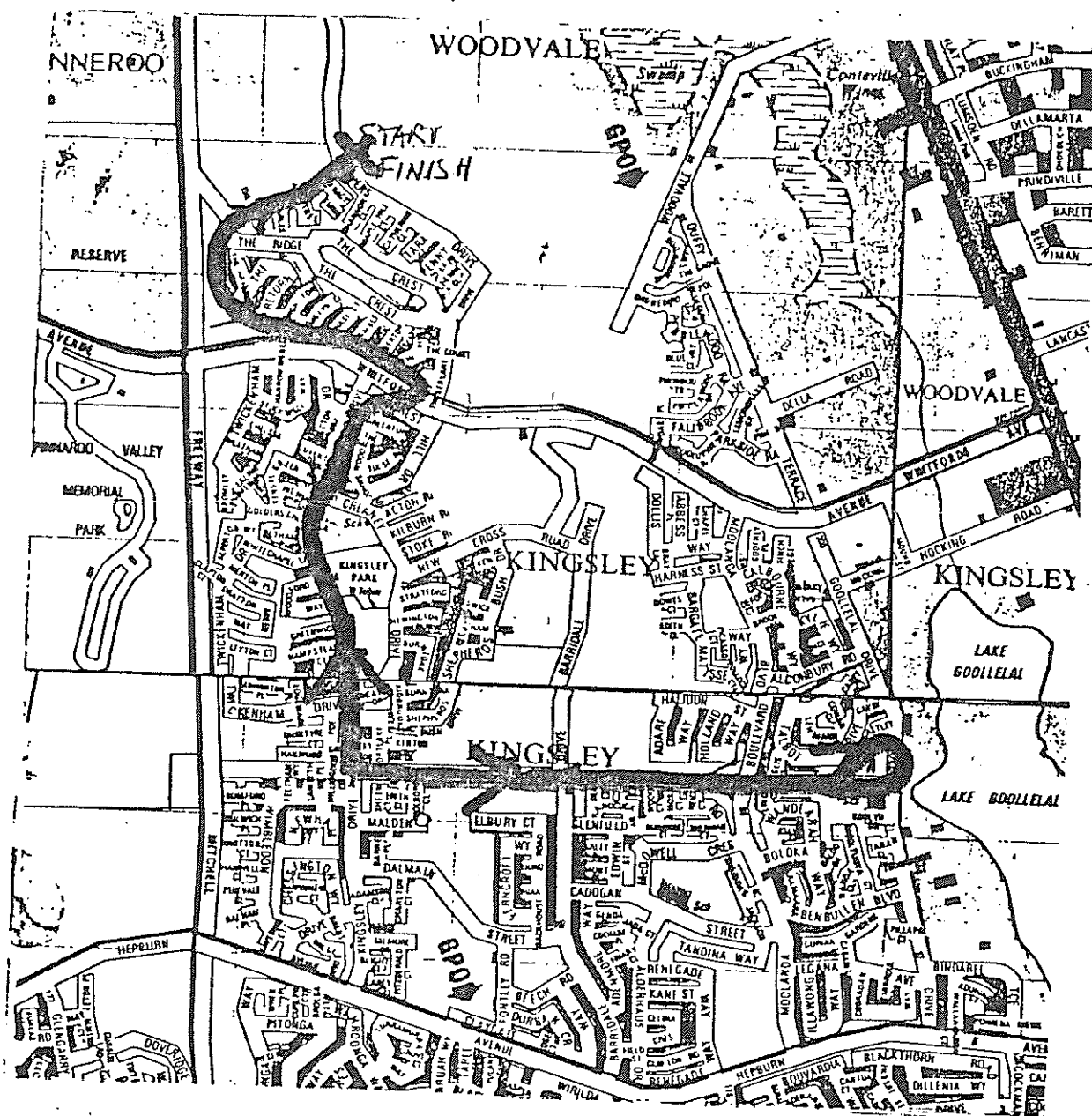
Ray ("Silver Fox II") Lawrence was missing his running mate Merv ("Silver Fox I") Moyle but ran strongly as did maxine santich, recently moved from Kalgoorlie and looking forward to more club runs.

Finally thanks to all who "lent a hand" Fred Hagger, Don Caplin, Ian Thomsett, Peter Hill and Jill Midolo and to all runners for your support.

Kath and Basil.

RESULTS:-

<u>1st</u> Dave Reid	<u>2nd</u> John Molloy	<u>3rd</u> John Pellier	<u>4th</u> Brian Foley
Rod Stewart	David Carr	Rob Raymen	Ray Lawrence
Patricia Weston	Leo Hassem	Anne Shaw	Rosa Davis
Michael Watts	Linda Rhodes	Jacjie Greenfield	Keith Forden
<u>5th</u> Hugh Kirkman	<u>6th</u> Ted Maslen	<u>7th</u> Kevin Martin	<u>8th</u> Joe Yates
Gary Lee	Mike Rhodes	Maxine Santich	Bryan Hardy
Dorothy Whittam	Judy Kirkman	Sheila Smithwick	Peggy McLiver
Basil Worner	Joan Pellier	Patricia Carr	Toni Franks
<u>9th</u> Bob Sammells	<u>10th</u> Brian Danby	<u>11th</u> George Schaeffer	
Bill Crëllin	Margery Forden	Alicia Ansell	
Judy Hill	Anne Turner	Linda Taylor	
Jan Johnson	Syd Bowler	Jeff Whittam	



FORDEN'S RUN

2-4-89

VENUE

66 Trappers Drive Woodvale 8.00 a.m. start.

COURSE

Out & Back. 5 km and 10.8 km with a loop.

DIFFICULTY

Rolling Hills.

SURFACE

Bitumen Roads and Cycleway.

HAZARDS

Normal Traffic on roads - children - cycles and skateboards. Watch out for dogs!

DRINK STATIONS

At HALFWAY

FACILITIES

Showers if required, morning tea and barbecue
No animals please.

TYPE OF EVENT

Open Handicap.

COMMENTS

A hilly run for those attempting the longer run, with a reasonable degree of difficulty.

RACE ORGANISER

Keith Forden, Phone No. 409 6693.

* NOTE -

PLEASE: DO NOT PARK ON GRASSED VERGES.

SOUTH WEST CHAMPIONSHIPS. TRACK & FIELD. CAPEL 28 -29 January 1989.

A good number of Club members went down to Capel for the 28th Australia Day South West Championships, most with a degree of success. There were some good stories to come from it, like this one from one of those camping at the oval.

On hearing that the longest race for women was the 3km, one of the ladies wanted to do a longer distance and was told by her friend organising the camping side that she had managed to get her into an 8km run and "that will be \$10 I want off you". Thinking this was for the camping fees she paid up but on arriving at Capel found that the camping was free and the \$10 was for her entry into the PROFESSIONAL race and she was off the limit handicap of 9½ minutes. It turned out to be one of those lucky mistakes though as she came 2nd in the event, only being overtaken in the last 500m, and won \$200 for herself. Or the other that thought it seemed late for a race to be starting on the Saturday night and kicked herself for not inspecting the 'equipment' when she realised she had missed the "Midnight Streak".

RESULTS:- Veterans Events unless stated.

<u>100m</u>		<u>200m</u>		<u>400m</u>	
Eileen Hindle	13.00	Eileen Hindle	26.6	Joy Sanger	68.8
Lynne Choate	13.2	Lynne Choate	27.1	Dorothy Whittam	79.3
Jan Johnson	13.5	Jan Johnson	27.4	Patricia Carr	84.9
Joy Sanger	14.0	Joy Sanger	29.2	Allen Tyson	71.4
Dorothy Whittam	14.4	Dorothy Whittam	30.6	<u>800m</u>	
Val Prescott	15.8	Val Prescott	32.1	Joy Sanger	2.58.1
Patricia Carr	15.9	Patricia Carr	33.9	Val Prescott	3.16.0
Jackie Greenfield		Jackie Greenfield		Patricia Carr	3.20.0
	15.9		35.5	Brian Foley	2.13.1
Shirley Cross	16.8	Shirley Cross	36.7	Don Caplin	2.15.4
Norm Richards	12.9	Norm Richards	27.8	<u>1500m</u>	
Allen Tyson	15.6	Allen Tyson	31.5	Brian Danby	4.46.9
<u>100m Hurdles (open)</u>		<u>3000m</u>		Rod Stewart	5.09.2
Eileen Hindle	15.8	Jackie Greenfield	16.06	Dave Carr	5.36.0
<u>110m Hurdles</u>		Brian Foley	10.50	Allen Tyson	5.37.0
Norm Richards	22.1	Lyle James	12.58	<u>Javelin</u>	
<u>10000m</u>		<u>Shot</u>		Joy Sanger	22.08
Rod Stewart	41.47.8	Jeff Whittam	7.54	Dorothy Whittam	18.58
<u>1500m Walk</u>		Dorothy Whittam	7.09	Patricia Carr	12.80
Joy Sanger	8.27	<u>Discus</u>		Norm Richards	27.72
Jackie Greenfield		Dorothy Whittam	17.64	Allen Tyson	21.84
	9.54	Patricia Carr	12.58	<u>Hammer</u>	
Shirley Cross	11.02	Norm Richards	23.54	Dorothy Whittam	19.04
<u>3000m Walk</u>		Jeff Whittam	20.04	Jeff Whittam	20.15
Jeff Whittam	22.50	Allen Tyson	17.52	Allen Tyson	17.33
Shirley Cross	25.22	<u>Triple Jump</u>		<u>4x100m Relay</u>	
<u>Long Jump</u>		Eileen Hindle	10.65	Norm Richards	
Eileen Hindle	5.20	Jan Johnson	9.59	Rod Stewart	
Joy Sanger	4.38	Lynne Choate	9.45	Allen Tyson	
Lynne Choate	4.38	Joy Sanger	9.44	Bernie Oliver	55.9
Jan Johnson	4.17	Dorothy Whittam	8.59	Lynne Choate	
Dorothy Whittam		Patricia Carr	7.64	Shirley Cross	
	3.89	Norm Richards	9.47	Val Prescott	
Patricia Carr	3.50	<u>High Jump</u>		Dorothy Whittam	59.9
Norm Richards	4.96	Norm Richards	1.35		
Rod Stewart	4.64	<u>8000m (professional)</u>		Jan Johnson	
<u>Long Jump (open)</u>		Alicia Ansell 9½	34.46	Jackie Greenfield	
Eileen Hindle	5.40	Dave Reid 3.00 ??		Patricia Carr	
<u>100m</u>		<u>3000m Walk</u>		Joy Sanger	60.1
Bernie Oliver	13.6	Phyllis Head	22.50	<u>1500m</u>	
				Val Prescott	7.08.8
				Phyllis Head	8.17.1

Eileen Hindle also finished 2nd on points for the Australia Day Medal.

NATIONAL VETERANS RANKINGS. TRACK & FIELD.

Mike Hall of The Veteran Athlete is compiling rankings for the period from the World Games in Melbourne until the 31st December 1988. If you think you have a performance that could enter you into the rankings please write direct to Mike. Mike Hall, McInnes Road, Tynong North. Victoria. 3813.

POINT WALTER RUN. 29th January 1989.

The Point Walter run was held on the holiday weekend, in ideal to warm conditions.

A record number of 121 participated in the two events. 43 including 7 visitors ran the 5.8km shorter course and 76, with 14 visitors competed in the 11.4km longer event. This year for the first time the longer race was made into a handicap event, also two members walked over the short course twice. The race was a success and thanks are due to all the persons who helped directing, recording, at the drinks station and setting up. Your efforts v greatly appreciated.

RESULTS;- 5.8km winners *men

1. John Spencer	M50	25.50*
2. Gill Roberts	W40	26.12#
3. Serge Toussaint	M40	26.25*
4. John Maddison	M50	26.45
5. Brian Jones	M60	26.52*
6. Peggy McLiver	W40	28.02
7. Bill Hughes	M60	29.00
8. Kath Penton	W45	29.06#
9. Basil Worner	M55	29.32*
10. Joan Pellier	W45	29.44
11. John Edwards	M45	29.52*
12. Alyson Aldrich	W45	30.03
13. Sue Sanders	W35	31.42#
14. Duncan Strachan	M65	31.43*
15. Iatti McCarthy	W40	33.33
16. Patricia Weston	W50	34.14#
17. June Strachan	W60	34.18#
18. Leo Hassan	M55	34.42
19. Ernie Moyle	M60	34.43
20. Lorna Rutter	W55	34.49#
21. Karen Crellin	W40	35.26
22. Fred Hagger	M60	35.27
23. Rosa Davis	W45	35.34

Barbara & Bernard Godwin.

24. Shorty Turner	M50	37.21
25. Maxine Tapper	W40	37.24
26. Lynne Schickert	W45	37.35
27. Nora Berry	W55	39.12
28. Jaqui Jenkins	W40	40.35
29. Judy Hill	W40	41.21
30. Mary Robinson	W50	41.45
31. Jackie Beaumont	W50	41.46
32. Barbara Buchanan	W40	42.01
33. Toni Frank	W40	43.10
34. Jenny Willers	W40	46.24
35. Dick Horsley (Walk)	M75	46.49

Visitors

Micheal Sanders	24.02
Antoinette Shaw	26.50
Jeffrey Sanders	29.38
Cindy Dartnell	31.12
Judy Kirkman	37.48
Jewell McRae	38.18
Julie Hartman	41.03
Doug Goodwin	46.23

11.4km.

		Clock	H'CAP	Actual				
1. Margaret Harman	W50	58.15	11.30	46.45	31. Ray Attwell	M40	64.57	18.00 47.00
2. Maureen Stewart	W45	58.27	11.30	46.57	32. Hugh Kirkman	M45	65.08	24.00 41.08
3. John Dartnell	M40	59.20	10.00	49.20	33. Elza O'Dea	W50	65.09	8.30 55.39
4. Tony Speechley	M40	61.21	13.00	48.21	34. Brian Aldrich	M55	65.10	14.00 51.10
5. Mike Rhodes	M40	61.36	18.00	43.36	35. Morris Warren	M50	65.11	17.30 47.41
6. Frank Smith	M45	61.38	24.00	37.38	36. Alan Pomery	M55	65.23	16.30 48.53
7. Keith Forden	M50	62.14	13.30	48.44	37. Bryan Hardy	M45	65.29	18.30 46.59
8. Kevin Martin	M50	62.21	18.30	43.51	38. Bob Schickert	M45	65.30	24.00 41.30
9. Dave Roberts	M45	62.24	19.45	42.39	39. Margery Forden	W45	65.36	15.30 50.06
10. John Pellier	M45	62.50	18.30	44.20	40. Eddie Strickland	M70	65.37	10.00 55.37
11. Vic Beaumont	M55	63.01	13.00	50.01	41. Dalton Moffett	M55	65.57	18.00 45.57
12. David Bryant	M40	63.02	14.00	49.02	42. Frank McLinden	M55	65.58	20.45 45.15
13. Bert Carse	M45	63.17	24.30	38.47	43. George Schaeffer	M55	66.05	19.45 46.20
14. John Cunningham	M45	63.19	14.00	49.19	44. John Pressley	M40	66.15	23.30 42.45
15. Bob Farrell	M45	63.21	11.30	51.51	45. Ron Potter	M45	66.21	16.00 50.21
16. Leonard Mort	M40	63.24	13.00	50.24	46. Margaret Birks	W40	66.24	15.30 50.54
17. Mike Watts	M40	63.29	15.30	48.01	47. Selby Munsie	M55	66.27	7.30 58.57
18. Peter Hill	M40	63.31	18.30	45.01	48. Anne Turner	W50	66.38	9.30 57.08
19. Bob Sammells	M50	63.33	19.45	43.48	49. Paul Martin	M45	66.57	20.45 46.12
20. Paula Szpak	W35	63.35	14.00	49.35	50. Derek Drayson	M65	66.58	13.00 53.58
21. Rob Boggs	M40	64.04	17.30	42.34	51. Richard Harris	M50	67.09	16.30 50.39
22. Dave Muir	M40	64.09	22.30	41.39	52. Barrie Munyard	M45	67.17	17.30 49.47
23. Bill Crellin	M50	64.11	15.30	48.41	53. Patrick Sheerin	M55	67.20	8.30 58.50
24. Warren Gee	M35	64.20	22.30	41.50	54. Stewart Hicks	M65	67.28	9.30 57.58
25. Jeff Spencer	M45	64.36	13.00	51.36	55. Joe Trovato	M45	67.56	19.45 47.11
26. Arnold Jenkins	M40	64.39	18.30	46.09	56. Ray Lawrence	M60	68.06	8.30 59.36
27. Tim Fry	M55	64.47	18.30	46.17	57. Norm Miller	M55	68.10	9.30 58.40
28. Maurice Smith	M50	64.50	23.00	41.50	58. Linda Rhodes	W40	68.21	9.30 58.51
29. Colin Leman	M40	64.51	23.00	41.51	59. Syd Bowler	M65	69.56	4.00 65.56
30. Phyllis Farrell	W40	64.57	8.30	56.27	60. Cliff Bould	M70	69.58	5.00 64.58
					61. Syd Butcher	M60	70.09	7.30 62.39
					62. Gordon Florence	M50	70.44	11.30 59.14

WALKERS

Jack Collins	M75	96.48
Barrie Thomsett	M45	96.48

14 visitors also completed the 11.4km course.

CLUB TENTATIONION CHAMPS. PERRY TAKES. 19th February 1989.

SOUTH COAST HATHOR CHAMPIONS - PERRY TAKES 19th February 1989.											
	LONG dist	JUMP pts	200m		JAVELIN		DISCUS		1500m/ 800m		Total points
			time	pts	dist	pts	dist	pts	time	pts	
Dorothy Whittam	3.77	500	30.4	848	18.60	318	16.08	139	3.31.0	528	2333
Patricia Carr	3.19	318	34.1	621	14.14	215	13.56	56	3.23.2	654	1864
Peggy McLiver	3.89	406	29.7	735	13.44	147	15.58	107	2.34.4	861	2256
Jan Johnson	3.75	360	28.3	826	14.98	188	15.48	104	3.01.4	645	2123
Linda Rhodes	2.98	106	37.4	234	13.50	149	15.98	119	3.18.9	505	1113
David Carr	3.99	396	27.3	873	25.16	424	19.66	270	5.01.6	892	2855
Harry Holland	4.76	449	26.1	801	35.36	338	29.74	533	5.27.6	337	2458
Micheal Marsh	4.26	382	28.3	693	30.60	515	26.90	423	-	000	2013
Allen Tyson	3.01	95	30.6	666	19.92	278	19.60	209	5.55.6	698	2006
Alan Stone	-	000	-	000	35.62	717	32.42	628	-	000	1345
Bob Fergie	-	000	-	000	23.80	345	24.54	364	-	000	709
Arnold Jenkins	3.42	000	w/d	000	22.20	220	16.94	167	6.28.5	283	670
Jeff Whittam	2.78	000	40.5	000	18.82	205	21.26	282	w/d	000	487

Thanks to Bob Fergie for organising this event and working out the points.

'Thanks to Bob Pergie for organising this event and working out the points.

A.A.W.A. STATE T & F CHAMPS. 1st Day 14th February 1989.

1500m		400m			
Brian Foley	4.24.0	Peggy McLiver	64.1PB	Triple Jump	
Mike Rhodes	4.40.1	Patricia Carr	76.9	Eileen Hindle	10.89
David Carr	4.49.0	Peggy McLiver(final)	66.1	Jan Johnson	9.63
Brian Foley did his best time in 7 years and				100m Hurdles	
Peggy made the final of the Open Womens 400m				Eileen Hindle	15.9

Brian Foley did his best time in 7 years and Peggy made the final of the Open Womens 400m with another PB.

DAY 2. 12 February 1989.

<u>100m</u>		<u>400m Hurdles</u>		<u>800m</u>	
Eileen Hindle	13.0H 12.9F	Eileen Hindle	67.7	Peggy McLiver	2.31.3
Jan Johnson	13.5H 13.0F	<u>Hammer</u>		Kath Holland	2.38.6
		Dorothy Whittam	18.90		

Eileen set a State W40 record in the 400m hurdles, Kath set a new record.

for the W45 in the 800m and Peggy recorded yet another PB in the 800m.

DAY 3 18th February 1989.

<u>200m</u>		<u>800m.</u>		<u>Long Jump</u>	
Eileen Hindle	26.3	Ken Gilbert	2.06.9	Eileen Hindle	5.21 (3rd)
Jan Johnson	27.2	Brian Foley	2.08.8	Jan Johnson	4.45
Kath Holland	28.6	David Carr	2.15.4	Dorothy Whittam	3.76
Leggy McLiver	29.0	<u>3000m S/Chase</u>			
Dorothy Whittam	29.6	David Reid	10.35.5		
Patricia Carr	33.0				
<u>Final</u>					
Eileen Hindle	25.8				

FERRY LAKES Saturday 4th February 1989.

<u>Long Jump</u>		<u>100m</u>		<u>300m</u>	
Eileen Hindle	5.47	Eileen Hindle	13.8	Mike Rhodes	2.17.0PB
Jan Johnson	4.54	Jan Johnson	14.4	David Carr	2.22.0
Dorothy Whittam	3.72	Dorothy Whittam	15.3	Peggy Feliver	2.39.3
Patricia Carr	3.2?	Patricia Carr	17.0	<u>200m</u>	
<u>100m Hurdles</u>		Mike Rhodes	14.2	Eileen Hindle	28.3
Eileen Hindle	70.0	David Carr	15.3	Peggy Feliver	30.1
<u>5m Walk</u>		<u>Hammer</u>			
Shirley Cross	22.59	Dorothy Whittam	18.80		

SIKES SET WHO STATE RECORDS IN THE 400M HURDLES AND LONG JUMP.

A VERY HAPPY BIRTHDAY TO OUR "MARCH" MEMBERS

02-MAR-42	BOWEN	: Jeffrey	turns	47	remains	M45
02-MAR-34	HARRIS	: Raymond K	"	55	becomes	M55
02-MAR-46	HIGGS	: Warren J	"	43	remains	M40
06-MAR-38	FAUNGE	: Michael J	"	51	"	M50
06-MAR-42	SMITH	: Frank	"	47	"	M45
06-MAR-45	STONE	: Jo	:	44	"	W40
08-MAR-48	SIM	: Angus M	"	41	"	M40
09-MAR-30	BUTCHER	: Lorna	"	59	"	W55
11-MAR-49	AMOUROUS	: William P (Bill)	"	40	becomes	M40
11-MAR-44	FOLEY	: Brian	"	45	"	M45
12-MAR-16	BOULD	: Clifford	"	73	remains	M70
12-MAR-36	MONKS	: William	"	53	"	M50
13-MAR-52	SANTICH	: Maxine	"	37	"	W35
14-MAR-53	GILLINGHAM	: Timothy H	"	36	"	M35
14-MAR-29	JOHNSON	: Kirt	"	60	becomes	M60
16-MAR-35	GUITON	: Patrick	"	54	remains	M50
18-MAR-53	GOBBY	: Karen L	"	53	"	W50
19-MAR-46	HOSKINS	: Stuart H	"	43	"	M40
20-MAR-39	COOTE	: Stephen J	"	50	becomes	M50
20-MAR-40	KERNAGHAN	: Barrie	"	49	remains	M45
20-MAR-40	LOLY	: Mitch	"	49	"	M45
20-MAR-47	MOSELEY	: Kim	"	42	"	M40
20-MAR-45	SANDERS	: Peter	"	44	"	M40
20-MAR-32	SHAND	: Robert Ian	"	57	"	M55
21-MAR-48	LINDSAY	: John C	"	41	"	M40
22-MAR-39	CAPLIN	: Donald	"	50	becomes	M50
22-MAR-38	HARMAN	: Margaret	"	51	remains	W50
22-MAR-38	MADDISON	: John	"	51	"	M50
23-MAR-44	SPEECHLEY	: Anthony	"	45	becomes	M45
23-MAR-44	WOLF'S	: Barry	"	45	"	M45
24-MAR-49	HOLMES	: Robyn L	"	40	"	W40
26-MAR-22	STRACHAN	: Duncan	"	67	remains	M65
27-MAR-47	BERG	: Bob	"	41	"	M40
27-MAR-53	YATES	: Avril	"	35	becomes	W35
28-MAR-48	HILL	: Peter	"	41	remains	M40
29-MAR-52	HAZELL	: Douglas C	"	37	"	M35
30-MAR-44	MacLIVER	: Peggy	"	45	becomes	W45
31-MAR-52	GILCHRIST	: Doug	"	37	remains	M35
31-MAR-40	HOLLAND	: Kathleen	"	49	"	W45
31-MAR-42	JENKINS	: Luella	"	47	"	W45
31-MAR-39	McGLASHAN	: Rosemary	"	50	becomes	W50

FROM THE A.C.T. NEWSLETTER.

HEART DISEASE by Peter Tesseyman, M60

I have learnt a lot about heart disease over the past few weeks - unfortunately, I have learnt the hard way. One of the most startling facts is that every male over 40 is a high risk factor for heart disease, regardless of his lifestyle. The good news for readers is that if you are fit you have a better chance of surviving a heart attack. Upper body pains are the first signs you get that indicate you may have a heart problem, this is called ANGINA - it simply means that your heart is complaining because it's not getting enough blood through the arteries to meet the demands you are putting on it, ie, as in racing in my case. I have always been under the impression that Angina was a chest pain, that's why I was slow in coming to terms with my problem. I've since learnt different - you can have angina pain around the jaw, in the neck and across the shoulders and upper arms, as in my case.

I think the writing was on the wall for me back in June when Mike Adler approached me about doing a profile on my past sporting life - he probably thought I was beginning to look a bit long in the tooth and get a story while I was still around! I first noticed I had a problem in the Vets Fun Run. I had trained well for the race and felt good at the start but after about 1km I got this strange dead feeling across my shoulders and upper arms, about the same time I got a pinch up the backside from Jo. Normally I would have tucked in behind her - she wasn't on a fast time having run 40k the day before, but when I asked my legs to move into overdrive, they did not respond. After that it was just a case of hanging on. I finished the race in a very distressed condition with a king-size headache but after a hot drink and a rub down, I felt ok. The thought that I may have a heart problem never crossed my mind.

I thought a lot about how I had run while driving home and decided I had been due for an off-day and set my sights on Belconnen the following week. I trained well with no further pain and was on the front line of the grid for the start of the Belconnen Fun Run, but it was the same story as the week before, but the pain in my shoulders and upper arms was more intense. I had this feeling that I wanted to walk and I had only been running about 4 minutes. I felt devastated. Runners I normally beat were streaming past me. I decided to hang on the best I could until I reached the cycle path. I had been walking for a while when Keith came past - he must have thought all his Christmases had come at once seeing me waling in an 8K Fun Run. After a while I felt better - Linda Lenton came past and asked if I was ok which I thought was very nice of her. I eventually broke into a very slow jog, my car was parked about 400m before the finish. I remember looking at my watch and it was 10.50am. I sat in the back of the car totally dejected, wondering why the wheels had fallen off, me not the car. After a while my son came over. He had been hanging around at the finish and given me up for lost. After a drink and change I felt ok. Still the thought that I may have a heart problem never crossed my mind but I knew that my next move was to see my doctor.

It was a couple of days after Belconnen when I finally made it to the doctor's. After relating my symptoms, he said it sounds like your heart is playing up, but I'm not sure - he checked my blood pressure which was normal. He asked me to come in early next day for more tests and in the meantime, stop all forms of exercise until he knew what the problem was. I had an ECG, blood tests, chest x-ray etc. My blood cholesterol level was normal. In fact all these tests showed me to be in good shape. The only option now for the doctor was a stress test. At this stage I still wasn't prepared to accept the fact that I may have a heart problem. The doctor booked me in for a stress test at Royal Canberra Hospital the following Wednesday. In the meantime, I had to stop work and all forms of exercise. Thankfully, the Olympic Games had started which helped to take my mind off my problem. In the days before the test, I started to feel tired and listless all the time and never had the urge to put my running gear on and head into the bush.

It seemed strange driving to Canberra for reasons other than running. I knew before the test I was going to flunk it, I had this feeling about myself. When the doctor told me the facts I wanted to weep but my son was waiting outside the door, so I had to put on a brave front. When I told him the bad news he thought I was having him on. The doctor booked me in for an ANGIOGRAM at Woden Valley Hospital and sent me home with orders to stop everything. Three days later at 3am on the Saturday morning of the long weekend, I awoke with this shocking pain in my chest, the doctor had given me some pills to place under my tongue if I had a heart attack. They did not do much good. I rang the emergency number and inside an hour I was in Moruya Hospital, 3 days later I was on my way to Canberra for the second time in six days, this time in the back of an ambulance. I was in Royal Canberra for 10 days. I have not dwelt much on the emotional aspect a heart victim goes through but its bloody hard to come to terms with, I think more so for a person who has been very active.

I would like to thank all those who sent get well messages and to the following members who visited me in hospital, I shall be eternally grateful - Jo Cullen, Mike Adler, Jack Pennington, John Mahoney, Ernie Warner, Terry Munro.

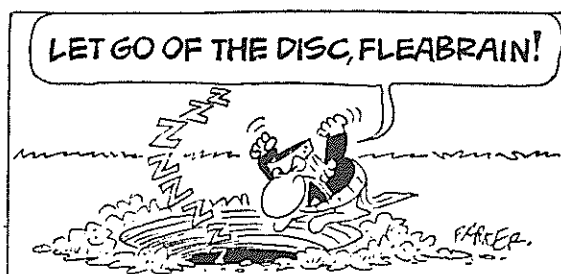
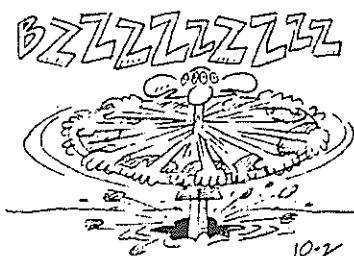
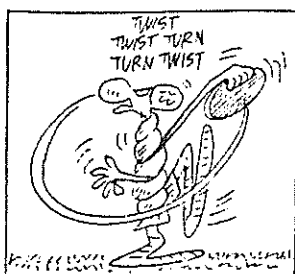
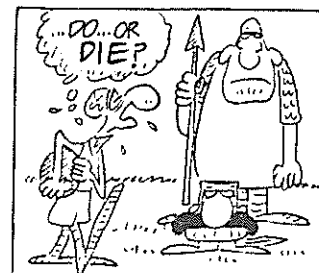
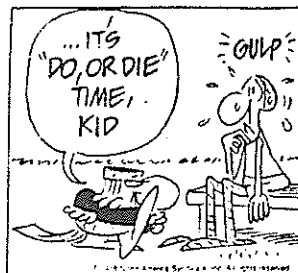
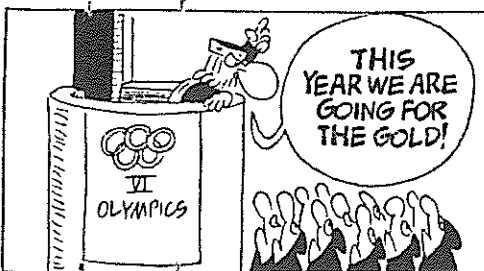
A.A.W.A. T & F RESULTS. PERRY LAKES 25th February 1989.

<u>200m</u>		<u>60m</u>		<u>Triple Jump</u>	
Eileen Hindle	26.2	Lynne Choate	7.9	Jan Johnson	9.58
Lynne Choate	26.4	Jan Johnson	8.3PB	Dorothy Whittam	8.54
Jan Johnson	27.0PB	Patricia Carr	10.4PB	Patricia Carr	7.21
Kath Holland	28.0	<u>3km S/Chase</u>		<u>3km walk</u>	
Dorothy Whittam	29.9	David Reid	10.14.7	Shirley Cross	21.07
Patricia Carr	32.9			<u>1500m walk</u>	
				Shirley Cross	10.22

BIBBULMUN WALK: For those people interested in walking-the-bush on 29th April, there will be a casual meeting after Franks' 'Guess the Distance' run on March 19th. Bring your breakfast and have a say! John Maddison and Arthur Leggett where going to do a reconnoitre and report on conditions. Hear their report! (or alibis')



by Brant parker and Johnny hart



I.....nominate.....
for the position of.....
proposed by.....seconded by.....

I am willing to stand for the above position.

signed.....date.....

ENTRY FORM FOR CLUB 10km TRACK HANDICAP. to be held 13th APRIL 1989. at 7pm
at McGILLIVRAY SPORTS GROUND. ENTRY FEE \$2.00 (With Entry)

NAME..... AGE GROUP.....

LAST THREE 10km TRACK TIMES: 1..... 2..... 3.....

DATES.....

ENTRIES TO:- John Maddison. 39, Ardagh Street, Morley. 6062. Tel. 275 4827
ENTRIES CLOSE 6th APRIL 1989. (Open to Club Members only) BYO BBQ TO FOLLOW

IT'S 7.30 am, the alarm has gone off and you reluctantly roll out of bed. Through the curtains you can see rain. It looks like there's a cool wind blowing too but nothing is going to stop you getting in a few miles before work.

Still sleepy, you drag on your kit, stagger down the stairs and onto the street. You start to run but it's tough going. Your legs feel heavy and the left calf soon begins to hurt...TWANG...the pain is terrible and you clutch at some garden railings to prevent a close inspection of the pavement.

This time you make it home but instead of getting to work on time it's a trip to the local physiotherapist. He collects a few quid from you before explaining that your poor old calf muscle has suffered a nasty strain.

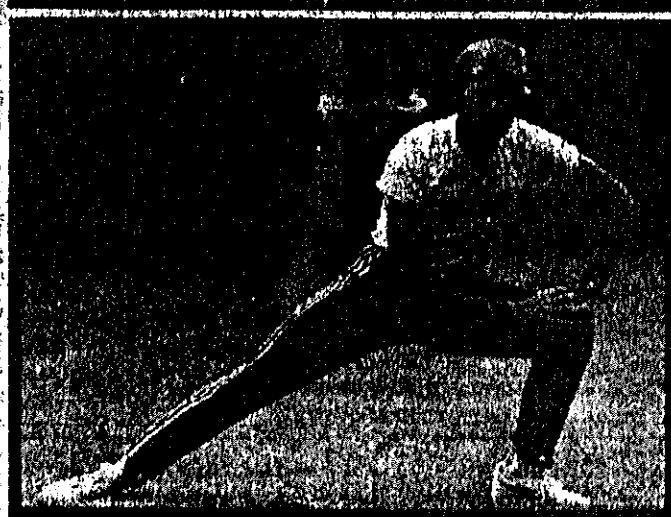
No long term damage — this time — but all the same it means more lost training. Hopefully it's a lesson learned.

A few minutes spent in preparation before every run will get things moving and ready for action. Muscles need to be warmed up and gently stretched — it's pretty boring stuff but like wearing a seat belt it quickly becomes a habit.

Next time you're at the zoo, or if you have a dog, just watch how an animal moves after a period of inactivity. The big cats are classics, they rise slowly and gently, yawn, and carefully stretch out, arching the back and pushing each leg in turn backwards or forwards. They

OUCH... THAT HURTS

Start out right or you could be
 minutes away from disaster



Even stars like Ian Thompson warm up and stretch before running.

are doing what all runners should do — a few simple stretching exercises.

Stretching gently before and after each run will keep muscles soft and relaxed. It also helps prevent stiffness caused by lactic acid build up and by the bloodstream debris that gets trapped when a muscle stops working.

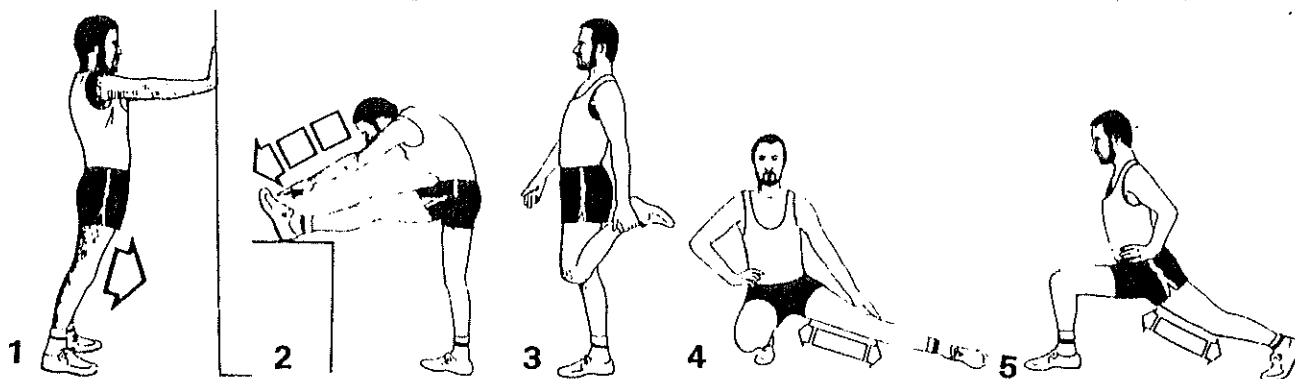
Start the warm up operation indoors if possible and well covered by a tracksuit or other loose clothing, wearing your running kit underneath. Some athletes start with a gentle jog or a few minutes running on the spot but make sure it is gentle otherwise the whole object will be lost.

Once warmed up the actual stretching can begin. The idea now is to subject each muscle area to a gradual build up that will release tension and help prevent that dreaded twang happening again.

Don't rush your stretching but try to work through a regular set before and after each run. Do each exercise three times, holding the position for between 10 and 15 seconds at a time.

The methods shown are basic ones and there are many more that can be used as your suppleness improves. You can even do some stretching while at work or even when just watching television. Try stretching out your toes, flexing your ankle by trying to point toes upwards with the leg straight. There are lots of ways to go about it without anyone else even noticing.

FIVE TO KEEP YOU SAFE



1 So here we go then. Well warmed up after a few minutes jogging on the spot it's time for the first set of three. This is one to stretch the calves at the back of the lower leg.

Lean against a wall with the arms outstretched and the legs straight at hips and knees. Heels are flat on the floor. Now lean in towards the wall slightly until the calves pull. Hold for 10 seconds or so and repeat three times.

2 Hamstrings this time — the powerful group that run from the back of the knee to the lower buttock. Stretch out a leg horizontally onto a chair back or low table — anything firm that holds the leg parallel with the floor. Both hands rest on the toes as the chest is pushed towards the knee. Keep legs straight and hold. Alternate legs, repeat three times.

3 Still on the upper leg, the Quadriceps at the front of the leg. It helps to do this one alongside a wall until you get used to

the balancing act. Raise a leg behind and grasp the ankle, pull upwards, keeping hips forward. Hold 10 seconds and switch legs. Repeat three times for each leg.

4 Upper leg should, by now, be responding to treatment, time to give the Adductors a going over. The Adductors are on the inner thigh, stretch them by pushing one leg out to the side, bending the other knee. You'll feel the familiar pull, hold the position and repeat on both legs.

5 Final stage in the warm up routine takes in the hips. This exercise is to flex the hip — an area often neglected by runners yet one that plays a vital role in controlling your leg movements. Stretch one leg out backwards and bend the knee forwards. Hold for the usual time and repeat... now you're ready to run but don't forget to go through the same routine as a warm down afterwards — it's time well spent.

AUSTRALIAN VETERAN T & F CHAMPIONSHIPS.

OFFICIALS REQUIRED

As well as cometing (or if you are not competing) we would like you to assist in helping as an official. Would you please immediately complete and return this slip to Bob Schickert, 6 Krugger Place, Leeming. 6155.

DATES AND TIMES I CAN HELP

Friday 24/3/89 From _____ to _____ Preferred Event _____
 Saturday 25/3/89 From _____ to _____ " " _____
 Sunday 26/3/89 From _____ to _____ " " _____
 Monday 27/3/89 From _____ to _____ " " _____

NAME _____ Phone No. _____

ADDRESS _____

Postcode _____

As mentioned in previous newsletters, the State Uniform MUST be worn by W.A. competitors when competing at the Nationals next Easter. Gold Vest with Black Trim and our Logo are to be worn with your Black Shorts. The Vests may be now ordered by completing the following form.

Name..... Please Supply the following:-

ADDRESS..... MENS VESTS SIZE.....

.....P/Code..... LADIES VESTS SIZE.....

Sizes available:- Men 14-24 Women 10-20; Price Mens \$7.50 Ladies \$8.60

NO LATER THAN 15 MARCH

NATIONAL CHAMPIONSHIP T/SHIRTS. These are available in WHITE with Black Logo or Black with White Logo. Sizes 10-24 (Unisex) Price \$8.00 each.

Please supply the following:-

Qty.....SIZE.....: QTY.....SIZE.....: QTY.....SIZE.....:

Please forward form to:- Avril Yates, 30, Chapman Road, Calista. 6167. with your cheque made payable to W.A. Veterans Athletic Club.

CLUB T/SHIRTS. These are now available. They are GOLD with BLACK TRIM and have the club badge of the left breast. ther are three styles available. With Collar and three stud fastening, with collar and V/neck or without collar with V/neck. All at \$14.00 each. Sizes 10-24 (Unisex).

Please supply the following

With Collar and Stud Fastening Qty.....Size.....; Qty.....Size.....:

With Collar and V/Neck Qty.....Size.....: Qty.....Size.....:

Without Collar but with V/Neck Qty.....Size.....: Qty.....Size.....:

NAME.....

ADDRESS:.....

.....P/Code.....

Please make out your cheque for these Club T/Shirts to AVRIL YATES. NOT TO W.A.V.A.C. Thank You.

CANTEEN HELP. NATIONAL CHAMPIONSHIPS. I WILL BE AVAILABILE TO HELP:-
 FRIDAY SATURDAY SUNDAY MONDAY (PLEASE CIRCLE DAY/S AVAILABLE)
 () () () () (INDICATE BEST TIME AVAILABLE)
 NAME..... ADDRESS..... TEL.....

Please send to Avril Yates, 30, Chapman Road Calista. 6167. or Tel. 419 1980