

1st July, 1974.

YOUR OFFICE+BEARERS

President; KEITH MACDONALD. (Ph 691746)
 V/Pres. John Gilmour
 " David Carr (762885)
 " Jack Collins
 Sec/Treasurer : Cliff Bould.
 Assisted by Tony Morton.

CONGRATULATIONS to John Gilmour for his fine win in the Australian Veterans
 10,000 m Championship. He'll be unbeatable in Canada.

VETERANS TRACK SEASON

Last Sunday's meeting produced some useful ideas on how we should operate in
 the summer. Some alternatives raised were:

- Meetings similar to our present set-up at McCallum.
- Twilight meetings similar to those conducted at Perry Lakes by the Walkers.
- Participation in present Grade races on Saturdays at Perry Lakes.
- Special Veterans" events within the existing Saturday programme at Perry Lakes

The last of these alternatives seemed the most popular. It was suggested that
 we have a sprint and a distance race each week.

(Dick Horsley reports that W.A.A.A.A. is likely to co-operate when approached.)

Find out what is going on elsewhere in
 Australia. Order The Veteran Athlete
 from Cliff Bould.

Jack Collins, 60+, has at last
 stopped lapping the 1000m course in
 5 mins. He did 4.9 last Sunday.

Dick Horsley, 60+, walker, had 20 minutes to recover from his 1000m race, but
 could still laugh as he ran around the 400m track in 71.6 secs.

LITTLE THINGS THAT MAKE A CLUB TICK

Tony with a pin-up board. Cliff with free professional advice. Norm Lowe without
 sign of frustration though he's been on the injured list since his first race.

THE ATHLETES

The following athletes have had a run recently:

Garry Bartram	Ross Johnson
Cliff Bould	Dave Jones
Arther Briggs	Peter Lewer
David Carr	Norm Lowe
George Cavill	John Lorimer
Jack Collins	Dulcie McDonald
Jim Coventry.	Keith McDonald
John Gilmour	Tony Morton
Noel Goff	Vic Nolan
Bob Hayres.	Jim Smith
	Frank Reginato.

(Tony has collected fees from nearly all.)

The Champs. World championships or records to Bould, Gilmour, Horsley.

The Dads. Several of us have children participating in athletics.
(Noel Goff best sire; son Robbie is of decathlon fame.)

The coaches We have a wealth of coaching experience in men like Gilmour, Bould and Nolan.

On the way back. Watch George Cavill, former Victorian Junior half mile champ

The Administrators. Mr Little Athletics in W.A. is Ross Johnson.
W.A.A.A.A. President is Dick Horsley.

PERFORMANCES.

All these runs were on a measured flat grassed surface.

19.5.74.	3000m	2.6.74	3000m HANDICAP.
10 min 39	J.Gilmour.	J.Collins	14.59 FIRST.
11 31	C.Bould		
11 58	G.Bartram	D.Carr	12.34
12 6	D.Horsley	N.Goff	15.48
12 15	J.Coventry	T.Morton	17.27
12 59	K.McDonald	K.McDonald	13.9
13 28	D.Carr	G.Bartram	11.40
13 35	R.Johnson	D.Jones	13.46
14 54	D.Jones	J.Coventry	14.53
15 9	G.Cavill	C.Bould	11.47
15 53	N.Goff	J.Lorimer	21.20
16 23	A.Briggs		
16 24	R.Hayres	Dulcie McDonalds	15.10 (2000m)

NL 1

9.6.74 2000m
7 min 32 Garry Bartram
7 39 J.Coventry
7 42 D.Carr
7 50 D.Horsley
8. 43 G.Cavill
9 21 D.Jones
9. 50 R. Hayres
10 13 T.Morton
10 45 F.Reginato.

23.6.74 5000m HANDICAP

START
J.COLLINS

Event won by J.Collins. Actual times were:

T.Morton 29min 6
J.Collins 25 20
D.Jones 23 37
G.Cavill 22 29
D.Carr 20 32
V.Nolan 21 51
K.McDonald 22 57
J.Coventry 20 14
G.Bartram 20 62

(Dulcie McDonald 14min 6 sec for 2000m)

30.6.74. 1000m

D.Carr 3.19
J.Coventry 3.20
D.Horsley 3.31
G.Cavill 3.33
J.Smith 3.39
K.McDonald 3.44
C.Bould 3.49
J.Collins 4.9
N.Goff 4.10
R.Hayres 4.21
F.Lewer 4.48
T.Morton 4.55

A 400m time trial run after the 1000m

Carr 70.5 sec
Cavill 74.5
Jones 71.5
Gould 84.0
Goff 73.5
Collins 79.0
Morton 95.5
Lewer 95.5
McDonald 73.6
Smith 71.5
Horsley 71.6

NEXT Sunday : 3000m HANDICAP

D.Carr, 37 Malba Crescent, Dianella, W.A. ph 762885.

RESULTS 9th July, 1974.3000m HANDICAP.

J. Lorimer FIRST 17min 33sec

Then:

G. Bould, 11m36
 D. Carr, 11m37
 K. McDonald, 12m49
 R. Hayres, 15m4
 G. Cavill, 13m7
 J. Coventry, 12m23
 D. Jones, 14m0
 P. Lewer, 16.25

(Actual times)

Congratulations Jock. A great improvement.

NEXT WEEK.
 3000m HANDICAP

14th July, 1974. 1500m.

J. Collins	6.24
P. Morrissey	6.28
R. Hayres	6.31
P. Lewer	7.08
J. Lorimer	7.51
T. Morton	7.51

Welcome Paul Morrissey. Paul made it look easy at his first appearance. (He runs, or rides a bike, every day.)

The other division

D. Carr	5.12
J. Coventry	5.17
D. Horsley	5.25
G. Bartram	5.26
G. Bould	5.32

A good time by a very determined Jim Coventry.

400m time trials

Lewer	91.5
Morrissey	91.0
Collins	76.0
Bould	79.0
Hayres	75.5
Cavill	73.5
Coventry	65.0

This was run straight after the 1500. The six runners who were timed over this distance two weeks ago all improved their times. Dick suggests we keep to one event. We agree.

W.A. VETERANS ATHLETIC CLUB

NEWSLETTER..... 1st August, 1974.

EMIL ZATOPEK

"I took a liking to running because...it is good for one's health and fitness and gave one more out of life."

He gave away his Olympic medals; running brings its own rewards.

21st July 1974.

There was some doubt about times, but....

8000m HANDICAP

G.Cavill, 36m16sec FIRST
 J.Gilmour, 29m09 SECOND AND FASTEST (John ran 34m15sec. for 10000m a few days earlier - a brilliant performance.)
 G.Bartram, 32m39 THIRD
 J.Coventry, 33m02
 K.McDonald 35m32
 J.Collins, 41m42
 C.Bould, 33m32
 T.Carr, 35m16
 P.Morrissey, 41m09
 D.Jones, 41m59
 R.Hayres, 43m44
 Tony Morton ran 7000m
 Jim Smith ran.

28th July 1974.

1500metres DIVISION

D.Carr	4min 53	(19sec better than 3 weeks ago)
G.Bartram	4 57	(29 " " " " " " " ")
J.Coventry	5 11	(6 " " " " " " " ")
C.Bould	5 18	(14 " " " " " " " ")

If Gary can improve like that three times more he'll have the world record in six weeks' time.

1500metres DIVISION

D.Jones	5min 56	
P.Morrissey	5m 57	(31 sec better than 2 weeks ago)
R.Hayres	5m 59	(32 " " " " " " " ")
J.Collins	6m 14	(10 " " " " " " " ")
J.Lorrimer	7m 20	(31 " " " " " " " ")

Paul's warmup was a 30 mile bike ride from his home.

Some rough 200metre trials: N.Goff, 29.2 secs., Collins 33.0, Morrissey 35.0, Lorrimer 36.0, Carr 30.0, Hayres 30.0.

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WELCOME Jim Keep. We hope to see you trying out that sore leg muscle soon.

Next week 5000m HANDICAP.

NL 4

NEWSLETTER.. (9th September, 1974..)

16th August, 800m

- D.Carr 2min 22
- J.Coventry 2min 24
- C.Dould 2min 44
- J.Keep 2min 53
- R.Hayres 2min 55.

28nd August and again last Sunday we enjoyed a six mile pack run. A pleasant way to spend an hour.

1st September, 1974. 4000m HANDICAP

- K McDonald 16min 51 FIRST.
- A.Jennings 15min 21
- G.Bartram 15min 05
- R.Hayres 18min 44
- J.Coventry . . 15min 53
- P.Morrissey 17min 07
- D.Horsley 16min 21
- T.Morton 20min 25.

Congratulations Keith. Paul Morrissey started 2½ mins late after his marathon bike ride to the course. Allan Jennings is an experienced runner who will turn 35 in a few months. Welcome Allan.

This is Cliff's own story. He became so involved in the third lap tussle with Jim that he stopped when he had "beaten" Jim. He neglected to run the last 1000m lap. Put it down to inexperience cliff.

TRACK SEASON At Perry Lakes this season there will be a special Veterans' sprint each Saturday. There will also be provision for Veterans in a distance race each Saturday.

MEMBERSHIP AND PUBLICITY. John Gilmour will arrange trials shortly and obtain what publicity he can for them.

THIS WEEK. 3000m Handicap.

BACK COPIES OF NEWSLETTERS are available from David Carr (next week; will not be here this week)

W.A.VETERANS ATHLETIC CLUB

25th September.

COMING EVENTS We will shortly receive some publicity in the press for "track and field trials" at McCallum Park on a Sunday morning. Watch for the news item.

There will be a half hour run at Mc Gillivray Oval on Sunday morning soon.

If these conflict, we want maximum attendance at the track and field trials.

That all sounds vague, but we can not be sure when the item will appear in the paper.

15th September 3000m HANDICAP

Keith MacDonald	FIRST	12min 48
Gary Bartram	(fastest)	10min 50
George Cavill		13min 19

22nd September 1500m Sc. TRACK

J. Gilmour	4min 42.9
G. Bartram	4 49.2
D. Carr	5 06
G. Cavill	5 30
B. Ayres	5 53
D. Jones	6 08.9

This one gave us a chance to see the rhythm and balance that makes John such a great runner.

ON THE SIDELINE Dick Horsley with flu.

Jim Coventry has just had a week in bed with flu.

Jack Collins and Jim Keep are training but not racing until leg injuries improve.

THIS COMING SUNDAY.

MORNING. Training run as usual. A race could be arranged if members want it.

EVENING A 30-minute run at McGillivray Oval

The oval is not far from Perry Lakes. The race will be conducted by the Marathon Club. Veterans run for half an hour; others run for an hour. This is our first chance this season to run as a club at a meeting conducted by another club. We should support this meeting.

Starting time is 6.p.m. sharp.

28th September, 1974.

3000 metres HANDICAP

G.Cavill	11min 40 sec	FIRST.
D.Horsley	11 22	
A.Jennings	10 36	
G.Bould	10 50	
D.Carr	10 57	
G.Bartram	10 41	
K.McDonald	12 28	

This was an easy win for George who is fit and showing indications that is about to run some good times.

Two other interesting runs this week were Paul Morrissey's 1500 in 5min 36 and Jack Collins' 1000 in 4min 31 to try out that injured leg.

8th October 1974.

5000m HANDICAP

D.Horsley	20min 41	FIRST.
G.Cavill	21 10	
J.Keep	22 59	
J.Smith	22 04	
G.Bould	19 34	
K. McDonald	22 50	
M.Gilmour	17 54	
J.Goldsmith	24 45	
D.Carr	21 26	
B.Hayres	24 07	
D.Jones	25 33	
J.Coventry	25 36	

There was no catching Dick or George but the handicapper will make it harder for them next time.

John Goldsmith is a new member having his first run with us. He is aged 49, fit and keen. Welcome John.

Jim Coventry is back after his bout of flu. It will take him a few weeks to regain form.

On Sunday 20th October we will run 200metres and 1500metres

D.Carr 37 Malba Crescent, DIANELLA, W.A. Ph 762885.

25th October, 1974

On October 13th at McGillivray oval 5 of our members ran in the Marathon Club's one-hour race.

Distances for the hour-hour Veterans section were:

Dick Horsley 7651.2 m
Cliff Bould 7934.5 m
David Carr 7716.3 m
George Cavill 7556.2 m

(8000m = 5 miles)

John Gilmour ran the full hour and covered 10 miles 1200 yds and 2 ft , which is an age world record. Previous holder of the record was Cliff Bould. Cliff also ran the full hour; sorry I can't state his distance.

Our thanks to the Marathon Club.

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A well attended 2000m run was held on the morning of the 13th.

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20th October.

200m trials.

Alec Cummings 31.0 secs
David Carr 27.5
Dave Jones 27.7
John Goldsmith 33.5
Allan Jennings 27.5
George Cavill 32.

1500 m

(Stiff breeze)
JOHN Gilmour 4min 47.5
David Carr 5min 31
Jim Coventry 5min 32
George Cavill 5min 40
Alec Cummings 6min 27
John Goldsmith 6 min 34.

4th November, 1974.

We have run the 3000m more often than any other event. It is popular because most of us like to compare times and chop a few seconds off a previous best. However, times do not drop always and there is some comfort in just being consistent; or in not becoming slower. Certainly it is easier to handicap consistent runners. In the results below you will see that 11 runners finished within a span of 50 seconds.

Nine of these runners were with us in the Months of June and May and it is interesting to compare the times they were running then with present times

27.10.74 3000m HANDICAP

(Best time May/June)

			12min 06secs.
D. Horsley FIRST	11min 01secs		12min 06secs.
<u>Then</u>			
J. Gilmour	9 47	10.	39
D. Carr	10 47	12	24
K. McDonald	12 25	12	59
A. Cummings	12 46		
R. Hayres	12 40	16	24
C. Bould	10 57	11	33
G. Cavill	11 47	15	09
J. Goldsmith	13 00		
J. Coventry	11 32	12	15
J. Collins	14 31	14	59
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VETERANS AT PERRY LAKES.

For the first time ever, Vets events were included in the Saturday inter-club competition at Perry Lakes. W.A.A.A. co-operated fully.

2.11.74 100m D. Carr 12.8 secs, R. Johnson 12.9 secs, N. Goff 13.4 secs
K. McDonald 15.1 secs

1500 4min 32.3 secs (Australian 55+ record) by JOHN GILMOUR.
D. Carr, 5min 4.5,
D. Horsley 5min 6.0
C. Bould 5min 6.5
K. McDonald

(The above two events were special Veterans events. In the 3000m event-
Gilmour 9min 35.4, Carr 10min 51, Bould 10min 52.)

Competing for Northern Suburbs, Noel Goff : Shot (12lb) 11.67m
Pole vault 2.28
Long Jump 5.25
Javelin (800g) 22.86

3.11.74 5000m Scratch at McCallum

Gilmour	18min 05
Coventry	20 35
Carr	22 01
Cummings	22 57
Goldsmith	23 08
Jones	24 40
McDonald	26 36
Bartram	28 50
Morton	28 50

D. Carr 37 Malba Crescent DIANELLA W.A. '762885.

14th November 1974.

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NL 9

CLIFF BOULD ILL . Cliff is out of action for an unknown time. He has paralysis of the left side. We all hope its not too serious.

PERRY LAKES LAST WEEK. We had seven starters in the 200m. Noel Goff missed out. It looks good for the club. Maybe there will be two divisions of veterans' sprints soon. Result was Carr 26secs, Johnson 26.3, Jones 27.3, then Cavill, Goldsmith, Bartram and McDonald.

In the 5000m, Gilmour 16min 48 sec. Then Carr, Bartram, Cavill (between 19.30 and 19.40 approx)

Noel Goff: Discus 23.66m 110 Hurdles 19.5 (See Standards)

WORLD VETERAN GAMES, CANADA, August 1975.

Any vet can enter.

Official team to be drawn from those who better standards (attached)

Fare reductions and subsidies may be available.

Gilmour, Bould and Horsley expected to go.

Other members should inform Cliff now if interested.

(Those standards should provide a valuable guide, and challenge to most club members.)

LAST SUNDAY AT McCALLUM

@)) 400m TIME TRIAL

Jim Coventry 60.5	Alec Cummings 71.0	John Goldsmith 77
Bob Hayres 69.9	Keith McDonald 75.6	Tony Morton 81.4
Paul Morrissey 86.8	Dave Jones 65.2	

3000m HANDICAP

Alan Merritt gave us a hiding. He has plenty more of that and we are anxious to see more of his running. Garnet Morgan had his first run. Jim Coventry is back in form. We had a dozen starters. The lap count went bad. (Not game to print the results.)

CLIFF IS BACK

Following his recent illness, Cliff has resumed training. He will not be racing for a while, but is making a great recovery.

MEMBERSHIP STRENGTH.

Between the Sunday morning meetings at McCallum and Saturday afternoons at Perry Lakes, we have seen a steady growth in the veteran movement in the last month. Garnet Morgan is a keen new member. Alan Merrett is getting the running bug again. Col Junner told us yesterday that he would see us at McCallum soon. And look out for Dave Ryan who will join us at McCallum on Sunday week.

At Perry Lakes we are filling all lanes in the veterans' sprint and can expect a 45+ event soon.

CHRISTMAS CHAMPIONSHIPS

It is anticipated that there will be veterans 100, 200, 800 and 1500m in the Christmas Championships at Perry Lakes on December 14th and 21st. You have time; entries have not been called for yet.

TWILIGHT MEET

Last night at McGillivray John Gilmour ran 1000m in 33min 53 sec. Good run John. David Carr fell off his blocks at gunshot and did not get over the starting line until the rest of the field reached the finish of the 100m event.

THIS SUNDAY

3000m Handicap at McCallum.
Sout West Championships at Capel.

...AND NOW FOR SOMETHING DIFFERENT.

Under Dick's guidance we had a go at putting the shot. It seems a harmless enough game which could become part of our programme.

MISSING FACES.

Alec Cummings has two weeks "leave" to go to hospital. Jim Keep has been East for five weeks. Gary Bartram has had some muscle troubles. Where is Peter Lewer?

Noel Goff is competing in a full range of flat, hrdles and throwing and jumping events. What about some other vet keeping him company.

THANKS to the committee

and Officials of W.A.A.A.A. for the help and encouragement they have given the Veterans at Perry Lakes over the past few weeks.

RESULTS.

1.12.74. 1500m

Carr 4min 55
Coventry 5.11
Merrett 5.15
Cavill 5.30
Horsley 5.51
Hayres 5.52
Goldsmith 6.16
Morton 6.45
Jones 6.48

200m Time Trials

Collins 34.8 secs
Carr 27.8
Jones 27.8
Goldsmith 33.1
Morton 36
Merrett 32.4
Hayres 31.3
Cavill 31.5

Saturday 30th November

Carr 11.9 100metres
Jones 12.4 "

Cavill 4min 1.8 secs, 1200 m

Horsley 11min 8secs, 3000m
Cavill 11 20 "

Gilmour 4min 28.1 secs, 1500m
Brilliant run.

Carr 54.6 secs, 400m

24.11.74 5000m HANDICAP

TONY MORTON FIRST 24min 36
Morrissey 22min
Cummings 22min 33
Goldsmith 22min 39
Gilmour 17min 25
Carr 20min 11
Coventry 20min 15
Horsley 20min 43
Cavill 20min 52
Merrett 21 min 01
Morgan 24min 06
Jones 26min 45

and Dick Horsley walked the 3000m at Perry Lakes in 15min 22 secs (16.11.74)

W.A. VETERANS ATHLETIC CLUB

20th December , 1974.

SOUTH WEST CHAMPIONSHIPS.

At the recent S.W. Championships there was a full range of veterans' events for men and women. The meeting was well conducted at the Capel (grass) track. Don't miss out next year. Jim Smith won two walks; David Carr won the 100m and 400m.

CHRISTMAS CHAMPIONSHIPS AT PERRY LAKES

Last week's vet events were 200m, won by Robin Johnson, and 800m won by David Carr. This Saturday there will be a veterans' 1500. John Gilmour will be after a good time; he is adapting well to these "short" distances.

AUSTRALIAN SELECTORS STANDARDS.

As anticipated, these standards presented an interesting challenge. Noel Goff can meet them in hurdles and long jump. Jack Collins' 100m in 15.8 is an indication that he could meet the standard on a good track. David Carr is inside the 100 and 400 standards. Jim Smith is fast enough in the long walks. Dick Horsley and John Gilmour could meet the standards in a dozen events between them. And that's not all.

OUR FIRST WALK.

Last Sunday's 1000 m walk found new talent in George Cavall. He walked away to a convincing win.

%) 3000m HANDICAP 8.12.74.

TONEY MORTON, First in 13 min 31
 Then Bob. Hayres 13min 02 secs
 Jim Coventry 11 25
 Alan Merrett 11 33
 John Gilmour 10 20
 Dick Horsley 12 18
 John Goldsmith 13 18

100m Jack Collins
 and Dave Jones are
 showing improved form. Both
 compare well with veterans in
 other states in the respective
 age groups.

D.Carr, 37 Malba Cres Dianella ph 762885.