

Health is the greatest of all possessions  
A pale cobbler is better than a sick King.

Isaac Bickerstaff.

SATURDAY DECEMBER 3rd - Track & Field Programme 2. (Second Round)  
Perry Lakes (5)

Day warm & humid approx 25° C strong S.E. breeze.

Track	100m	200m	800m	3000m	110H	3K Steeple
PV. K.Cameron	12.5	26.2			20.8	this race was 1 lap short
D.Caplin			2:07.0	9:37.0		
P.Gare	11.5	24.0				
P.Williams	12.8	28.1				
C.Spare				10:44.0		
P.Wall				8:54.0		
1A. E.Maslen				9:30.0		9:02.0
R.Johnson		27.9				
1B. A.Cummings	13.9				21.8	
D.Carr			2:16.0			
R.Shand			2:15.0	10:07.0		
2A. D.Jones	12.6	26.5			21.8	
A.Briffa				10:05.0		

In the Field Events. Ted Maslen (1A) cleared 2.40m in the Pole Vault. & Alec Cummings (1B) threw the 2k discus 25.58m. It was another day of good competition with improvements in performance producing further records as follows:-

Alec Cummings; equalled his own 1B record in the 100m hurdles

Don Caplin; continuing his powerful running broke his own PV 800m record of 12.11.77 by 2 seconds & ran a personal best 3000m.

Phil Wall; created a new PV 3000m record by running 49sec faster than his previous best of 12.11.77

Ted Maslen; broke his own 1A. 3000m record by 2sec.

Cumulative points total.

PV.	Gare. 87.	Calnon 5.	Cameron 26.	Williams 1.	Caplin 79.
	Niemanis 57.	Wall 52.	Spare 7.		
1A.	Maslen 89.	Smith 34.	Fergie 12.	Merrick 0.	Johnson 0
1B.	Cummings 6.	Carr 10.	Shand 24.	Hayres 1.	Paxman 0.
2A.	Jones 3.	Briffa 18.	Hughes 0.		
2B	Goff 3.	Gilmour 9.			
3A	Horsley 18.				

In the womens events at the Perry Lakes warm up track two of our women members have been doing some record breaking of their own. On 19/11/77 Kath Holland created new residential records by lowering her own record in the 200m from 26.6 to 26.1 & creating a new 400m record of 59.1 when none existed previously. She also ran 8.0sec for the 60m & 12.8 for the 100m.

On 3/12/77 Kath Holland again lowered the 200m record to 25.7 & ran the 60m & 100m in the same times as the previous week. on the same day Barbara Campbell ran 8.7 for the 60m, created a record of 9.0m. for the shot when none existed previously & broke Kath Hollands discus record of 26.26m with a throw of 29.04m

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On Saturday 3rd December our rostered attendance at the Canteen was carried out by Peta Carr assisted by David Carr & Rob Shand.

On Monday 5th December at the Marathon Club Annual General Meeting held at the Savoy Hotel, John Gilmour was again elected President, Jeff Joyce re-elected Treasurer & Colin Junner as Secretary. Rob Shand was elected as Veteran's Club delegate to the committee for continuation of liason between the two Clubs.

On Wednesday 7th December at the Pan Pacific Twilight Satellite meeting, Kath Holland ran the 100m in 12.7sec & again broke her 200m record with a time of 25.6 sec.

# TRACK & FIELD. PERRY LAKES (6) 10.12.77

## Programme 3. Second Round

Day hot approx 32°C with South East breeze.

Track	60m	200m	400m	1500m	3000m	Medley Relay	Approx times
PV. K.Cameron	7.8	26.4				28.0	(200)
R.Calnan	8.2						
P.Williams	8.6	28.2					
P.Gare	7.5		52.1				
D.Caplin				4:29.9	10:12.0	2:19.0	(800)
P.Wall					9:14.0		
1A E.Maslen				4:35.0	9:51.0		
R.Johnson		27.8					
1B D.Carr	8.1	26.5	57.4	4:55.0		59.0	(400)
B.Worner					10:56.0		
R.Shand				4:38.0	10:18.0		
2A A.Briffa				4:47.0			
D.Jones	7.9	26.7	61.4			26.0	(200)
						4m 12.0s	
F K.Holland	12.4	25.7	60.0				
B.Campbell	13.8						
FIELD	7.25k Hammer	5.5k Hammer	7.25k Shot	5.5k Shot	2k Discus	1.5k Discus	Long Jump
PV. K.Cameron							5.08
R.Calnan							5.14
E.Niemanis	43.37		12.9		37.68		
1A E.Maslen				8.9			
A.Cummings		25.52		8.4		27.76	
F B.Campbell				8.5			

In the 2000m walk Dick Horsley (3A) covered the distance in 10m 42.0 sec. This event replaced the programme 3000m walk & no points were awarded.

## Cumulative points total

PV. Gare 104. Calnan 6. Cameron 30. Williams 1. Caplin 91.  
Niemanis 85. Wall 65. Spare 7.  
1A Maslen 104. Smith 34. Fergie 12. Merrick 0. Johnson 0.  
1B Cummings 8. Carr 13. Shand 33. Hayres 1. Paxman 0. Worner 0  
2A Jones 4. Briffa 20. Hughes 0.  
2B Goff 3. Gilmour 9.  
3A Horsley 18.

David Carr equalled the 1B 400m record he created on 23.11.77

Art Briffa broke Alan Merritts 2A 1500m record of 4:49.1 by 2.1sec

Ed. Niemanis broke his own shot put record by 0.54m.

Kath Holland broke her own 100m record by 0.1 sec.

11th December 1977. Marathon Club 20k Road Race at Mundijong being one circuit of the Marathon course was started at 7am to beat the heat. Even this time would not have been early enough had the morning not been overcast with a light North west breeze blowing, however the performances of the 9 veterans in the field of 18 was much better than last year.

Race Position							
PV.	9.	D.Caplin	19:30	19:02	18:55	19:42	77:09
	18	B.Johnstone	22:54	23:42	24:52	24:52	96:20
1A	8	G.Innes	19:03	18:36	18:56	19:00	75:46
		G.Price	19:56	19:51	20:58	22:07	82:52
18	11	R.Shand	19:56	18:55	19:12	20:00	78:03
	15	D.Hough	19:23	20:28	21:49	22:09	83:49
	18	M.Berry	22:54	23:42	24:52	24:52	96:20
calculated							
2A	17	A.Tyson	20:33	22:08	22:59	23:31	89:11
2B	5	J.Gilmour	17:38	17:40	17:58	18:15	71:31

Last year (12.12.76) Gilmour ran 73:38, Innes 86:56, Hough 93:26 Brian Marslands times were 17:03, 17:04, 17:18 & 17:40 to give him a winning time of 69.05.3

Alan Tyson (2A) showed the benefit of some solid training & competition in his two months in Victoria by returning a 2A time of 89:11. Alans times in Victoria were:-

9.10.77	Bendigo Fun Run	7k	27:48
16.10.77	Devil Bend Reservoir		
	run at Moorubuc	10k	42:05
30.10.77	Glen Huntley Track	5k	19:38
8.11.77	Llanberris Track		
	at Ballarat	3k	11:03
15.11.77	" "	10k	39:45
30.11.77	Olympic Commemorative		
	Marathon on 2 mile		
	track at Princes Park		
	Carlton. Melbourne		3hrs. 19.0 min.

During the afternoon of 11th December at the "WAAAA" guessing carnival at Perry Lakes in the 4 laps judgement event the following participated.

Running.		Estimated time	Actual time	Walking	Est. time	Actual time
PV.	B.Johnstone	6m 30sec.	6m 08s.		-	-
1A	P.Gallagher	5m 00sec	4m 58s	J.Smith	8m 24s	8m 34s
3A	R.Horsley	6m 30sec	6m 13s.		9m 25s.	9m 31s

In the evening 29 veterans & their wives & families gathered at Art & Mary Briffa's South Perth Estate for the Clubs Xmas Barbeque. They were joined by some members of the Marathon Club to whom an open invitation had been made at their Annual General Meeting on 5th December. This year the weather was kind to us - no wind or rain squalls & the electricity supply was fully operational enabling the coloured lights to provide a festive atmosphere to the celebrations. After some misgivings about the beer supply due to the local shortage & failure of our supplier to produce the ordered keg Geoff Price came to our rescue & much of the credit for the success of the evening must go to him. However Art & Mary must once again be thanked for the effort they both put into the preparations & for making this venue available to the Club. Thanks too to Linley Batterham for organising popsticks for the children who spent most of the evening doing Fartlek training around the garden. From all reports a good time was had by all.

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WEDNESDAY 14th December. The venue for the Twilight meeting put on by Canning Districts was altered from the warm up track to the Main Stadium at Perry Lakes as the lower track was flooded. 13 Veterans competed in four events as follows:-

		100M	400M	800M	5000M
PV.	K.Cameron				19:33.0
	P.Wall				15:30.0
	D.Caplin				16:48.0
	P.Gare	11.7	51.1		
1A	E.Maslen				16:23.0
1B	D.Carr	12.4	55.8	(1:17+1:29)	
	D.Batterham			2:46.0	23:18.0 ran 1
	B.Worner			2:19.0	extra lap.
				(1:10+1:09)	
	R.Shand				16:59.0
2A	A.Tyson				19:38.0
	A.Briffa			2:22.0	
3A	R.Horsley			(1:10 + 1:12)	
				2:39.0	
				(1:18 + 1:21)	

Jim Smith pulled out of the 5k walk & his time was not recorded. John Gilmour did not run as he was involved in the organising for his Club & Gordon Westlake was at the Stadium but did some quiet training on his own & did not compete. It was a perfect evening for running, cool & the sea breeze had dropped by the time the 5k was started at 7pm such that three Residential records were lowered:-

PV.	5000m.	P.Wall reduced his own record from 15:47 to 15:30
1B	5000m	R.Shand " " " " " " 17:14 to 16:59
1B	100m	D.Carr reduced the record he shared with Stan Lockwood from 12.7 to 12.4
1B	400M	D.Carr reduced his own record from 57.4 to 55.8
2A	800m	A.Briffa reduced George Cavill's 1975 record of 2:25 to 2:22

We read in the University of W.A.A.A.C. Newsletter that Tom Reynolds is leaving W.A. for some years to travel in Europe & further his academic career. For those who do not know Tom, he competed as a Pre-Vet in the 1977 Championships in Perth & holds the following Australian P.V. Records.

L.J.	6.36m	H.J.	1.71m	P.V.	2.70m
Javelin	45.52m	T.J.	12.37m	100 H.	16.2sec

He is currently 36 years old & says that he will be returning to W.A. as a Veteran Athlete.

The South Australian Veterans Amateur A.C. Track & Field Champs. will be held at Olympic Sports Field, Kensington. Entries are welcome from Inter State Veterans & anyone interested should contact Rowly Ferris, 44 Edwards St., Brighton, S.A. to have their entry + 50c per event in to him by 21st Jan. 1978. S.A. Championships will take place on Feb 18th & 19th and 25th & 26th 1978, but the 5k will be held on the evening of Wed. Feb. 15 1978, & the 10k on the evening of Wed. Feb 22nd 1978.

#### FREMANTLE FUN RUN FOOTNOTE

David Hough claims that the time on his certificate is 35m 30sec & not 36m 28sec as reported in Newsletter 57. What a pity the organisers of the run did not see fit to get the results in the Newspaper next day or at least in the Suburban section during the week. a finishing touch to keep the interest up.

WEDNESDAY 21st DECEMBER The venue for the Twilight meeting put on by University was McGillivray Oval at 6pm on a cool though humid evening. 15 veterans competed in four events as follows.

		100M	400M	800M	10,000m
PV.	P. Gare		52.5		
	D. Caplin				35:25
	K. Beament				37:23
	P. Wall				pulled out
	P. Slyth				47:53
	D. Horgan				46:41
1A	G. Innes				34:58
	E. Maslen				34:29
1B	D. Carr			2:12.4	42:53
	R. Shand				35:52
	D. Hough				36:54
	B. Worner			2:14.5	
2A	W. Hughes				41:36
2B	J. Gilmour				33:58
F.	K. Holland	12.8			

David Carr broke Rob Shands 1B 800m record by 1.2seconds.

We welcomed two new members in Paul Slyth & Dennis Horgan who had run with us at Bill Hughes run about two years ago. Both did well to complete the distance. Bernie Oliver was on the sidelines & Frank Usher assisted in lap scoring.

BIRTHDAYS.. in December.

D

DICK HORSLEY ; 21 December turned 65 and becomes 3B

JACK COLLINS ; 24 December turned 67 and remains 3B

ROSS HOLLAND ; 26 December turned 40 and becomes 1A

ROSS RILEY ; 31 December turned 53 and remains 2A.

in January.1978

ROBERT SAMMELLS ; 6 January turns 41 and joined the club as 1A

WILLIAM MCGUIGAN;13 January turns . 36 and remains PV

PAUL MORRISSEY ;28 January turns 51 and remains 2A

RON POTTER ;29 January turns 46 and remains 1B

JACK DARCEY ; 29 January turns 55 and becomes 2B

OUR THANKS TO JAN CAPLIN FOR THE TYPING OF THE STENCILS FOR THIS NEWSLETTER AND TO BOB FERGIE FOR ORGANISING THE TYPING OF STENCILS AND THE DUPLICATING OF THE MEMBERSHIP LIST, LIBRARY LIST, AND NEWSLETTERS NOS 55,56 AND 58 .

## W.A. VETERANS ATHLETIC CLUB

## LIST OF MEMBERS AS AT 1.12.77.

This list is prepared so that you may more easily contact members in your own age group or in your district to arrange for training runs, lifts to venues etc.

If there any changes of address, telephone numbers etc., or any mistakes, please advise the secretary.

NAME	GROUP	ADDRESS	HOME PHONE
ADAMSON, Barry	1A	41 Prospect Cresc. KALAMUNDA	2931342
ATZEMIS, George	PV	215 Main St. OSBORNE PARK ✓	3415526
BATTERHAM, Dennis	1B	96 View Terrace, BELMONT ✓	3217551
BEAMENT, Keith	PV	5 Syhrososton St. NORTH BEACH ✓	4473419
BERRY, Mike	1B	47 Normanby Rd. INGLEWOOD ✓	2719268
BOULD, Clifford	3A	5 Halse Cresc. MELVILLE HTS. ✓	3304614
BRIGGS, Reg	4	1 Bantry Rd. FLOREAT PARK. ✓	3872819
BRIFFA, Arthur	2A	233 Mill Pt. Rd. SOUTH PERTH ✓ (w)	3225754
CALNAN, Ross	PV	11 Rosewood Ave., WOODLANDS ✓	4467732
CAMPBELL, Barbra	F	3 Pitt St., ST. JAMES	4582833
CAPLIN, Donald	PV	35 Somerton Road, KARRINYUP ✓	3411623
CARR, David	1B	37 Malba Cresc. DIANELLA ✓	2762885
CARTER, Wes	PV	54 Bailey Road, LESMURDIE	2916821
CARTER, William	3B	30 Casurina Road, MAIDVALE	4546191
CAMERON, Kevin	PV	27 Casserley Ave. GIRRAWHEEN	-
CHESNEY, Wayne	PV	28 Kingsall Road, ATTADALE ✓	3303862
CUMMINGS, Alec	1B	63 Treave St., CLOVERDALE	-
COLLINS, Jack	3B	100 Birkdale St., FLOREAT PK ✓	4467732
(Hon. Treasurer)			
DARCEY, Jack	2A	4 Kelvin Road, DUNCRAIG ✓	4474552
DARCEY, Gwen	F	4 Kelvin Road, DUNCRAIG ✓	4474552
FERGIE, Robert	1A	18 Turnbull Way, TRIGG ✓	4476898
FERMANIS, Theo	1A	338 The Boulevard, CITY BEACH ✓	3858046
FLENLEY, Brian	1A	23 Elizabeth St., KALAMUNDA	2931927
GARE, Peter	PV	31 Daglish St., WEMBLEY ✓	3812003
GALLAGHER, Peter	1A	4 Challenger Drive, CITY BEACH ✓	3858319
GILMOUR, John	2B	144 Mill Point Road, SOUTH PERTH	3676429
GOFF, Noel	2B	16 Vermont St., NOLLAMARA ✓	3490304
GREGSON, Gordon	2B	5 Beach Street, MOSMAN PARK ✓	3846595
HAYRES, Robert	1B	28 Soldiers Road, ROLEYSTONE ✓	3975613
(President)			
HOLLAND, Kathleen	F	35 Clovelly Cresc. LYNWOOD	4585495
HOLLAND, Ross	PV	35 Clovelly Cresc. LYNWOOD	4585495
HORGAN, Dennis	PV	33b Saunders St. MOSMAN PARK ✓	3843507
HORSLEY, Richard	3A	299 The Boulevard, CITY BEACH ✓	3859579
HOUGH, David ✓	1B	19 Conto Avenue, DIANELLA ✓	2768465
HUGHES, John	1A	21 Bindaring Pde, PEPPERMINT GV. (w)	3253052
HUGHES, William	2A	8 Brown St. ATTADALE. ✓	3302352
(Patron)			
INNES, George	1A	Lot 32 Darin St. MT. HELENA	095/2721195
JOHNSON, Robin	1A	249 Cambridge St. WEMBLEY ✓	3871631
JOHNSTONE, Bob	PV	17 Gloucester St. VICTORIA PK. (w)	3217317
JONES, David	2A	14 Northampton St. VICTORIA PK.	3614621
JOYCE, Jeff	PV	46 Kurrajong Pl. GREENWOOD ✓	4478545
JUNNER, Colin	2B	34 Dundas Road, INGLEWOOD ✓	2721991
KEATING, Brian	1A	13 Wallana St. WANNEROO ✓	4052219
LISHMAN, Val	1B	14 Spencer St. BUNBURY	097/211333
LOCKWOOD, Stan	1B	19 Coleby St. BALCATTA ✓	3493692
MALLET, Alan	PV	12 Boxton Street, MT. HAWTHORN ✓	4445267
MARTIN, Ray	2B	34 Corbett St. SCARBOROUGH ✓	3412086
MASLEN, Edward	1A	31 Roebuck Drive, MANNING	4504561
MAZEY, Ken	1A	165 Nicholson Road, LYNWOOD	4589937
MERRICK, Len	1A	Flat 1/31 Market St. GUILDFORD	-
MERRETT, Alan	2A	86 Manning St. SCARBOROUGH ✓	3411724
McDONALD, Keith	1A	12 Cranwell St. THORNLIE	4594746
McGURGAN, William	PV	18A Labouchere Road, SOUTH PERTH ✓	-
MOYLE, Merv.	2B	43 Ellam Street, BENTLEY.	3619414
MORGAN, Garnett	2A	3 Benwee Street, FLOREAT PARK ✓	3874975
MORRISSEY, Paul	2A	Catering Officers Mess RAAF	
		PEARCE	095/711200

NAME	GROUP	ADDRESS	HOME PHONE
MURPHY, Eamon	PV	16 Bedford St. EAST FREMANTLE	3393280
NIEMANIS, Ed	PV	2/1133 Hay St. WEST PERTH. ✓	3810222/244
OLIVER, Bernard	PV	Swan Garden Caravan Park. MIDLAND	-
O'ROURKE, Martin	PV	Lot 585 Parry Ave., BULLCREEK	-
PAXMAN, Brian	1B	322 Lesmurdie Rd., LESMURDIE	2916555
PRICE, Geoffrey	1A	36 Williamstown Rd., DOUBLEVIEW ✓	3287377
POTTER, Ronald	1B	3A Southgate Road, LANGFORD	4512261
PEARTON, Eric	1B	43 Lisle St. MT. CLAREMONT ✓	3841794
RILEY, Ross	2A	7 The Promenade, MT. PLEASANT ✓	3643578
ROWLAND, John	1A	41 Bamboore Cresc. WANNEROO ✓	4051723
SCOTT, Donald	1A	192 Corinthian Road, RIVERTON	4572591
SHAND, Robert	1B	24 Mann Street, COTTESLOE ✓	3840939
(Hon. Secretary)		(w)	3212251
SHEPHERD, Joe	4	41 Cowcher Way, MEDINA ✓	4193783
SLYTH, Paul	PV	89 Rosewood Avenue, WOODLANDS ✓	4464436
SMITH, Jim	1A	63 Redcliffe St. CANNINGTON	4583981
SPARE, Charles	PV	9 Rinaldo Cresc. COOLBELUP	3376687
TYSON, Allen	2A	26 Turriff Road, FLOREAT PARK. ✓	3873722
USHER, Frank	2A	22 Turriff Road, FLOREAT PARK ✓	3875594
WALL, Philip	PV	110 Fifth Avenue, MT. LAWLEY ✓	2710547
WALLER, John	1A	8 Scott Court, WOODLANDS ✓	4467905
WATSON, Bradley	1A	104 Empire Avenue, WEMBLEY DOWNS ✓	-
WESTLAKE, Gordon	1B	30 Owston Street, MOSMAN PARK	3843011
WHITTEN, Donald	PV	15 Treave Stree, CLOVERDALE	2774703
WILLIAMS, Peter	PV	9 Margaret Street, COTTESLOE ✓	3843416
WORNER, Basil	1B	11/24 Cunningham Terrace, DAGLISH ✓	(w) 3874400

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CLUB LIBRARY

The following books are in the Club Library, available on loan to fully paid up club members from Jack Collins. (Telephone 387 3002).

PRESENTED BY HILL HUGHES

Food for Fitness

Light on Yoga

The Long Run Solution

Fitness after Forty

Run Gently, Run Long

Interval Training

Running after Forty

The Running Body

Exercises for Runners

Age of the Runner

Live Longer Now.

B.K.S. Iyengar

Joe Henderson

Hall Higdon

Joe Henderson

Nick Costes

E.C. Frederick

Leonard, Hofer &  
Pritiken.

Guide to Distance Running

Van Aaken Method

The Running Foot Doctor

Dr. Sheehan on Running

Jog, Run, Race

The Complete Runner

Keep your Heart Running

Complete Weight Training Book

Ernest van Aaken M.D.

Steven I. Subotnick

Joe Henderson

Kæll & Frelinghuysen

Bill Reynolds

PRESENTED BY BILL CARTER

The Modern Olympic Games

Dr. Ferenc Mezo

PRESENTED BY CLIFF BOULD

Hints on Athletic Injuries

Cliff Bould

PRESENTED BY JACK COLLINS

Sports Injuries and Their Treatment

Athletics

The Olympic Games, 1948-1972

The Sports Organiser's Handbook

Colson & Armour

Percy Cerutti

Winckles & Waltham-Weeks.



Running is "now" sport. A runner is only as good as his latest performance. We have little sense of history, of what and who came before to let us know what we are now - For most of us running history began when we began running.

Joe Henderson (Runners World)

Errata. Ref. Newlster No. 57. page 4. results of Hammer at Woodchester Oval on 27 November, 1977. As the weight of the implement was 5.5 kg (12 lb) Bob Fergie's throw was ineligible for a 1A record which requires a 7.25 kg (16 lb) implement to be used. His previous record of 27.30 m still stands. David Jones record of 27.11.77. is correct.

Christmas Championships, Saturday and Sunday 17th and 18th December, 1977.

Days were hot approximately 37°.

This was the last opportunity for athletes to compete on the main track at Perry Lakes before the Perth City Council ripped it up for relaying with Rekortan

Veterans Results were

	100 m	200 m	400 m	800 m	1500 m	3000 m	5000 m
PV							
P. Gare	11.5		52.3				
K. Cameron	12.9 & 12.8		59.3		5:24.4		
P. Williams	13.2						
P. Wall						9:17.4	15:40.0
1A							
E. Maslen						9:39.6	16:47.0
1B							
D. Carr	13.1	26.5	56.4	2:18.2	5:08.8		
B. Worner	13.0				5:13.7		
	Hammer	Discus	Shot	3k			
	7.25k	2k	7.25k	Steeple			
PV							
E. Hiemanis	43.86	39.60	12.24				
1A							
E. Maslan				10:43.8			
1B							
A. Cummings	23.32	21.88					

In the womens events Kath Holland ran the 60 m in 8.0 and 100 m in 12.5. Barbra Campbell competed in the shot.

Our thanks to Mrs. Berry who volunteered for canteen duty to fulfill our obligation on Saturday 17th December.

At McCallum on Sunday Morning 12 veterans made their appearance at various times, many starting training early to beat the heat. Frank Usher started at 7 am on a long run round the bridges and half way round met Jack and Gwen Darcy going the other way, so joined them and eventually completed 2½ times round i.e. 25000 m. The Darceys completed 20,000 m. Bob Johnstone was another early starter finishing his bridges run as Rob Shand and Mike Berry started theirs to be followed by Bob Hayres. Brian Flenley did some lap training and Dave Jones and Bob Hayres raced through some 100 m dashes. Cliff Bould and Jack Collins both on the slow come back trail after injuries walked the 1 k circuit around McCallum umpteen times. Ron Potter made a rare appearance and did some 1 k laps.

David Clark (PV) who has not run with us for some time has left for a 6 month stay in Inida, following in Jim Coventrys footsteps.

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Track and Field Competition for the remainder of the summer season will be held at the Lower Track on Sunday afternoons between 2 pm and 5.30 pm. The programme will be revised to a two day programme as follows:-

Programme 1. 100 400 1500 3k walk 4 x 100 relays javelin  
shot pole vault long jump and 110 hurdles

Programme 2. 200 800 3000 1500 walk 4 x 400 relays  
Discus High Jump Triple Jump Hammer and 400 hurdles

The first day of competition will be SUNDAY JANUARY 8TH 1978 and the Track and Field programme is revised as follows. All days are Sundays unless noted otherwise:

## January

8 Programme 1  
15 Programme 2  
22 Programme 1

## February

5 ) Heats for State Championships \*

12 ) Heats for State Championships \*

Saturday 18 )  
19 ) Finals for State Championships \*

26 Shield Competitions Day 1.

## March

5 Shield Competition Day 2  
12 Programme 2  
19 10 man team competition

\* The W.A. Veteran State Championships will be held over the four days marked\*. We are awaiting advice from the Association regarding the programme of events. Please enter for these championships whether you are a track and field champion or not.

Our summer programme will remain unaltered

and the following are reminded of their rostered commitments and responsibilities for organising the trials or events, obtaining matches, equipment etc., and forwarding the results to the secretary:-

JANUARY	FEBRUARY	MARCH
1 Shand	5th Briffa	8 Carr
4 Briffa	5th pm All Committee	12 Shand
8 Hayres	12th pm All Committee	15 All Committee
18 Horsley	15th Bould	19 Horsley
22 Gilmour	18 pm All Committee	22 Gilmour
25 Hughes	19 pm All Committee	26 Collins
	22nd Collins	

Please ensure that you are there on time. If you cannot fulfill your commitment make alternative arrangements and advise the Secretary of the alteration.

WE ARE ALSO RESPONSIBLE FOR CONDUCTING THE TWILIGHT MEETING ON WEDNESDAY 15TH MARCH AT BELMONT. All those not competing are requested to present themselves for lap scoring and other duties necessary to make the meeting a success.

The Boxing Day Road Race at Lake Leschenaultia

Started at 5.30 pm at a temperature of about 34°c. Despite the hot day there were 18 starters who set off on the 7200 m out and back course, which included some long hills through the bush and was mostly on gravel.

Phil Wall broke away from the early leaders Kevin Cameron, Don Caplin and Rob Shand about 3 km from the start and held the lead to the finish. Alan Tyson ran a good race for seventh place. The results were:-

PV	Phil Wall	(1)	25m 22s
	Don Caplin	(3)	27m 38s
	Kevin Cameron	(9)	32m 09s
	Bernie Oliver	(14)	38m 22s
1B	Rob Shand	(2)	26m 16s
	David Carr	(4)	30m 04s
	David Hough	(5)	30m 31s
	Brian Paxman	(6)	30m 44s
	Mike Berry	(8)	31m 56s
	Bob Hayres	(10)	32m 13s
2A	Alan Tyson	(7)	30m 49s
	David Jones	(11)	35m 09s
	Frank Usher	(12)	36m 29s
	Bill Hughes	(15)	42m 11s
	Jack Darcey	(17)	52m 30s
2B	Ray Martin	(16)	45m 09s
F	Terry Carr	(13)	37m 48s (invitation)
	Gwen Darcey	(17)	52m 30s

Our thanks to Beverley Wall for time keeping and Pat Carr for recording and Bob Hayres for organising and marking the course and to Maureen Hughes for acting as an animated signpost at the appropriate place.

A refreshing swim in the Lake was followed by liquid replacement for sweat lost. The competitors and families were joined for the barbeque after by Ron Potter, Cliff and Phyl Bould and Des Reid who ran with us some two years ago before being transferred to Port Hedland.

Wednesday 28th December, 1977. - Time Trials at Perry Lakes. In the absence of John Gilmour, the trials were conducted by those present as follows:-

		400 m	Discus
PV	P. Gare	53.21 (1)	28.23 (1)
	R. Calnan	58.30 (3)	23.57 (3)
	D. Caplin	59.00 (4)	19.67 (7)
	R. Johnstone	62.3 (5)	-
1A	A. Fergie	73.70 (9)	27.88 (2)
1B	B. Paxman	63.20 (6)	15.40 (10)
	R. Hayres	66.12 (7)	19.95 (6)
	D. Carr	57.30 (2)	17.19 (7)
	R. Shand	-	20.20 (5)
2A	A. Tyson	72.6 (8)	21.48 (4) 1 kg
3B	J. Collins	-	18.61 (8) 1 kg

Climatic conditions were ideal but the discus circle was under 50 mm of water and the inside lane unsuable due to watering. While Bob Fergie threw the discus 2.64 m further than his 1A record the lack of correct circle etc., procluded this effort being considered.

The Whyalla Harriers A.A.C. have requested that we advise all members that their Annual Marathon Championship will be held on Saturday 15th April 1978. 36 km of the route is through the free and garden lined two way streets of Whyalla. There are 7 sections of awards, details of which are available for those who are interested, from the Secretary. Entry forms, race details, accommodation and other information will be available to individuals in due course by enquiry to Trevor Read, Marathon Co-ordinator, 8 Beatty Street, Whyalla S.A. 5600.

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Australian Veterans Championships Melbourne Saturday 25th and Sunday 26th March, 1978. Victoria are calling for definite numbers as soon as possible. Please advise Rob Shand as soon as possible if you intend participating and of your intended arrangements for travel and accommodation.

Saturday 31st December, 1977 Marathon Clubs 10 k cross country race around Perry Lakes was the last event for the year. The 6 pm start saw 34 competitors starting on the three lap circuit all on grass. Times were generally slower than last year or in June, probably due to the humid conditions and dry nature of the course due to lack of rain.

Veterans results were:-

		<u>Positions</u>			<u>18.6.77.</u>	<u>31.12.76.</u>
		<u>Race</u>	<u>Vet</u>			
PV	D. Caplin	(14)	(2)	38m 08s		
	J. Joyce	(18)	(4)	38m 50s	35:59	
	M. O'Rourke	(19)	(5)	38m 54s		
	C. Spare	(21)	(6)	40m 15s		
	B. Johnstone	(32)	(11)	43m 59s		
1B	R. Shand	(12)	(1)	37m 04s	36:53	36:10
	D. Hough	(16)	(3)	38m 26s	39:12	41:29
	D. Carr	(23)	(7)	40m 49s	40:22	42:48
	B. Paxman	(25)	(8)	41m 30s		
	M. Berry	(31)	(10)	43m 59s		
2A	A. Tyson	(30)	(9)	43m 30s		
	G. Morgan	(34)	(13)	48m 19s	49m 15s	

A new member Bob Sammells completed the course in a creditable 44m 58s coming in 33rd overall and 14th veteran. David Hough is running well at present as his results show and a race for the finish between Mike Berry and Bob Johnstone resulted in Mike just getting in front. The overall winners time was 32 m 58s.

Sunday 1st January, 1978 Fourteen veterans survived the New Year celebrations to join in a pack jog round the bridges. Riley, Caplin, Coventry, Berry, Hayres, Moyle, Tyson and Shand, took off from McCallum and had run about 5k when Coventry decided to try himself out in the company of Shand and Caplin forced the pace to the end. Bob Johnstone had completed his run earlier while Bould and Horsley walked the McCallum circuit. Dave Jones ran the bridges on his own then he and Hayres did some run throughs with Stan Lockwood. Jack Collins brought the library down. The day was warm, humid and overcast.

It is not how old you are but how you are old.  
The way I was old on my 80th birthday is that  
I have just entered the infancy of middle age.

Sir Isaac Isaacs

ENTRY FORMS FOR THE AUSTRALIAN VETERANS T & F  
CHAMPIONSHIPS IN MELBOURNE AT EASTER ARE NOW  
AVAILABLE FROM ROB SHAND

Monday, 2nd January in a track and field meet sponsored by the W.A.W.A.A.A. Phil Wall (PV) ran the 3000m in 8m52.0 s to create a new PV record by 2 seconds - a good start to the New Year. In the women's events, Kath Holland ran 7.8s for the 60m and 25.7s for the 200m.

Wednesday, 4th January 1978 - Time Trials at Perry Lakes. In the absence of Art Briffa, the trials were conducted by Jack Collins and Dick Horsley. There were four competitors in the Long Jump, with Ross Calnan (PV) coming out winner with a leap of 5.25m. Kevin Cameron (PV) followed with 5.14m with Bob Fergie (1A) in third place with 4.95m and Don Caplin (PV) with 4.33m. The Long Jump replaced the scheduled Triple Jump as there were no Triple Jump facilities available.

In the 3000m held before the Long Jump, Don Caplin raced away to win easily in his personal best time of 9m35.8s. Lap and finishing times of others who followed were:

	1/2	1	2	3	4	5	6	7	Final
PV D. Caplin	37	75	78	77	78	79	77	74.8	9m35.8s (1)
K. Cameron	119		88	95	100	99	100	87	11m26.0s (3)
1A R. Fergie	55	123	132	135	135	140	140	100	16m00.0s (5)
1B R. Shand	39	78	81	81	83	82	83	78	10m05.4s (2)
2A A. Tyson	135		95	94	97	95	97	90	11m43.0s (4)
4 R. Briggs	55	123	132	135	135	140	140	100	16m26.0s (7)
INV Kim Cameron	163		129	140	142	139	145	103	16m01.0s (6)

Bob Fergie ran a personal best and Reg Briggs broke his own Group 4 Residential Record by 42 seconds.

On Saturday, 7th January, Kath Holland rang 12.3 in the 100m at the W.A.W.A.A.A. Inter-Club Meeting, and 25.1s for the 200m to break her own one month old residential record by 0.5 seconds.

On Sunday, 8th January we held our "Round the Lakes" race at Perry Lakes over a new 2.5 km circuit of grass and bitumen. The race was run over 3 laps with no handicaps at 9.30 a.m. in heavily overcast and humid weather, with the following results:

	LAP 1	LAP 2	LAP 3	Final time & position
PV D. Caplin	7:50	8:05	7:47	23:42 1
M. O'Rourke	8:02	8:39	8:38	25:19 6
K. Cameron	8:50	9:47	9:19	27:56 7

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		LAP 1	LAP 2	LAP 3	Final time & position	
1A	G. Innes	7:57	8:06	7:43	23:46	2
	B. Watson	9:19	10:46	10:29	30:34	11
	K. McDonald	10:36	11:54	14:54	37:24	14
	R. Sammells	9:18	9:35	9:40	28:33	10
1B	R. Shand	8:17	8:11	8:01	24:29	3
	D. H ough	8:13	8:22	8:34	25:09	5
	R. Hayres	9:03	9:41	9:28	28:12	9
	J. Coventry	10:37	10:14	10:51	31:42	13
	M. Berry	9:51	-	-	-	-
2A	A. Briffa	8:16	8:14	8:15	24:45	4
	A. Tyson	9:24	9:29	9:47	28:00	8
	G. Morgan	10:04	10:45	10:34	31:23	12
2B	M. Moyle	10:06	10:24	-	-	-
	G. Gregson	13:37	-	-	-	-
	J. Martin	13:42	12:56	-	-	-
3A	R. Horsley	10:05	13:00	14:19	37:24	14

Plotting and marking of the course by Bob Hayres. Timing and recording by Jack Collins and Jan Caplin. Good runs by Don Caplin, David Hough and Bob Sammells, and for consistency of lapping look at Art Briffa's times. Cliff Bould, Alec Cummings and Bernie Oliver were at McCallum.

In the first Sunday afternoon track and field at the Perry Lakes warm up track at 2 p.m., veterans competed in heavily overcast and humid weather with little breeze and a maximum temperature of 35°C. This was the 7th track and field meeting of the season.

		100m	400m	1500m	3000m	Pole Vault	Shot 7.25k
PV	P. Gare	12.1	52.2				
	R. Calnan	13.0	58.9				
	E. Niemanis						12.68
	D. Caplin			4:28.0			
	P. Wall			p/o			
1A	R. Johnson		62.1				
	E. Maslen			4:33.0	9:43.0	2.45m	
	R. Fergie					2.00m	9.20
	G. Innes			4:38.0			
2A	D. Jones	13.0	61.2				
2B	J. Gilmour				9:50.8		

Our rostered day of track assistance was fulfilled by Alan Tyson, Don Caplin, Bob Fergie, George Innes, Bob Hayres and Rob Shand.

#### Cumulative Points Total

PV Gare 120, Calnan 6, Cameron 30, Williams 1, Caplin 98,  
Niemanis 94, Wall 65, Spare 7  
1A Maslen 123, Smith 34, Fergie 15, Merrick 0, Johnson 0, Innes 5  
1B Cummings 8, Carr 13, Shand 33, Hayres 1, Paxman 0, Worner 0.  
2A Jones 4, Briffa 20, Hughes 0  
2B Goff 3, Gilmour 18.  
3A Horsley 18

List of Members

Note the following changes of address, telephone numbers, new members, etc., and please alter and add to your copy attached to Newsletter No. 58.

Jack Collins Telephone number is 3873002  
Martin O'Rourke Telephone number is 3323672  
 New member Bob Sammells (1A) 5 McInnes Court, Greenwood 3238956 (w)  
Brad Watson now lives at 17 Chiswick Street, Wembley Downs  
Jim Coventry (1B) Lot 3 Corfield Street, Gosnells 398 2572

In the twilight meeting at Tomkins Park on Wednesday, 11th January after a hot, humid day with a maximum temperature of 40°C, the meeting took place at a temperature of 38°C. Kath Holland ran two 100m races in 12.5 sec and 12.3 sec. In the 5000m six veterans started in a field of 15, with Phil Wall (PV) and Art Briffa (2A) pulling out after 8½ laps. Ted Maslen (1A) ran the distance in 17m 10s to gain 9th place, followed in 10th place by Rob Shand (1B) in 17m 15s, and Don Caplin (PV) in 12th place in 17m 31s. Bill Hughes (2A) ran 21m 11s for 15th place. The race was won in 15m 08.9s. Jim Smith (1A) walked the 2000m for second place - in a time he does not want recorded!

On Saturday 14th January in the women's track and field, Kath Holland continues to gain places in senior events with a 3rd in the 60m in 7.8s, 3rd in the 100m in 12.2sec, and second in the 200m in 25.6sec. We have no results for Barbra Campbell, but note with interest that Jean Wijesundera, who competed in the Championships last Easter, gained a 3rd place in the Shot, but no distance was given. The 100m run of Kath Holland's was a new State Residential Record.

On Sunday, 15th January in cool and overcast weather, a complete contrast to the conditions of the previous week, 13 veterans met informally at McCallum to do their own training. Bernie Oliver had completed a Bridges run before Briffa, Horsley, Shand, Hughes, Collins and Bould had arrived for a committee meeting. Horsley then jogged with Collins and Bould, both of whom are on the mend and now jogging; Paul and Stan Morrissey, Eamon Murphy and Stan Lockwood did some slow laps; and Brian Flenley and Mike Berry ran together. Bill Hughes did some training before going off to catch a plane to the E. States, and Art Briffa and Rob Shand "saved" themselves for the afternoon at Perry Lakes.

In the Marathon Clubs 10 mile at Rockingham starting at 7 a.m. there were 13 participants, 4 of whom are members of the Club. The race was won in 54m20s with George Innes (1A) coming in 4th in 58m18s, followed 30 seconds later by Jeff Joyce (PV). David Hough (1B) in 8th place did 65m13s to be closely followed with a good run by Alan Tyson (2A) who produced a devastating finish for a time of 66m46s. Frank Usher brought up the rear with a 79m15s run.

In the Track and Field at Perry Lakes in the afternoon the first day of Programme 2 was run off in ideal conditions. The results were as follows:

	200m	400m H	800m	3000m	2k walk	2.0k D	7.25k H	TJ
PV D. Caplin			2:06.9	9:34.6				
P. Wall				9:19.0				
C. Spare				10:38.0				
P. Gare	23.8							
R. Calnan	25.7							
E. Niemanis						38.22	42.48	NJ
K. Cameron					12:19.0			
1A R. Johnson	25.7	71.7				27.94	26.34	
R. Fergie				9:28.0				
E. Maslen					10:34.0			
J. Smith								

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	200m	400m H	800m	3000m	2k walk	2.0k D	7.25k H	TJ
1B R. Shand A. Cummings B. Paxman			2:13.6	9:50.0 10:28.0		25.44	22.56	
2A A. Briffa				10:08.0				
3A R. Horsley					10:34.0	21.44 (1.5k)		

The good conditions were certainly conducive to a spate of personal bests and records as follows:

Best this season Gare 200m, Shand 800m (and personal best), Caplin 3000m (and personal best), Spare 3000m, Horsley 2k walk, Cummings Hammer.

Residential Records Caplin 800m PV by 0.1s, Maslen 3000m 1A by 2 seconds, Fergie Discus 1A by 2.7m, Shand 3000m 1B by 14.7s. In the 3000m Brian Paxman ran a personal best time.

#### Cumulative Points Total

PV Gare 130, Calnan 9, Cameron 30, Williams 1, Caplin 118, Niemanis 112, Wall 78, Spare 10.  
 1A Maslen 135, Smith 34, Fergie 20, Merrick 0, Innes 5, Johnson 3  
 1B Cummings 10, Carr 13, Shand 46, Hayres 1, Paxman 4, Worner 0  
 2A Jones 4, Briffa 27, Hughes 0  
 2B Goff 3, Gilmour 18  
 3A Horsley 18

On 17th January, Bill Hughes happened to be in Melbourne when a 1500m handicap race was run at Box Hill. Bill (running as a 1B and therefore over-handicapped) came 4th in his heat in 5m23s.

Wednesday 18th January - Time Trials at Perry Lakes conducted by Dick Horsley assisted by D. Caplin and J. Collins.

#### 200m

PV	P. Gare	23.9	1A	J. Rowland	26.9
	R. Calnan	25.7		R. Holland	28.0
	K. Cameron	25.8		B. Flenley	28.6
2A	D. Jones	26.5		R. Fergie	30.9
	A. Tyson	32.1	4	R. Briggs	37.6*

#### Javelin 800g all groups

PV	K. Cameron	34.39	1A	R. Fergie	33.91*
	P. Gare	29.34		R. Holland	27.51
	R. Calnan	22.96		B. Flenley	23.44
1B	R. Shand	24.97	2A	A. Tyson	N.T.
3B	J. Collins	13.82	4	R. Briggs	13.69

\* No Residential Record in the 200m existed, so Reg Briggs' run becomes an inaugural record. Bob Fergie broke his own 1A javelin record by 0.79m.

At Perry Lakes on Saturday, 21st January in the Women's Track and Field, Kath Holland ran the 100m in 12.0 sec, 200m in 25.8s, and in the 400m broke her own record by 0.1s by covering the distance in 59.0s.

There was a big turn out at McCallum on Sunday, 22nd January, but not all participated in the 2 man 4 x 1k relay. John Gilmour was responsible for the run and Cliff Bould, Jack Collins and Stan Lockwood did some slow jogging while Frank Usher ran the Bridges. The team results were:



Bob Sammels (1A) Paul Hughes (INV)	3m44s	3m33s	3m36s	3m13s	14m10s
Dick Horsley (3A) Bob Hayres (1B)	3m34s	3m26s	3m41s	3m35s	14m16s
Jim Coventry (1B) David Hough (1B)	3m25s	3m39s	3m59s	3m41s	14m44s
Alec Cummings (1B) John Rowland (1A)	4m01s	3m09s	4m05s	3m38s	14m53s
Bill Hughes (2A) Alan Tyson (2A)	3m51s	3m30s	4m09s	3m38s	15m08s
Ray Martin (2B) George Innes (1A)	4m07s	3m12s	4m33s	3m16s	15m08s
Brad Watson (1A) Paul Morrissey (2A)	3m33s	3m51s	3m56s	4m00s	15m20s
David Jones (2A) Ross Holland (PV)	3m48s	3m52s	4m22s	3m50s	15m52s
Fastest lap	3m25s	3m09s	3m36s	3m16s	

Later at Perry Lakes, in a temperature of 29°C, track and field participants battled with a strong sea breeze.

	100m	91.4cm 110 H	400m	1500m	3000m	3k walk
PV P. Wall K. Cameron P. Gare R. Calnan C. Spare D. Caplin	13.2 12.1 13.2	19.5	52.1	4m54s 4m26s	9m14s * * P/O*	
1A J. Smith E. Maslen G. Innes				4m25s 4m37s	9m48s *	16min+
1B A. Cummings R. Shand D. Carr R. Hayres		21.5	59.0 64.5	4m32.4 4m47s	*	
2A A. Briffa D. Jones	13.2	21.8	69.1 64.3	4m44s		
2B J. Gilmour N. Goff		20.5		4m33.0s		

In the field events

	Javelin 800g	PV	5.5k shot	7.25 shot	LJ
PV K. Cameron R. Calnan	33.08				5.23
1A E. Maslen R. Fergie	23.66	2.20 2.50		9.83	
1B A. Cummings			8.52		
2B N. Goff		2.00	8.30		?

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The 3000m marked \* was declared a 'non-event' because the lap scorers lost count with 3 laps to go, so that apart from the first three competitors all ran 1 lap too many. No times were taken. Rob Shand broke the 1B 1500m record by 1.6s and Art Briffa the 2A 1500m record by 3s.

#### Cumulative Points Totals

PV P. Gare 146, Calnan 11, Cameron 34, Williams 1, Caplin 126,  
Niemanis 112, Wall 92, Spare 10  
1A Maslen 144, Smith 34 + walk, Fergie 27, Merrick 0, Innes 10,  
Johnson 3  
1B Cummings 11, Carr 15, Shand 52, Hayres 1, Paxman 4, Worner 0  
2A Jones 4, Briffa 30, Hughes 0  
2B Goff 3, Gilmour 24  
3A Horsley 18

On Wednesday, 25th January we held the first of our Club Championship twilight meetings at Perry Lakes warm up track, which must be the only venue where there is a flooded track during a drought and water restrictions.

800m (Heat number shown in brackets. Heat winners marked \*)

PV	D. Caplin	2:06.9	(3)*	2A	W. Hughes	2:34.0	(1)*
	K. Cameron	2:17.2	(3)		A. Tyson	2:35.4	(2)
	R. Holland	2:40.0	(2)		D. Jones	2:39.2	(2)
INV	N. Bailey	2:14.2	(3)				
1A	J. Rowland	2:19.0	(3)	2B	J. Gilmour	2:17.9	(3)
	R. Sammells	2:47.0	(1)				
	R. Fergie	3:20.0	(1)	3A	R. Horsley	2:38.0	(1)
1B	R. Shand	2:10.0	(3)	4	R. Briggs	3:20.0	(1)
	D. Carr	2:11.0	(3)				
	B. Paxman	2:20.3	(2)*				
	R. Hayres	2:27.0	(2)				
	A. Cummings	2:56.0	(2)				
INV	W. McCabe	2:25.6	(2)				

Records were created in the following groups:

PV Don Caplin equalled his record of 15.1.78  
1B Rob Shand broke David Carr's record by 2.4s  
4 Reg Briggs created an inaugural record as well as an Australian record for his age group (to be confirmed); the previous record being held by Tom Millard of N.S.W. at 3m37.9s

Shot Put	7.25k	5.5k	4.0k
PV	R. Holland 8.15	2A W. Hughes 8.45	3A R. Horsley 8.99
	K. Cameron 6.76	D. Jones 7.12	3B J. Collins 7.46
1A	R. Fergie 9.56	A. Tyson 7.03	4 R. Briggs 7.28
1B	A. Cummings 7.70	2B No competitors	F K. Holland 9.04
	R. Shand 7.51		
	R. Hayres 6.76		
	D. Carr 6.74		

The only record was created by Kath Holland who broke Barbra Campbell's record by 0.4m.

In the South West Championships held at Payne Park Oval in Bunbury on 28th and 29th January 1978 the Veterans Results for Saturday were as follows:

TRACK	3k walk	5k walk	200m	800m	10,000m
PV	R. Calnan		26.6 (2)		
	K. Cameron		26.5 (1)		
	D. Caplin			2:8.6 (1)	

TRACK (contd)	3k walk	5k walk	200m	800m	10,000m
1A J. Smith R. Johnson J. Rowland G. Innes	16:40s		27.4 (4)	2:12.0 (3) 2:19.0 (6)	34:28.6
1B D. Carr R. Shand			27.3 (3)	2:16.0 (5) 2:12.8 (4)	
2A A. Briffa A. Tyson					37:19.9 40:40.7
FIELD	Pole Vault	(open) Shot	Javelin	Long Jump	Shot
PV R. Calnan K. Cameron			34.80 (3)	5.32 5.47 (1)	10.2 o/35
1A A Fergie J. Rowland	2.2 (2) (open)	10.2 (2)	35.08 (2)	4.54 (4)	12.54 9.29
1B A. Cummings					9.20

A new meeting record was created by Don Caplin in the 800m (ref Newsletter No. 47) who took 2.2s off John Rowland's 1976 record. The day was hot with a constant wind blowing down the finishing straight. The grass track was slow.

Cummings, Carr, Caplin, Cameron, Rowland, Tyson, Innes and their families camped at Holiday Homes Caravan Park on the Collie River. Shand and Fergie, without families, also camped there, and a good evening with replacement for fluid lost during the hot day was enjoyed by all. The Briffas returned to Perth on Saturday night, and the Goffs were billeted at the Hostel.

On the second day conditions were much the same, with the wind still blowing down the long finishing straight.

TRACK	100m	3'6" (1.066m) 110 H	400m	1500m	3000m
PV R. Calnan K. Cameron D. Caplin	13.4(1)		74.6 58.7	4:30.2(1)	9:42.0(1)
1A R. Johnson J. Rowland G. Innes	13.5(3) 13.4(2)			4:37.0(2)	9:51.0(3)
1B D. Carr R. Shand A. Cummings	13.7(4)	24.2(3)	59.1	4:38.0(3)	
2A A. Tyson				5:15.0(5)	
FIELD	T.J.	Discus 2k	Discus 1.5k	Hammer 12lb	Hammer 16lb
PV R. Calnan D. Caplin E. Niemanis	9.10	39.16	26.12 40.40(1)	47.90(1)	43.82(2)
1A R. Fergie J. Rowland	8.49 10.28	w/drew	28.76(4) 24.78	33.84(2)	31.26(4)
1B A. Cummings			29.92(2)	29.20(3)	

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Ross Calnan was competing with an injured hamstring muscle. Don Caplin broke his second record of the meeting by lowering John Gilmour's 1977 record by 1.9 seconds. Ed Niemanis set up two new meeting records in the Discus and Hammer; the previous marks being 36.80 and 27.05 respectively. John Rowland broke Bob Fergie's 1A triple jump record by 0.35m.

Meanwhile in Perth on Saturday at Perry Lakes Kath Holland was winning all the women's sprints with 60m in 7.9, 100m in 12.3, 200m in 25.2, a second place in the 400m hurdles in 67.0 and second place in the Long Jump with 5.21m.

At McCallum on Sunday, 29th January, about 10 veterans gathered to "do their own thing" - No names, no pack drill.

Wednesday, 1st February Twilight 5000m was run at 7 p.m. in perfect conditions on the McGillivray grass track. The race was won in the fast time of 14m30.8s and the veterans results were:

PV	Don Caplin	16m32s	2A	Art Briffa	17m26s
	Charles Spare	18m15s		Alan Tyson	19m04s
	Kevin Cameron	20m55s		Bill Hughes	19m27s
	Dennis Horgan	21m41s			
1A	George Innes	16m17s			
	John Butts	17m05s			
	Noel Thomas	19m13s (Invitation)			
	Stewart Brandon	24m56s			
1B	Rob Shand	17m26s			
	David Carr	18m14s			
	Bob Hayres	19m30s			

We welcomed the return of John Butts to the club, and to two new potential members both 1A in Noel Thomas and Stewart Brandon. Rob Shand tore some tendons behind the knee cap and will be out of running for at least 3 weeks.

On Saturday, 4th February in the Women's Track and Field at Perry Lakes, Kath Holland ran 200m in 25.1 and 400m in 57.6.

On Sunday, 5th February at the Perry Lakes track veterans events were held in conjunction with the heats for the W.A.A .A.A. state titles. Entries from veterans were good, but the turnout on the day, especially in the 800m, was disappointing. The results were:

		200	400 m state	800	3000	PV	Shot 121b	Shot 161b	Jav.	L.J.
PV	K. Cameron	26.1		2:20.1					22.96	5.09
	P. Gare	24.5	51.9					9.47		
	P. Williams	27.7								
1A	R. Fergie					2.10		9.95	32.02	4.66
	J. Smith				3k walk 16:160					
1B	D. Carr	26.4		2:17.6						
2A	A. Briffa				10:00.0					
	A. Tyson	31.7		2:36.5			7.18			
	W. Hughes	29.3		2:32.9			9.07			

Brian Waldhunter (36) from Bunbury competed by invitation and ran the 800m in 2:14.0, and 200m in 26.7; Wally McCabe (1B) ran the 3k in 10m38s; and Stan Old hurled the javelin 34.56m and leapt 4.39m in the Long Jump. All are of veteran status and we hope they will join us soon. Peter Gare's time was not good enough to get him into the finals!

At McCallum Collins, Horsley, Bould, Gilmour, Lockwood, Hayres, Rowland, Innes, Jones, Morgan, Morrissey and Gwen and Jack D'Arcy did a slow jog around the Bridges.

WE THANK DOREEN LOCKWOOD FOR THE TYPING OF THIS NEWSLETTER & TO STAN FOR INTERPRETING ROB SHANDS WRITING AND CHECKING THE TEXT.

The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it -

Elbert Green Hubbard.

#### FEBRUARY BIRTHDAYS

Geoff Price	2nd	turned 43	& remains 1A
Brian Paxman	2nd	" 48	& remains 1B
Joe Shepperd	3rd	" 71	& remains 4
Ken Mazey	3rd	" 43	& " 1A
Alan Tyson	6th	" 53	& " 2A
Don Whitten	14th	" 40	& becomes 1A
Val Lishman	14th	" 48	& remains 1B
Jim Coventry	21st	" 46	& " 1B

Sixth Australian Veterans Track & Field Championships will be held on Sat. 25th Sun. 26th & Mon 27th March 1978 at Olympic Park, Melbourne.

Copies of the programme of events are available from Rob Shand.

#### W.A. ENTRIES FOR AUSTRALIAN

##### VETERANS CHAMPIONSHIPS

Dick Horsley	(3B)	800. 1500. 3KW. 5KW. Shot. Discus
Bob Fergie	(1A)	All field events (8)
Kath Holland	(WIA)	100. 200. 400. 400H. L.J. T.J. 10Kcc
Art Briffa	(2A)	800. 1500. 5000. 10,000. 10Kcc
David Jones	(2A)	100. 200. 400. 110H 400H L.J. T.J.
Bill Hughes	(2A)	400.800. 1500. 5000. 10,000. Discus. 100H 400H. 1500steeple. Shot. Jav. Hammer
Peter Gare	(PV)	100. 200. 400. Discus
Ross Calnan	(PV)	100. 400. L.J. T.J.
Peter Williams	(PV)	100. 200. 400. 110H. 400H.

The Clubs best wishes for success & competition in good spirit go with our nine veterans. For those left behind be at McCallum at 8.30am for a PARLAUF RELAY.

If your name is not on the list (or if it is & you don't go to Melbourne ) you will be at McCallum Won't you?

Other meetings of interest are as follows:-

1. The next WORLD CHAMPIONSHIPS will be held in HANOVER. Germany in late July or early August 1979.
2. The First Singapore Championships will be held probably on the weekend 26/27 August 1978 on the tartan track in the national stadium. We understand that there will be a U.S. team there & possibly teams from Japan & Hong Kong. While it will cost Veterans from the Eastern States \$800 for a 10 day visit, for once we have a territorial advantage over them with our costs for 9 days & 7 nights for \$569. which includes return economy class air fare, hotel (share twin), Australian style breakfast (steak & eggs?), transfers from airport, sightseeing etc. For those who wish to extend their stay to 12 days & 11 nights by having a stopover at Bali on the return the cost would go to \$642. (as compared with \$875 for E.States). More information & details will be distributed as soon as it is available.
3. World Long Distance Runners Annual Road Races at West Berlin 10k Friday 16th June 1978 & Marathon 17th June.
4. European T & F Championships at Prague from August 29th to Sept 3rd 1978.

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5. European Veterans Regional T & F Championships at Viareggio in Italy from 10th -16th Sept. 1978.

Back to W.A. down to earth again.

The Winter Programme is now being considered in conjunction with the W.A.A.A.A. Cross Country & Road Running & the Marathon Club. Any Veteran wishing to "put on a run" with or without the Social afters please let Rob Shand have the venue & preferred date as soon as possible. Annual runs at Dave Carr, Bob Hughes, George Innes & Bill Hughes will be again included this year.

TWILIGHT 10,000m at Perry Lakes warm up track on WEDNESDAY 8th February 1978 - For once the track was not waterlogged but as an alternative was covered in sticks & twigs blown down from the surrounding trees. The weather was cool & the sea breeze had dropped by the time the race was started at 7pm. Just to warm up David Carr (1B) ran 100m in 12.7, 400m in 58.1 & 800m in 2m 14.55. He was joined in the latter event by Noel Thomas (1A) who covered the distance in 2m 33.0 s. Kath Holland ran two 100m races in 12.1 & 12.0, the latter being a new residential record.

The 10k results were.

P.V.	Paul Slyth	45m 00s
1A	George Innes	33m 57s
	Ted Maslen	34m 59s
	John Butts	36m 02s
1B	David Hough	36m 40s (personal best)
	David Carr	39m 38s
2A	Alan Tyson	40m 56s (Alan ran 26 laps in 42m 34s

Phil Wall assisted in officiating as he is still recovering from his operation & is not yet able to run. Wally McCabe (1B) was seen to run the full distance in 38 - 39 mins.

SATURDAY 11th February: W.A.W.A.A.A. State Championship

Heats. Kath Holland; 100m in 12.4 (3rd)  
60m in 7.8 (4th)  
200m in 24.9 (3rd) which is a new residential record. She also ran 12.2sec in an invitation 100m.

SUNDAY 12th February was a busy day for veterans commencing at 7am with the Marathon Clubs 15k run over three circuits of Kings Park; The results for this new event were:-

	Lap 1	Lap 2	Lap 3	Total	1977
P.V. J.Joyce	17;47	18;41	18;45	55;13	
M.O'Rourke	18;48	20;42	21;15	60;45	
1A G.Price	20;45	21;17	21;49	63;51	
R.Sammells	21;03	22;37	23;37	67;17	
1B R.Hayres	20;45	21;47	22;30	65;02	
2A A.Tyson	20;45	21;04	21;42	63;31	
F.Usher	23;00	24;00	Withdrew		

Wally McCabe (1B) completed the distance in 77;20 & the race was won in 51.20. John Gilmour arrived too late to participate so jogged down to McCallum after to see a small group training there. Garnett Morgan & Paul Morrissey were trying out the Dave Jones course (perhaps to participate on 26th March?) Jack Collins is now jogging & Stan Lockwood was there too.

In the afternoon at Perry Lakes track the second day of veterans events in conjunction with the heats for the W.A.A.A.A. State Titles. Again the number of entries were greater than the actual number of participants on the day. This is not good publicity for the club - if you enter, every effort should be made to participate. Unless you are genuinely injured.

The results were as follows; all 100m races were wind assisted.

## Vetrun 61

	100m	400m	1500m	H.J.	T.J.	Hammer 7.25K 5.5k	Discus 1.5k 2.0k
P.V. P.Gare		52.2					
K.Cameron	12.5	58.2	5.01.6	1.50			
P.Williams	12.6						
1.A R.Fergie				1.35	9.39	29.94	25.60
1B. D.Carr	12.6	55.2	4.38.8				
A.Cummings				1.25	9.17	25.44	23.76
2.A A.Briffa			4.43.8				
A.Tyson			5.20.0				
2.B N.Goff				1.25	9.61	24.17	22.26

Alan Tyson put in a good performance especially after his 15k in the morning. David Carr's 400m is a new 1B record by 0.6sec & Art Briffa's 1500m broke his own 2A record by 0.2sec. Alec Cumming's broke the 1B Hammer record by 1.7m & Noel Goff just broke his own 2B Hammer record by 0.01m.

with Reference to Newsletter No.60 ; Bill Hughes 9.07m for the shot on 5/2/78 was a new 2A record & Bob Fergie broke the 1A Hammer record at Bunbury on 29/1/78 by nearly 4m.

Ross Holland should be listed under 1A (& not PV) in the Club Championship Shot held on 25/1/78 making Kevin Cameron the P.V. Champion & Ross second in 1A.

Dick Horsley was rejuvenated in the same newsletter by being listed as a 3A. Dick is, whether he likes it or not now 3B but that makes him Club 3B Champion in the Shot in lieu of Jack Collins.

### WEDNESDAY 15th February 1978; Club Championship

Twilight meeting at Perry Lakes warm up track was run in cool & obviously suitable conditions after overnight rain. Carr, Horsley & Thomas warmed up by sweeping water off the track. Cliff Bould was the committeeman on roster. The 1500 metres was run in two heats & the following are the composite results;

			Heat/position	previous best this season.
P.V.	Don Caplin	4m 18.3s	2/1	4m 24.0s
	Phil Wall	4m 18.3s	2/2	4m 23.0s
	Kevin Cameron	4m 59.8s	2/6	4m 48.1s
1.A	George Innes	4m 27.4	2/3	4m 37.0s
	Noel Thomas	5m 17.0s	1/4 Invitation	--
	Ross Holland	5m 29.5s	1/5	--
	Bob Fergie	7m 05.7s	1/7	6m 48s
1.B	David Carr	4m 27.5s	2/4	4m 38.8s
	Wal McCabe	4m 57.5s	1/1 Invitation	----
2.A	Alan Tyson	5m 09.4s	1/2	5m 15s
2.B	John Gilmour	4m 30.6s	2/5	4m 28.3
3.B	Dick Horsley	5m 16.9s	1/3	---
4	Reg Briggs	7m 05.6s	1/6	7m 34.8s

Wal McCabe ran away with heat 1 but heat 2 produced three close finishes with Don Caplin just edging Phil Wall out & George Innes squeezing past David Carr on the line & Reg Briggs ousting Bob Fergie. New records were created by Don Caplin, David Carr, & Reg Briggs & subject to confirmation Reg's run could be an Australian Record.

### LONG JUMP

P.V.	K.Cameron	4.98m	(1)
1.A	R.Holland	4.51m	(2)
	R.Fergie	4.38m	(3)
	G.Innes	3.88m	(5)
1.B	D.Carr	4.05m	(4)

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Cliff Bould & Jack Collins, both on the slow comeback trail did some jogging & assisted in time keeping.

JAVELIN 800G.		distance	position	previous best this sea.
P.V.	K.Cameron	29.54	(1)	36.04
1.A	R.Holland	29.12	(2)	best this season
	R.Fergie	29.03	(3)	33.91
	N.Thomas	12.54	(10)	invitation
1.B	R.Shand	23.87	(4)	29.76
	D.Carr	22.00	(5)	24.05
2.A	A.Tyson	15.30	(7)	best this season
JAVELIN 600g				
3.B	J.Collins	15.13	(8)	best this season
4.	R.Briggs	13.62	(9)	15.17
F.	K.Holland	19.64	(6)	best this season

George Innes (1A) had three throws but could not get the thing to stick in - perhaps we had better invest in a caber for George!  
Kath Holland's throw was an inaugural record for this event.

Sunday 19th February McCallum - A reasonably sized group gathered at McCallum for the first time for some weeks. Early arrivals found John Gilmour hard at 500m runs under the trees with Cliff Bould doing laps. At 8.45am Hayres, Hughes, Caplin, Cameron, Hough, Tyson & Carr took off round the bridges followed later by Sammells & Berry. Jack Collins arrived at 9am & he & Rob Shand nursing their injuries round the 1k lap were joined by Flenley & Loockwood to form a "cripple group". David Jones came down late to have a run before leaving on Monday by car en route via Adelaide (where he hopes to compete) to the Melbourne Champs. Alex Cummings & Bob Hayres threw the hammer at the trees - & then we all went home!

#### STATE CHAMPIONSHIPS - DAY 1 - SAT 18th Feb. 1978

Kath Holland	200m	24.6s	- 5th
	Discus	28.04m	- 4th
Peter Gare PV	Pole Vault	2.68	- 2nd
Phil Wall PV	5000m		withdrew after 3000m
George Innes 1A	5000m		16m 29s
Jim Smith 1A	3000m Walk		16m 32.4s - 2nd
Ted Maslen 1A	5000m		16m 41s
Wal McCabe 1B	5000m		18m 40s

#### DAY 2 - Sun 19th Feb.

Kath Holland	100m		12.2 - 6th
	400m Hurdles		63.7 - 3rd
	Long Jump		4.97m - 4th
Ed Niemanis PV	Hammer		45.68m - 2nd
Jim Smith 1A	5000m walk		28m 08s - 2nd
Ted Maslen 1A	10,000m		35m 17s

#### Wednesday 22nd February 1978 - CLUB CHAMPIONSHIP

Twilight meeting at Perry Lakes warm up track after a day of "century" heat was the responsibility of Jack Collins. Again the track had to be dewatered before the first race, - 200 metres could be run. There were three heats & the following are the composite results.

	Time	Heat/position	previous best this season.
PV. P.GARE	23.72	1/1	23.8
K.Cameron	25.40	1/2	25.7
K.Beament	26.37	2/1	no previous run
P.Williams	26.80	1/4	27.7
B.Oliver	33.20	3/5	no previous run



# Vetrun 61

	time	heat/position	previous best this season.
1.A R.Holland	27.20	2/2	27.2
B.Flenley	28.47	3/1	28.6
G.Innes	30.00	2/4	no previous run
1.B D.Carr	25.90	1/3	26.4
R.Hayres	29.8	2/3	no previous run
A.Cummings	30.0	3/2	" " "
2.A W.Hughes	31.2	3/3	29.3
A.Tyson	32.2	3/4	31.7

David Carrs run broke David Jones 1B record by 0.20 seconds  
The 200m was followed by the Discus in which 12 veterans competed & threw the following distances;

Discus 2kg	distance m.	position	previous best this season
PV. P.Gare	30.225	1	30.82
K.Cameron	14.935	7	16.50
1A R.Fergie	28.626	2	best this season
R.Holland	21.564	4	no previous throw
1B. A.Cummings	26.772	3	30.26
R.Hayres	18.415	5	19.95
D.Carr	17.374	6	best this season

DISCUS 1.5kg			
2.A W.Hughes	20.853	2	best this season
A.Tyson	18.364	4	21.580
3.B R.Horsley	26.923	1	28.520
J.Collins	19.405	3	20.610
4 R.Briggs	16.941	5	best this season.

Bob Fergie broke his own 1A record by 0.68m

Dick Horsley broke Jack Collins 3B record by 4.59m

Reg Briggs created an inaugural group 4 record with his throw.

In the gathering dark 15 veterans lined up at the start of the 5000m & 27 minutes later the twilight meeting was all over bar the recording. The composite results were:-

	Time	Race Position	best this season
PV. P.Wall	16m 15.2s	1	15m 30.5
K.Cameron	17m 36.6s	3	personal best
K.Beament	18m 33.3s	5	17m 56s
1A. G.Innes	16m 25.0s	2	16m 17s
R.Sammells	19m 46.7s	8	no previous run
B.Flenley	21m 36.9s	11	19m 30s
R.Fergie	27m 36.1s	15	26m 01s
1B D.Carr	17m 36.6s	4	17m 19s
R. Hayres	19m 29.5s	7	best this season
A.Cummings	23m 06.4s	12	no previous run
2A. A.Tyson	19m 04.5s	6	19m 04.0s
W.Hughes	20m 21.4s	9	19m 27.0s
3A C.Bould	23m 56.8s	13	20m 50.0s
3B R.Horsley	20m 46.4s	10	no previous run
4 R.Briggs	26m 53.1s	14	" " "

Dick Horsley & Reg Briggs created inaugural records in their respective age groups with their times.  
Geoff Price (1A) ran his own 5000m while the discus was in progress, in just over 19min & was accompanied every second lap by George doing his warm up.

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Jack Collins was assisted in time keeping by Don Caplin & Stan Lockwood. Phyl Bould, Maureen Hayres, Pat Carr & Mary Innes kept lap scores.

On Saturday afternoon at Perry Lakes Kath Holland ran 200m in 25.0sec.

Marathon Clubs 10k "Run Round the Bridges" on Sunday 26th February 1978 starting at 7.15am saw 22 veterans in a field of 49 on a cool sunny morning. The winner was back at McCallum in 32min 52sec. followed by veterans in the following positions.

Race Position		actual time	Handicap	Adjusted time	17.7.77 (fun run)
	PV.				
5	Phil Wall	33.28	3.00	30.28	-
13	Jeff Joyce	35.34	3.30	32.04	35.12 13/2/77
15	Keith Beament	36.20	9.00	27.20	38.13
20	Don Caplin	38.01	4.00	34.01	38.25
35	Bob Johnstone	42.46	12.30	30.16	49.44
39	Bernie Oliver	44.03	12.00	32.03	38.00
	1A				
24	Geoff Price	39.32	10.30	29.02	39.48
30	Bob Sammells	40.15	12.00	28.15	
36	Brad Watson	43.04	12.00	31.04	
41	Brian Flenley	44.26	12.00	32.26	
44	Ken Mazey	46.00	13.00	33.00	45.52
	1B				
16	David Hough	36.31	10.00	26.31	37.45
21	David Carr	38.18	5.00	33.11	41.13 13/2/77
31	Mike Berry	40.25	10.00	30.25	43.55
32	Rob Shand	41.02	6.30	34.32	36.35 13/2/77
33	Bob Hayres	41.12	12.00	29.12	41.17
42	Denis Batterham	45.14	14.00	31.14	
46	Eric Pearton	46.58	14.00	32.58	
49	Alec Cummings	52.52	15.00	37.52	
	2A				
25	Alan Tyson	39.45	11.30	28.15	
45	Frank Usher	46.58	13.30	33.28	47.21
	3B				
40	Dick Horsley	44.04	15.30	28.34	44.57 13/2/77

The veterans handicap was won by David Hough from Keith Beament & Bob Sammells & Alan Tyson who tied for third place. Both David and Alan have been running well through summer & should look forward to a good winter season.

Most veterans improved their previous times for this course.

By 9am McCallum was deserted except for Cliff Bould who was finishing off some lap training.

While a large proportion of our newsletters contain the results of our top runners, record breakers & pot hunters, spare a thought for those who are "not in the race" for laurel wreaths but whose rewards are in their own efforts which are often as great in relation to their potential as are those of the Champions in theirs, for those, who through injury or illness are walking their way back to fitness, for those who are just starting in their bid to better their physical being & for those who prefer to keep their sport "low key" & run for the pure pleasure of it.

Their participation is the fellowship of our club & our encouragement of their efforts its success.

The W.A. VETERANS ATHLETIC CLUB in association with Belmont is responsible for the running of a twilight meeting at Belmont Oval at 6pm on WEDNESDAY 15th March at which the Club Championships walks will be held before a 10,000m track race. If you are not competing we need you there to assist in lap scoring etc. & keeping up the reputation that the club has. - BE IN IT WITH US.

THE 1978 ANNUAL GENERAL MEETING.

will be held at McCALLUM  
on SUNDAY 2nd APRIL 1978  
Starting at 9am SHARP

( & not after the breakfast barbeque at Perry Lakes on Sunday 19th March as listed in the Revised programme)

We have a large membership & hope that everyone will make the effort to be present & will bring along any new or potential members to the Club.

This is your opportunity to air your grievances, to comment, compliment or complain & then to elect your committee for the next twelve months. Start thinking about the performance of your current committee & about whether you wish them to continue or to be replaced. If the latter is the case come up with the name of someone who is prepared to contribute & assist.

There will be an organised run after the meeting so bring your gear down with you.

SUBSCRIPTIONS - will be due from 2/4/78

Val Lishman, our member in Bunbury who has not managed to do much training since joining due to knee and ankle injuries, has written to say that he has a film on order from Canada dealing with the rehabilitation of cardiac patients by long distance running and he will be arranging a showing in Perth later in the year. This should be interesting to us and more details will be circulated as advice from Val comes to hand.

SUNDAY, 16TH APRIL, 1978, 7 a.m. start 1st Uni Marathon at St. Lucia, Brisbane. Entries \$1.00 by 10/4/78. See Secretary for Entry Forms. (The organiser is Andy Semple - a Group 2 Vet.).

BOOKS Van Aaken method and The Complete Runner are now available from the Down to Earth Bookshop in Hay Street at \$4.95 and £14.00 respectively.

Our greatest glory consists not in never falling  
but in rising every time we fall.

Oliver Goldsmith

W.A.A.A.A. Shield Competitions in which we as a Club are not involved, although many of our members who compete for other clubs do participate. Their performances are as follows:

Sunday, 26th February 1978 Shield Competitions at Perry Lakes

3000m walk	J. Smith	(1A)	16m 10s
	E. Maslen	(1A)	22m 24s
3000m	E. Maslen	(1A)	9m 43s
1500m	E. Maslen	(1A)	4m 23s
400m	P. Gare	(PV)	52.4s
Discus 2k	P. Gare	(PV)	28.06
	E. Niemanis	(PV)	38.82
Discus 1½k	R. Johnson	(1A)	21.77
	E. Maslen	(1A)	23.22

These results have been difficult to collect and may not be complete. If there are any omissions or corrections, would the veterans involved please advise the Secretary as soon as possible as the finalising of 1977-1978 track and field ranking lists has now commenced.

Twilight at McGillivray - Wednesday, 1st March 1978

PV Peter Williams, preparing for the Championships in Melbourne ran 60m in 8.0s and 100m in 13.3s.

In the 800m PV Keith Beament ran a good 2m 11.7s in his first race over this distance this season, and 1A Brian Flenley ran 2m 25.0s in the same race. In another heat, 1B David Carr flew round in two equal laps to break Rob Shand's record of 2:10.0 by 1.6s in a new time of 2m08.4s. David now holds all the 1B records from 100m - 1500m, and the 10,000m. That only leaves the 3km and 5km to get away from Rob.

In the 5000m run at 7.45 p.m. under floodlights (which is when all distance races should be run at this time of year), we experienced the creation of a new Open State record. The results were:

PV	Don Caplin	17m00s
	Keith Beament	17m41s
	Charlie Spare	18m14s
1A	George Innes	15m52s
	Ted Maslen	16m24s
	Bob Sammells	19m08s
	Brian Flenley	withdrew
1B	David Carr	17m22s
	Rob Shand	19m03s

Apart from being a personal best, George's run created a new 1A record, breaking Ted Maslen's record by 18 seconds. Keith, Charlie and Bob all recorded their best times for the season.

GEORGE INNES - birthday 3rd March, turned 43 and remains 1A.

In the State Decathlon Championships on 5th and 6th March at Perry Lakes, Peter Gare (PV) produced the following performances:

100m	11.7	L.J.	5.65	Shot	7.25k	9.56
400m	51.5	H.J.	1.44	Jav.	800g	34.12
1500m	5m21.1	P.V.	2.70	Discus	2k	29.56
110 H	20.2					

2.

Peter gained 4708 points and his Pole Vault equalled Tom Reynolds' PV residential record.

Unfortunately, due to achilles tendon problems, Peter will not be going to Melbourne to participate in the Australian Veterans Championships at Easter.

GEORGE ATZEMIS - birthday 4th March, turned 38 and remains PV  
KEITH McDONALD - birthday 4th March, turned 44 and remains 1A

Sunday, 5th March, 1978 Marathon Club's 20 miles at Wanneroo, now entitled the "Laurie Potter Trophy" was started at 6.20 a.m. with a field of 31 (including 3 walkers doing 10 miles). There were 15 veterans in the field and their results for the 10 miles, which this year was altered from the out and back course of previous years, were:

				Previous	
PV	Kevin Cameron	67m 41s	(2)	-	
	Bob Johnstone	71m 32s	(4)	-	
1A	Bob Sammells	70m 42s	(3)	-	
1B	Geoff Price	66m 56s	(1)	67:30	(6/3/77)
	Rob Shand	74m 28s	(5)	65:52	(7/3/76)
	Dennis Batterham	76m 04s	(6)	-	
	David Carr	78m 37s	(8)	67:00	(6/3/77)
2A	Bill Hughes	76m 19s	(7)	-	
	Frank Usher	78m 37s	(8)	-	

Six veterans continued on to complete the 20 miles out and back course, their times being:

		10mls	15mls	20mls	6/3/77 previous
PV	Jeff Joyce	(1) 59:41	1h 30m 14s	2h 03m 49s	1:56:10
	Martin O'Rourke	(2) 62:54	1h 39m 06s	2h 18m 03s	2:16:12
1B	David Hough	(3) 64:33	1h 40m 45s	2h 20m 30s	2:38:55
	Brian Paxman	(5) 70:48	1h 46m 52s	2h 25m 40s	2:20:06
	Mike Berry	(6) 74:28	1h 51m 44s	2h 33m 39s	-
2A	Alan Tyson	(4) 67:47	1h 42m 10s	2h 24m 37s	-

The 20 mile race was won in 1h 51m 35s, which is a record for the course. 14 athletes completed the full 20 miles.

Jim Smith (1A) covered the 10 mile walk in 1h 32m 56.8s, and Bernie Oliver took over the role of the R.T.A. by assisting at intersections.

McCallum hosted Bould, Collins, Gilmour and Hayres, who met a potential new 1B member in Bruce Buchanan.

ROBIN JOHNSON - birthday 7th March, turned 45 and altered from 1A to 1B

Wednesday, 8th March Twilight Club Championship at Perry Lakes warm up track, with David Carr as committee man on roster. Again proceedings commenced with the dewatering of the track as the three divisions for the 400m Championship were sorted out. All races were started by Don Caplin, and the following are the composite results:

		time	heat/ position	previous best this season
PV	<u>P. Williams</u>	62.7	1/2	64.4
1A	<u>B. Flenley</u>	62.2	2/1	no previous run
	<u>R. Holland</u>	63.0	1/3	no previous run
	<u>R. Sammells</u>	66.4	2/4	no previous run
	<u>R. Fergie</u>	72.6	3/4	73.7

		time	heat/ position	previous best this season
1B	D. Carr	56.4	1/1	55.2
	B. Paxman	64.6	2/2	63.2
	R. Hayres	66.4	2/3	64.5
	D. Batterham	69.2	3/2	no previous run
	A. Cummings	71.2	3/3	no previous run
2A	W. Hughes	62.6	3/1	73.6
	A. Tyson	72.8	2/5	72.6
4	R. Briggs	83.4	3/5	no previous run

Reg Briggs' run is an inaugural residential record for this event. Timekeeping was done by Jack Collins, Stan Lockwood, Dick Horsley and Cliff Bould.

#### In the Triple Jump

PV	K. Cameron	10.69m	(1)
1A	R. Holland	9.44m	(2)
	R. Fergie	9.05m	(4)
	R. Sammells	8.29m	(6)
1B	A. Cummings	9.24m	(3)
	D. Carr	8.42m	(5)
	R. Hayres	8.12m	(7)
	B. Paxman	8.12m	(7)
2A	W. Hughes	6.15m	(9)

There were no record breaking performances here, but the fun of participating was evident from the noise coming from the pit. Maureen Hayres and Daphne Cameron assisted in recording, John Gilmour was supervising training, and Peter Gare and Rob Shand did some light training while Dick Horsley walked a time trial mile. Cliff Bould had done some laps earlier with Bruce Buchanan.

#### Sunday, 12th March 1978. McCallum Half Hour Run

Twenty seven veterans participated in this run over a circuit on grass starting at 9 a.m. Jan Caplin, Art Briffa, Jack Collins and Stan Lockwood did the lap scoring, and John Rowland blew the 5 minute and final whistles from mid-field. Rob Shand was committee man on roster. The results were: (1 lap = 1025m)

			m	where distances are not listed in this column, athletes either ran for one hour or did not compete on 30/10/77
1	(George Innes	1A	8 laps + 230m = 8430	
	(John Gilmour	2B	8 laps + 230m = 8430	
3	Kevin Cameron	PV	7 laps + 830m = 8005	
4	David H ogh	1B	7 laps + 810m = 7985	
5	Don Caplin	PV	7 laps + 640m = 7815	
6	Rob Shand	1B	7 laps + 595m = 7770	
7	Brian Paxman	1B	7 laps + 495m = 7670	
8	Alan Tyson	2A	7 laps + 377m = 7552	
9	Bob Sammells	1A	7 laps + 240m = 7415	
10	Bob Hayres	1B	7 laps + 200m = 7375	
11	Mike Berry	1B	7 laps + 60m = 7235	
12	(Dick Horsley	3B	6 laps + 815m = 6965	
	(Neil Thomas	(inv)	6 laps + 815m = 6965	
14	Brad Watson	1A	6 laps + 710m = 6860	(7100 on 30/10/77)
15	Brian Flenley	1A	6 laps + 670m = 6820	(7300 on 30/10/77)
16	Bob Johnstone	PV	6 laps + 600m = 6750	
17	Bruce Buchanan	1B	6 laps + 390m = 6540	
18	Eric Pearton	1B	6 laps + 362m = 6512	(6490 on 30/10/77)
19	Merv Moyle	2B	6 laps + 360m = 6510	
20	Garnett Morgan	2A	6 laps + 290m = 6440	
21	Cliff Bould	3A	6 laps + 285m = 6435	
22	Alec Cummings	1B	6 laps + 280m = 6430	
23	Paul Slyth	PV	6 laps + 150m = 6300	
24	Ross Riley	2A	6 laps + 115m = 6265	
25	Sven Hansen	(inv)	5 laps + 875m = 6000	
26	Bill Hughes	2A	5 laps + 612m = 5737	
27	Ray Martin	2B	5 laps + 225m = 5350	(5243 on 30/10/77)

4.

CLIFF BOULD - birthday 12th March, turned 62 and remains 3A had a good run as did the two leaders and Alan Tyson

In the afternoon at Perry Lakes Stadium the last of the Inter-Club track and field Championships were held.

In the 5000m Ted Maslen (1A) ran 16m 23s, and Art Briffa (2A) ran 17m 30s. Peter Gare participated in five events as follows:  
400m Hurdles 60.1, 200m 24.3, Javelin 800g 36.16m, Pole Vault 2.60m and 7.25k shot 9.52m

Wednesday, 15th March 1978 - The Twilight Meeting at Belmont Oval consisted of only two events. A 3km walk Club Championship, in which Dick Horsley (3B) as the only competitor covered the distance in 16m 15s and created a new State record bettering his previous time for the season of 16:44. Alec Cummings arrived too late to compete. The Association 10,000m was won in 31m 22.1s. 23 competitors started and 15 finished, the veterans' results being:

			best this season
4th E. Maslen	(1A)	34m 45.1s	34m 05s
5th G. Innes	(1A)	35m 00s	33m 14s
6th D. Hough	(1B)	36m 25s	36m 04s
9th R. Shand	(1B)	37m 34s	35m 37s
10th D. Carr	(1B)	38m 36s	35m 32s
11th B. Paxman	(1B)	39m 25s	39m 25s
12th R. Sammells	(1A)	40m 13s	40m 13s
13th R. Hayres	(1B)	41m 40s	41m 40s
14th D. Batterham	(1B)	46m 10s	46m 10s

Frank Usher (2A) pulled out after covering 4 laps, and Geoff Wall (PV), who has now joined the Club, pulled out after completing 10 laps in 21m 42s. Wally McCabe was seen walking on the grass in the middle of the oval after completing 8 laps.

Our thanks to Phil Wall, Don Caplin, Ross Holland, Stan Lockwood, Bruce Buchanan, Paul Slyth and Brian Flenley and Peta Carr for assisting in lap scoring and time keeping, and to Peta and Jack Collins for organising entries.

The evening was finished off with beer, snacks and sandwiches in the Belmont Club Rooms, and our thanks to Ron Hardman and his assistants for the catering and arrangements.

On Saturday, 18th March, Kath Holland ran 100m in 12.5, 200m in 25.4 and 400m in 58.3 at a W.A.W.A.A.A. track and field meeting at Perry Lakes.

Sunday, 19th March 1978 "Hill Tracks Run" and breakfast Barbeque. This is a new course set out by Bob Hayres and Rob Shand at Perry Lakes over grass, gravel hill tracks and bitumen roads, incorporating part of the veterans cross country course and the "Round the Lakes" course run previously on 9th January. Designed to start and finish at the barbeque site, the run incorporates forced walks up the steepest part of the hill tracks and covers a total of  $4\frac{3}{4}$  miles, or 7.65 km, the last  $1\frac{1}{4}$  miles in the view of spectators at the Barbeque site. Don Caplin won the inaugural event in 33m 07s and was timed in by Jack Collins assisted by Maureen Hayres. Dick Horsley was the committee man on roster, and the results were:

PV	D. Caplin	33m 07s	(1)	
	K. Beanent	33m 35s	(3)	
	K. Cameron	36m 23s	(8)	
1A	B. Watson	37m 14s	(10)	
	N. Thomas	39m 06s	(13)	(inv)
	J. Whittam	43m 39s	(19)	
	B. Flenley	30m 10s		Hills lap only

1B	R. Shand	33m 16s	(2)	
	M. Berry	35m 26s	(4)	
	R. Hayres	35m 27s	(5)	
	D. Hough	35m 34s	(6)	
	D. Carr	35m 58s	(7)	
	J. Coventry	38m 52s	(11)	
	E. Pearton	41m 11s	(14)	took wrong turn at big tree
	B. Paxman	46m 22s	(20)	Barefoot!!
2A	A. Tyson	36m 29s	(9)	
	W. Hughes	41m 13s	(15)	
	F. Usher	41m 24s	(16)	
	G. Morgan	42m 24s	(18)	
2B	M. Moyle	41m 29s	(17)	
	J. Darcey	50m 38s	(21)	
	G. Darcey	50m 38s	(21)	
	R. Martin	53m 30s	(23)	
3A	C. Bould	Hills lap untimed		
3B	R. Horsley	39m 01s	(12)	

Reg Briggs (4) arrived too late to participate but did some of his own training on the grass while the run was on. Noel Goff made a social visit to the group toward the end of the barbeque. Geoff Price was seen doing a practice Fun Run with Laurie Potter's Health Club. Breakfast was cooked about 10.15 a.m., and as the temperature rose toward 34° at noon, the gathering began to disperse towards cooler or other venues. We welcomed Jim Whittam to the Club in this his first run with us, and hope that his blisters soon heal.

At McCallum John Gilmour trained, and on his run home accompanied Paul Morrissey at the start of a bridges run.

ROB SHAND - birthday 20th March, turned 46 and remains 1B

DON CAPLIN - birthday 22nd March, turned 39 and remains PV

On Sunday, 26th March at McCallum Park 13 members took part in a 3 x Dave Jones run. The results were as follows:

				Lap 1	Lap 2	Lap 3
John Gilmour	2B	23.19	(1)	7.53	7.47	7.39
Mike Berry	1B	27.20	(6)	9.03	9.13	9.04
David Carr	1B	27.01	(4)	9.15	9.18	8.28
Cliff Bould	3A	31.17	(12)	10.27	10.39	10.11
Eric Pearton	1B	30.47	(9)	9.28	10.27	10.52
Tony O'Hare	PV	25.52	(2)	8.36	8.31	8.45
Kevin Cameron	-	-	(-)	8.31	-	-
Bob Johnstone	PV	30.47	(10)	9.25	10.30	10.52
Alan Tyson	2A	27.05	(5)	8.56	9.11	8.58
Stan Lockwood	1B	34.08	(13)	10.45	11.25	11.58
Bob Sammells	1A	26.10	(3)	8.33	8.48	8.49
Brian Flenley	1A	28.48	(8)	9.05	9.55	9.48
Frank Usher	2A	30.57	(11)	10.06	10.34	10.17
Brad Watson	1A	28.15	(7)	8.49	9.28	9.58

Bernie Oliver was also seen at McCallum, but did not take part.

Jack Collins was left to do the time keeping on his own, but found two lady assistants, so there is "life in the old dog" yet. The results of the last time we ran a 3 x Dave Jones are in Newsletter No. 54 on 23.10.77. It is good to see Stan Lockwood participating again after a long lay off through injury.

John Gilmour broke the previous course record of 23m59s held by George Innes and also set fastest times for each lap. Good pace judgement is shown by the lap times of Gilmour, Berry, O'Hare and Sammells.

JIM SMITH - birthday 28th March - turned 45 and altered from 1A to 1B.



6.

Wednesday 22nd March Twilight Club Championship This was the final night of our Club Championships. Unfortunately, due to the lack of equipment, the High Jump could not be held, so the 100m was run at 6 p.m. followed by the 10,000m at 6.30 p.m.

Two heats of the 100m were run and the composite results were as follows:

		Time	Position/Heat
PV	<u>K. Cameron</u>	12.2	1/1
	<u>P. Williams</u>	12.3	2/1
	<u>R. Calnan</u>	12.8	3/1
1A	<u>R. Holland</u>	13.2	1/2
1B	<u>D. Carr</u>	13.0	4/1
	<u>E. Pearton</u>	13.8	2/2
2A	Nil		
2B	Nil		
3A	Nil		
3B	<u>R. Horsley</u>	15.4	3/2
4	<u>R. Briggs</u>	17.5	4/2

John Gilmour started the races, and Cliff Bould, Stan Lockwood and Jack Collins were timekeepers. Reg Briggs and Dick Horsley created new Residential Records for this distance in their age groups.

A field of 23 including two invited athletes started the 10k and were lap scored by Betty Usher, Bob Hayres, Dick Horsley and Kim Cameron. Brian Marsland of the Marathon Club called lap times and Stan, Cliff and Jack timed the finishes. The composite results are as follows, with race position in brackets.

PV	Phil Wall	33.31	(1)	Ross Calnan pulled out after
	Geoff Wall	34.09	(3)	7 laps
	Ron Stevens	34.43	(inv)	
	Jeff Joyce	35.02	(5)	Gerry O'Neill (inv) pulled
	Kevin Cameron	46.24	(17)	out after 17 laps
				Don Caplin pulled out after
				12 laps
1A	George Innes	34.00	(2)	Ross Holland pulled out
	Bob Sammells	39.28	*(11)	after 11 laps
	Brad Watson	41.08	(12)	
1B	David Hough	35.49	*(6)	
	Rob Shand	37.01	(7)	
	David Carr	38.40	(9)	
	Wal McCabe	41.32	(13)	
	Eric Pearton	45.42	(15)	
2A	Alan Tyson	39.10	*(10)	
	Bill Hughes	41.45	(14)	
	Frank Usher	46.06	(16)	
2B	John Gilmour	34.30	(4)	
	Alan Merrett	38.23	(8)	
4	Reg Briggs	27.21	for 5k	Pulled out

\* Personal best

The performances by Phil and Geoff Wall, George Innes and especially David Hough, who tore away at the start to lead the field for the first four laps, were good.

The following is a summary of the Club Championships in Track and Field. Figures in brackets are Residential Records.

## CLUB CHAMPIONSHIPS SUMMARY - FIELD EVENTS

N.B. Where a square is left blank, there is no event for that age group

EVENT	F	PV	1A	1B	2A	2B	3A	3C	4
Long Jump	NIL (5.19)	K. Cameron 4.98 (6.36)	R. Holland 4.51 (5.94)	D. Carr 4.05 (4.99)	NIL (5.64)	NIL (5.13)	NIL (NIL)	NIL (NIL)	NIL 2.72
Javelin 800g		K. Cameron 29.54 (45.52)	R. Holland 29.12 (33.91)	R. Shand 23.87 (35.34)	A. Tyson 15.30 (25.28)	NIL (25.96)			
Javelin 600g	K. Holland 19.64 (R)						NIL (NIL)	J. Collins 15.13 (18.40)	R. Briggs 13.62 (15.17)
Discus 2kg		P. Gare 30.225 (40.24)	R. Fergie 28.626 (R)	A. Cummings 26.772 (30.40)					
Discus 1.5kg	NIL (29.04)				W. Hughes 20.853 (20.98)	NIL (26.34)	NIL (29.11)	R. Horsley 26.923 (R)	R. Briggs 16.941 (R)
Shot 7.25kg		K. Cameron 6.76 (12.90)	R. Fergie 9.56 (10.79)	A. Cummings 7.70 (8.34)					
Shot 5.5kg					W. Hughes 8.45 (9.07)	NIL (10.01)			
Shot 4.0kg	K. Holland 9.04 (R)						NIL (10.73)	R. Horsley 8.99 (R)	R. Briggs 7.28 (7.49)
Triple Jump	NIL (NIL)	K. Cameron 10.69 (12.37)	R. Holland 9.44 (10.28)	A. Cummings 9.24 (9.93)	W. Hughes 6.15 (11.30)	NIL (11.46)	NIL (NIL)	NIL (NIL)	NIL (NIL)
Hammer	EVENT NOT HELD	.....	.....	.....	REPROGRAMMED TO 23/4/1978				
HIGH JUMP	EVENT NOT HELD	.....	.....	.....	REPROGRAMMED TO 30/4/1978				
POLE VAULT	EVENT NOT HELD	.....	.....	.....	REPROGRAMMED TO 23/4/1978				

## CLUB CHAMPIONSHIPS SUMMARY - TRACK EVENTS

Event	F	PV	1A	1B	2A	2B	3A	3B	4
100	NIL (12.0)	K. Cameron 12.2 (11.2)	R. Holland 13.2 (11.8)	D. Carr 13.0 (12.4)	NIL (12.5)	NIL (12.9)	NIL (15.1)	R. Horsley 15.4 (R)	R. Briggs 17.5 (R)
200	NIL (24.9)	P. Gare 23.72 (23.2)	R. Holland 27.20 (24.7)	D. Carr 25.9 (R)	W. Hughes 31.2 (26.0)	NIL (26.5)	NIL (33.6)	NIL (36.1)	NIL (37.6)
400	NIL (56.0)	P. Williams 62.7 (50.5)	B. Flenley 62.2 (53.9)	D. Carr 56.4 (55.2)	W. Hughes 62.6 (57.6)	NIL (66.3)	NIL (NIL)	NIL (NIL)	R. Briggs 83.4 (R)
800	NIL (2:35.4)	D. Caplin 2:06.9 (R)	J. Rowland 2:19.0 (2:10.7)	R. Shand 2:10.0 (2:08.4)	W. Hughes 2:34.0 (2:22.0)	J. Gilmore 2:17.9 (2:11.9)	NIL (2:30.4)	R. Horsley 2:38.0 (R)	R. Briggs 3:20.0 (R)
1500	NIL (NIL)	D. Caplin 4:13.3 (R)	G. Innes 4:27.4 (4:15.0)	D. Carr 4:27.5 (R)	A. Tyson 5:09.4 (4:43.8)	J. Gilmore 4:30.6 (4:22.0)	R. Horsley 5:16.9 (5:06.0)	NIL (NIL)	R. Briggs 7:05.6 (R)
5000	NIL (NIL)	P. Wall 16:15.2 (15:30.0)	G. Innes 16:25.0 (15:52.0)	D. Carr 17:36.6 (16:59.0)	A. Tyson 19:04.5 (16:05.8)	NIL (16:09.7)	C. Bould 23:56.8 (19:50.0)	R. Horsley 20:46.4 (R)	R. Briggs 26:53.1 (R)
10,000	NIL (NIL)	P. Wall 33:31.0 (33:25.0)	G. Innes 34:00.0 (33:14.0)	D. Hough 35:49.0 (35:32)	A. Tyson 39.10 (33:05)	J. Gilmore 34.30 (33:40)	NIL (40:32)	NIL (NIL)	NIL (54:07)
3k walk	(NIL)	NIL	NIL	NIL	NIL	NIL	NIL	R. Horsley 16:15.0 (R)	NIL

THE WINTER PROGRAMME FOR 1978

Events will be programmed at McCallum each Sunday whether there is a West Australian Amateur Athletic Association or M.C. (Marathon Club) run on or not. Participation in all, any or none of the events is your choice or, if you prefer not to join in and do your own run or training, no pressure will be brought to bear on you to do otherwise. On each Sunday one committee member will be on duty at McCallum and we shall have coaches for the track and field training and coaching sessions.

We are attempting to keep track and field going through the winter, as training sessions, and to contrast with the longer runs so that as many of our members as possible are catered for. The programme will not always be to your liking, but if you feel strongly enough about it, let the Committee know what you want and put forward some constructive suggestions.

We hope that everyone will join in certain runs which are designed as team competition or fun runs and social outings. In particular these are:

16th April	City to Surf Fun Run
7th May	(W4A) Fremantle to Perth Relay - Club teams
30th June	(MC) Two Bridges Fun Run
10th September	(W4A) Perth to Pinjarra Relay - Club teams
14th October	(MC) Mundaring to York - Club teams
22nd October	(MC) One Hour run

Certain members host the Club at their homes after a run over a course which they select on 28th May, 18th June, 23rd July, 13th August and 3rd September. These runs are open to all Club members and families and potential members on the basis of bring your own food and drinks for the barbeque after the run. THANKS TO JAN CAPLIN FOR TYPING NO.61 & DOREEN LOCKWOOD FOR NO.62.

W.A. VETERANS' RESULTS AT THE SIXTH VETERANS' TRACK & FIELD CHAMPIONSHIPS, MELBOURNE - 25TH & 26TH MARCH, 1978

Kath Holland

whose birthday was on 31st March and turned 38 won all her events as follows:

100 m	1st	12.2s
400 m	1st	56.0s
		(personal best & W.A. Res. Rec.)
200 m	1st	25.2s
400 m Hurdles	1st	66.2s
10 k cross country	1st	52m.10s.

1A: Bob Fergie

Pole Vault	4th	2.00m	(winner 3.35m)
Shot (2 k)	5th	10.54m	( " 12.69m)
			(personal best)
Long Jump	6th	4.25m	(winner 5.85m)
Javelin (800 g)	4th	35.34 m	(winner 55.80 m)
			(personal best & W.A. Res. Rec.)
Discus (2 k)	6th	No result available	
Hammer (7.25 k)	5th	28.38 m	(winner 49.26 m)

2A: David Jones

400 m Hurdles	1st	74.7s	
110 m "	2nd	23.1s	(winner 17.8s)
200 m	3rd	26.8s	( " 25.6s)
Triple Jump	4th	8.87s	( " 10.87s)

2A: Art Briffa

10,000 m	2nd	No time available	(personal best)
5,000 m	3rd	17m22s	(winner 15m56s)
			(personal best)

PV: Peter Williams

100 m Heat	3rd	12.2s	(winner 11.77s)
			(personal best)
100 m Final	7th	13.1s	(winner 11.4s)

You will never "find" time for anything, if you want time, you must make it.

Charles Buxton

Please note with reference to the winter programme:

(a) The fact that events (e.g. Sunday 30th April, 400 m and H.J.) are programmed does not mean that, if you do not intend competing, you should not go to McCallum. You, on the committee man roster can organise a non-competitive event if there are sufficient non participants in programmed events. The important thing is to go to McCallum if you are not participating elsewhere.

(b) George Innes, Mt. Helena run, Sunday 3rd September has been cancelled as George has been transferred to Exmouth. The Clubs best wishes go with George and Mary for an enjoyable two years in the North West - no doubt he will be teaching the Yanks to run in no time and perhaps organising the veterans up there. The Club will miss him especially in the team events and we hope that he keeps in contact with us until he returns.

New Members We welcome new members Tony O'Hare, David Sheppard, Jeffrey Whittam and Geoff Wall to our ranks and request you add the following information to your list of members.

Sammells Robert 1A 5 McInness Court, Greenwood, 323 8956 (w)  
 Brandon, Stewart 1A 41 Irvine Street, Peppermint Grove, 383 1672  
 Wall Geoff PV 26 Kweda Way, Nollamara, 349 4503  
 Whittam Jeffrey 1A 49 Holland Street, Wembley  
 Thomas Noel 1B 22 Mitcham Street, Wembley Downs 446 8168  
 O'Hare, Tony PV 39 Caporn Street, Bullsbrook East  
 Sheppard David, PV 22 Banjine Road, Kooagamia

Programmes from Eastern States. For the information of any members intending visiting the Eastern States and who want to run while over there the Secretary has copies of N.S.W., Canberra and South Australian Veterans programmes. N.S.W. Veterans meet every Thursday evening at 6 p.m. (contact Logan Irwin on 666-8565).

Canberra Veterans hold a 10 k social run every Saturday at 5 pm at the Scrivener Dam.

Missing Times from the report of results of our Veterans at the 6th Veterans Track and Field Championships, reported in Newsletter No. 62 are:-

PV Peter Williams, 200 m 7th in 25.9 second (winner 23.7)  
 1A Bob Fergie, Discus (2k) 6th with 26.3 m  
 2A Art Briffa 10,000 2nd in 36m 29 sec, (winner 33m 21.6s)

It was noted that George Cavill (2B) who was a member of the W.A. Veterans before being transferred to N.S.W. about 13 months ago performed well as follows:-

3k walk 1st 16:24.  
 5k walk 1st 27:45  
 800 m 4th 2m 25.2s  
 400 m 3rd 68.3 s

CLUB SINGLETS are available from Bob Sammells as follows:-

white with black piping and badge to be used in all local meetings where the W.A.A.A.A. are involved \$5 each, yellow with black piping and badge. To be used interstate and may be used at local meetings where the W.A.A.A.A. are not involved. (These can only be supplied to order at present \$5 each). Souvenir T Shirts from the 5th Veteran Championships in Perth at Clubs cost price of \$3 each.

Club Library

See Jack Collins for your exchanges and keep those Runner World of Track and Field news magazines of Dick Horsley's circulating.

-2-

Car decals

Are now available for sticking to your car windscreen to advertise the Club.  
Cost \$1 each from Secretary or Treasurer.

C.Y. O'Connor Pipeline Fun Run on Saturday 1st April, was run over a 10 km course at Mundaring in hot 33°C conditions at 3 p.m. in the afternoon. Neither the temperature nor the 3 km uphill track beside the pipeline made the run much fun, however, of the competitors who finished, 15 were members of the Club. The race was won in 32 m 50 s and the following were the veterans results.

PV	4th Phil Wall	34 m 20 s
	6th Geoff Wall	34 m 42 s
	16th Martin O'Rourke	36 m 51 s
	29th David Sheppard	39 m 59 s
	33rd Tony O'Hare	40 m 35 s
	40th Bob Johnstone	43 m 19 s
	55th Bernie Oliver	47 m 14 s
1A	37th Bob Sammells	42 m 11 s
	46th Eamon Murphy	44 m 45 s
1B	20th David Carr	38 m 11 s
	21st David Hough	38 m 19 s
	39th Wal McCable	42 m 36 s
	41st Bob Hayres	43 m 20 s
	65th Bruce Buchanan	50 m 50 s
3B	59th Dick Horsley	48 m 09 s

Brian Flenley (1A), Ross Riley (2A), Bill Hughes (2A), and Mike Berry (1B), entered but did not complete the course (or did not start).

The male over 40 group was won by Ian Sinfield 43 in 8th place in 35 m 08 s and the oldest male participant was Dick Horsley at 65 years. Congratulations to Bob Johnstone's wife who won the female over 25 group in 82nd place with a time of 57 m 49 s. We hope that Bob can get her to join the Club this year.

The cyclonic winds of Tuesday, 4th April, had played havoc with the gums in Kings Park, so that most of the WALLY CAIRNS 15000m cross country course was littered with dropped branches and debris. The course was two circuits of 7500 m (4 3/4 miles) and most veterans this year did the full distance. The fastest time for the full distance was 50 m 19 s. The results with last years times in brackets were:-

		Time off	1st lap and vet. position	2nd lap	total time	vet. position
PV	Geoff Wall	16.30	26.48 (1)	27.54	54.42	2
	David Sheppard	12.00	30.02 (5)	33.01	63.03	7
	Martin O'Rourke	13.00	28.52 (3)	35.23	64.15	8
	Kevin Cameron	7.30	32.06 (9)	-	(58.21)	
	Bernie Oliver	8.15	(31.32)	-	-	
1A	David Hough	12.00	29.48 (4)	30.27	60.15	3
	Rob Shand	12.00	30.47 (7)	29.33	60.20	4
	Geoff Price	4.30	30.51 (8)	31.23	62.14	5
	Wally McCabe	4.00	30.25 (6)	32.09	62.34	6
	Bob Sammells	7.30	32.29 (11)	31.46	64.15	8
	Mike Berry	6.00	32.11 (10)	32.41	64.52	10
	David Carr	12.00	40.54 (14)	40.17	81.11	11
2A	David Jones	GO	33.42 (12) (35.10)	-	-	
2B	John Gilmour	13.30	27.00 (2) (26.30)	27.00	54.00	1
	Merv Moyle	3.30	34.20 (13)	-	-	

## Vetrun 63

Wally McCabe (1B) won the handicap by 10 seconds from Geoff Price (1B) although Geff ran the distance 20 seconds faster. Jeff Joyce, Don Caplin and Art Briffa on the injured list and Phil Wall did not participate.

At McCallum a Bridges Pack Run was organised and Dick Horsley, Cliff Bould, Alec Cummings, Ron Potter, Eric Pearton, Jeff Whittam, Bruce Buchanan, Brian Paxman and Stan Lockwood participated. Jack Collins is jogging with some results and was just leaving when Paul Morrissey arrived at 11 a.m.

Inaugural Singapore Master Open Championships. We have been in direct contact with the Competition Chairman of the Singapore Masters Track and Field Association who advises that the Meeting is to be held on Sunday 27th August 1978, commencing at approximately 2 pm and depending upon entries should last over 7 hours, They have been contacted by California (100 competitors), Melbourne, Malaysia and India.

Age Groups for both men and women will be:-

Submasters	35-39
Masters	40-44, 45-49, 50-54, 55-60

Tentative Programme for men and women

100m, 200m, 400m, 800m, 1500m, 5000m  
3000m walk, 100m Hurdles  
L.J., T.J., H.J., S.P., J., H., D.,

The timetable will not be finalised until one month before the meeting but a tentative one will be posted in June.

Current performances of all intending competitors in the events in which they intend entering to enable these organisers to form grades, especially in the sprints to avoid heats where possible. There will probably be a social evening after the meeting but that still has to be decided.

Our investigations to date have revealed the following alternatives available for group travel for this meeting.

- 1) One week Singapore ( 8 days and 7 nights)  
departing Perth Wednesday 23rd August with Qantas at 3.15 p.m.  
\$569.00

Seats for this plane are available both ways at present.

- 2) 11 days Singapore (9 nights)  
departing Tuesday 22nd August with Singapore Airlines  
\$625.00

Seats are available on the Perth-Singapore flight at present but return seats would require wait listings.

- 3) 12 days Singapore/Bali  
departing Wednesday 23rd August with Qantas at 3.15 p.m.  
This includes 4 nights in Singapore and 7 nights in Bali  
\$675.00

Seats are available on the Perth-Singapore flight at present, but, as the Australian School Holidays are finishing and there is only one flight per week only cancelled seats would be available.

All the above costs include:-

Return economy air fares, share twin accommodation in first class hotels, breakfasts, transfers, portage of one suitcase at airport and hotel, airport taxes.

The costs are correct as at 1st April, 1978, but are subject to changes in air fare and for currency fluctuations.

As this meeting and the flights all occur during the Australia School Holidays it will be necessary for bookings to be made at the latest by the end of this month, to have any certainty of obtaining seats both ways.

When you feel how depressingly slowly you climb  
its well to remember that things take time.

Piet Hein.

We wish to record our thanks to Jan Caplin for typing Newsletter No. 61, Doreen Lockwood for No. 62 and the "Fergie Pool" for No. 63 and supplement. Are there any other wives or girlfriends who would be willing to help out by typing stencils?

We thank Jan Caplin for typing this Newsletter.

#### APRIL BIRTHDAYS

12th	David Jones	turned 52 and remains 2A
	Bob Johnstone	" 36 " " PV
13th	Jeff Joyce	" 38 " " PV
18th	David Hough	" 46 " " 1B
19th	Charles Spare	" 39 " " PV

FUN RUN - CITY TO SURF, Sunday April 16th, 1978. Forty nine Veterans were among the reported 3,000 to start off from Council House at 9 a.m., and most finished within the first hour. If your times were not as good as last year, consider two important factors:

(a) The run was held six weeks earlier than last year and conditions were hotter.

(b) The crowd was twice as large as last year.

The overall winner's time was 38min 40sec and the Veterans Club members' results were:

			May 1977	
Phil Wall	PV	39m 55s	40m 34s	6th overall and also in winning sporting team (Marathon Club) 11th overall
Geoff Wall	PV	41m 57s	.....	
George Innes	1A	42m 25s	45m 00s	
David Hough	1B	44m 36s	47m 03s	
Rob Shand	1B	44m 47s	44m 48s	Also in "other groups" team (Laurie Potters Club). Reported to be 25th position
Martin O'Rourke	PV	45m 05s	.....	
Keith Beament	PV	45m 38s		
Don Caplin	PV	46m 02s		
John Butts	1A	46m 02s		
David Sheppard	PV	46m 39s		
Colin Junner	2B	47m 13s	45m 03s	
Geoff Price	1A	47m 39s	48m 02s	
Bob Sammells	1A	49m 09s		
Tony O'Hare	PV	49m 30s		
Alan Merrett	2A	49m 32s	45m 30s	
Mike Berry	1B	49m 47s		
Ted Maslen	1A	50m 00s	.....	Ran with a broken collar bone as a result of a bicycle accident on the night of the cyclone
Wal McCabe	1B	50m 15s		
Allan Tyson	2A	50m 18s		
Wes Carter	PV	50m 32s		
Bob Johnstone	PV	50m 49s		
Eric Pearton	1B	51m 12s		
Brian Paxman	1B	51m 26s	42m 21s	
Bob Hayres	1B	51m 59s	51m 02s	
Bill McGuigan	PV	52m 18s		
Bill Hughes	2A	52m 25s	53m 30s	
Brad Watson	1A	52m 43s		
Bernie Oliver	PB	53m 05s	52m 45s	



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29 May 1977

Paul Morrissey	2A	53m 57s	53m 26s	Actual time 57m 26s but he arrived 3 mins late at start.
Brian Flenley	1A	54m 44s		
Eamon Murphy	1A	54m 57s	51m 46s	
Merv Moyle	2B	55m 29s	51m 37s	
Ken Mazey	1A	55m 39s		
Frank Usher	2A	56m 02s		
Barry Adamson	1A	56m 30s		
Cliff Bould	3A	56m 42s		
Bruce Buchanan	1B	56m 42s		
Dennis Batterham	1B	57m 12s		
Glen Mallett	PV	57m 58s		
Wayne Chesney	PV	58m 37s		
Ross Riley	2A	59m 15s		
George Atzemis	PV	59m 50s		
Stan Lockwood	1B	60m 55s		
Paul Slyth	PV	62m 00s		
Dennis Horgan	PV	62m 58s		
Stewart Brandon	1A	67m 42s		
Basil Worner	1B	70m 16s		
Gwen Darcey	W2A	73m 08s		
Jack Darcey	2B	73m 10s		
Bob Fergie	1B	78m 19s		
Jim Whitten		No time available		

The oldest competitor was 74 year old Mr. William Carroll of Palmyra who covered the course in 73 minutes. Our oldest member 72 year old Reg Briggs, who ran the distance in 82min 50sec last year was unable to compete as he has broken his wrist. McCallum was almost deserted with John Gilmour & Alec Cummings as the only veterans on the oval.

#### PROGRAMME ALTERATIONS (ALREADY!)

#### PLEASE NOTE

1. As Bill Hughes will be overseas from mid May until the beginning of July the BILL HUGHES RUN will now be on SUNDAY 3rd September 1978.
2. To replace the run on SUNDAY 28th MAY 1978 Veterans should meet at Perry Lakes for a Hill Tracks run & B.B.Q.
3. GEORGE INNES has been transferred to Exmouth for 2 years & so his MT. HELENA RUN on Sunday 3rd September 1978 has been cancelled. It will be replaced by BILL HUGHES RUN & B.B.Q. at Attadale at 9am.
4. Dennis Batterham will be away from Perth from 20th April to 17th May but his BUSH BASH on Sunday 18th June will still go on.
5. South West Open Cross Country Championships on July 2nd  
includes Mens A & B grade 10,000m approx 12.30pm  
over 30 & over 45-4,000 m approx 3pm  
All athletes to be registered (with W4A) Venue Neil Trigwells Farm 7 miles from Donnybrook.
6. South West Half Marathon Championships on July 16th  
Boyanup - Elgin - Capel. Senior & Junior mens at Boyanup Hotel 1pm.  
10,000 mini Marathon Run from Elgin Hall to Capel Hotel at 1.15pm for over 30 & over 45 men.  
Walk 10K for over 30 men (& over 45 men if requested and if there are more than two competitors).

# Vetrun 64

SUNDAY 23rd April 1978 MARATHON CLUB held their "FALLEN COMRADES" Run at Masonmill Road Carmel at 9am & covered 10K in shaded gravel tracks through the hills. The competitors were divided into two groups, the first group consisting mainly of veterans setting off 5 minutes before the second to relieve the congestion at the start of the out & back course. The fastest time was 33.08 & the veterans results were

		Group	Actual time	Veterans pos.
PV	Phil Wall	2	35.13	1
	Geoff Wall	2	36.13	2
	Jeff Joyce	2	39.09	5
	David Sheppard	1	39.49	6
	Bernie Oliver	1	47.14	12
	Kevin Cameron	1	withdrew with injured knee	
1A	Eamon Murphy	1	45.45	11
1B	Rob Shand	2	38.53	3
	David Hough	2	41.38	7
	Bob Hayres	1	42.02	8
	Brian Paxman	1	42.43	9
2A	Art Briffa	1	39.08	4
	Alan Tyson	1	43.00	10
	Frank Usher	1	withdrew	

At McCallum two of the final Club Championships were scheduled to be held - Pole Vault & Hammer, these being late as there was no equipment available at Perry Lakes during the track season. 17 veterans were there to welcome newcomers Bob Reynolds (FUN RUN in 55m 49s), Gloria Sutherland, Jill Pearton & Val Anderson. There were no takers for the Pole Vault so this will be declared a "non event" as far as the club Championships are concerned. A Hammer of unknown weight (said to be between 4.5k & 5.5k) was hurled with the following results

1A	A.Fergie	36.75m
1B	A.Cummings	29.92m
2A	D.Jones	20.75m & 15.90m

The above veterans are declared Club Champions in their age groups but no distance will be recorded in the club rankings.

The 100 metres proved to be popular event & 6 heats were run. The composite results are as below. Time keeping by Jill Pearton & others.

	Name	time	Position /heat
PV	R.Reynolds	14.1	3/1
	R.Reynolds	14.4	4/6
1A	A.Fergie	14.3	1/5
	A.Fergie	14.4	1/3
	B.Watson	14.4	2/2
	B.Watson	14.8	3/5
	R.Sammells	15.4	4/5
	R.Sammells	15.5	3/3
	K.McDonald	16.1	3/2
1B	D.Carr	13.5	2/6)
	E.Pearton	13.5	2/6)
	E.Pearton	13.8	1/4
	D.Carr	14.0	1/1
	S.Lockwood	14.1	2/1
	A.Cummings	14.5	2/3
	A.Cummings	14.7	2/5
	B.Buchanan	16.7	2/4

tie

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2A	D.Jones	13.15	1/2	*fastest time of day
	D.Jones	13.2	1/6	
3B	J.Collins	18.7	5/5	
	J.Collins	19.0	3/4	

Cliff Bould, John Gilmour & Noel Thomas did their own training with John looking good at the end of a 17 mile run - no doubt he will hit the headlines when he returns to competition again. Garnett Morgan & Don Caplin, both on the injured list came later on as did Noel Goff who filled in time with some 9m plus shot putting (revealing secret training or the benefit of a lay off?) It's good to see Jack Collins beginning to participate again after a long lay off & is taking the return to running slowly.

30th April BILL CARTER birthday turned 67 & remains 3B.

New Members. We welcome new members Robert Reynolds, Val Ian Anderson & Wal McCabe to the club & request you add the following information to your list of members:-

<u>Reynolds</u>	Robert	(PV)	36 Lynmouth Rd. Dianella	2765369
<u>Anderson</u>	Val	(2B)	39 Gregory St., Belmont	2776102
<u>McCabe</u>	Wal	(1B)	37 Sackville Tce. Scarb.	3819419w.

The 1978 Cross Country season started on Saturday 29th April with the LORD MAYORS sealed handicap at Trinity playing fields in Manning. The veterans results were as follows:- with 7.5.77 times in brackets.

PV	Phil Wall	26 min 42sec.	
1A	Ted Maslen	28 " 29	(still running with broken collar bone)
	John Butts	30.00	(32:41)
	Peter Gallagher	30:21	
	John Rowland	33:56	
1B	David Carr	30:52	
	Wal McCabe	32:52	
2A	Art Briffa	29:04	(34:12)
	Alan Merrett	30:30	(33:59)

The conditions were warm 22°C & the race was won in 24m 13.4sec. Meanwhile at Wireless Hill Jim Smith & Dick Horsley walked their way over 10k to 1B & 3B State records with 54m 30s & 56m 24s respectively. Congratulations to both - Dick's time was his best performance for 5 years.

On Sunday 30th April 1978 there were 20 veterans at McCallum among whom new member Mike Ogilvie (PV). There were no takers for the High Jump so, as with the Pole Vault this will be declared a "non event" as far as the Club Championships are concerned. Two heats of the 400 metres were held with the following results:-

	Name	Time Secs.	Position/heat
WIA	Gloria Sutherland	104	6/2
	Jill Pearton	114	7/2
PV	Mike Ogilvie	69	3/1
1A	Brian Flenley	66	1/1 * fastest time for the day
	Keith McDonald	78	3/2
1B	Eric Pearton	68	2/1
	Brian Paxman	68	1/2
	Bob Fergie	77	5/1
2A	David Jones	79	4/1
	Ross Riley	82	6/1

# Vetrun 64

cont.		Time Secs.	Position/heat
2B	Merv Moyle	70	2/2
	Val Anderson	81	4/2
3B	Jack Collins	81	5/2

In addition to those participating Bruce Buchanan, Cliff Bould, Art Briffa, Dick Horsley, Frank Usher, Paul Norressey & Ian Sutherland were doing their own running & assisting in time keeping. A total of 39 veterans were participating in the two venues on this Sunday which is a good turn out.

AT DARLINGTON the Marathon Club ran their HALF MARATHON under threatening & overcast skies in relatively cool conditions. There were 43 starters & 41 finished the full 20.098m. The race was run in two groups, all veterans (except those marked + in the results) were in the first group, which set off 10 minutes before the others.

		O/ward	Return	Actual Time	H/cap	Corrected Time	A/time P/best known
PV	* P. Wall	39:44	36:36	76:20	5:00	71:20	-
	* J. Joyce	40:00	38:02	78:02	7:45	70:17	73:02
	* G. Wall	40:20	39:51	80:11	5:15	74:56	-
	* D. Sheppard	42:30	43:43	86:13	14:30	71:43	-
	B. Oliver	withdrew					88:22
1A	R. Sammells	44:15	42:30	86:45	16:15	70:30	-
	J. Price	44:55	42:39	87:34	14:15	73:19	87:30
	B. Watson	47:00	47:08	94:08	20:00	74:08	-
	E. Murphy	52:45	47:25	100:05	26:00	74:05	-
1B	* R. Shand	42:03	38:15	80:18	8:00	72:11	79:11
	D. Carr	42:33	40:59	83:32	11:45	71:47	88:27
	* D. Hough	42:00	43:19	85:19	10:00	75:19	91:15
	M. Berry	45:10	46:44	91:54	14:30	77:27	-
	R. Hayres	47:00	49:34	96:34	17:15	79:19	89:37
	A. Cummings	52:45	57:50	110:35	26:45	83:50	-
2A	A. Tyson	45:10	44:24	89:34	14:30	75:04	-
	W. Hughes	52:45	51:15	104:00	26:45	77:15	-
2B	* J. Gilmour	38:55	35:49	74:44	6:00	68:44	74:30
	C. Junner	43:17	41:25	84:42	15:15	69:27	82:11

After withdrawing, Bernie Oliver assisted at the turning point & Don Caplin, still out with heel injuries, assisted at some of the difficult corners. The day ended with a family barbeque & refreshments at Kevin Basley's new house & we welcome Kevin as a new member of the club.

May 3rd John Gilmour Birthday, turned 59 & remains 2A  
May 9th Mike Ogilvie " " 39 & remains PV

THE MAGAZINE VETERIS has been produced in U.K. on an honorary basis for over 5 years and has unfortunately become quite a burden on the producers. As a result, we have now been advised that the production of the magazine has been placed in the hands of a commercial undertaking who also produce an athletic magazine called RACE.

Under the new arrangements Veteris will be produced monthly, and first issue will be May 1978. Subscriptions can be either surface mail or airmail. The relevant annual rates will be  
SURFACE £12 sterling AIRMAIL £13 sterling.

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On present exchange rates equivalent costs in Australian dollars are \$20 and \$30 respectively.

The publishers have offered Wal Sheppard in Victoria a commission which he does not want and will pass it on to the subscribers. The ACTUAL RATE will therefore be \$16 (surface) and \$24 (airmail).

As the first issue is almost due, anyone wishing to subscribe should forward a cheque (payable W. SHEPPARD) by return mail to 2 Montgomery Place, Bulleen, Victoria. 3105.

Anyone who has already paid up at the old rate can send the balance or advise Wal Sheppard they will not subscribe and a refund will be made.

Of course it would be possible to elect to take 3 or 6 issues at a pro rata rate if you wish.

On Saturday, 6th May, the Walkers held a 15 km Handicap at Kewdale in very hot (± 28°C) conditions with Jim Smith (1B) off scratch covering the distance in 89m27s. Dick Horsley (3B), with an 8 min. handicap covered the distance in an actual time of 93m01s. Little did they know that they would be running next day under quite different circumstances.

9th May MIKE OGILVIE turned 37 and remains PV.

#### AUSTRALIAN VETERANS' ASSOCIATION MARATHON - 6TH AUGUST, 1978

Advice has been received from the Queensland Veterans that the QAAA has no objection to an Australian Veterans Association Marathon being run in conjunction with the Australian Marathon (AAU) at Caboolture, Queensland on 6.8.78 (8 a.m. start).

There are two stipulations:

- (1) The Veterans Association must supply officials to help man feeding and water stations etc.
- (2) Veteran competitors must line up behind the AAU competitors.

The Queensland Club can meet the obligations in (1). Item (2) presents no problems. Therefore, unless other Veteran Clubs have some objections, advantage should be taken of this opportunity.

Entries should be forwarded to Rob Shand, 24 Mann Street, Cottesloe, W.A. 6011, together with entry fee of \$3.00 by 23rd June, 1978 to enable him to forward them to Queensland by 30th June, 1978. Entrants should give:-

1. Full name:
2. Address:
3. Date of birth:
4. Best recent Marathon performance (or over longest distance run)

There will be an A.A.U. function after the National Marathon and it is probable that Veteran athletes will be invited to attend. The cost of the function will be advised to entrants later on.

Youth is happy because it has the ability to see beauty.  
Anyone who keeps the ability to see beauty never grows old.

Franz Kafka.

You will remember, dear reader, that at the end of Newsletter No. 64, we left Walking Dick and Smiling Jim sweating their way through a walk at Wireless Hill on Saturday 6th May. Well, on Sunday 7th, we found our intrepid veterans battling the 11°C cold and blustering conditions at 7.30 a.m. at the start of the Fremantle to Perth Relay. The Club entered four teams this year and the results are listed below with Club records for each leg in brackets. If this year's time is a new record it is marked \*. There were some discrepancies in the timing of legs 5 and 6 and the results shown are an "intelligent approximation" of the anticipated performance.

Leg No.	Distance Km	C Team	D1	D2	D3	Veterans running for other teams
1	3.5	Shand (1B) 11:35* (Shand 1B 12:07)	Tyson (2H) 13:25 (Tyson 2A 13:00)	Oliver (PV) 14:07	Thomas (1B) 13:13	J. Smith (1B) 13:33 J. Joyce (PV) 11:54
2	3.0	Carr (1B) 10:56 (Carr 1B 10:34)	Faxman (1B) 12:30 (Morgan 2A 12:46)	Murphy (1A) 12:19*	Riley (2A) 12:47	P. Wall (PV) 9:44 G. Wall (PV) 10:06 J. Gilmour (2B) 10:16 A. Briffa (2A) 11:06 J. Butts (1A) 10:58
3	1.0	Beament (PV) 2:48* (Rowland PV 3:15)	Rowland (1A) 2:35* (Potter 1B 3:48)	Jones (2A) 4:02	Cummings (1B) 4:09	
4	2.0	Sammells (1A) 6:52* (Moyle 2A 7:27)	Watson (1A) 7:33 (Usher 2A 8:14)	Johnstone (PV) 7:27*	Horsley (3B) 7:36	McCabe (1B) 6:57
5	3.0	Caplin (PV) 9:09 (Hayres 1B 11:32)	Berry (1B) 11:16 (Beaumont PV 10:59)	Potter (1B) 12:41	Usher (2A) 13:54	Gallagher (PV) 10:35 O'Rourke (PV)
6	2.0	Price (1A) 7:55 (Price 1A 7:42)	O'Hare (PV) 7:31 (Murphy PV 8:39)	Moyle (2B) 8:27	Fergie (1A) 9:16	Merrett (2A) 8:26 Junner (2B) 5:25
7	2.0	Sheppard (PV) 6:59 (Innes 1A & Clark PV 6:55)	Hayres (1B) 7:27* (Morrissey 1B 8:49)	Flenley (1A) 7:59	Holland (1A) 8:41	Maslen (1A) :48
TOTALS	16.5km (ie 10.25 Mls)	57m 14s* (59m 32s)	62m 17s* (69m 00s)	67m 02s	69m 36s	
Position		2nd	2nd			
Winners						
Time		56m 41s	59m 23s			

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The times of all competing teams were:-

University A	51m 18.2s	new record
Y.M. Harriers A	52m 30s	
Canning A	52m 59s	
University B	54m 38s	
University C	56m 41s	
Canning B	57m 08s	
Veterans C	57m 14s	
Y.M. Harriers B	58m 43s	
University D	59m 23s	
Canning C	60m 53s	
Veterans D1	62m 17s	
Canning D	63m 30s	
Veterans D2	67m 02s	
Veterans D3	69m 36s	

The competitors thanks go to Gordon Westlake, Bruce Buchanan and Eric and Jill Pearton for acting as time keeper, recorder & traffic wardens respectively on the fourth leg for which we were responsible.

In the 5000m supporting cross country event at Kings Park afterwards Brian Flenley (1A) and David Jones (2A) were timed at 22m 21s and 22m 57s respectively.

Rob Shand, after completing the first leg continued to run the 16.5 km as a training run in 69 mins. After all competition was over Val Anderson, Hayres, Jones, Sheppard, Sammells, Thomas, Watson and Shand followed Tyson on a 6k jog through the park.

ERRATA from previous Newsletters have been advised by veterans and are corrected here with apologies.

City to Surf Fun Run Dick Horsley (3B) 54m 32s not included in the results in Newsletter 64.

Wally Cairns 15k Martin O'Rourke (PV) 2nd lap in 25m 27s to give a total time of 58m 50s and revising his vet position from 8 to 3 in the results in Newsletter No. 63.

Alan Merrett born 17.7.22. turned 55 on 17.7.77. and altered from 2A to 2B, he has erroneously been rejuvenated by being reported as 2A in Newsletter No. 64. Apologies Alan, you must be getting younger with age.

Saturday, 13th May, 1978, Run through Cottesloe

With storm clouds gathering on the horizon the 9200m race was started in Forrest Street and run over the course used since the first run in 1954. The fastest time for the hard 2 lap course over footpaths and across roads was 30m 21s and the veterans fared as follows in the open handicap.

	Clock Time	Time Off	Actual Time	Known previous best run
PV Geoff Wall	38.02	6.00	32.02	
Jeff Joyce	38.31			
Martin O'Rourke	36.49	2.00	34.49	(35.15) 1977
1A Ted Maslen	37.45	3.30	33.15	
John Butts	36.24	1.15	25.09	
Bob Sammells	42.01			
Peter Gallagher	withdrew at end of first lap			
1B David Carr	36.28	1.40	34.48	(35.50) 1976
Geoff Price	37.12	0.20	36.52	
Brian Paxman	37.39	0.00	37.39	
Wal McCabe	39.00	1.10	37.50	
Bob Hayres	37.54	0.00	37.54	
2A Alan Tyson	38.25			
Bill Hughes	43.39			
2B Col Junner	39.42			(34.12) 1976

Colin Junner has competed in this run since its inception and won it in 1973.

Seen watching the competitors were Alan Merrett, Bernie Oliver, Bob and Allison Johnstone, Kevin Cameron, Don Caplin and Eamon Murphy. Phil Wall jogged on the road around (but off) the course and John Gilmour and Rob Shand assisted as Marshalls. David Sheppard arrived too late to run.

Three incidents occurred which prevented two veterans from running. Bill Hughes numbers were not available so he ran by invitation, Bob Johnstone had left his number at home and would have been able to run had he been wearing veterans togs, and Kevin Cameron who was wearing veterans togs was not allowed to run as he was unregistered - perhaps Bob should have borrowed Kevin's togs and run in them. In order to prevent such incidents in future please firstly ensure that you turn out in veterans togs, which to reiterate for those uncertain are:-

White singlet with black piping and badge and black shorts.

The singlet is obtainable from Bob Sammells for \$5.00.

If you intend running in W.A.A.A. events make certain you are properly togged out.

secondly that you wear your numbers front and back

thirdly if you want to run on Saturday, your registration form must be forwarded to the Secretary to enable him to lodge them with the W.A.A. register before the Thursday preceding the date on which you wish to compete.

Maple Championships (27th August, 1978).

We have had no response to the information on page 3 of Newsletter No. 63, so anyone intending to compete will have to make their own arrangements for travel. Entry forms are not yet available.

#### Fremantle Fun Run

Looking well ahead we understand that this fun run will be held on Sunday 5th November, 1978. Arrangements have not been finalised, but we understand that an 8 am start will be at Bicton Reserve and finish at Fremantle Oval.

On Sunday 14th May we held our New Members Day after a night of heavy but welcome rain which persisted in heavy showers throughout the morning. 23 veterans were present at McCallum to welcome new members Gloria Sutherland, Margaret Harman, Allison Johnstone and Bob Long who accompanied Bould, Buchanan, Collins, Caplin, Cummings, Chesney, Horsley, Hayres, Jones, Johnstone, Moyle, McDonald, Ogilvie, Pearton Jill and Eric, Riley, Sheppard, Sammells, Shand and Tyson. David Carr organised the pack jog & run from home to McCallum and then back home again afterwards.

Wes Carter was there too and so was Ian Anderson and John Gilmour who was running before 9 am and still going strong when the heavy downpour forced others to leave. Mike Berry ran the two bridges twice before 9 a.m.

Unfortunately a heavy hail storm prematurely terminated proceedings though some veterans sat through the storm in their cars and then continued their training later.

Please add the following to your list of members:-

Roberts, Robert W. (2A) 60 Paramatta Road, Doubleview. 446 1550.

Basley, Kevin H. (PV) 38 Brook Road, Darlington. 299 6641.

Harford, Giles. (1B) 6 Ruth Street, Como. 450 4748.

Ogilvie, Mike. (PV) 10 Edwards Road, Maida Vale. 454 6062.

Sutherland, Gloria. (W1A) 17 Millington Street, Ardross. 364 5145.

Pearton, Jill. (W1A) 43 Lisle Street, Mt. Claremont. 384 1794.

Harman, Margaret. (W1B) 16 Arlunya Avenue, Belmont.

Johnstone, Allison (W1A) 12 Hallin Court, Ardross.

Two of our veterans have been "EASTERN STATING" and some of the results have leaked back across the Nullabor. Dennis Batterhan (1B) who returned bearded spent his holiday running as follows:-

23 April	Bank NSW State Championships	36m 57s	27th
27 April	3k track	12m 48s	
28 April	9mls NSW Police & Commonwealth Bank		
	Fun Run	70m 00s	
29 April	10k cross country at Sutherland	50m 06s	
4 May	5k track	21m 16s	
6 May	Half marathon at Sutherland	1h 42m 06s	



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Bill Hughes (RA) also ran in the Half Marathon beating Dennis by 3m 34s in 100m 34s.

FOUND at McCallum ages ago on 12th March after the ½ hour run, and as yet unclaimed, one pair of black New Zealand manufactured running shorts. Owner please contact Mike Berry on 447 3419 before being accused of athletic exposure.

Saturday 20th May, 1978.

Walkers Jim Smith (1B) and Dick Horsley (3B) were competing in the 20k Club Championships at W.A.I.T. when most of the runners arrived to warm up for the 16k State Road Championships. Dick withdrew at 12k in 72m 18s and Jim continued to finish in 117m 52s.

A rain squall sent waiting runners scurrying for cover just before the start of the State 16k Road Championships, but except for strong headwinds and one rain squall, the weather remained dry and warm. The race was won in 50m 47s and the veterans results were:-

	1st lap	+	2nd lap	=	total time	position	known previous best 10 ml
PV Phil Wall	26:07	+	27:14	=	53:21	(7)	-
Geoff Wall	26:10	+	27:22	=	53:32	(8)	-
Bruce Watt (invitation Victoria)	28:45	+	30:10	=	58:55	(26)	-
Martin O'Rourke	29:03	+	31:02	=	60:05	(31)	61:41 *3
1A Ted Masten	28:53	+	Nil		withdrew at half way		-
John Butts	28:59	+	30:12	=	59:11	(27)	-
Bob Sammells	30:41	+	31:10	=	61:51	(34)	70:42 *5
Geoff Price	30:38	+	31:50	=	62:28	(36)	64:28 *2
1B Rob Shand	28:39	+	29:15	=	57:54	(23)	58:36 *3
Brian Paxman	31:03	+	31:50	=	62:53	(37)	65:42 *1
David Hough	30:14	+	33:33	=	63:47	(40)	64:33 *5
David Carr	32:02	+	33:07	=	65:09	(41)	61:48 (1976)
Wal McCabe	30:24	+	34:53	=	65:17	(42)	-
Bob Hayres	32:02	+	33:49	=	65:51	(44)	66:58 *2
Eric Pearton	34:06	+	36:09	=	70:15	(47)	-
Dennis Batterhan	35:10	+	37:52	=	73:02	(48)	76:04 *5
2A Art Briffa	29:11	+	30:37	=	59:48	(30)	59:12 *3
Alan Merrett	29:44	+	Nil		withdrew at half way		62:11 *3
Alan Tyson	32:42	+	34:03	=	66:45	(45)	67:47 *5
2B John Gilmour	27:00	+	27:30	=	54:30	(15)	56:54 *4
Colin Junner	28:57	+	30:33	=	59:30	(28)	58:48 *3

Personal best times were recorded \*1 6.3.77. N.48 Wanneroo  
by most of the runners and we \*2 26.6.77. N.51 W.A.I.T.  
congratulate Eric Pearton on \*3 9.7.77. N.52 Caversham  
completing his first ever 10 \*4 20.11.77. N.56 W.A.I.T.  
mile run in competition \*5 6.3.78. N.62 Wanneroo

Don Caplin assisted the Association in time keeping and David Sheppard arrived too late to run (again!!). John Gilmour's time was, subject to ratification, a world age record.

Sunday 21st May, 1978.

The 18 veterans who braved the cold and windy weather were divided into nine two person teams to run 4k, each member running 1k alternately. The race was won by Oliver and Tyson in 14m 59s. with lap times as follows:-

	1	2	3	4	Final Time
A. Tyson (2A)	3.41		3.52		14m 59s 1
B. Oliver (PV)		3.49		3.37	
D. Carr (1B)	3.36		4.01		15m 01s 2
D. Crowther (MV)		3.34		3.50	
K. Cameron (PV)	3.55		3.49		15m 44s 3
I. Anderson (2B)		3.53		4.07	
A. Cummings (1B)	3.58		4.13		15m 57s 4
M. Moyle (2B)		3.50		3.56	
B. Wall (WIA)	5.02		5.03		16m 25s 5
P. Wall (PV)		3.08		3.12	
E. Pearton (1B)	3.44		3.59		16m 27s 6
C. Bould (3A)		4.24		4.20	
D. Jones (2A)	3.55		4.40		16m 54s 7
M. Ogilvie (PV)		3.53		4.26	
J. Pearton (WIA)	5.22		5.36		17m 27s 8
D. Caplin (PV)		3.10		3.19	
R. Fergie (1A)	4.47		4.43		18m 36s 9
K. Cameron (INV)		4.38		4.28	
Fastest times were					
	women	Bev Wall	5:02		
	PV	Phil Wall	3:08		
	1A	Bob Fergie	4.47		
	1B	David Carr	3:36		
	2A	Alan Tyson	3:41		
	2B	Merv Moyle	3:50		
	3A	Nil			
	3B	Cliff Bould	4:20		

Dick Horsley and Bruce Buchanan, who had done some early training combined to time the runners as did Jack Collins and Noel Thomas. Rob Shand, who had done a bridges earlier, organised the day and Bob Hayres, Keith McDonald and Bob Sammells did a bridges run and finished too late to join the team event. John Gilmour did his own lap training. We welcomed new members Beverley Wall and Derrick Crowther to the Club and forward to their continued participation. Once again a heavy rain storm terminated the days events and veterans scattered, so no discus were thrown. When the rain cleared Rob Shand and Don Caplin did a Bridges and Kings Park run accompanied by Alan Tyson on the bridges section.

Jack Collins handed over the LIBRARY to Bob Hayres who you should now see for your exchanges. Jack left on Sunday evening for a U.K. holiday and will be away until 28th July. We than Bruce Buchanan for the following addition to the library:-

Beyond Jogging — Mike Spino

Bill Hughes will be leaving on the 26th May for 3 weeks overseas followed on the 30th by Alec Cummings and family for a 10 weeks holiday in the U.K.

#### May Birthdays

Peter Gare	born 21.5.40.	turned 38 and remains PV
Glen Mallett	born 22.5.42.	turned 36 and remains PV
Wayne Chesney	born 22.5.38.	turned 40 and becomes 1A
Peter Gallagher	born 22.5.41.	turned 37 and remains PV
Dennis Batterhan	born 25.5.32.	turned 46 and remains 1B
Paul Slyth	born 29.5.42.	turned 36 and remains PV

We terminate this Newsletter with a "Treasurers Tale" which begins with "once upon a first of April subscriptions became due .....". If your name appears below you know what to do about it. Bob Sammells address is 5 McInness Court, Greenwood and he has a large post box.

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Adamson, Atzemis, Butts, Beament, B. Campbell, Bill Carter, Cummings, Calnan, Fermanis, Gare, J. Hughes, Horgan, Harman, Innes, R. Johnson, A. Johnstone, Keating, Mallett, Martin, Merrett, McGuigan, Murphy, Niemanis, Price, Potter, Scott, Spare, Slyth, Waller, Williams, Whitten, Worner, Sutherland.

In addition the following owe entrance fees for the Fremantle to Perth Relay \$1.00 each.

Beament, Cummings, Fergie, Hayres, Murphy, Moyle, Price, Paxman, Potter, Rowland, Riley, Shand.

and further the following owe \$1.00 each for Car Stickers

Carr, Cummings, Fergie, Goff, Innes, Merritt, Morgan, Paxman, Pearton E, Shand, Watson.

The following owe registration fees (\$6.50)

Shand, Spare, Price, Murphy, Sheppard, Buchanan, Usher, Moyle, Fergie, Beament, O'Hare.

The following owe balance of registration fees (\$2.00)

Hughes, Cameron.

10 June, 1978

The more faithfully you listen to the voice within you, the better you will hear what is sounding outside.

Dag Hammarskjold

We have adopted a new system of nomenclature which is now being used throughout the Veteran movement to designate the various age groups into which members are divided for the purpose of comparing efforts.

They are as follows:-

	Previously	Age	New		Previously	Age	New
MEN	PV	35-39	M35	WOMEN	-	30-35	W30
	1A	40-44	M40		1A	35-39	W35
	1B	45-49	M45		1B	40-44	W40
	2A	50-54	M50		2A	45-49	W45
	2B	55-59	M55		2B	50-54	W50
	3A	60-64	M60		3A	55-59	W55
	3B	65-69	M65		3B	60-64	W60
	4	70 and over	M70		4A	65-69	W65
					4B	70 and over	W70

This new system will be adopted in all future newsletters but until we are used to it the "old" system will be included in brackets.

REMEMBER BATTERHAMS BLACKWALL REACH BUSH BASH AND BBQ STARTS 9AM SUNDAY 18TH JUNE from 96 View Terrace, Bicton, our hosts are Dennis and Linley Batterham.

Please add the following new members to your list.

WALL Beverley, (W35) 110 Fifth Avenue, Mount Lawley. 271 0547  
CROWTHER, Derek (M35) 8 Regency Drive, Thornlie. 277 8055

AT A COMMITTEE MEETING ON MONDAY 22ND MAY, it was decided that:-

- Married couples who join the Club will be charged a subscription of \$10.00 per annum. The first to join the Club still pays \$6.50 but the sub for the second will be \$3.50.
- A 24 hour run is to be considered in conjunction with the States 150 year celebrations probably at the end of the cross country season next year. A 150 mile run might also be considered.
- SOUTH WEST ASSOCIATION RUNS. As Cliff Boulds run will coincide with the S.W. C.C. Championships on the 2nd July, and we presume our run will be well supported, EVERY EFFORT should be made by members to support the S.W. Association on 16th July in their:  $\frac{1}{2}$  marathon starting at 1 pm from Boyanup to Capel Hotel. or: 10k mini marathon from Elgin Hall to Capel Hotel at 1.15 pm for over 30 and over 40 men. Or: 10 k walk.

Competitors in the 10k may watch commencement of the  $\frac{1}{2}$  marathon before travelling to Elgin Hall which is en route on the  $\frac{1}{2}$  marathon course to Capel Hotel.

On 2nd July you can of course participate in the Cliff Bould run at 9 am and be down at Trigwells Farm, 7 miles south of Donnybrook along the Jarrahwood Road to participate by 1 pm in Men 30 years and over 4000m or by 3.30 pm in Men over 30 years and men over 45 years 10,000m.

#### SATURDAY 27TH MAY, 1978

Walkers Jim Smith and Dick Horsley competed at Perry Lakes in the 8k Don Ropley event, Jim (M45) covered the distance in 44m 51s and Dick (M65) in the good time of 45m 15s meanwhile, as the Sunday Times described it, "44 runners ran amuck" over two laps of the notoriously greasy mud flats of KINGS MEADOWS at Guildford. Veterans performed over the 6000m as follows: Known 1977 times in brackets.

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PV (M35)	P. Wall	10:46 + 11:01 = 21:47	19th
	J. Joyce	11:09 + 11:34 = 22:43	27th
	B. Oliver	12:02 + 12:09 = 24:11	38th (12:03 + 11:48 = 23:51)
	K. Cameron	12:02 + 12:34 = 24:36	41st
	K. Basley	12:02 + 13:21 = 25:23	42nd
1A (M40)	J. Rowland	12:04 + 12:31 = 24:35	40th
	R. Johnson	13:17 + 15:26 = 28:43	44th
1B (M45)	D. Carr	10:48 + 11:15 = 22:03	21st (11:09 + 11:07 = 22:16)
	M. Barry	12:19 + 11:39 = 23:58	36th
	W. McCabe	11:51 + 11:39 = 24:30	39th
2A (M50)	A. Briffa	11:09 + 11:17 = 22:26	24th
	A. Merrett	11:18 + 11:46 = 23:04	28th (10:23 + 10:39 = 21:02)

SUNDAY 28TH MAY, 1978

In place of the originally programmed Bill Hughes Run (due to Bill's departure for overseas), the Club met at Perry Lakes for a Hill Tracks Run and barbeque and 20 brave souls warmed up in pouring rain while Alan Tyson and Bob Hayres got soaked marking out the course. This, the second of these runs, was run as a sealed handicap which was won by Alec Cummings with the fastest time over the 7.65 km course by Phil Wall in 30 min 49 sec. The results were:-

		lap 1 (3½ mls)	lap 2 (1¼ mls)	Total	H/cap	Adj Time	Previous run 19.3.78. (ref M62)
M35 (PV)	P. Wall	23:28	7:21	30:49 (1)	0:00	30:49 (15)	
	D. Caplin	24:15	7:55	32:10 (3)	3:00	29:10 (12)	33:07
	W. Carter	26:52	8:51	35:43 (5)	7:30	28:13 (9)	
	M. Ogilvie	31:04	9:56	41:00 (15)	9:00	32:00 (16)	
	B. Oliver	withdrew					
W30 (W1A)	G. Sutherland	37:37	7:02	44:39 (18)	20:00	24:39	incomplete lap 2
	B. Wall	35:06	11:23	46:29 (19)	21:00	25:29 (3)	
	J. Pearton	39:21	withdrew	-	(-) 22:00	-	
M40 (1A)	B. Sammells	25:19	8:35	33:54 (4)	5:30	28:24 (10)	
	B. Watson	26:45	9:01	35:46 (6)	7:00	28:46 (11)	37:14
M45 (1B)	R. Shand	23:35	7:35	31:10 (2)	3:10	28:00 (8)	33:16
	D. Carr	26:25	9:27	35:52 (7)	5:45	30:07 (13)	35:58
	D. Hough	26:32	9:25	35:57 (8)	5:30	30:27 (14)	35:34
	E. Pearton	27:40	8:55	36:35 (19)	10:00	26:35 (4)	41:11
	A. Cummings	28:00	9:26	37:26 (11)	15:00	22:26 (1)	
	G. Harford	28:05	9:43	37:48 (12)	11:00	26:48 (5)	
	M. Berry	30:49	10:13	41:02 (17)	5:20	35:42 (17)	35:26
M50 (2A)	F. Usher	31:13	9:39	40:52 (14)	13:00	27:52 (7)	41:24
	R. Riley	31:14	9:47	41:01 (16)	13:30	27:31 (6)	
M55 (2B)	M. Moyle	27:40	9:05	36:45 (10)	11:30	25:15 (2)	41:29
	C. Bould	29:34	9:12	38:46 (B)	15:30	23:16	own course

Cliff Bould chartered his own course in the hills but covered the distance and came out at the right spot in the end. We welcomed Giles Harford to his first run with us. Timing and working out of results was carried out by Garnett Morgan and Bruce Buchanan. The day was cold (14.5°C at 8.55 am) as breakfast was cooked and the group warmed themselves around the barbeque, eventually dispersing about 11.30 am as the day cleared.

In a midweek twilight meeting at Tomkins Park on Wednesday 31st May, 1978, 10 veterans built the field up to 22 athletes competing in a 5000m track race starting at 6.15 pm. With more rain forecast late in the day the air was still and cool providing ideal conditions. The winner covered the distance on the grass track in 15m 08.6 sec and veterans followed up with times listed below:-

			Previous best times
M35 (PV)	Don Caplin	17m 24s	16m 31s (23.11.77.)
	Bernie Oliver	19m 30s	18m 42s (16.7.77.)
M40 (1A)	Bob Sammells	18m 36s	19m 08s (1.3.78.)
	Brad Watson	19m 31s	22m 04s (6.11.77.)

# Vetrun 66

			Previous best times
M45 (1B)	R. Shand	16m 58s	16m 59s (14.12.77.)
	David Carr	18m 07s	17m 19s (17.9.77.)
	Brian Paxman	18m 24s	20m 05s (9.4.77.)
	Bob Hayres	19m 27s	19m 29.4s (23.2.78.)
	Dennis Batterham	21m 52s	21m 34.4s (14.12.77.)
M55 (2B)	Merv Moyle	20m 32s	20m 39s (26.1.77.)

"Personal bests" were recorded by 6 veterans in this race and Rob Shand broke his own (1B) M45 record by 1 second. Among the trophies which the Melville Athletic Club presented, one was presented to the first Veteran. The Club thanks Don Peggs for his complimentary remarks during the presentation of trophies. The important fact about this presentation is not the trophy but that veterans have been recognised by this Club at least as a class of athlete worthy of having a trophy presented.

## SATURDAY, 3RD JUNE, 1978, STATE 25K ROAD RACE AT MUNDIJONG

As rostered Club for this event, Bob Hayres, John Gilmour and Rob Shand measured the course on Saturday, 27th May, and it was marked out before the race started at 1.45pm on the 3rd June. Bruce Buchanan and Maureen Hayres acted as officials for the W.A. and Don Caplin and Mike Berry took interval times for the veterans during the run. The 25k (15 miles 940 yards and 1 foot) was run in cool 17°C weather with a light S.W. breeze which changed to S.E. and became a headwind over the last 5k making the run to the finish that much more difficult.

Position		Group	Hours	Mins.	Secs.	Known times for 25k at Mundijong 10.9.77.
11	Geoff Wall	M35 (PV)	1	29	21	
12	John Gilmour	M55 (2B)	1	29	02	1:34:21
15	Phil Wall	M35 (PV)	1	30	43	
19	Jeff Joyce	M35 (PV)	1	33	56	1:29:47
21	Rob Shand	M45 (1B)	1	35	02	
26	David Carr	M45 (1B)	1	39	02	
28	John Butts	M40 (1A)	1	40	23	
29	Art Briffa	M50 (2A)	1	40	31	1:40:20
32	Martin O'Rourke	M35 (PV)	1	43	21	1:39:41
35	Colin Junner	M55 (2B)	1	45	48	1:38:40
36	Bob Sammells	M40 (1A)	1	47	44	
40	Brad Watson	M40 (1A)	1	53	53	
41	Bob Hayres	M45 (1B)	1	57	28	1:56:34
42	Eamon Murphy	M35 (PV)	2	00	18	
43	Kevin Cameron	M35 (PV)	2	01	50	
44	Frank Usher	M50 (2A)	2	04	51	
45	Dennis Batterham	M45 (1B)	2	11	02	2:06:16

## BREAKDOWN TIMES

NAME	5k	10k	15k	20k	25k
G. Wall	16:38	17:04	17:51		37:09
J. Gilmour	17:00	17:16	17:55		37:10
P. Wall	17:17	17:21	18:11	16:11	21:43
J. Joyce	17:00	18:25	18:35		39:56
R. Shand	19:06	18:40	18:53	19:09	19:14
D. Carr	19:06	18:52	20:28	20:52	20:12
J. Butts	18:58		39:28	21:02	20:55
A. Briffa	19:07	19:02	20:22	21:17	20:43
M. O'Rourke	18:46	19:28	21:10	21:51	22:06
C. Junner		38:46	21:26		45:36
R. Sammells	19:50	20:15	21:40	22:05	23:54
B. Watson	22:05	21:08	22:33	23:34	24:33
R. Hayres	22:05	21:08	22:39	26:16	25:20
E. Murphy	22:04	22:14		48:51	26:33
K. Cameron	20:07	22:28	22:52	27:38	28:45
F. Usher	23:00	22:40		50:56	28:15
D. Batterham	23:50	22:44		52:11	32:17
G. Price	19:20	20:36	21:49		withdrew from race
A. Tyson	20:21	21:07	21:28		withdrew from race
W. McCabe	19:58	20:47	22:47		withdrew from race

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Geoff Price, who completed the course last year in 1:50:38 again cramped and had to pull out (more Staminade needed!). Alan Tyson who did 1:58:38 last year had his head down at the 10 ml mark and realised that he had taken the wrong turning when the leaders started passing him.

Gerry Hicks M45 (1B) over in Perth for a square dance convention ran by invitation and was placed 20th in a time of 1h 34m 06s. Unfortunately we did not have much of an opportunity to see much of him as he had to rush back to Perth after the race.

On Sunday 4th June, being a sunny though cold day with no risk of rain for once, there was a turn out of 34 veterans at McCallum for a 2 x Dave Jones Run. This was organised as an open handicap with the following results.

		Lap 1 Clock Time	H/cap	Lap 1 Actual	Lap 2 Time	Total Actual Time	Position
(PV) M35	D. Caplin	16.27	8.30	7.57	7.57	15.54	2
	D. Sheppard	15.50	8.00	7.50*	8.08	15.58	3
	T. O'Hare	15.54	8.00	7.54	8.09	16.03	4
	W. Carter	12.43	4.15	8.28	8.39	17.07	8
	D. Crowther	15.39	6.30	9.09	8.48	17.57	13
	B. Oliver	15.39	6.30	9.09	9.27	18.36	14
	B. Johnston	12.31	4.15	8.16	withdrew		
(1A) M40	B. Watson	14.28	5.45	8.43	7.53	16.36	6
	K. McDonald	12.48	4.15	8.43	9.07	17.50	11
(1B) M45	D. Hough	14.57	6.30	8.27	7.02*	15.29	1
	M. Berry	14.49	5.45	9.04	7.12	16.16	5
	E. Pearton	14.49	5.45	9.04	7.37	16.41	7
	B. Paxman	15.13	6.30	8.43	9.00	17.43	10
	J. Coventry	15.38	5.45	9.53	10.52	20.45	20
	R. Fergie	14.08	3.00	11.08	11.27	22.35	23
	D. Carr	20.28	7.30	12.58	13.57	26.55	24
	B. Buchanan	11.50	0.00	11.50	withdrew		
(2A) M50	A. Briffa	16.34	6.00	10.34	7.18	17.52	12
	D. Jones	14.25	5.00	9.25	9.28	18.53	15
	G. Morgan	19.52	10.00	9.52	10.39	20.31	18
	F. Usher	13.40	3.45	9.55	withdrew		
(2B) M55	M. Moyle	14.26	5.15	9.11	8.06	17.17	9
	V. Anderson	12.30	3.45	8.45	11.23	20.08	17
(3A) M60	C. Bould	13.23	3.00	10.23	10.21	20.44	19
(W1A) W35	J. Pearton	11.59	0.00	11.59	withdrew		
New members							
	J. Martin	11.40	2.00	9.40	9.43	19.23	16
	V. Nolan	14.13	3.00	11.13	10.13	21.26	21

Fastest First lap D. Sheppard 7:50 (previously 7:53)

Fastest Second lap D. Hough 7:02 (previously 7:47)

Time keeping and recording were carried out by Stan Lockwood and Bob Sammells and Alan Tyson. It was good to see Garnett Morgan down and running again after his injury and to see the Darceys visiting. Paul Morrissey appeared late in the proceedings and then took David Sheppard and Tony O'Hare round the bridges and through Kings Park. Alan Tyson and Mike Berry had done a bridges run before the main event and did a second run with Rob Shand who then continued for a second round. John Gilmour was training around the oval.

Brian Paxman had run from Lesmurdie and ran back again after the meeting. David Carr and David Hough did the same thing but from Dianella.

We welcomed Jim Martin and Vic Nolan both M50 (2A) to the Club.