

There is a noble forgetfulness  
that which does not remember injuries

Charles Simmons

At 3rd December 1978 the Club Membership stood at 123 financial members and included 8 females. We have 53 males registered with the W.A. and two of our females are registered with the women's association. Our 100th financial member this year is TERRY RUTTY

The South Australian Veterans' Club in their magazine No.24 advises a membership of 124. (15 female and 109 male.) This magazine is available from the Club Library and any W.A. Vet. intending to compete in the S.A. Vets. A.A.C. championships on 7th and 8th April should examine the programme in the magazine and send in their entry.

REG BRIGGS has been in hospital lately for a hernia operation and is now recovering at home and has started jogging again. Our 73 year old veteran has presented the club with a trophy to be given each year to the most improved veteran. Thank Reg for this trophy which will be presented at the Annual General Meeting on Sunday 1st April, 1979.

BRIAN PAXMAN is leaving soon to take up residence in Canberra (for at least 2 years and possibly 4) and the club's best wishes go with him and his family to the other side. No doubt he will soon be getting down to some training over there and it probably won't be long before he runs into Jack Pennington (The Veteran Athlete.)

SATURDAY 9th DECEMBER

INTER CLUB AT PERRY LAKES

PROGRAMME No. 3 A cloudy day with a fresh south west wind which was also giving trouble at the cricket match between W.A. and England - Temperature 24°C.

| TRACK | EVENTS        | 60m. | 100m. | 200m. | 400m. | 1500m. | 3000m.  |
|-------|---------------|------|-------|-------|-------|--------|---------|
| W     | K Holland     | 7.5  | 12.2* | 27.3  | 60.9  | -      | -       |
|       | V Prescott    | 8.8  | -     | -     | -     | -      | -       |
|       | J Wijesundera | -    | 14.3  | -     | -     | -      | -       |
| 135   | P Gare        | 7.5  | -     | 25.5  | 56.9  | -      | -       |
|       | B Oliver      | 8.3  | -     | 28.9  | -     | -      | -       |
|       | D Sheppard    | 8.4  | -     | -     | -     | -      | -       |
|       | D Caplin      | -    | -     | -     | -     | 4:25.0 | -       |
|       | P Wall        | -    | -     | -     | -     | -      | 9:05.0  |
|       | G Wall        | -    | -     | -     | -     | -      | 9:36.0  |
|       |               |      |       |       |       |        |         |
| M.40  | B Old         | 8.4  | -     | -     | -     | -      | -       |
|       | T Rutty       | 8.4  | -     | -     | -     | -      | -       |
|       | D Hoyer       | -    | -     | -     | -     | 4:41.0 | 10:04.0 |
|       | E Maslen      | -    | -     | -     | -     | 4:27.0 | N/A     |
|       | J Whittam     | -    | -     | -     | -     | 5:13.0 | -       |
|       | M Smith       | -    | -     | -     | -     | 4:36.0 | -       |
| M.45  | D Carr        | -    | -     | -     | 56.9  | -      | -       |
| M.50  | W Hughes      | 9.0  | -     | -     | -     | -      | 11:31.0 |
|       | D Jones       | 8.1  | -     | 27.8  | 64.4  | -      | -       |
| M.55  | N Goff        | 8.3  | -     | 29.3  | -     | -      | -       |
|       | A Merrett     | -    | -     | -     | -     | -      | N/A.    |

\* qualifying distance or time

2.

| FIELD | EVENTS    | L.J.  | HAMMER 5.5k. | DISCUS 1.5k. | DISCUS 1.0k. |
|-------|-----------|-------|--------------|--------------|--------------|
| M.35  | P Gare    | -     | -            | 35.12        | -            |
| M.40  | R Fergie  | -     | -            | 31.32        | -            |
|       | B Old     | -     | -            | 27.64        | -            |
|       | T Ruddy   | 4.88  | 32.24        | -            | -            |
|       | J Whittam | -     | -            | 18.90        | -            |
| M.55  | N Goff    | 4.83* | 22.26        | 23.30        | -            |
| M.65  | R Horsley | -     | -            | -            | 23.86        |

\*qualifying distance or time

## MARATHON CLUB'S 20K AT MUNDIJONG - SUNDAY 10th DECEMBER

Athletes were on the line by 7.15 a.m. but the flies were up earlier and accompanied the runners at the start. There were two choices during the run, flies with a following wind or a flyless run into the breeze. The times for the 12.427 miles were:

|      |             | 10K   | 10K   | FINAL TIME | 1977 TIMES          |
|------|-------------|-------|-------|------------|---------------------|
| M.35 | G Wall      | 34.30 | 36.18 | 70.48      |                     |
|      | D Caplin    | 36.30 | 37.26 | 73.56      | 77.09               |
|      | H Kirkham   | 36.39 | 40.06 | 76.45      | (Vet from Victoria) |
|      | J Joyce     | 40.49 | 41.29 | 82.09      |                     |
|      | G Moses     | 42.35 | 43.35 | 86.10      |                     |
|      | D Merrick   | 45.04 | 49.49 | 94.53      |                     |
| M.40 | M. Smith    | 36.30 | 37.48 | 74.18      |                     |
|      | M Johnson   | 36.20 | 38.19 | 74.39      |                     |
|      | D Hoyer     | 35.17 | 41.34 | 76.51      |                     |
|      | R Sammells  | 40.35 | 41.23 | 81.58      |                     |
|      | J Butts     | 40.49 | 41.17 | 82.06      |                     |
|      | B Watson    | 40.35 | 44.57 | 85.32      |                     |
|      | T Ruddy     | 48.00 | 55.08 | 103.08     |                     |
| M.45 | R Shand     | 39.04 | 38.51 | 77.55      | 78.03               |
|      | D Hough     | 39.08 | 44.19 | 83.27      | 83.49               |
|      | M Berry     | 42.35 | 43.38 | 86.13      | 96.20               |
|      | D Batterham | 45.04 | 49.49 | 94.53      |                     |
| M.50 | A Tyson     | 42.35 | 44.36 | 87.11      | 89.11               |
| M.55 | J Gilmour   | 34.30 | 36.29 | 70.59      | 71.31               |
|      | F Usher     | 48.00 | 57.33 | 105.33     |                     |

## JOHN GILMOUR WON THE MARATHON CLUB HANDICAP

Meanwhile at McCallum Cliff Bould led a pack run Round the Bridges with Horsley Beament K and J, Jones, Johnstone, Kemp, Keynes, Lennie, Lockwood, Jim Martin, Noordyk, Eric Pearton and the Sutherlands G and I. Eric Pearton and Bob Johnstone made a second trip and Dave Carr and Derek Crowther, arriving after the start of the main run did the Bridges together twice.

Jill Pearton finished a Bridges Run and a Cliff Bould course (10 miles) while Alex Cummings hurled hammer and discus toward the river then joined Jack Collins (who has solved his foot problems) for some fast work on the track. After a solo Bridges, Bernie Oliver was polishing up his sprinting and Derek Walker joined him.

Running has really become the gimmick gobblers paradise in the U.S. Page through a couple of copies of Runners World, let your imagination run riot and you could come out looking like a Christmas tree and so weighed down with "aids" that you could hardly move.

You can start off at the top with your marathon time knitted in your hat with a reflective radio active head band for night running and listening to Athletic A.M. radio. In the other ear and attached to your belt you can set your pace to the beep of a Cronus Strider. You can get into Unisex gear including "Sub-4s" (claimed to make you feel almost like running nude) and wear a jog-a-lite jacket (with 47000 cube prisms per square inch bonded to tough washable vinyl) with joggers lite on each arm of super reflective self stick discs appropriately placed in conjunction with reflective bracelets and anklets. To see where you are going at night there's a runners light, chest mounted with rear mounted battery pack and reflector. You can choose from 30 different types of shoes all with different treads to give you more traction and then, if they don't fit you can go to a podiatrist and get "sporthotics" into them. When you take them off you can exercise your feet on a "Tootsie Roller."

To get you going and keep you moving you are induced to take Body Ammo 1 & 2, Body Punch or Bee Pollen, wash it down with a "Quickkick" drink and chew sports gum throughout the race. In sub freezing temperatures you can wear a cold weather mask, "frost guard" cream and mittens. There is still a bit of body to cover you wear a Unisex Chronograph on one wrist and on the other you strap a wrist radio ("to take attention away from aching muscles while you run"). On your chest you strap an "exersentry" to monitor heart rate during the exercise program, clip a Digital Pedometer to your waist band (and adjust it to your stride) and then find somewhere to attach a "cal-o-met" to tell you how many calories you are using. Another clip is needed for Animal Repellant and you can dangle some runners jewellery round your neck.

In case you get lost, stolen (there must be something valuable in this lot) or stray you should have a road tested runners wallet for key, change and I.D. card. This wallet can be fitted to your shoe (theres nowhere else left!)

After your run, with your remaining strength you can write it all up in a Runner's Diary or jog log and then consult your Runner's Calendar to ascertain the date of the next Medical Joggers Association Meeting, get dressed wearing your Runner's necktie and be certain that you have bumper stickers for your car reading "I Brake for Runners" and make certain that you don't run over anyone collapsed glittering in the gutter listening to the radio, monitoring his heart and having a swig of "got up and go" mixture.

I THINK I'LL JUST GO AND DO A NICE QUIET UNCOMPLICATED BASIC BRIDGES RUN.

"Standards" have been reached by Dick Horsley (M.65 shot,) Dave Carr (M.45-400m.,) twice by Noel Goff (M.55-Long Jump) and 5 times by Kath Holland (W35-100m.)

#### Records

Geoff Wall's 10,000 m. at Perry Lakes on 29th November, 1978 broke Phil Wall's record of 33 mins 26 secs (18 September, 1977) by two seconds. Congratulations Geoff. So far this season only Geoff and Dave Carr have broken records (M.45-400m.) and Rob Shand has equalled one (M.45-10,000 m.)

Although no "official" records are kept for the 60m., the best performances of last season could be taken as records with their amendment by this seasons performances as follows:

|      |     |           |          |   |
|------|-----|-----------|----------|---|
| W    | 7.8 | K Holland | 2:1:78   | broken by K Holland running 7.4 on 18:11:78                             |
| M.35 | 7.4 | P Gare    | 5:11:77  | equalled by P Gare running 7.4 on 25:11:78                              |
| M.40 | 8.3 | L Merrick | 19:11:77 | broken by D Ninnett running 8.0 on 4:11:78                              |
|      |     |           |          | and subsequently equalled by K Wright on 18:11:78 and B Old on 25:11:78 |
| M.45 | 8.1 | D Carr    | 10:12:77 | broken by D Carr running 7.8 on 18:11:78                                |
| M.50 | 7.9 | D Jones   | 10:12:77 | still stands  |
| M.55 | nil | nil       | nil      | new record created by N Goff running 8.1 on 25:11:78                    |

Similarly with the 3000m., the following are the best performances that our records show. (Performances at McCallum are not considered and none of these times have been bettered this season.)

|      |         |           |          |
|------|---------|-----------|----------|
| M.35 | 8:52.0  | P Wall    | 2:1:78   |
| M.40 | 9:28.0  | E Maslen  | 15:1:78  |
| M.45 | 9:50.0  | R Shand   | 15:1:78  |
| M.50 | 9:59.0  | A Briffa  | 19:11:78 |
| M.55 | 9:20.0  | J Gilmour | 11:2:76  |
| M.60 | 11:08.0 | R Horsley | 30:11:74 |
| M.65 |         |           |          |
| M.70 | 16:26.0 | R Briggs  | 4:1:78   |

PLEASE NOTE: (and you will be reminded again) that we are Roster Club at Perry Lakes on SUNDAY 21st JANUARY 1979 at the Shield Competitions meeting and again on SATURDAY 10th MARCH, 1979 at the Inter club meeting. We must provide 4 officials to assist the TECHNICAL MANAGER and must be in attendance at Perry Lakes by 10.30 am., assist throughout the competition and be present to assist at the end of the competition.

If you are not running on those days please make yourself available so that those who are participating have a chance to fully devote themselves to the competition.

The AERO-AC-CENT publication from the Aerobics Centre in Dallas Texas (Dr Cooper's Organisation) asks. How many times have you said to yourself I can run it off tomorrow? before you indulge in high calorie foods? Increasing your exercise in an attempt to lose a few pounds may in fact result in weight gain if you over estimate the calories you are burning during exercise and/or under estimate the calorie content of foods and beverages - for example they say it requires one hour of running at 10 m.p.h. by a 150 lb person to nullify the gastronomic pleasure of a 16 oz chocolate milk shake (900 calories.) They go on to wonder about those lousy days at the office when it seems impossible to find time and energy to get proper exercise to burn off those extra calories but do provide a lot of activities which can be done at the desk, each accompanied by its purported calorie burning equivalent!.

|  |        |
|--|--------|
| Jogging your memory .....                                  | 125    |
| Beating about the bush .....                               | 75     |
| Passing the buck .....                                     | 25     |
| Sticking your neck out .....                               | 175    |
| Climbing the ladder of success .....                       | 75     |
| Wading through paper work .....                            | 200    |
| Making mountains out of molehills .....                    | 500    |
| Dragging your heels .....                                  | 100    |
| Pushing your luck .....                                    | 250    |
| Throwing your weight around (depending on your weight) ... | 50-300 |

The calorific content of the VETS XMAS BARBEQUE at Art and Mary Briffa's estate on the evening of Sunday 10th December would be beyond calculation as 90 Vets and Marathon Club members enjoyed the cool evening air, convivial company and conversation. Des and Dorothy Merrick, and Kevin and Daphne Cameron were both celebrating their 18th wedding anniversaries and were congratulated accordingly. Geoff Price caused a few anxious moments at the start when he failed to arrive with the keg but his appearance at 6:30 p.m. calmed the organisers Bob Hayres and Alan Tysc and they had no trouble in getting assistance to set the bar up.

Once again we thank Art and Mary for the use of their garden and facilities knowing full well that they both carry out a lot of pre-preparation for the function. A raffle for a Christmas hamper was held and Mary Briffa drew the winning ticket - Dick Morsley will eat well this Christmas.

Noticed among the crowd was Gary Aitken, athletic correspondent for the SUNDAY INDEPENDENT NEWSPAPER - perhaps we will be getting some coverage in his paper in the near future?

CHRISTMAS CHAMPIONSHIPS at Perry Lakes - Saturday 16th and Sunday 17th December.

Special events for veterans were included in the programme and were generally well patronised so we should get events again in the meetings in the New Year. Conditions over the two days were variable, winds from the East and the second day was uncomfortable.

The results were as follows

SATURDAY 16th - Max temperature 26° at 3:40 p.m.

| TRACK EVENTS |            | 100m. | women<br>200m. | 1500m.  | 3000m. | women<br>400 H | 3k. walk |
|--------------|------------|-------|----------------|---------|--------|----------------|----------|
| W            | K Holland  |       | 25.5*          |         |        | 69.9           |          |
| M.35         | P Gare     | 11.7  |                |         |        |                |          |
|              | B Oliver   | 12.6  |                |         |        |                |          |
|              | P Wall     |       |                |         | 9:19.0 |                |          |
|              | G Wall     |       |                |         | 9:51.0 |                |          |
|              | D Caplin   |       |                | 4:20.0  |        |                |          |
|              | D Sheppard |       |                | 4:41.0  |        |                |          |
|              | C Spare    |       |                | 5:04.0  |        |                |          |
| M.40         | B Old      | 12.9  |                |         |        |                |          |
|              | B Watson   |       |                | 5:10.0  |        |                |          |
|              | J Whittam  |       |                | 5:12.0  |        |                |          |
| M.45         | J Smith    |       |                |         |        |                | .N/A     |
|              | D Carr     | 12.5  |                | 4:51.0  |        |                |          |
|              | D Walker   | 12.8  |                |         |        |                |          |
|              | E Pearton  | 15.1  |                | 5:11.0  |        |                |          |
|              | R Shand    |       |                | 4:30.0  |        |                |          |
| M.50         | A Tyson    |       |                | 5:10.0  |        |                |          |
| M.55         | J Gilmour  |       |                | 4:28.0* |        |                |          |

| FIELD EVENTS |           | Discus<br>Women | Javelin<br>800g |
|--------------|-----------|-----------------|-----------------|
| W            | K Holland | 27.18           |                 |
| M.40         | B Old     |                 | 37.60           |
|              | R Fergie  |                 | 32.84           |
| M.45         | R Shand   |                 | 28.46           |

\* qualifying time.

Dave Carr was 0.1 second outside his M.45/100 record and Don Caplin 1.7 secs off his M.35/1500 m. record in their respective runs. Bernie Oliver is showing continual improvement in sprinting and Kath Holland added yet another qualifying time to her list. In his first run on the track this season John Gilmour was only 6 secs off his M.55 1500m. record and running well following his lay off from competition after the marathon in the Eastern States.

SUNDAY 17th - Maximum temperature 32°<sup>6</sup> at 4.05 p.m.

| TRACK EVENTS    | 100m. women | 200m.    | 800m.<br>1st lap<br>time in<br>brackets | 3k. steeple  | 5000m.       | 1500m.<br>walk |
|-----------------|-------------|----------|---|--------------|--------------|----------------|
| W K Holland     | 12.4*       |          |   |              |              |                |
| V Prescott      | 14.0        |          |   |              |              |                |
| M.35 P Gare     |             | 23.8     |   |              |              |                |
| B Oliver        |             | 26.8     |   |              |              |                |
| D Caplin        |             |          | (61)2:06.2                              |              |              |                |
| P Wall          |             |          |   |              | 16:08.0      |                |
| G Wall          |             |          |   |              | 16:38.0      |                |
| C Spare         |             |          |   |              | 19:00.0      |                |
| M.40 B Watson   |             |          | (72)2:32.2                              |              |              |                |
| E Maslen        |             |          |   | 10:35.0      | 17:08.0      |                |
| D Hoyer         |             |          |   |              | 18:10.0      |                |
| B Old           |             | 27.6     |   |              |              |                |
| J Whittam       |             |          | (71)2:35.8                              |              |              |                |
| M.45 R Shand    |             |          |   |              | 17:30.0      |                |
| D Carr          |             | 25.4     | (62)2:11.4                              |              |              |                |
| D Walker        |             | 27.0     |   |              |              |                |
| M.50 A Tyson    |             |          |   |              | 19:54.0      |                |
| W Hughes        |             | 28.9     | (75)2:40.9                              |              |              |                |
| M.55 J Gilmour  |             |          | (65)2:18.4                              |              |              |                |
| N Goff          |             | 27.8     |   |              |              |                |
| FIELD EVENTS    |             | Shot 4k. | Shot 5.5k.                              | Discus 1.5k. | Discus 1.0k. |                |
| W K Holland     |             | 8.89     |   |              |              |                |
| M.40 B Old      |             |          |   | 29.28        |              |                |
| R Fergie        |             |          | 11.86                                   | 29.70        |              |                |
| M.45 A Cummings |             |          | 8.50                                    | 30.50        |              |                |
| M.50 W Hughes   |             |          | 8.65                                    |              |              |                |
| M.55 N Goff     |             |          | 9.50                                    | 26.50        |              |                |
| M.65 R Horsley  |             |          |   |              | 26.05*       |                |

\*qualifying time or distance.

Unfortunately in the field events a weight for age competition did not take place and only M.50 and over performances could be considered.

Slow times in the 5000m. were probably due to the temperature at the time of running the race 32°. Of interest in this regard is an extract from the Sun. (Melbourne) of Monday November 27th 1978.

"HEAT BEATS ATHLETES" was the heading as 32 distance runners complained at the Victorian A.A.A. interclub athletics meeting at Sandringham and asked that the 5000m. event be cut to 3000m. - the temperature 28°C.

#### LAP BREAKDOWN FOR THE 5000m

|          | 1/2 | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11  | 12 | TOTAL |
|----------|-----|----|----|----|----|----|----|----|----|----|----|-----|----|-------|
| P Wall   | 39  | 74 | 76 | 82 | 76 | 78 | 78 | 78 | 79 | 78 | 80 | 79  | 71 | 16:08 |
| G Wall   | 39  | 72 | 78 | 79 | 79 | 80 | 81 | 82 | 82 | 84 | 83 | 83  | 76 | 16:38 |
| E Maslen | 38  | 75 | 79 | 80 | 84 | 82 | 84 | 85 | 85 | 85 | 85 | 85  | 81 | 17:08 |
| R Shand  | 40  | 79 | 79 | 79 | 85 | 85 | 86 | 87 | 89 | 88 | 87 | 86  | 80 | 17:30 |
| D Hoyer  | 38  | 75 | 76 | 79 | 89 | 81 | 91 | 93 | 96 | 96 | 95 | 95  | 86 | 18:10 |
| C Spare  | 40  | 78 | 89 | 86 | 88 | 89 | 92 | 90 | 99 | 99 | 99 | 98  | 93 | 19:00 |
| A Tyson  | 40  | 93 | 95 | 95 | 94 | 96 | 98 | 98 | 98 | 97 | 95 | 103 | 92 | 19:54 |

Don Caplin, in a front running performance broke his M.35/800m. record by 0.8 secs, challenged in the back straight by Brian Waldhuter from Katanning (2m 08.9 sec) he accelerated away in the last 100 m. to be clear by almost 3 secs at the line. Gilmour was only 0.4 secs off the M.55/800 qualifying time in the same race. David Carr broke his M.45/200 record by 0.5 secs, and was only 3 seconds off his M.45/800m record. Peter Gare showed considerable improvement over previous weeks with his M.35/200 effort.

Meanwhile at McCallum on Sunday morning (17th) Veterans went down to do their own thing themselves or with someone else which made the Bridges circuit busy with Hayres and Berry going round twice, Crowther, Jim Martin, Jones, Noordyk, Usher and Sammells once. Alison and Bob Johnstone and dog ran the Cliff Bould course while Cliff himself on his way to ten miles round McCallum was accompanied at various times by Kemp (about 7 miles) and Buchanan (5 miles) and for about 2 k. by Ray Lawrence and Ted O'Connor, both potential new members at the start of the get fit trail. Jack Collins was doing some fast work and some run throughs on the 400m. track.

We welcome Noel H Smith (43) of 297 Scarborough Beach Road Doubleview and Glen Boorn (43) of 1 Kobelke Street Dianella to the club. Glen competes for Swans.

Richard Horsley birthday December 21st turned 66 and remains M.65.

Wednesday 20th December Jim Smith walked 3k. in 16 mins 1.3 secs.

#### SATURDAY 23rd DECEMBER - INTER CLUB AT PERRY LAKES

Programme No.1. A warm sunny day with some light westerly winds and a maximum temperature of 24.3° C.

| TRACK EVENTS |           | 60     | 100   | 400  | 400H  | 800    | 1500    | 3000    | 3k.     | steeple |       |
|--------------|-----------|--------|-------|------|-------|--------|---------|---------|---------|---------|-------|
| W            | K Holland | 8.0    |       | 59.3 | 70.7  |        |         |         |         |         |       |
| M.35         | G Wall    |        |       |      |       | 2:10.4 | 4:31.0  |         |         |         |       |
|              | R Calnan  |        | 13.1  | 60.0 |       |        |         |         |         |         |       |
|              | B Oliver  | 8.5    | 13.3  |      |       |        |         |         |         |         |       |
|              | P Gare    |        | 12.3  |      |       |        |         |         |         |         |       |
|              | P Wall    |        |       |      |       |        | 4:24.0  |         |         |         |       |
| M.40         | J Whittam |        |       |      |       | 2:46.9 | 5:16.0  | 11:20.0 |         |         |       |
|              | E Maslen  |        |       |      |       |        |         | 9: 53.0 | 10:28.0 |         |       |
|              | B Old     | 8.6    | 13.7  |      |       |        |         |         |         |         |       |
|              | G Boorn   |        | 13.9  |      |       |        |         |         |         |         |       |
| M.45         | W McCabe  |        |       |      |       | 2:35.1 |         | 11:32.0 |         |         |       |
|              | D Carr    | 8.2    | 13.6  | 55.9 |       | 2:20.8 | 4:58.0  | 11:27.0 |         |         |       |
|              | D Walker  |        | 13.1  |      |       |        |         |         |         |         |       |
|              | R Shand   |        |       |      |       |        | 4:32.0  |         |         |         |       |
| M.50         | W Hughes  |        | 14.3  | 67.0 |       |        |         |         |         |         |       |
|              | A Tyson   |        |       |      |       | 2:47.0 | 5:21.0  |         |         |         |       |
|              | D Jones   | 8.3    | 13.3  |      |       |        |         |         |         |         |       |
| M.55         | A Merrett |        |       |      |       |        |         |         | 11:35.1 |         |       |
|              | J Gilmour |        |       |      |       |        | 4:27.0* |         |         |         |       |
|              | N Goff    | 8.4    | 13.5  |      |       |        |         |         |         |         |       |
| FIELD EVENTS |           | Hammer | 5.5k. | P.V. | Shot  | 5.5k.  | T.J.    | Javelin | 800g    | Discus  | 1.0k. |
| W            | K Holland |        |       |      |       |        |         |         |         | 26.77   |       |
| M.35         | R Calnan  |        |       |      |       |        | 9.86    |         |         |         |       |
| M.40         | J Whittam |        |       |      |       | 7.08   |         |         |         |         |       |
|              | E Maslen  |        |       | 2.80 |       |        |         |         |         |         |       |
|              | B Old     |        |       |      |       | 8.75   |         | 41.16*  |         |         |       |
|              | G Boorn   |        |       |      |       |        |         |         |         |         |       |
|              | R Fergie  | 37.90  |       | 2.20 | 11.33 |        |         | 36.36   |         |         |       |
|              | T Rutty   |        |       | 2.40 | 9.04  |        |         |         |         |         |       |
| M.45         | P Walker  |        |       |      | 7.70  |        |         |         |         |         |       |
| M.55         | N Goff    | 23.24  |       | 2.00 | 8.93  | 10.34* |         |         |         |         |       |

\*qualifying distance or time.

8.

Butch Old broke Bob Fergie's record of 35.34 for the M.40/javelin with his throw of 41.16m., Bob having broken his own record with his throw. Ted Maslen broke his own M.40/Pole Vault record of 2.76m., with his leap of 2.80m. Dave Carr equalled the M.45/400m. record he created on 18th November, 1978.

Jim Smith walked 2k., but would not divulge his time and no time was officially recorded as far as could be ascertained. Kath Holland ran the first leg of the women's 4 x 200m. relay in 25.9 seconds.

#### LAP TIMES 1500m.

|           |    |    |    |    |   |          |
|-----------|----|----|----|----|---|----------|
| P Wall    | 53 | 69 | 72 | 70 | = | 4m. 24s. |
| G Wall    | 52 | 72 | 74 | 73 | = | 4m. 31s. |
| J Whittam | 58 | 83 | 88 | 87 | = | 5m. 16s. |
| R Shand   | 55 | 73 | 74 | 70 | = | 4m. 32s. |
| D Carr    | 57 | 82 | 84 | 75 | = | 4m. 58s. |
| A Tyson   | 60 | 85 | 91 | 85 | = | 5m. 21s. |
| J Gilmour | 54 | 70 | 75 | 68 | = | 4m. 27s. |

#### 3000m.

|           |    |    |    |    |    |    |    |    |   |           |
|-----------|----|----|----|----|----|----|----|----|---|-----------|
| E Maslen  | 31 | 88 | 79 | 78 | 79 | 80 | 80 | 78 | = | 9m. 53s.  |
| J Whittam | 45 | 90 | 90 | 90 | 91 | 92 | 93 | 89 | = | 11m. 20s. |
| D Carr    | 44 | 94 | 94 | 94 | 93 | 92 | 93 | 84 | = | 11m. 27s. |
| W McCabe  | 44 | 93 | 93 | 94 | 93 | 92 | 94 | 89 | = | 11m. 32s. |

#### SUNDAY 24th DECEMBER

The biggest group we have ever had on a Sunday morning run turned out the day before Christmas for our XMAS GIFT RUN over the 5.2k. Cliff Bould course on Herrison Island. Forty two participants pooled their \$2 gifts and lined up for the race - (no handicap) and set off at Dick Horsley's command followed some 50 yds behind by Bill Hughes who had just arrived. John Gilmour led the field from the start and came in first. The results were as listed below. Frank Usher and Jo Walker who had started earlier than the others and decided to walk the course, were "officially timed in at 4 hrs 59 mins!!!"

|                   |      |       |                      |      |       |
|-------------------|------|-------|----------------------|------|-------|
| 1 John Gilmour    | M.55 | 17:28 | 22 Richard Spark     | INV  | 22:06 |
| 2 Don Caplin      | M.35 | 17:50 | 23 Cliff Bould       | M.60 | 22:08 |
| 3 Keith Beament   | M.35 | 18:04 | 24 Ian Sutherland    | M.35 | 22:13 |
| 4 Rob Shand       | M.45 | 18:07 | 25 David Jones       | M.50 | 22:27 |
| 5 Maurice Smith   | M.40 | 18:11 | 26 Bob Johnstone     | M.35 | 22:29 |
| 6 Bob Sammells    | M.40 | 19:07 | 27 Dennis Batterham  | M.45 | 22:34 |
| 7 Tony O'Hare     | M.35 | 19:09 | 28 Billy Watson      | INV  | 22:36 |
| 8 David Carr      | M.45 | 19:30 | 29 Jim Hosking       | M.35 | 22:41 |
| 9 Maurie Johnson  | M.40 | 19:33 | 30 Paul Morrissey    | M.50 | 23:16 |
| 10 Derek Crowther | M.35 | 19:36 | 31 Bill Hughes       | M.50 | 23:20 |
| 11 Brad Watson    | M.40 | 19:52 | 32 Terry Rutty       | M.40 | 23:33 |
| 12 Bob Hayres     | M.45 | 19:53 | 33 Stan Lockwood     | M.45 | 24:02 |
| 13 Eric Pearton   | M.45 | 20:01 | 34 Bruce Buchanan    | M.45 | 24:24 |
| 14 Rex Godfrey    | INV  | 20:33 | 35 Gerry Noordyk     | M.55 | 24:27 |
| 15 Alan Tyson     | M.50 | 20:34 | 36 Gloria Sutherland | W.30 | 26:48 |
| 16 Phil Lennie    | M.50 | 20:46 | 37 Jill Pearton      | W.30 | 28:41 |
| 17 Brian Hanks    | M.40 | 20:56 | 38 Alison Johnstone  | W.30 | 29:12 |
| 18 Jeff Whittam   | M.40 | 20:58 | 39 Laura Rutty       | W.30 | 29:28 |
| 19 Jim Martin     | M.50 | 21:03 | 40 Leslie Brown      | INV  | 29:28 |
| 20 Terry Manford  | M.40 | 21:36 | 41 Pat O'Hare        | INV  | 29:28 |
| 21 Roy Kemp       | M.35 | 21:38 | 42 Jo Walker         | INV  |       |
| 22 Ralph Godkin   | M.55 | 21:46 | 43 Frank Usher       | M.55 |       |

Prizes were awarded in reverse order, i.e. those who came in last had first choice.

We congratulated Jack Collins on his birthday today when he turned 67 and remained M.65

Timekeeping and recording was organised by Dick Horsley assisted by Derek Walker, Kevin Cameron, Jack Collins, Terry O'Connor, Mike Berry and Ray Lawrence.

Laura Rutty - birthday 25th December - turned 38 and remains W.35  
 Ross Holland - birthday 26th December - turned 41 and remains M.40



## BOXING DAY RUN AT LAKE LESCHENALTIA

Celebrated now only in British speaking countries Boxing Day is believed to originate from a custom belonging to ancient Rome when collection boxes were taken around to wealthy people who were expected to contribute towards the cost of the Athletic Games.

Our second annual Leschenaltia run started at 5:30 p.m. at a temperature of about 22° about 10° cooler than in 1977. This year the course was 400 metres shorter as a large tree had fallen across the track about 200 metres from the second turning point making it a 6800m. run.

As Paul Morrissey came up to the line, 30 starters followed David Sheppard who was not caught by the leaders until the first turn round at the farm gate 2800m. from the start. Tony O'Hare led the race up the gravel track and went on to win. Eric Pearton lying 11th at the start of the track pulled up to 8th at the finish while Bernie Oliver, Terri Carr and Dennis Batterham battled it out at the finish, behind Brad Watson's son, Billy. Kim Cameron and Chris Batterham ran 5600m. in 27m. 51s, and 32m.00 respectively. Is this a third generation of running Batterhams in the making?

The results are:

|    |         |             |      | 5400m.     | 6800m. | 7200m.<br>1977 |
|----|---------|-------------|------|------------|--------|----------------|
| 1  | Tony    | O'Hare      | M.35 | 17:19      | 24:46  |                |
| 2  | Maurice | Johnson     | M.40 | 17:33      | 24:51  |                |
| 3  | Rob     | Shand       | M.45 | 17:37      | 25:07  | 26:16          |
| 4  | Don     | Caplin      | M.35 | 18:20      | 25:59  | 27:38          |
| 5  | David   | Carr        | M.45 | 18:17      | 26:06  | 30:04          |
| 6  | David   | Sheppard    | M.35 | 18:2       | 26:35  |                |
| 7  | Brad    | Watson      | M.40 | 19:32      | 27:47  |                |
| 8  | Eric    | Pearton     | M.45 | 20:17      | 28:12  |                |
| 9  | Alan    | Tyson       | M.50 | 20:00      | 28:23  | 30:49          |
| 10 | Bob     | Hayres      | M.45 | 20:15      | 28:35  | 32:13          |
| 11 | Mike    | Berry       | M.45 | 20:13      | 28:41  | 31:56          |
| 12 | Terry   | Manford     | M.40 | 20:28      | 28:59  |                |
| 13 | Jeff    | Whittam     | M.40 | 20:38      | 29:38  |                |
| 14 | Ralph   | Godkin      | M.55 | 21:02      | 30:17  |                |
| 15 | Bob     | Johnstone   | M.35 | 21:17      | 30:43  |                |
| 16 | Ian     | Sutherland  | M.35 | 22:04      | 31:13  |                |
|    | Billy   | Watson      | INV  | 22:16      | 31:26  |                |
| 17 | Dennis  | Batterham   | M.45 | 22:12      | 31:51  |                |
|    | Terri   | Carr        | INV  | 22:16      | 31:51  | 37:48          |
| 18 | Bernie  | Oliver      | M.35 | 21:57      | 32:06  | 38:22          |
| 19 | Terry   | Rutty       | M.40 | 22:20      | 32:16  |                |
| 20 | Paul    | Morrissey   | M.50 | 22:45      | 32:35  |                |
|    | Kevin   | Cameron Jnr | INV  | Times not  | 35:20  |                |
|    | Bill    | Nuttall     | INV  | available  | 35:28  |                |
| 21 | Gloria  | Sutherland  | W.30 | as time-   | 36:15  |                |
|    | Frank   | Barnes      | INV  | keepers    | 36:46  |                |
| 22 | Kevin   | Cameron     | M.35 | had to get | 38:05  | 32:09          |
| 23 | Alison  | Johnstone   | W.30 | back to    | 42:50  |                |
| 24 | Jill    | Pearton     | W.30 | finish for | 42:52  |                |
|    |         |             |      | leaders.   |        |                |

A swim in the lake followed by barbeque and refreshments allowed competitors and their families to get together socially with Cliff and Phyl Bould, Brian Paxman (who arrived too late to start) and family.

Our thanks to Bruce Buchanan and Peta Carr for time keeping and recording and to Jim Hosking for taking up the animated signpost position at the bottom of the track.

Derek Crowther birthday 29th December turned 37 and remains M.35  
Ross Riley birthday 31st December turned 54 and remains M.50

On Sunday 30th December, after two days of century temperature the wind swung round to the South West to give us a cool 27° day at McCallum. A pack jog was programmed and under the organisation of Alan Tyson and with the help of Bruce Buchanan and Jack Collins the event was divided into a time trial of either round the bridges or the Cliff Bould Course each competitor nominating course and anticipated time. Merv Moyle was best in the C.B. section but Dave Jones took the laurels for the day and received a bright red string vest - just as well the winner was male!

10.

BRIDGES

|            |      | Nom. Time    | Actual Time | Difference |
|------------|------|--------------|-------------|------------|
| D Jones    | M.50 | 46:00        | 45:33       | -0.27      |
| B Oliver   | M.35 | 49:30        | 50:54       | +1.24      |
| M Berry    | M.45 | 45:20        | 43:47       | -1.33      |
| G Noordyk  | M.55 | 52:00        | 50:02       | -1.58      |
| V Anderson | M.60 | 51:00        | 53:32       | +2.32      |
| R Godkin   | M.55 | 47:00        | 43:29       | -3.31      |
| D Caplin   | M.35 | 44:00        | 39:31       | -4.29      |
| R Shand    | M.45 | 44:30        | 39:32       | -4.58      |
| G Moses    | M.35 | 49:00        | 43:48       | -5.12      |
| M Smith    | M.40 | 48:00        | 41:21       | -6.39      |
| D Hough    | M.45 | 50:00        | 39:31       | -10.29     |
| L Keynes   | M.35 | 52:30        | Withdrew    |            |
| J Martin   | M.50 | Started late | 43:22       |            |

CLIFF BOULD COURSE

|             |      |       |                                       |       |
|-------------|------|-------|---------------------------------------|-------|
| M Moyle     | M.50 | 30:40 | 31:57                                 | +1.17 |
| E Pearton   | M.45 | 28:01 | 26:31                                 | -1.30 |
| B Johnstone | M.35 | 27:58 | 29:30                                 | +1.32 |
| A Johnstone | W.30 | 28:00 | 30:44                                 | +2.44 |
| J Whittam   | M.40 | 24:00 | 27:00                                 | +3.00 |
| R Hayres    | M.45 | 28:00 | 31:40                                 | +3.50 |
| A Tyson     | M.50 | 22:00 | 26:58                                 | +4.58 |
| R Lawrence  | INV  | 29:30 | (Went round bridges instead in 51:41) |       |

Cliff Bould did 3 x Cliff Bould Course and was accompanied on part of his run by Jim Martin (who covered 18k. in 90 minutes). John Gilmour was doing fast 500m. runs under the trees and Stan Lockwood ran the Bridges as did Jill Pearton. Derek and Jo Walker were training slowly as Derek has a muscle injury.

We welcomed Tom Jones of 55 Gresham Street Victoria Park. Tom is our oldest member at 85 years. Tom was born on 11th April 1893 and is still a sprinter and has his spikes well oiled for some speed running later on when he gets fit.

We also welcome Dorothy Goodwin (44) of 10 Birkett Street Bedford. Dorothy will be running in track and field events at Perry Lakes and intends going to the Australian Vet. Championships in Sydney at Easter. She is a sports correspondent for the Daily News.

A third new member is Bruce Beecham (36) of 5/85 Herdsman Parade Wembley. Bruce comes from Albany and has registered with the club to run in track and field.

On New Years Eve the Marathon Club changed the venue of their annual 10k. race from Perry Lakes to Millington Reserve Karrinyup. Set out by Wally McCabe who called it "A NEW AND HOPEFULLY INTERESTING COURSE" consisted of three laps of the oval of flat grass followed by three laps of soft sand, small scrub, log jumps and limestone road in hilly country which gave credence to the title of the run as MCCABES MACABRE TORTURE TRAIL.

The race was won in the time of 39 minutes 49 seconds, and it was felt to be longer than 10k., and is generally considered to be more like 7 miles. 55 started and 48 completed the course.

Veterans results were as follows; no times were taken for lap 1 of the oval.

| Race | Vet. | Positions | Group | OVAL       |       | 2900 yd laps |               |       | TOTAL |
|------|------|-----------|-------|------------|-------|--------------|---------------|-------|-------|
|      |      |           |       | Laps 1 & 2 | Lap 3 | Cross Lap 4  | Country Lap 5 | Lap 6 |       |
| 11   | 1    | P Wall    | M.35  | 3:21       | 1:39  | 13:01        | 13:44         | 13:57 | 45:42 |
| 13   | 2    | G Wall    | M.35  | 3:22       | 1:40  | 13:16        | 13:46         | 14:01 | 46:05 |
| 20   | 3    | M Johnson | M.40  | 3:44       | 1:50  | 13:45        | 14:11         | 14:13 | 47:43 |
| 21   | 4    | K Beament | M.35  | 3:34       | 1:47  | 13:52        | 14:10         | 14:33 | 47:56 |
| 22   | 5    | R Shand   | M.45  | 3:32       | 1:32  | 14:10        | 14:18         | 14:45 | 48:37 |
| 24   | 6    | J Joyce   | M.35  | 3:53       | 1:33  | 14:10        | 14:35         | 14:50 | 49:01 |

| Positions |      | Group       | OVAL     |       | 2900 yd laps |               |          | TOTAL           |
|-----------|------|-------------|----------|-------|--------------|---------------|----------|-----------------|
| Race      | Vet. |             | Laps 1&2 | Lap 3 | Cross Lap 4  | Country Lap 5 | Lap 6    |                 |
| 28        | 7    | R Sammells  | M.40     | 3 59  | 1 29         | 14:53         | 14 56    | 50:42           |
| 0         | 8    | D Hough     | M.45     | 3 57  | 1 33         | 14:21         | 15 25    | 51 03           |
| 32        | 9    | D Carr      | M.45     | 3 54  | 1 31         | 14:50         | 15:33    | 52:32           |
| 33        | 10   | J Whittam   | M.40     | 3 48  | 1 54         | 14:47         | 15 55    | 52:46           |
| 38        | 11   | A Tyson     | M.50     | 3 56  | 2 03         | 15:37         | 17 00    | 54 59           |
| 40        | 12   | P Lennie    | M.50     | 4 00  | 1 33         | 16:43         | 16:38    | 55 51           |
| 41        | 13   | R Hayres    | M.45     | 4 20  | 2 06         | 15:52         | 16 38    | 55:59           |
| 45        | 14   | T Rutty     | M.35     | 4:01  | 2:02         | 17:15         | 18:34    | 61:11           |
| 46        | 15   | R Johnstone | M.35     | 4:20  | 2:09         | 17 34         | 18:37    | 61:49           |
| 47        | 16   | M Berry     | M.45     | 4:20  | 2:09         | 17:34         | 18:37    | 61:52           |
| -         | 17   | A Merrett   | M.55     | 3:49  | 1:49         | 14:47         | 16:00    | withdrew(36:25) |
| -         | 18   | W McCabe    | M.45     | 3 58  | 1 59         | 16:13         | 21 37    | withdrew(43:46) |
| -         | 19   | F Usher     | M.55     | " 35  | 2:18         | 22:38         | withdrew | (29:31)         |

#### SOUTHWEST CHAMPIONSHIPS NOTES

The Club has booked a camping "patch" at Holiday Homes Caravan Park on the Collic River at Australind.

The Club has entered a 4 x 100m. and 4 x 400m. team in the championships. Teams will be made up of members on the days.

The film "Heart Attack Counter Attack" will be shown on the Saturday night in the Ambulance Hall, Malloy Street, Bunbury at 8 p.m.

ADMISSION IS FREE

#### ATHLETIC ASSOCIATIONS SYNTHETIC TRADE APPEAL

The Club collected \$340.00 towards this appeal and we wish to thank all members who assisted by buying and selling tickets.

The raffle was drawn on Sunday, 20th January.

The Association requires eight Lap Scorers for the National Track & Field Championships as well as other assistants.

Come on Vets Club - lets have some volunteers and assist the Association to make this National Championship a success.

With the Mad Marathon Season not all that far away hows this for a determined effort - James Crawford, 43 year old plumber from Burwood, Victoria has started in 74 Marathons and has finished 72 of them. He started in 1957 (which means he averages about 3.4 per year) and in 1978 finished eight, three of which he ran in June in 12 days. His fastest was at Tyabb in 1969 in 2h31m43s. He trains every day and at his peak covered 100 mls per week and aims to finish 100 marathons at least.

"ON AND ON" is an athletic magazine published every six weeks by Marathon Sports Publication Ltd., c/o P.O. Box 20547 Causeway Bay Post Office, Hong Kong and has Andreas Blunier as publisher. Subscriptions (per surface mail) for 12 issues are HK \$63.00 or US\$13.50. The magazine is a Runner's World type format and claims to be "a fitness and health magazine which publishes material of general interest, but this should not be construed to be professional advice". They also publish a Disclaimer as follows:

ON AND ON has no affiliation, official or otherwise, with the Hash House Harriers and does not serve to act as its mouthpiece directly or indirectly. The copy (Vol. 1 No 4 Nov/Dec 78) which David Hough brought back includes an article on the Veterans' boom in Asia, Singapore AAA Championship results, European Championship results (Aug 31-Sept 4), Singapore Masters Championships (26 and 27 Aug) and many other Asian results as well as general articles on alcoholism, natural cooking, the whole grain story, lecithin, the B-15 controversy and Running Book reviews.

12

Having recovered from New Year Festivities and "Macabes Macabre Torture Trail", competition returned to Perry Lakes on Saturday, 6th January, 1979 on a mild afternoon marred by very strong winds. Robin Johnson made one of his rare appearances at the track in competition. The results were:

|     |             | 100m | 200m | 110 H | 3 kg<br>Steeple | 800 m  | L.J. | Discus<br>1½ kg | P.V.  |
|-----|-------------|------|------|-------|-----------------|--------|------|-----------------|-------|
| M35 | P. Gare     |      |      |       |                 |        | 5.89 | 37.28           |       |
|     | R. Calnan   | 12.3 | 27.7 |       |                 |        | 5.31 | 27.94           |       |
|     | B. Oliver   | 12.5 | 31.2 |       |                 | 2:32.3 |      |                 |       |
| M40 | B. Old      | 12.9 | 29.2 |       |                 |        |      | 31.72           |       |
|     | J. Whittam  |      |      |       | 12:24           | 2:43.7 |      | 20.68           |       |
|     | R. Fergie   |      |      |       |                 |        |      | 32.00           |       |
|     | E. Maslen   |      |      |       | 10:52           |        |      |                 | 2.80  |
| M45 | R. Johnson  |      | 28.8 |       |                 | 2:45.6 |      |                 |       |
| M45 | A. Cummings |      |      |       |                 |        |      | 28.72           |       |
| M50 | A. Tyson    |      |      |       |                 | 2:36.7 |      |                 |       |
| M55 | N. Goff     | 13.0 |      | 15.4* |                 |        | 4.79 | 25.92           | 2.30* |

\* qualifying time or distance

Noel Goff gained qualifying times and distance in three events. He only just missed out on the long jump - one less cup of tea Noel and you would have made it. He was well inside qualifying time in the 110 m Hurdles and broke his own M55 record by 3.7 seconds. Ted Maslen equalled the M40 Pole Vault record he created on 23/12/77.

On Sunday, 7th January, Bob Hayres organised the Floreat Beach Run from Floreat Beach, along West Coast Highway, starting northward before turning into Oceanic Drive, up Reabold Hill and down the other side returning to the start via a large sandhill near the beach. Conditions for the 8.30 a.m. run were pleasant and mild with a light breeze. After the run a breakfast barbeque was held at Perry Lakes with participants Caplin, Watson, Tyson, Keith Beament, Oliver, Hayres, Moyle, Whittam, Peartons E. & J. being joined by Berry and Noel and Gwynne Goff.

Time keeping and marshalling was carried out by Dick Horsley and Bruce Buchanan and the results were:

| Name         | Group | Time at Reabold turn<br>(bottom of hill)   | Time back<br>(including beach) | Total |
|--------------|-------|--|--------------------------------|-------|
| K. Beament   | M35   | 13:22  | 13:46                          | 27:08 |
| D. Caplin    | M35   | 13:24  | 14:18                          | 27:42 |
| M. Smith     | M40   | 14:16  | 14:14                          | 28:30 |
| M. Johnson   | M40   | 15:17  | 14:21                          | 29:38 |
| G. Beament   | INV   | 14:47  | 15:02                          | 29:49 |
| B. Watson    | M40   | 15:17  | 15:08                          | 30:25 |
| R. Hayres    | M45   | 15:29  | 15:18                          | 30:47 |
| E. Pearton   | M45   | 16:23  | 14:51                          | 31:14 |
| A. Tyson     | M50   | 16:16  | 15:32                          | 31:48 |
| J. Martin    | M50   | 16:23  | 15:54                          | 32:17 |
| R. Johnstone | M35   | 16:48  | 16:20                          | 33:08 |
| R. Godkin    | M55   | 16:50  | 17:16                          | 34:06 |
| B. Oliver    | M35   | 17:23  | 17:26                          | 34:49 |
| J. Whittam   | M40   | 17:19  | 18:48                          | 36:07 |
| G. Noordyk   | M55)  |  |                                | 41:02 |
| R. Lawrence  | INV)  | Times were not taken at the turn as the time-keepers had to race back to the finish to get there before the leaders. |                                | 41:36 |
| J. Pearton   | W30)  |  |                                | 43:26 |
| M. Moyle     | M50)  |  |                                | 43:26 |

Jim Smith walked 1500 m on Wednesday 10th January in 7 min 44 secs.

We thank Bette Usher for this Newsletter and Marion Shand for additional pages.

Most people would succeed in small things  
if they were not troubled with great  
ambition.

Longfellow

Congratulations to JOHN GILMOUR on being awarded the  
Medal of the Order of Australia (O.A.M.) in the  
recent Australia Day Honours List

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#### CLUB NOTES

#### 1. READ YOUR PROGRAMME AND NOTE THE FOLLOWING EVENTS FOR FEBRUARY

|      |           |      |  |            |
|------|-----------|------|--|------------|
| Wed. | 7th Feb.  | W4A  | Twilight 10k   | P/L        |
| Sun. | 11th Feb. | M.C. | 15k Road   | Kings Park |
| Sun. | 18th Feb. | V.   | Hill Tracks Run and<br>Breakfast B.B.Q.  | P/L        |
| Sun. | 25th Feb. | M.C. | 10k Round the Bridges<br>(also official opening of Heirisson<br>Island in the afternoon) | McCallum   |

#### 2. NOTE THESE PROGRAMME REVISIONS

|      |               |  |
|------|---------------|--|
| Sat. | 10th Feb.     | State Champs. HEATS incl. <u>VETS 100m Heats</u> plus<br>invitation events<br>(Not inter-Club programme 1) |
| Sat. | 17th Feb.     | State Champs HEATS incl. <u>VETS 200m Heats</u> plus<br>invitation events<br>(Not inter-Club programme 2)  |
| Sat. | 24th Feb.     | State Champs FINALS incl. <u>VETS 100. 1500.</u><br><u>JAVELIN. SHOT</u><br>No invitation events           |
| Sun. | 25th Feb.     | State Champs FINALS incl. <u>VETS 200. 800. DISCUS</u><br>No invitation events                             |
| Sat. | 3rd Mar.      | INVITATION EVENTS (not State Champs)   |
| Sun. | 4th & Mon 5th | NO EVENTS  |

ALL the above are at Perry Lakes.

All other programmes up to 8th MARCH as listed previously.

#### 3. ROSTER FOR FEBRUARY AND MARCH

|          |             |           |            |           |            |
|----------|-------------|-----------|------------|-----------|------------|
| 4th Feb  | Shand R.    | 1st Mar.  | Gilmour J. | 18th Mar. | NIL        |
| 11th Feb | Jones D.    | 4th Mar.  | Bould C.   | 22nd Mar. | Whittam J. |
| 15th Feb | Carr D.     | 8th Mar.  | Berry M.   | 25th Mar. | All Cttee. |
| 18th Feb | Tyson A.    | 11th Mar. | Pearson E. | 29th Mar. | Martin J.  |
| 22nd Feb | Sammells R. | 15th Mar. | Usher F.   |           |            |
| 25th Feb | NIL         |           |            |           |            |

Members on roster are responsible for ensuring equipment necessary  
for the event is available. Jack Collins has the key to the  
equipment store at McCallum. Bruce Buchanan has the watch and  
tape. For distance events arrange for lap scorers. If you  
cannot fulfil your commitment, ensure someone else stands in for  
you and make your arrangements in good time. BE POSITIVE - THE  
SUCCESS OF THE EVENT DEPENDS ON YOU.

#### 4. ERRATA

Newsletter 75. p.2 Terry Ruddy's throw of 32.24m recorded for  
the hammer should be for the 1.5k discus (9.12.78) and Laura Ruddy  
turned 30 on Christmas Day NOT 38. Double apologies to the Ruttys.  
State Records in the History and Constitution pamphlet. 1B 400m  
D. Carr should be 55.2 on 14.12.77, not 56.2, therefore his run of  
55.9 on 18.11.78 is not a record.

5. Have you tried GOLDEN MEDAL SPORTSWEAR at DOG SWAMP SHOPPING CENTRE for your running gear? See Ean McDonald there and tell him you are a vet, and he will probably give you a 10% discount.
6. BOB HAYRES has moved. He came down from the hills and suburbanised himself in Unit 3 at 9 York Street, South Perth. His new telephone number is 367.5404 and you can ring him on this number if you are interested in buying an EXERCISE BIKE for \$60.00. The annual Hayres Hill Climb scheduled this year for Sunday, 5th August will still be held.
7. When was the last time that you took a book or magazine from the LIBRARY which is installed in the boot of Bob Hayres car? See him next time you are at McCallum.
8. There are still quite a few cars not displaying a club sticker. These are available at \$1.00 each from the Secretary, and are a good way to advertise the club to the general public.
9. Copies of the CLUB HISTORY, CONSTITUTION AND RECORDS are still available at 50c each, and those who do not have a copy should get one while stocks last. Available from the Secretary.
10. A large, earthy coloured plate was left at Briffas after the Christmas B.B.Q. Bob Fergie has it, so if it's yours, contact him on 447.6898.
11. MIKE BERRY runs at Yokine Reserve, Dianella (corner Alexander Drive and Wordsworth Avenue) Monday, Tuesday and Wednesday at 6.30 p.m. for about 5 to 7 miles. NORA BERRY and FRIENDS walk and jog 45 - 60 minutes, same time, same place. Anyone wishing to join in would be welcome.

David Ninnett - birthday 3rd January - turned 43 & remains M 40  
Ian Henderson - birthday 5th January - turned 38 & remains M 35  
Bob Sammells - birthday 6th January - turned 41 & remains M 40  
Geoff Wall - birthday 8th January - turned 35 & remains M 35

The first of the 1979 Time Trials was held on Thursday, 11th January on the Perry Lakes warm up track. Changed to Thursday nights because the track is used by Little Athletics on Wednesdays, the first outing showed an interest in the low key competition the trials provide. Two events were held in warm 35°C conditions at 6 p.m. with a light breeze blowing. The following were the results:

|             |     | 100m | Points | Pos. | Javelin<br>800g | Points | Pos. |
|-------------|-----|------|--------|------|-----------------|--------|------|
| R. Holland  | M40 | 13.5 | 600    | 2    | 30.429          | 386    | 1    |
| B. Oliver   | M35 | 13.6 | 480    | 4    | -               | -      | -    |
| V. Prescott | W30 | 14.3 | 640    | 1    | 11.125          | 20     | 7    |
| S. Lockwood | M45 | 14.6 | 480    | 4    | -               | -      | -    |
| A. Tyson    | M50 | 17.2 | 60     | 7    | 14.275          | 45     | 6    |
| J. Collins  | M65 | 18.1 | 380    | 6    | 12.776          | 111    | 3    |
| R. Briggs   | M70 | 18.2 | 560    | 3    | -               | -      | -    |
| K. Cameron  | M35 | -    | -      | -    | 25.273          | 132    | 2    |
| D. Caplin   | M35 | -    | -      | -    | 21.920          | 53     | 5    |
| K. Holland  | W35 | -    | -      | -    | 14.357          | 94     | 4    |

Time Trial results are being assessed on a decathlon type points scoring table to add more interest to the Thursday evening meetings. It was good to see Kevin Cameron out again; hopefully easing himself back into it gently; and to see Jack Collins and Reg Briggs once again on the run.

Bill McGuigan - birthday 13th January - turned 36 & remains M 35

THE STATE DECATHLON CHAMPIONSHIPS were held on Saturday, 13th and Sunday 14th January at Perry Lakes, in which Terry Ratty and Peter Gare entered in the open competition, and Noel Goff was permitted to run as a veteran. The results and points scored were:

| Event                        | N. Goff<br>(M 55) | T. Ratty<br>(M 40) | P. Gare<br>(M 35)  |
|------------------------------|-------------------|--------------------|--------------------|
| <u>DAY 1</u> 100m            | 13.2 (356)        | 13.6 (290)         | 11.9 (601)         |
| L.J.                         | 4.86 (336)*       | 4.67 (289)         | 5.60 (514)         |
| Shot                         | 9.10 (393) (5.5k) | 6.93 (215) (7.25k) | 8.93 (380) (7.25k) |
| H.J.                         | 1.30 (189)*       | 1.50 (394)         | 1.35 (242)         |
| 400m                         | 68.7 (196)        | 67.2 (233)         | 53.5 (659)         |
| <u>DAY 2</u> 110 hurdles     | 19.5 (480)        | 23.9 (253)         | 19.9 (455)         |
| Discus                       | 23.2 (309) (1.5k) | 17.86 (162) (2k)   | 31.70 (512) (2k)   |
| P.V.                         | 2.40 (338)*       | 2.20 (269)         | 2.7 (436)          |
| Javelin (800g)               | 21.86 (177)       | 32.12 (366)        | 34.16 (400)        |
| 1500m                        | withdrew          | 5:46.5 (189) (pb)  | 5:17.8 (319)       |
| TOTALS                       | (2771)            | (2660)             | (4516)             |
| *qualifying time or distance |                   |                    |                    |

Terry Ratty created a new club M40 High Jump record with his leap of 1.5m and Noel Goff kept up to what has now almost become expectations by achieving qualifying standards in at least three events, as well as breaking the M55 Pole Vault record. Peter Gare's 400m was his best effort this season, and Terry Ratty ran a personal best 1500m.

As our first two new members for 1979 we welcome  
REX GODFREY 36 of 2/3 Ruth Street, Como, and  
JUNE PAYNE 43 of 49a Reserve Street, Wembley  
 and look forward to seeing them regularly throughout the year.

At the same time as the Decathlon was progressing, a normal track and field meeting was being held (though not noted in the Association programme) on Saturday, 13th. The weather was warm with little breeze, and the results were:

| <u>TRACK</u> |             | 60m  | 100m   | 200m  | 1500m  | 3000m  | 3k walk |
|--------------|-------------|------|--------|-------|--------|--|---------|
| W            | K. Holland  | 7.8  | 13.1   |       |        |  |         |
|              | V. Prescott | 8.3  | 14.4   |       |        |  |         |
| M35          | P. Gare     |      | 12.6   |       |        |  |         |
|              | R. Calnan   |      | 12.9   | 25.7  |        |  |         |
|              | B. Oliver   |      | 13.1   | 26.3  |        |  |         |
|              | P. Wall     |      |        |       |        | 9:13.0   |         |
|              | D. Caplin   |      |        |       | 4:22.0 |  |         |
| M40          | E. Maslen   |      |        |       | 4:23.0 | 9:47.0   |         |
|              | J. Smith    |      |        |       |        |  | 16:10.0 |
|              | B. Old      |      | 13.6   | 27.6  |        |  |         |
|              | G. Boorn    |      | 13.7   | 28.0  |        |  |         |
|              | J. Whittam  |      |        |       | 5:13.0 |  |         |
| M45          | W. McCabe   |      |        |       | 5:08.0 |  |         |
| M50          | A. Tyson    |      |        |       | 5:07.0 |  |         |
| <u>FIELD</u> |             | LJ   | Hammer | Shot  | Discus |  |         |
|              |             |      | 5.00k  | 5.20k | 1 1/2k |  |         |
| M35          | R. Calnan   | 5.15 |        | 9.91  | 25.96  | Weights for Hammer, Shot and Discus are lighter than those required for the M35 and M40 age groups |         |
| M40          | G. Boorn    |      |        | 7.87  |        |  |         |
|              | J. Whittam  |      |        | 7.41  | 21.34  |  |         |
|              | B. Old      |      |        |       | 28.04  |  |         |
|              | R. Fergie   |      | 34.38  | 10.41 | 32.76  |  |         |

1500 metres lap times were taken and compared with Jim Langford's winning run in the open competition for interest:

|          |      |      |      |      |   |        |
|----------|------|------|------|------|---|--------|
| Langford | 46.9 | 64.8 | 65.7 | 63.3 | = | 3:59.9 |
| Caplin   | 53   | 70   | 70   | 69   | = | 4:22   |
| Maslen   | 52   | 70   | 72   | 69   | = | 4:23   |
| Tyson    | 58   | 83   | 84   | 83   | = | 5:07   |
| McCabe   | 56   | 82   | 85   | 85   | = | 5:08   |
| Whittam  | 57   | 82   | 89   | 85   | = | 5:13   |

Alan Tyson recorded a personal best and Ted Maslen ran his fastest this season so far, as did Ross Calnan and Bernie Oliver in the 200. Ted also did his fastest 3k for the season, and Jim Smith walked his best too.

A small but keen group gathered at McCallum on Sunday, 14th February, preferring their own training to the programmed Parlauf relays - Bould, Noordyk and Lawrence doing laps, Horsley and Buchanan walked, while Oliver polished up his sprinting with Jack Collins and Tom Jones in attendance. I and G Sutherland did the Bridges, Cummings threw the hammer and discus around, and then triple jumped while Collins and Horsley did some light field training. Crowther arrived late and did his own training. Most of the others were out at WAIT battling out the Marathon Club's 10 mile Road Race. There were 67 starters in this year's handicap event (only currently financial members of the Marathon Club get a handicap) at 7.15 a.m. on a hot and humid morning, the temperature having reached 27° by the end of the first hour. The fastest time was by John Hadfield in 51min 12sec. The veterans results were:

| Race Position |              |       | 5 miles | 10 miles | Best run on this course |    |
|---------------|--------------|-------|---------|----------|-------------------------|----|
| 10            | G. Wall      | (M35) | 27:14   | 56:57    | 53:32                   | *2 |
| 17            | M. Smith     | (M40) | 29:00   | 59:32    | -                       |    |
| 18            | D. Caplin    | (M35) | 28:51   | 60:07    | 58:10                   | *3 |
| 19            | R. Shand     | (M45) | 29:55   | 60:18    | 57:54                   | *2 |
| 20            | J. Joyce     | (M35) | 29:57   | 60:48    | 55:45                   | *3 |
| 22            | M. Johnson   | (M40) | 30:01   | 62:11    | -                       |    |
| 25            | M. O'Rourke  | (M35) | 30:28   | 64:51    | 60:05                   | *2 |
| 27            | A. Tyson     | (M50) | 33:25   | 65:38    | 62:04                   | *3 |
| 28            | G. Moses     | (M35) | 33:00   | 66:35    | -                       |    |
| 29            | E. Pearton   | (M45) | 33:00   | 66:55    | 70:15                   | *2 |
| 30            | D. Hough     | (M45) | 32:51   | 67:13    | 63:13                   | *3 |
| 32            | R. Hayres    | (M45) | 32:51   | 67:50    | 65:51                   | *2 |
| 33            | M. Berry     | (M45) | 33:25   | 68:06    | 66:13                   | *3 |
| 34            | B. Watson    | (M40) |         | 69:57    | -                       |    |
| 36            | W. McCabe    | (M45) | 34:55   | 71:25    | 65:17                   | *2 |
| 37            | R. Johnstone | (M35) | 35:15   | 71:50    | 73:40                   | *1 |
| 38            | D. Batterham | (M45) | 35:00   | 72:20    | 70:40                   | *3 |
| 39            | R. Godkin    | (M55) | 35:15   | 72:54    | -                       |    |
| 41            | R. Spark     | (INV) |         | 73:59    | 70:24                   | *3 |
| 42            | D. Jones     | (M50) | 37:00   | 75:46    | -                       |    |
| 44            | J. Whittam   | (M40) | 34:05   | 77:46    | -                       |    |
| 45            | R. Riley     | (M50) | 37:15   | 78:15    | -                       |    |
| 48            | J. Pearton   | (W30) | 45:00   | 92:46    | -                       |    |
| -             | J. Martin    | (M50) | 35:48   | -        | 35:33                   | *3 |
| -             | S. Lockwood  | (M45) | 37:50   | -        | -                       |    |

\*1 20th November 1977  
 \*2 20th May 1978  
 \*3 11th June 1978

Brian Hanks (M40) who has a leg injury trained over the course on a bicycle. On Wednesday, 17th, walkers covered 2000m at Perry Lakes

BEV WALL birthday 17th January - turned 38 and remains W 35.



## Vetrun 76

## TIME TRIALS Thursday, 18th January

Cool weather with little breeze provided good conditions for the two heats of the 800m and the Discus. Bob Fergie was on roster.

| 800m        |     | Time   | Heat | Place | Points | Position |
|-------------|-----|--------|------|-------|--------|----------|
| D. Caplin   | M35 | 2:09.5 | 1    | 1     | 850    | 2        |
| R. Shand    | M45 | 2:15.0 | 1    | 2     | 880    | 1        |
| R. Hayres   | M45 | 2:32.5 | 1    | 3     | 670    | 3        |
| B. Watson   | M40 | 2:34.0 | 1    | 4     | 592    | 8        |
| J. Whittam  | M40 | 2:37.0 | 2    | 1     | 556    | 10       |
| A. Tyson    | M50 | 2:40.0 | 1    | 5     | 640    | 4        |
| S. Lockwood | M45 | 2:40.0 | 2    | 2     | 580    | 9        |
| R. Holland  | M40 | 2:43.0 | 1    | 6     | 484    | 11       |
| R. Fergie   | M40 | 2:52.0 | 2    | 3     | 376    | 12       |
| C. Bould    | M60 | 3:00.0 | 2    | 4     | 640    | 4        |
| J. Collins  | M65 | 3:17.0 | 2    | 5     | 616    | 7        |
| R. Briggs   | M70 | 3:31.0 | 2    | 6     | 628    | 6        |

| Discus      |     | Distance | Weight | Points | Position |
|-------------|-----|----------|--------|--------|----------|
| D. Caplin   | M35 | 18.14    | 2k     | 20     | 12       |
| R. Shand    | M45 | 21.38    | 2k     | 348    | 6        |
| R. Hayres   | M45 | 18.02    | 2k     | 231    | 7        |
| B. Watson   | M45 | 13.07    | 2k     | 80     | 11       |
| J. Whittam  | M40 | 19.74    | 2k     | 166    | 9        |
| R. Holland  | M40 | 25.44    | 2k     | 365    | 5        |
| R. Fergie   | M40 | 29.90    | 2k     | 522    | 2        |
| A. Cummings | M45 | 24.70    | 2k     | 465    | 3        |
| T. Ratty    | M40 | 20.28    | 2k     | 185    | 8        |
| A. Tyson    | M50 | 14.48    | 1.5k   | 107    | 10       |
| J. Collins  | M65 | 18.32    | 1.0k   | 453    | 4        |
| K. Holland  | W35 | 19.20    | 1.0k   | 645    | 1        |

DENNIS HORGAN birthday 20th January turned 38 and remains M35

Veterans events were arranged for us during the SHIELD COMPETITIONS on Saturday, 20th and Sunday 21st January, being 100m, 400m, 1500m, shot and long jump on the first day, and 200m, 800m and discus on the second.

The results were: DAY 1. Saturday 20th January. Mild with a steady breeze, maximum temperature 26°C at 1 p.m.

| TRACK |                | 100m  | 200m | 400m  | 1500m  | 110H | 3000m  |
|-------|----------------|-------|------|-------|--------|------|--------|
| W     | K. Holland     | 12.2* | 26.4 | 58.9  |        |      |        |
|       | (E. Hindle     | 12.5  |      | 62.3) |        |      |        |
|       | (J. Wapsundera | 14.8  |      | 69.5) |        |      |        |
| M35   | P. Gare        | 11.9  |      | 52.7  |        | 19.7 |        |
|       | R. Calnam      | 12.9  |      | 61.5  |        |      |        |
|       | B. Oliver      | 12.7  |      | 65.5  |        |      |        |
|       | P. Wall        |       |      |       | 4:26.0 |      | 9:20.0 |
|       | G. Wall        |       |      |       |        |      | 9:46.0 |
| M40   | R. Fergie      | 13.7  |      |       |        |      |        |
|       | B. Old         |       |      | 69.5  |        |      |        |
|       | B. Watson      |       |      | 69.8  |        |      |        |
|       | J. Whittam     |       |      |       | 5:10.0 |      |        |
|       | E. Maslen      |       |      |       |        |      | 9:50.0 |
| M45   | D. Carr        | 12.7  |      | 57.6  | 4:47.0 |      |        |
|       | S. Lockwood    | 13.4  |      |       |        |      |        |
|       | R. Shand       |       |      |       | 4:34.7 |      |        |
|       | R. Hayres      |       |      |       | 5:05.0 |      |        |

TIME TRIALS THURSDAY, 25th JANUARY There was no wind in the evening, but the temperature was still 30° at 6 p.m. when the 1500m was started with Don Caplin leading the field from start to finish. There was some good jumping in the Long Jump held afterwards and the results were:

| 1500m      |     | Time     | Points | Position | Long<br>Distance | Jump<br>Points | Position |
|------------|-----|----------|--------|----------|------------------|----------------|----------|
| D. Caplin  | M35 | 4:22.2   | 928    | 1        |                  |                |          |
| D. Carr    | M45 | 4:42.0   | 868    | 2        |                  |                |          |
| B. Watson  | M40 | 5:05.0   | 700    | 5        |                  |                |          |
| J. Whittam | M40 | 5:08.0   | 682    | 6        | 3.83             | 132            | 6        |
| A. Tyson   | M50 | 5:19.0   | 706    | 4        |                  |                |          |
| C. Bould   | M60 | 5:53.0   | 772    | 3        |                  |                |          |
| R. Holland | M40 | 5:50.0   | 430    | 8        | 4.68             | 472            | 4        |
| D. Jones   | M50 | 5:42.0   | 568    | 7        | 4.37             | 735            | 2        |
| R. Fergie  | M40 | 6:26.0   | 204    | 9        |                  |                |          |
| R. Briggs  | M70 | withdrew |        |          |                  |                |          |
| K. Holland | W35 |          |        |          | 5.01             | 1255           | 1        |
| R. Calnan  | M35 |          |        |          | 5.40             | 520            | 3        |
| L. Ruddy   | W30 |          |        |          | 2.49             | 20             | 7        |
| T. Ruddy   | M40 |          |        |          | 4.54             | 416            | 5        |

There were no standards achieved in the 1500m, however David Carr ran his best time for the season, as did Brad Watson and Jeff Whittam. Cliff ran his race easily and looked fit.

In the Long Jump, Kath Holland had jumps of 4.84, 4.89 and 5.01m.

Ross Calnan made his biggest jump of the season as did Dave Jones.

The SOUTH WEST CHAMPIONSHIP RESULTS for Saturday 27th and Sunday 28th were difficult to get, and will be forwarded to us by the S.W. Association and will be included in the next newsletter.

PAUL MORRISSEY birthday 28th January turned 51 and remains M50

SUNDAY, 28th JANUARY, while the majority of the competitive element of the club were battling with the heat in Bunbury, Dick Horsley organised a 3000m (3 laps of McCallum) under the trees. Nine veterans competed, and their results were:

|               |     | Lap 1 | Lap 2 | Lap 3 | Total |
|---------------|-----|-------|-------|-------|-------|
| Keith Beament | M35 | 3.50  | 3.48  | 3.25  | 11.03 |
| Brian Hanks   | M40 | 3.45  | 3.53  | 3.56  | 11.34 |
| Rex Godfrey   | M35 | 3.45  | 3.53  | 3.57  | 11.35 |
| Jeff Whittam  | M40 | 3.55  | 3.58  | 4.00  | 11.53 |
| Cliff Bould   | M60 | 4.23  | 4.30  | 4.25  | 13.18 |
| Merv Moyle    | M50 | 4.23  | 4.30  | 4.25  | 13.18 |
| Gerry Noordyk | M55 | 4.30  | 4.26  | 4.30  | 13.26 |
| Ray Lawrence  | INV | 4.12  | 4.41  | 4.38  | 13.31 |
| Len Keynes    | M35 | 4.55  | 5.22  | 5.29  | 15.46 |

Tom Jones, Dick Horsley, Jack Collins and John Gilmour acted as officials and then did some training later.

RON POTTER birthday 29th January turned 46 and remains M45

JACK DARCEY birthday 29th January turned 55 and alters from M50 to M55.

WEDNESDAY, 31st JANUARY saw a good turn out of veterans for the 5000m TWILIGHT at Perry Lakes. The runners were grouped into under 17min and over 17min with Maslen and Geoff Wall in the former, and the remainder in the latter heat. Bruce Buchanan obtained the lap times listed overleaf, but as Alan Merritt was not wearing veteran colours (which are particularly easy to distinguish) his early laps were unfortunately missed.

The evening was cool but humid, and there was the usual "breeze" down the finishing straight. The results were:

|            |     | $\frac{1}{2}$ | 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | Total Time |
|------------|-----|---------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|
| E. Maslen  | M40 | 35            | 78  | 79  | 78  | 79  | 77  | 80  | 79  | 79  | 80  | 80  | 81  | 80  | 16.25      |
| G. Wall    | M35 | 35            | 78  | 79  | 78  | 79  | 78  | 79  | 81  | 83  | 84  | 84  | 82  | 80  | 16.38      |
| D. Caplin  | M35 | 36            | 77  | 81  | 80  | 82  | 80  | 83  | 79  | 81  | 81  | 83  | 80  | 77  | 16.40      |
| K. Beament | M35 | 37            | 83  | 84  | 87  | 81  | 82  | 81  | 84  | 85  | 84  | 86  | 82  | 73  | 17.09      |
| R. Shand   | M45 | 38            | 84  | 81  | 84  | 83  | 84  | 85  | 84  | 84  | 81  | 84  | 83  | 75  | 17.10      |
| D. Carr    | M45 | 38            | 81  | 84  | 84  | 84  | 86  | 89  | 89  | 88  | 93  | 88  | 87  | 80  | 17.51      |
| C. Spare   | M35 | 40            | 87  | 86  | 81  | 83  | 88  | 88  | 94  | 94  | 92  | 93  | 91  | 86  | 18.23      |
| A. Merritt | M55 | -             | -   | -   | -   | -   | -   | 89  | 89  | 92  | 91  | 95  | 89  | 90  | 18.25      |
| J. Whittam | M40 | 39            | 85  | 86  | 87  | 91  | 92  | 94  | 90  | 94  | 94  | 93  | 95  | 91  | 18.51      |
| A. Tyson   | M50 | 38            | 90  | 91  | 93  | 93  | 92  | 93  | 94  | 94  | 92  | 91  | 94  | 83  | 19.01      |
| G. Moses   | M35 | 42            | 93  | 93  | 93  | 90  | 91  | 93  | 94  | 93  | 92  | 92  | 94  | 82  | 19.01      |
| M. Berry   | M45 | 45            | 93  | 90  | 101 | 95  | 94  | 96  | 97  | 94  | 92  | 101 | 97  | 92  | 19.45      |
| W. McCabe  | M45 | 41            | 94  | 90  | 79  | 93  | 133 | 103 | 102 | 103 | 104 | 104 | 101 | 104 | 20.51      |
| C. Bould   | M60 | 49            | 101 | 104 | 105 | 107 | 105 | 105 | 105 | 106 | 102 | 103 | 103 | 102 | 21.37      |

Best times for the season were run by Carr, Spare, Whittam, Tyson and Moses. Alan Tyson did a personal best by beating his 19:04 run on 1st February 1978 by 3 seconds.

Some interesting analyses come from the lap times in comparing the first six full laps with the second six, those with the faster second six laps were: Caplin 2 seconds, Beament 4, Shand 10, Tyson 4, Moses 6, Bould 6. Those with slower second six laps were Maslen 8 seconds, Wall 23, Carr 17, Spare 37, Whittam 22, Berry 4 and McCabe 27.

The fastest laps run were the last laps by Beament (73s) and Shand (75s) who had been pacing each other for some four laps prior to the finish.

In the 3000m walk Dick Horsley officiated while Jim Smith covered the distance in 15:51.0, his best time for the season by 6 seconds.

WALTER McCABE birthday 31st January turned 47 and remains M45  
 JIM HOSKING birthday 1st February turned 35 and remains M35  
 GEOFF PRICE birthday 2nd February turned 43 and remains M45  
 BRIAN PAXMAN birthday 2nd February turned 48 and remains M45  
 KEN MAZEY birthday 3rd February turned 43 and remains M40  
 JOE SHEPHERD birthday 3rd February turned 71 and remains M70

SATURDAY. 3rd FEBRUARY TRACK AND FIELD AT PERRY LAKES. PROGRAMME No.1  
 Warm: 30.5°C at 3.35 p.m.

| TRACK         | 60  | 100   | 200   | 400  | 800              | 1500   |
|---------------|-----|-------|-------|------|------------------|--------|
| W K. Holland  | 7.8 | *12.5 | 26.0* | 58.1 |                  |        |
| V. Prescott   |     | 14.1  | 29.8  |      |                  |        |
| M35 D. Oliver |     | 12.5  | 26.2  |      |                  |        |
| D. Caplin     |     |       |       |      | 2:05.8 (61/64.8) | 4:20.0 |
| G. Moses      |     |       | 28.6  |      | 2:24.8 (66/76.8) | 5:09.0 |
| P. Williams   |     | 13.0  | 27.9  |      |                  |        |
| P. Gare       |     |       |       | 53.6 |                  |        |
| R. Calnan     |     | 12.6  |       |      |                  |        |
| M40 B. Old    |     | 13.0  | 27.9  |      |                  |        |
| K. Wright     |     |       |       |      | 2:22.1 (70/72.1) |        |
| M45 D. Carr   |     | 12.6  | 26.3  | 56.0 | 2:11.7 (63/68.7) | 4:47.0 |
| M50 D. Jones  |     | 12.9  | 26.5  |      |                  |        |
| M55 N. Goff   |     | 13.2  |       |      |                  |        |

\* Qualifying time or distance

10.

2000m Walk.

J. Smith M45

10m21s

| 3000m     |     | $\frac{1}{2}$     | 1  | 2  | 3  | 4  | 5  | 6  | 7  | Total  |
|-----------|-----|-------------------|----|----|----|----|----|----|----|--------|
| P. Wall   | M35 | 35                | 70 | 71 | 71 | 73 | 74 | 76 | 72 | 9m02s  |
| E. Maslen | M40 | 36                | 71 | 77 | 78 | 81 | 81 | 83 | 80 | 9m47s  |
| M. Smith  | M40 | 37                | 71 | 78 | 79 | 82 | 83 | 82 | 80 | 9m52s  |
| A. Briffa | M50 | 40                | 84 | 85 | 84 | 85 | 86 | 85 | 84 | 10m33s |
| G. Wall   | M35 | withdrew in lap 3 |    |    |    |    |    |    |    |        |
| D. Caplin | M35 | withdrew in lap 6 |    |    |    |    |    |    |    |        |

In the 4 x 200m women's relay, Kath Holland ran 26.4s.

In the 400m women, Jean Wijesundera ran 76.2s.

| FIELD |            | Shot<br>4.0k | 5.5k  | Javelin<br>800g | PV    | TJ     |
|-------|------------|--------------|-------|-----------------|-------|--------|
| W     | K. Holland | 7.94         |       |                 |       |        |
| M35   | R. Calnan  |              | 9.34  |                 |       | 9.55   |
|       | P. Gare    |              | 11.50 |                 |       |        |
| M40   | E. Maslen  |              |       |                 | 2.80  |        |
|       | B. Old     |              |       | 35.58           |       |        |
| M55   | N. Goff    |              |       |                 | 2.40* | 10.25* |

\* Qualifying time or distance

Despite the warm conditions, it was a day of good performances with Kath Holland picking up her 9th and 10th standards and running 0.1s outside the standard required for the 400m. Noel Goff and Ted Maslen both appear to be stuck at 2.4m and 2.8m respectively in the Pole Vault, but both being record heights this is not surprising. Noel picked up his 11th and 12th standard for Pole Vault and Triple Jump. It was good to see the re-emergence of Peter Williams in the 100 and 200, the return to the track of Ken Wright in the 800 and the participation of Graham Moses in the 200, 800 and 1500. A flood of "best this season" came with Dave Jones in the 100, Phil Wall (M35) Ted Maslen, Morrie Smith, and Art Briffa in the 3000m, Jim Smith in the 2k walk, a big leap by Noel Goff in the Triple Jump. Don Caplin broke the M35 800m record by 1.1s with his run, and ran his best this season in the 1500m.

SUNDAY, 4th FEBRUARY saw 36 veterans down at McCallum on a warm day with a strong Easterly wind blowing which caused trouble on the riverside leg of the Bridges section, and the long side of Heirison Island. 28 veterans opted for the full 15k Bridges and Cliff Bould with only 7 withdrawing after the Bridges section. Bruce Buchanan gave times on the South Perth side of the Narrows Bridge (5k) and was back at McCallum to catch the leaders as they passed through the 10k mark. While the run was on, Bernie Cliver and Jack Collins did some sprint training, and Cliff Bould and Dick Horsley got through some laps. Bob Sammells was in attendance, having returned from three weeks overseas, and Tom Jones was watching from the sidelines. Derek Walker came down late and did some lap training, and David Carr accompanied Gloria Sutherland on the Heirison Island lap. The results listed below show a time for 5k plus:

|    |            |     | 5k +  | 10k              | 15k     | Total    |
|----|------------|-----|-------|------------------|---------|----------|
| 1. | K. Beament | M35 | 20.25 | 16.05<br>(36.30) | 19:39.0 | 56:09.0  |
| 2. | M. Smith   | M40 | 20.26 | 16.54<br>(37.20) | 19:39.2 | 56:59.2* |
| 3. | M. Johnson | M40 | 21.00 | 17.14<br>(38.14) | 20:05.0 | 58:19.0  |
| 4. | D. Caplin  | M35 | 20.37 | 17.27<br>(38.04) | 20:34.0 | 58:38.0  |
|    | J. Beament | INV | 20.24 | 17.27<br>(37.51) | 20:59.0 | 58:50.0  |
| 5. | B. Watson  | M40 | 21.00 | 17.15<br>(38.15) | 21:56.0 | 60:11.0  |

|     |               |     | 5k +              | 10k              | 15k     | Total    |
|-----|---------------|-----|-------------------|------------------|---------|----------|
| 6.  | R. Shand      | M45 | 22.15             | 17.35<br>(39.50) | 21:13.0 | 61:03.0  |
| 7.  | D. Crowther   | M35 | 21.12             | 17.36<br>(38.48) | 22:17.0 | 61:05.0  |
| 8.  | E. Pearton    | M45 | 21.54             | 18.36<br>(40.30) | 21:53.0 | 62:23.0  |
| 9.  | A. Tyson      | M50 | 21.54             | 18.12<br>(40.06) | 22:32.0 | 62:38.0  |
| 10. | G. Moses      | M35 | 23.25             | 18.54<br>(42.19) | 22:32.0 | 64:51.0  |
| 11. | R. Hayres     | M45 | 22.15             | 18.55<br>(41.10) | 23:49.0 | 64:59.0  |
| 12. | R. Godfrey    | M35 | 21.54             | 19.08<br>(41.02) | 24:48.0 | 65:50.0  |
| 13. | J. Whittam    | M40 | 22.35             | 20.03<br>(42.38) | 25:45.0 | 68:23.0  |
| 14. | I. Sutherland | M35 | 25.06             | 19.41<br>(44.47) | 25:37.0 | 70:24.0  |
| 15. | R. Godkin     | M55 | 23.34             | 20.45<br>(44.19) | 26:32.0 | 70:51.0  |
| 15. | R. Johnstone  | M35 | 23.34             | 21.14<br>(44.48) | 26:03.0 | 70:51.0  |
| 17. | R. Kemp       | M35 | 25.36             | 24.45<br>(50.21) | 28:49.5 | 79:10.5* |
| 17. | G. Noordyk    | M55 | 25.36             | 24.45<br>(50.21) | 28:49.5 | 79:10.5* |
| 19. | G. Sutherland | W30 | time not<br>taken | -<br>(57.07)     | 35:12.2 | 92:19.2* |
| 20. | M. Moyle      | M50 | 25.17             | 21.54<br>(47.11) | w.d.    | -        |
| 20. | J. Martin     | M50 | 26.20             | 20.51<br>(47.11) | w.d.    | -        |
| 21. | D. Jones      | M50 | 25.07             | 22.12<br>(47.19) | w.d.    | -        |
| 21. | F. Usher      | M55 | 26.20             | 20.59<br>(47.19) | w.d.    | -        |
| 23. | M. Berry      | M45 | 26.20             | 21.17<br>(47.37) | w.d.    | -        |
| 24. | S. Lockwood   | M45 | 26.23             | 22.33<br>(48.56) | w.d.    | -        |
| 25. | R. Lawrence   | M50 | 25.37             | 24.44<br>(50.21) | w.d.    | -        |
| 26. | J. Pearton    | W30 | time not<br>taken | -<br>(57.01)     | w.d.    | -        |

\* Times adjusted for 0.2k short distance, Morrie Smith on Heirisson Island and Kemp, Noordyk and Gloria Sutherland at McCallum.

Congratulations to Roy Kemp, Gloria Sutherland and others who have not run these distances before - the importance is taking part, not winning.

ALAN TYSON birthday 6th February turned 53 and remains M50  
VAL PRESCOTT birthday 8th February turned 34 and remains W30

"WAFFLE" WILL BE BACK IN THE NEXT NEWSLETTER

12.

WINE BOTTLING DAY

We are hoping to arrange a wine bottling day after a run, probably in the hills and hopefully in May. The wine to be bottled will be either an Angoves Moselle or Angoves Rose, and so that we can get some idea of patronage could you let Rob Shand know how many bottles you would like to buy and state your preference. The cost per bottle would be in the vicinity of \$1.20.

After the run we will bottle the wine and have a barbeque for which you must bring your own food. Salads and some wine will be provided.

ENTRY FORMS - AUSTRALIAN VETERANS' CHAMPIONSHIPS on 14th-16th April, 1979 and NSW CHAMPIONSHIPS 30th and 31st March and 1st April, 1979 available from Club Secretary now.

AUSTRALIAN VETERANS' CHAMPIONSHIPS ENTRIES to Club Secretary by 18th March latest - entries have to be in Sydney by 22nd.

NSW CHAMPIONSHIPS ENTRIES direct to Sydney to address shown on form.

BARNARD OR RONSTADT

Dr. Cristiaan Barnard, the South African heart transplant pioneer, is reported to have said that sexual masochism or a trip to a massage parlour might be better and safer than jogging - he has a vested interest in the person with a poor heart.

Linda Ronstadt, the 32 year old rock singer says that she copes physically and mentally with her tough life by jogging - "I try to jog every day" she said "its the only continuing thread in my life. I don't do it religiously, but it really helps me to sort things out when I get desperate." She has a great interest in keeping out of Christiaan Barnard's hands.

A Bachelor of Physical Education from the University of W.A. advises that to take a massage instead will only ease muscular soreness or tension, plus stimulate circulation to the skin - while sexual activity, whether it be "sexual masochism" or "normal" love-making would have to be a fairly torrid, exhausting affair to obtain the same activity level as jogging. That is, carried out at least three times a week for 20-30 minutes and raising the heartbeat to over 120 beats a minute (depending on age).

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We thank Doreen Lockwood for typing this Newsletter.

DISTANT RUNNER

You look around and view the field  
 For in your heart you never yield.  
 So win or lose just think with pride.  
 And let your conscience be your guide.  
 For in this world you'll surely find  
 A task well done brings peace of mind.  
 To be able to run in cold and heat  
 And reach the line on your own two feet  
 To give a grin if you are passed  
 And have no fear to finish last.  
 It takes all kinds to run a race  
 So when at times you feel the pace  
 Take a pride in what you do  
 And like the song come smiling through.

If in the end you're not a champ  
 Yet not give in because of cramp  
 But carry on through wind and shower  
 You have the greatest gift of all:  
 will power.  
 So always give your very best  
 And thus retain your running zest.

... Joe Shepherd.

CLUB NOTES

1. John Rowland has written from Melbourne to say that Jean O'Neill, Hon. Sec. of the Australian Womens Veteran Club would like to communicate with the W.A. Women and hopes someone with an interest in exchanging "Inter State gossip" will put pen to paper and drop a line to 4 Swinden Avenue, CHELTENHAM, Victoria 3192.

John has been competing in the Vets Tuesday Competitives at Collingwood and has managed:-

50 m in 6.4 sec. 2nd 400 m in 57.2  
 300 m in 42.2 sec. 1st 400 m in 58.4 final

John will probably be back to W.A. for a visit in March.

2. Remember

Wyalla Harriers Marathon 6th May 1979 details in Newsletter 72.  
 South Australian Championships 7th and 8th April, 1979, details in Newsletter 73.  
 N.S.W. Championships 30th, 31st March, 1979, details in Newsletter 76.

3. There are a number of early NEWSLETTERS which were surplus or not collected by members and which are available to anyone who wants them. Numbers available are:-

45(2), 46(2), 51(5), 52(6), 53(2), 55(15), 56(2), 58(4), 59(1), 60(13), 61(5),  
 62(5), 64(11), 65(13), 66(8), 67(1), 68(7), 69(6), 70(8), 72(2), 73(1) and the  
 latest issues 75 and 76.

4. NOTE: THE REVISED PROGRAMME FOR MARCH 1979

Due to revisions made by the Association to the programme for the end of February and beginning of March, and their advice that the International Competition scheduled for the 17th and 18th March will not take place the following is the revised programme.

-2-

|              |       |   |                 |
|--------------|-------|---|-----------------|
| Sat 3rd      | W4A   | Inter Club Programme  | PL Noon         |
| Sun 4th      | MC    | 20 mile road race - Laurie Potter Trophy                              | Wanneroo 6 am   |
|              |       | also 5 ml joggers<br>10 ml time trial                                 |                 |
|              | V     | Pack Run jog (River) and Field Events (Gilmour)                       | McCallum 8.30am |
| Thurs 8th    | V     | Time Trials one mile and Javelin (Berry)                              | PL/WU 6pm       |
| Sat 10th     | W4A   | Inter Club Programme  | PL              |
| Sun 11th     | V     | 3 x Dave Jones Course (Pearton)                                       | McCallum 8.30am |
| Thurs 15th   | V     | Time Trials 800m and Shot (Usher)                                     | PL/WU 6pm       |
| Sat 17th     | W4A   | Inter Club Programme  | PL Noon         |
| Sun 18th     | V     | New Members Day. Pack jog and Field Events. (All committee on roster) | McCallum 8.30am |
| Thurs 22nd ) |       |   |                 |
| Fri 23rd )   | W4A & | Australian National Track and   |                 |
| Sat 24th )   | AAU   | Field Championships   | PL              |
| Sun 25th )   |       |   |                 |

NOTE: Lap scores are required to assist in the 5000 m at approximately 4pm on Thursday 22nd and the 10,000 m at approximately 4 pm on Sunday 25th. Get your forms from Rob Shand and send them into the W4A as soon as possible.

|            |   |   |                 |
|------------|---|---|-----------------|
| Thurs 22nd | V | After the National 5000 m demonstrate what you have learned in the Clubs Time Trials 5000m and Discus (Whittam) | PL/WU 6pm       |
|            |   | Also on Saturday 24th and Sunday 25th N.Z. VETERANS CHAMPIONSHIPS IN AUCKLAND.                                  |                 |
| Sun 25th   | V | Own training  | McCallum 8.30am |
| Thurs 29th | V | Time Trials 10,000 and Long Jump (Martin J.)  |                 |

Sunday 1st April CLUB ANNUAL GENERAL MEETING followed by Parlauf Relay McCallum 9 am

NOTE THE FOLLOWING

|                  |  |
|------------------|--|
| Sunday 8th April | City to Surf Fun Run.                                    |
| Sat 14th )       |  |
| Sun 15th ) April | Australian Veterans T. & F. Champs Sydney.               |
| Mon 16th )       |  |
| 24 th June       | Perth Peoples Marathon (details later)                   |
| 12th Aug         | Australian National and Veterans Marathon at Herne Hill. |

5. CHANGE OF ADDRESS

Ray Martin (M55) Unit 670 Stanley Street, Scarborough. Telephone 341 7465

TWILIGHT 10,000 at Perry Lakes on WEDNESDAY 7TH FEBRUARY. A day of 39°C at 12.30pm left the temperature at 33° at 6.30pm when the race started. The heat and humidity caused a large "fall out" and the results and lap times of the survivors are as follows:-



| M40<br>Maslen | M35<br>Beament | M40<br>Johnson M. | M50<br>Tyson | M40<br>Whittam | M35<br>Moses | M45<br>Batterham | M45<br>Shand |
|---------------|----------------|-------------------|--------------|----------------|--------------|------------------|--------------|
| 79            | 79             | 97                | 89           | 87             | 93           | 98               | 85           |
| 81            | 82             | 87                | 97           | 88             | 97           | 101              | 86           |
| 80            | 80             | 90                | 94           | 90             | 97           | 98               | 86           |
| 84            | 83             | 89                | 94           | 92             | 97           | 101              | 85           |
| 79            | 85             | 94                | 94           | 92             | 97           | 100              | 86           |
| 80            | 77             | 92                | 96           | 93             | 98           | 105              | 88           |
| 79            | 87             | 93                | 95           | 95             | 100          | 107              | 87           |
| 82            | 85             | 90                | 96           | 95             | 100          | 108              | 88           |
| 82            | 86             | 91                | 98           | 96             | 99           | 108              | 88           |
| 83            | 87             | 91                | 100          | 97             | 100          | 112              | 88           |
| 83            | 91             | 90                | 93           | 99             | 100          | 111              | 87           |
| 85            | 89             | 90                | 97           | 100            | 102          | 112              | 88           |
| 85            | 90             | 90                | 98           | 101            | 102          | 111              | 90           |
| 86            | 91             | 91                | 98           | 100            | 101          | 119              | 90           |
| 86            | 94             | 92                | 98           | 101            | 101          | 108              | 92           |
| 86            | 92             | 91                | 97           | 100            | 102          | 111              |              |
| 86            | 93             | 91                | 98           | 101            | 101          | 109              | 21.54        |
| 87            | 93             | 93                | 100          | 102            | 102          | 112              |              |
| 87            | 93             | 92                | 100          | 103            | 102          | 113              |              |
| 86            | 93             | 94                | 98           | 104            | 101          | 111              |              |
| 87            | 95             | 97                | 98           | 105            | 100          | 115              |              |
| 88            | 95             | 90                | 99           | 105            | 100          | 115              |              |
| 88            | 92             | 92                | 94           | 104            | 100          | 113              |              |
| 84            | 91             | 92                | 97           | 104            | 98           | 111              |              |
| 80            | 87             | 90                | 85           | 98             | 94           | 106              |              |
| 34.53         | 36.50          | 38.09             | 40.03        | 40.52          | 41.24        | 45.05            |              |

Meanwhile on the warm up track, Jim Smith (M45) walked 3k in 15 min. 50.4 sec, his best this season. Dick Horsley (M65) covered the distance in 1½ mins faster than his best this season doing 16m 51 sec.

It has just been noticed that Kevin Cameron (M35) threw the javelin 27.30 m on 3rd February at Perry Lakes. Apologies for the omission from Newsletter 76 Kevin, but your appearance in competition so soon after your achillies operation was most unexpected.

John Butts address was omitted from the list of members. It is 17 Shelton Street, Waikiki and his telephone number is 095/271355.

SATURDAY 10TH FEBRUARY: TRACK AND FIELD AT PERRY LAKES State Championships Heats and Supporting Events were held in 34° temperature, in humid conditions with a steady breeze blowing.

| TRACK          | 100       | 100H | 200  | 400   | 1500    | 800    |
|----------------|-----------|------|------|-------|---------|--------|
| W K. Holland   | -         | -    | 26.2 | -     | -       | 2.29.8 |
| M35 D. Caplin  | -         | -    | -    | -     | 4.14.2* | -      |
| P. Gare        | 12.1+12.1 | -    | -    | 53.4  | -       | -      |
| R. Calnan      | 13.02     | -    | -    | -     | -       | -      |
| B. Oliver      | 16.07     | -    | -    | -     | -       | -      |
| G. Moses       | 14.00     | -    | -    | -     | 5.02.0  | -      |
| K. Cameron     | -         | -    | -    | -     | -       | -      |
| P. Wall        | -         | -    | -    | -     | 4.18.6  | -      |
| D. Crowther    | -         | -    | -    | -     | 4.53.0  | -      |
| M40 E. Maslen  | -         | -    | -    | -     | -       | -      |
| J. Whittam     | -         | -    | -    | -     | 5.27.0  | -      |
| B. Old         | 13.60     | -    | -    | -     | -       | -      |
| M45 D. Carr    | 13.10     | -    | -    | 53.7* | 4.38.0  | -      |
| M50 D. Jones   | 13.10     | -    | -    | -     | -       | -      |
| M55 A. Merrett | -         | -    | -    | -     | -       | Fell   |
| N. Goff        | 13.70     | -    | -    | -     | -       | -      |

\* qualifying time or distance

-4-

| FIELD          | PV    | DISCUS 1.5k | JAVELIN | 800g |
|----------------|-------|-------------|---------|------|
| M35 K. Cameron | -     | -           | 27.96   |      |
| R. Calnan      | -     | 26.43       |         |      |
| M40 R. Fergie  | -     | 29.57       | 32.88   |      |
| B. Old         | -     | 29.12       | 36.40   |      |
| J. Whittam     | -     | 19.61       | -       |      |
| E. Maslen      | 2.89  | -           | -       |      |
| M55 N. Goff    | 2.30* | 25.62       | NT      |      |

\* qualifying time or distance

Alan Merrett fell over a steeple while warming up, hit his head on the aluminium rail on the edge of the track and was taken to hospital with concussion.

3k Steeple lap times

| lap         | 1/2 | 1  | 2   | 3   | 4   | 5   | 6   | 7   | Final Time        |
|-------------|-----|----|-----|-----|-----|-----|-----|-----|-------------------|
| M40 Maslen  | 47  | 80 | 83  | 74  | 85  | 89  | 88  | 83  | - 10.39           |
| M35 Moses   | 56  | 94 | 94  | 93  | 96  | 100 | 102 | 107 | - 12.22           |
| M40 Whittam | 53  | 94 | 99  | 100 | 102 | 105 | 104 | 99  | - 12.36           |
| M35 Oliver  | 51  | 96 | 112 | 107 | 106 | 109 | 108 | 103 | - 13.14           |
| M35 Cameron | 57  | 95 | 117 | 128 | 135 | 138 | 136 | -   | 13.36 (lap short) |

David Carr (M45) achieved standard in the 400m as well as breaking his own record of 55.2. Two other Record breaking performances were Don Caplin M35/1500m, breaking his own record of 4.18.3 and Ted Maslen (M40) breaking his Pole Vault record by 0.09. Noel Goff achieved standard in the Pole Vault and sprinter Kath Holland ran a good 800m.

At McCallum on Sunday 11th February 26 veterans turned out to train however only 9 ran the programmed 2 x David Jones course.

Their results were:-

|               |     |             |   |       |
|---------------|-----|-------------|---|-------|
| Bob Sammells  | M40 | 8.44 + 8.31 | = | 17.15 |
| Rex Godfrey   | M35 | 8.44 + 8.43 | = | 17.27 |
| Wes Carter    | M40 | 9.02 + 8.31 | = | 17.33 |
| Roy Kemp      | M35 | 9.38 + 9.55 | = | 19.33 |
| Merv Moyle    | M50 | 9.54 + 9.52 | = | 19.46 |
| Cliff Bould   | M60 | 9.54 + 9.54 | = | 19.48 |
| Gerry Noordyk | M55 | 9.45 + -    | = | -     |
| Mike Ogilvie  | M35 | 10.12 + -   | = | -     |

Gerry Noordyk had completed 10 miles of his own training before coming down to McCallum. Ray Lawrence, Tom Jones, Stan Lockwood, Bernie Oliver and Len Keynes did their own training and were joined by Derek Walker, recovering from a South West injury, John Gilmour, also recovering from injury, Jack Collins doing some sprinting and Dick Horsley. Two newcomers to McCallum were Wilf (Bill) Chapman and Owen Grapes, nicknamed "Buncher" and is a 77 year old who ran in the first Perth to Fremantle relay in 1928. Bruce Buchanan trained and organised the mornings activities. After the Marathon Clubs Kings Park run. Dave Jones, Don Caplin, Derek Crowther, Dave Carr and Rob Shand came down to McCallum for some socialising but Mike Berry, Alan Tyson and Bob Hayres had not had enough so took Bob Sammells and Alex Cummings round the Bridges with them.

In the early morning with the temperature around 21°C at 7 am when the Marathon Club 15k Kings Park Run started 26 club members plus 10 "joggers" who joined the club mingled with the 55 others to make up a field of 90 at the start at the junction of Saw Avenue and May Drive. The three lap hilly course all on bitumen saw Jim Langford win the main race and the handicap winner was Brad Watson who is running well at present. Other veterans times for the full course were:-

|            |     |         |             |     |         |
|------------|-----|---------|-------------|-----|---------|
| D. Caplin  | M35 | 54m 31s | B. Watson   | M40 | 59m 16s |
| K. Beament | M35 | 54m 52s | D. Crowther | M35 | 61m 04s |
| G. Wall    | M35 | 55m 24s | E. Pearton  | M45 | 61m 47s |
| M. Smith   | M40 | 55m 25s | G. Moses    | M35 | 62m 17s |
| T. O'Hare  | M35 | 56m 29s | A. Tyson    | M50 | 62m 22s |
| J. Joyce   | M35 | 56m 45s | M. Berry    | M45 | 62m 23s |
| J. Butts   | M40 | 59m 12s | R. Hayres   | M45 | 63m 20s |

| M40<br>Maslen | M35<br>Beament | M40<br>Johnson M. | M50<br>Tyson | M40<br>Whittam | M35<br>Moses | M45<br>Batterham | M45<br>Shand |
|---------------|----------------|-------------------|--------------|----------------|--------------|------------------|--------------|
| 79            | 79             | 97                | 89           | 87             | 93           | 98               | 85           |
| 81            | 82             | 87                | 97           | 88             | 97           | 101              | 86           |
| 80            | 80             | 90                | 94           | 90             | 97           | 98               | 86           |
| 84            | 83             | 89                | 94           | 92             | 97           | 101              | 85           |
| 79            | 85             | 94                | 94           | 92             | 97           | 100              | 86           |
| 80            | 77             | 92                | 96           | 93             | 98           | 105              | 88           |
| 79            | 87             | 93                | 95           | 95             | 100          | 107              | 87           |
| 82            | 85             | 90                | 96           | 95             | 100          | 108              | 88           |
| 82            | 86             | 91                | 98           | 96             | 99           | 108              | 88           |
| 83            | 87             | 91                | 100          | 97             | 100          | 112              | 88           |
| 83            | 91             | 90                | 93           | 99             | 100          | 111              | 87           |
| 85            | 89             | 90                | 97           | 100            | 102          | 112              | 88           |
| 85            | 90             | 90                | 98           | 101            | 102          | 111              | 90           |
| 86            | 91             | 91                | 98           | 100            | 101          | 119              | 90           |
| 86            | 94             | 92                | 98           | 101            | 101          | 108              | 92           |
| 86            | 92             | 91                | 97           | 100            | 102          | 111              |              |
| 86            | 93             | 91                | 98           | 101            | 101          | 109              | 21.54        |
| 87            | 93             | 93                | 100          | 102            | 102          | 112              |              |
| 87            | 93             | 92                | 100          | 103            | 102          | 113              |              |
| 86            | 93             | 94                | 98           | 104            | 101          | 111              |              |
| 87            | 95             | 97                | 98           | 105            | 100          | 115              |              |
| 88            | 95             | 90                | 99           | 105            | 100          | 115              |              |
| 88            | 92             | 92                | 94           | 104            | 100          | 113              |              |
| 84            | 91             | 92                | 97           | 104            | 98           | 111              |              |
| 80            | 87             | 90                | 85           | 98             | 94           | 106              |              |
| 34.53         | 36.50          | 38.09             | 40.03        | 40.52          | 41.24        | 45.05            |              |

Meanwhile on the warm up track, Jim Smith (M45) walked 3k in 15 min. 50.4 sec, his best this season. Dick Horsley (M65) covered the distance in 1½ mins faster than his best this season doing 16m 51 sec.

It has just been noticed that Kevin Cameron (M35) threw the javelin 27.30 m on 3rd February at Perry Lakes. Apologies for the omission from Newsletter 76 Kevin, but your appearance in competition so soon after your achillies operation was most unexpected.

John Butts address was omitted from the list of members. It is 17 Shelton Street, Waikiki and his telephone number is 095/271355.

SATURDAY 10TH FEBRUARY: TRACK AND FIELD AT PERRY LAKES State Championships Heats and Supporting Events were held in 34° temperature, in humid conditions with a steady breeze blowing.

| TRACK          | 100       | 100H | 200  | 400   | 1500    | 800    |
|----------------|-----------|------|------|-------|---------|--------|
| W K. Holland   | -         | -    | 26.2 | -     | -       | 2.29.8 |
| M35 D. Caplin  | -         | -    | -    | -     | 4.14.2* | -      |
| P. Gare        | 12.1+12.1 | -    | -    | 53.4  | -       | -      |
| R. Calnan      | 13.02     | -    | -    | -     | -       | -      |
| B. Oliver      | 16.07     | -    | -    | -     | -       | -      |
| G. Moses       | 14.00     | -    | -    | -     | 5.02.0  | -      |
| K. Cameron     | -         | -    | -    | -     | -       | -      |
| P. Wall        | -         | -    | -    | -     | 4.18.6  | -      |
| D. Crowther    | -         | -    | -    | -     | 4.53.0  | -      |
| M40 E. Maslen  | -         | -    | -    | -     | -       | -      |
| J. Whittam     | -         | -    | -    | -     | 5.27.0  | -      |
| B. Old         | 13.60     | -    | -    | -     | -       | -      |
| M45 D. Carr    | 13.10     | -    | -    | 53.7* | 4.38.0  | -      |
| M50 D. Jones   | 13.10     | -    | -    | -     | -       | -      |
| M55 A. Merrett | -         | -    | -    | -     | -       | Fell   |
| N. Goff        | 13.70     | -    | -    | -     | -       | -      |

\* qualifying time or distance

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| FIELD          | PV    | DISCUS 1.5k | JAVELIN | 800g |
|----------------|-------|-------------|---------|------|
| M35 K. Cameron | -     | -           | 27.96   |      |
| R. Calnan      | -     | 26.43       |         |      |
| M40 R. Fergie  | -     | 29.57       | 32.88   |      |
| B. Old         | -     | 29.12       | 36.40   |      |
| J. Whittam     | -     | 19.61       | -       |      |
| E. Maslen      | 2.89  | -           | -       |      |
| M55 N. Goff    | 2.30* | 25.62       | NT      |      |

\* qualifying time or distance

Alan Merrett fell over a steeple while warming up, hit his head on the aluminium rail on the edge of the track and was taken to hospital with concussion.

3k Steeple lap times

| lap         | 1/2 | 1  | 2   | 3   | 4   | 5   | 6   | 7   | Final Time        |
|-------------|-----|----|-----|-----|-----|-----|-----|-----|-------------------|
| M40 Maslen  | 47  | 80 | 83  | 74  | 85  | 89  | 88  | 83  | - 10.39           |
| M35 Moses   | 56  | 94 | 94  | 93  | 96  | 100 | 102 | 107 | - 12.22           |
| M40 Whittam | 53  | 94 | 99  | 100 | 102 | 105 | 104 | 99  | - 12.36           |
| M35 Oliver  | 51  | 96 | 112 | 107 | 106 | 109 | 108 | 103 | - 13.14           |
| M35 Cameron | 57  | 95 | 117 | 128 | 135 | 138 | 136 | -   | 13.36 (lap short) |

David Carr (M45) achieved standard in the 400m as well as breaking his own record of 55.2. Two other Record breaking performances were Don Caplin M35/1500m, breaking his own record of 4.18.3 and Ted Maslen (M40) breaking his Pole Vault record by 0.09. Noel Goff achieved standard in the Pole Vault and sprinter Kath Holland ran a good 800m.

At McCallum on Sunday 11th February 26 veterans turned out to train however only 9 ran the programmed 2 x David Jones course.

Their results were:-

|               |     |             |   |       |
|---------------|-----|-------------|---|-------|
| Bob Sammells  | M40 | 8.44 + 8.31 | = | 17.15 |
| Rex Godfrey   | M35 | 8.44 + 8.43 | = | 17.27 |
| Wes Carter    | M40 | 9.02 + 8.31 | = | 17.33 |
| Roy Kemp      | M35 | 9.38 + 9.55 | = | 19.33 |
| Merv Moyle    | M50 | 9.54 + 9.52 | = | 19.46 |
| Cliff Bould   | M60 | 9.54 + 9.54 | = | 19.48 |
| Gerry Noordyk | M55 | 9.45 + -    | = | -     |
| Mike Ogilvie  | M35 | 10.12 + -   | = | -     |

Gerry Noordyk had completed 10 miles of his own training before coming down to McCallum. Ray Lawrence, Tom Jones, Stan Lockwood, Bernie Oliver and Len Keynes did their own training and were joined by Derek Walker, recovering from a South West injury, John Gilmour, also recovering from injury, Jack Collins doing some sprinting and Dick Horsley. Two newcomers to McCallum were Wilf (Bill) Chapman and Owen Grapes, nicknamed "Buncher" and is a 77 year old who ran in the first Perth to Fremantle relay in 1928. Bruce Buchanan trained and organised the mornings activities. After the Marathon Clubs Kings Park run. Dave Jones, Don Caplin, Derek Crowther, Dave Carr and Rob Shand came down to McCallum for some socialising but Mike Berry, Alan Tyson and Bob Hayres had not had enough so took Bob Sammells and Alex Cummings round the Bridges with them.

In the early morning with the temperature around 21°C at 7 am when the Marathon Club 15k Kings Park Run started 26 club members plus 10 "joggers" who joined the club mingled with the 55 others to make up a field of 90 at the start at the junction of Saw Avenue and May Drive. The three lap hilly course all on bitumen saw Jim Langford win the main race and the handicap winner was Brad Watson who is running well at present. Other veterans times for the full course were:-

|            |     |         |             |     |         |
|------------|-----|---------|-------------|-----|---------|
| D. Caplin  | M35 | 54m 31s | B. Watson   | M40 | 59m 16s |
| K. Beament | M35 | 54m 52s | D. Crowther | M35 | 61m 04s |
| G. Wall    | M35 | 55m 24s | E. Pearton  | M45 | 61m 47s |
| M. Smith   | M40 | 55m 25s | G. Moses    | M35 | 62m 17s |
| T. O'Hare  | M35 | 56m 29s | A. Tyson    | M50 | 62m 22s |
| J. Joyce   | M35 | 56m 45s | M. Berry    | M45 | 62m 23s |
| J. Butts   | M40 | 59m 12s | R. Hayres   | M45 | 63m 20s |

|              |     |         |               |     |               |
|--------------|-----|---------|---------------|-----|---------------|
| G. Price     | M40 | 64m 35s | R. Shand      | M45 | 70m 39s       |
| J. Whittam   | M40 | 66m 51s | I. Sutherland | M35 | 70m 45s       |
| C. Spare     | M35 | 67m 14s | D. Jones      | M50 | 71m 39s       |
| D. Bätterham | M45 | 67m 27s | F. Usher      | M55 | 74m 28s       |
| R. Godkin    | M55 | 68m 32s | Jill Pearton  | W30 | 83m 17s       |
| R. Johnstone | M35 | 69m 17s | D. Carr       | M45 | 87m 48s (10k) |

In the "joggers" 5k event, which was the first lap of the race new members achieved the following times:-

|                  |      |         |                  |      |         |
|------------------|------|---------|------------------|------|---------|
| Peter Ellis      | (38) | 20m 24s | James Bonner     | (33) | 22m 34s |
| William Merchant | (37) | 21m 40s | Nicholas Garratt | (31) | 25m 52s |
| Winston Hough    | (38) | 21m 50s | Garry Winning    | (41) | 26m 50s |
| William Shepherd | (39) | 22m 49s | Barrie Slinger   | (39) | 26m 50s |

Two "joggers" who went the whole way and did creditable times were John Davies (44) in 60m 11s and Roderick Bothwell (31) 66m 26s.

We hope that we will see all these new members, as well as those who were at McCallum coming out to as many of our events as possible.

On this Sunday a total of 44 Club members were at the two venues plus 12 new members, a great turn out of 56 veterans in one day.

In a select twilight meeting organised by the University Club in which only invited top class athletes competed on Wednesday 14th February Kath Holland ran 100m in 12.7 and 400m in 59.2 sec and Phil Wall ran 5000m in 15min 50 sec. Temperature at 7pm was 28°C and veterans watching were John Gilmour, Jeff Whittam, Bernie Oliver, Geoff Wall and Rob Shand.

Don Whitten birthday 14th Feb turned 41 and remains M40

Val Lishman birthday 14th Feb turned 49 and remains M45

Time trials Thursday 15th February. There was little wind but conditions were humid after a hot 36°C day. There were three heats in the 200 metres and in the shot put only a 4k shot was available. Adjustments have therefore been made in the points scored by penalising M35, M40 and M45 (who should use a 7.25kg shot) 280 points and M50 and 55 (who should use a 5.0 kg shot) 140 points M60 and upwards and women are not penalised. The results were:-

| 200M       | Group | Time  | Heat | Position | Points | Overall Position |
|------------|-------|-------|------|----------|--------|------------------|
| D. Carr    | M45   | 26.01 | 3    | 1        | 900    | 2                |
| D. Jones   | M50   | 26.56 | 3    | 2        | 940    | 1                |
| D. Caplin  | M35   | 27.30 | 3    | 3        | 570    | 4                |
| R. Holland | M40   | 27.70 | 2    | 1        | 630    | 3                |
| J. Whittam | M40   | 32.02 | 2    | 2        | 200    | 8                |
| A. Tyson   | M55   | 34.50 | 2    | 3        | 250    | 7                |
| J. Collins | M65   | 36.30 | 1    | 1        | 470    | 6                |
| R. Briggs  | M70   | 37.50 | 1    | 2        | 550    | 5                |
| R. Fergie  | M40   | 40.10 | 2    | 4        | 20     | 9                |

| SHOT PUT (All 4k) |     | distance | points | position |
|-------------------|-----|----------|--------|----------|
| R. Fergie         | M40 | 12.33    | 556    | 2        |
| R. Holland        | M40 | 10.46    | 294    | 6        |
| D. Caplin         | M35 | 10.21    | 189    | 10       |
| R. Shand          | M45 | 10.01    | 301    | 5        |
| D. Carr           | M45 | 9.55     | 237    | 9        |
| D. Jones          | M50 | 8.57     | 240    | 8        |
| J. Whittam        | M40 | 8.46     | 20     | 11       |
| A. Tyson          | M55 | 8.42     | 359    | 4        |
| K. Holland        | W35 | 8.23     | 621    | 1        |
| J. Collins        | M65 | 7.50     | 499    | 3        |
| V. Prescott       | W30 | 5.98     | 265    | 7        |

In the time trials points tally after 8 events the Hollands are leading with Ross in front of Kath. There are still 12 events to go so positions could change. Why not come along and have a go, every effort gets points and age makes no difference. Points to date are:-

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|     |            |         |     |             |         |
|-----|------------|---------|-----|-------------|---------|
| 1   | R. Holland | 457.625 | 12. | C. Bould    | 176.500 |
| 2.  | K. Holland | 326.875 | 13. | B. Watson   | 171.500 |
| 3.  | D. Caplin  | 326.250 | 14. | S. Lockwood | 132.500 |
| 4.  | J. Collins | 316.125 | 15. | V. Prescott | 115.625 |
| 5.  | D. Jones   | 310.375 | 16. | R. Hayres   | 112.625 |
| 6.  | D. Carr    | 302.625 | 17. | R. Calnan   | 65.000  |
| 7.  | A. Tyson   | 257.750 | 18. | B. Oliver   | 60.000  |
| 8.  | J. Whittam | 219.500 | 19. | A. Cummings | 58.125  |
| 9.  | R. Briggs  | 217.250 | 20. | T. Ruddy    | 23.125  |
| 10. | R. Fergie  | 209.750 | 21. | K. Cameron  | 16.500  |
| 11. | R. Shand   | 191.125 | 22. | L. Ruddy    | 2.500   |

Saturday 17th February: Track and Field at Perry Lakes

State Championship Heats and Supporting Events were held in 31° temperature in humid conditions with a sea breeze blowing. Results were:-

| TRACK |            | 100      | 200  | 400  | 800     | 1500   | 1500 walk |
|-------|------------|----------|------|------|---------|--------|-----------|
| W     | K. Holland | 12.7 x 2 |      | 58.3 |         |        |           |
| M35   | D. Caplin  |          |      |      | 2.04.0* | 4.21.5 |           |
|       | G. Moses   |          |      |      | 2.30.0  | 5.02.0 |           |
|       | P. Gare    |          | 26.2 |      |         |        |           |
|       | R. Calnan  |          | 26.7 |      |         |        |           |
|       | B. Oliver  |          | 27.2 |      |         |        |           |
| M40   | K. Wright  |          |      |      | 2.15.0  |        |           |
|       | B. Old     |          | 28.7 |      |         |        |           |
| M45   | J. Smith   |          |      |      |         |        | 7.36.0    |
|       | D. Carr    |          | 26.2 |      | 2.08.0* | 4.57.0 |           |
| M50   | A. Tyson   |          |      |      | 2.32.0  |        |           |
| M55   | N. Goff    |          | 28.5 |      |         |        |           |

LAP TIMES

1500M

|     |           |                   |          |
|-----|-----------|-------------------|----------|
| M35 | D. Caplin | 49 . 70 . 72 . 70 | = 4.21.5 |
| M45 | D. Carr   | 50 . 85 . 80 . 82 | = 4.57.0 |
| M35 | G. Moses  | 50 . 86 . 80 . 88 | = 5.02.0 |

3000M

|     |            |                                       |         |
|-----|------------|---------------------------------------|---------|
| M35 | G. Moses   | 40 . 84 . 86 . 89 . 91 . 95 . 94 . 87 | = 11.06 |
| M50 | A. Tyson   | 41 . 84 . 86 . 89 . 90 . 90 . 91 . 84 | = 10.56 |
| M55 | A. Merrett | 38 . 82 . 84 . 86 . 90 . 89 . 91 . 84 | = 10.44 |

5000M State Championship

|     |           |  |       |
|-----|-----------|--|-------|
| M35 | P. Wall   | 37 76 75 78 78 78 79 79 84 85 76 71 71 | 16.06 |
| M35 | A. Wall   | 38 76 74 78 79 78 81 80 82 84 84 83 75 | 16.32 |
| M40 | E. Maslen | 37 75 78 78 78 78 79 80 86 91 88 93 86 | 17.07 |

| Field |            | T.J.   | Hammer           | Shot 4k | Discus 1.0k |
|-------|------------|--------|------------------|---------|-------------|
| W     | K. Holland | -      | -                | 8.51    | 25.40       |
| M40   | R. Fergie  | -      | 31.00<br>(7.25k) | -       | -           |
| M55   | N. Goff    | 10.35* | 22.00<br>(5.5k)  | -       | -           |

\* qualifying time or distance

Don Caplins 800m is a new M35 record which broke the record he created two weeks before (2.05.8) David Carr's 800 also broke his own record of 2.08.4 created on 1.3.78. Alan Tyson ran his best 800 this season and personal best 3000m. Graham Moses his best 1500 and 3000m and Jim Smith his best 1500 walk. Phil Wall in the 15k was 2 sec better than his fastest run this season.

# Vetrun 77

Sunday 18th February "Hill Tracks Run" and breakfast barbeque. This was our third run over the 7.65 km (4 3/4) mile course at Perry Lakes over grass, gravel hill tracks and bitumen roads incorporating forced walks up the steepest part of the hill tracks. We welcomed new members Winston Hough and Jim Donner to their first run with the Club and Hank Staffers a visitor from the Goldfields. This was an open race and the results were:-

|            |                | lap 1<br>3 1/2 mls | lap 2<br>1 1/2 mls | total | position | previous best         |
|------------|----------------|--------------------|--------------------|-------|----------|-----------------------|
| M35        | K. Beament     | 23.22              | 7.45               | 31.07 | 1        | 33.35                 |
|            | D. Caplin      | 23.42              | 7.34               | 31.16 | 2        | 32.10                 |
|            | A. O'Hare      | 23.41              | 7.47               | 31.28 | 3        | -                     |
|            | G. Moses       | 26.30              | 8.51               | 35.21 | 8        | -                     |
|            | I. Sutherland  | 28.15              | 10.04              | 38.19 | 14       | -                     |
|            | D. Crowther    | 25.43              | withdrew           | -     | -        | -                     |
|            | W. Hough       | 31.11              | withdrew           | -     | -        | -                     |
|            | J. Donner      | withdrew           | -                  | -     | -        | -                     |
| M40        | M. Smith       | 23.38              | 7.50               | 31.28 | 3        | -                     |
|            | B. Watson      | 24.53              | 8.23               | 33.16 | 7        | 35.46                 |
|            | R. Sammells    | 26.36              | 8.58               | 35.34 | 10       | 33.34                 |
|            | J. Whittam     | 27.20              | 9.06               | 36.26 | 11       | 43.39                 |
|            | T. Ruddy       | 34.30              | 7.48               | 42.18 | 18       | -                     |
| M45        | R. Shand       | 25.03              | 7.55               | 32.58 | 5        | 31.10                 |
|            | D. Carr        | 24.52              | 8.21               | 33.13 | 6        | 35.52                 |
|            | R. Hayres      | 26.41              | 8.42               | 35.23 | 9        | 35.27                 |
|            | E. Pearton     | 28.11              | 8.18               | 36.29 | 12       | 36.35                 |
|            | M. Berry       | 30.17              | 9.21               | 39.38 | 15       | 35.26                 |
| M50        | A. Tyson       | 28.10              | 9.28               | 37.38 | 13       | 36.29                 |
| M55        | G. Noordyk     | 30.24              | 11.10              | 41.34 | 16       | -                     |
|            | F. Usher       | 34.30              | 7.55               | 42.25 | 19       | 40.52                 |
|            | R. Martin      | withdrew           | -                  | -     | -        | -                     |
| M60        | R. Horsley     | 30.27              | 11.16              | 41.43 | 17       | 39.9                  |
| W          | G. Sutherland  | 37.54              | 12.06              | 50.00 | 20       | 44.39                 |
|            | J. Pearton     | 37.54              | 12.27              | 50.21 | 21       | 1st lap only<br>39.21 |
| Invitation |                |                    |                    |       |          |                       |
|            | H. Staffers( ) | 23.33              | 8.03               | 31.36 | (5)      | -                     |
|            | M. Crowther( ) | 34.30              | 8.07               | 42.37 | (21)     | -                     |
|            | F. Staffers( ) | 37.50              | 12.31              | 50.21 | (21)     | -                     |

Jeff Whittam got through this run without blisters and with a big improvement in time and Jill Pearton, who withdrew after the first lap last year completed the whole course and with a faster first lap. Most of the M35 and M40 group showed an improvement on last years times.

Breakfast was cooked about 10 am as the temperature rose to about 25°, the runner being joined by wives and families.

Cliff Bould ran the lakes lap with Dick Horsley as training and Bruce Buchanan and Jack Collins recorded and kept times. Nora Berry marshalled at the big tree and Phyllis Bould at the gravel track near the finish. The course was jogged by Bob Hayres, Mike Berry and Rob Shand and Alan Tyson was on roster.

Keith Beament had the fastest 1st lap, breaking Phil Walls lap record by 6 seconds. The fastest second lap was by Don Caplin, but this was not good enough to break Phils other record of 7.21. From the results Frank Usher and Terry Ruddy ran fast second laps obviously preferring the flat surface.

At the Annual General Meeting of the Marathon Club, held at the Savoy Hotel at 7.30pm on Monday 19th February, John Gilmour, Wal McCabe and Col Junner were again elected. President, Vice President and Secretary respectively. Jeff Joyce, Geoff Wall and Kevin Basley were elected to a committee of 7 and Rob Shand re-elected as Veterans Club representative.

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Other Veterans present at the meeting were Dennis Batterham, Mike Berry, Alan Tyson, Art Briffa, John Butts, Phil Wall and Peter Gallagher.

#### Time Trials Thursday 22nd February

Conditions were pleasant, with a little breeze in the straight. The triple jumpers though with the breeze, had to contend with a heavily watered run up.

Results were:-

| 400M          | Group | Time | Heat | Position | Points | Overall Position |
|---------------|-------|------|------|----------|--------|------------------|
| D. Caplin     | M35   | 59.1 | 1    | 2        | 636    | 2                |
| R. Holland    | M40   | 64.0 | 1    | 3        | 480    | 4                |
| D. Carr       | M45   | 56.8 | 1    | 1        | 848    | 1                |
| K. Cameron    | M35   | 68.8 | 3    | 2        | 248    | 7                |
| A. Fergie     | M40   | 71.6 | 2    | 1        | 176    | 9                |
| I. Sutherland | M35   | 65.4 | 3    | 1        | 384    | 6                |
| J. Whittam    | M40   | 70.0 | 3    | 3        | 240    | 8                |
| A. Tyson      | M55   | 73.2 | 2    | 2        | 472    | 5                |
| J. Collins    | M65   | 82.6 | 2    | 3        | 496    | 3                |
| R. Shand      | M45   | 74.0 | 1    | 4        | 80     | 10               |

#### Triple Jump

| Triple Jump   | Group | Distance | Points | Position |
|---------------|-------|----------|--------|----------|
| R. Holland    | M40   | 9.89     | 538    | 2        |
| D. Carr       | M45   | 7.89     | 218    | 5        |
| I. Sutherland | M35   | 8.94     | 288    | 3        |
| J. Whittam    | M40   | 8.58     | 276    | 4        |
| K. Holland    | W35   | 8.82     | 764    | 1        |

#### 3k Walk

|            |     |         |
|------------|-----|---------|
| J. Smith   | M45 | 15m 44s |
| A. Tyson   | M50 | 18m 18s |
| D. Horsley | M65 | 17m 04s |

#### Marathon Club

10 km Round the Bridges starting from McCallum Park at 7.30 am and crossing the Causeway first saw all 70 participants finishing 53 minutes later. Run in windy and gradually deteriorating conditions with a 21°C temperature, the field was led in by Alan Barr in 33m 56s. Veterans results were:-

| Position | Name            | Group | Narrows Bridge<br>(city side) | Full time | Last MC Bridges<br>26.2.78. |
|----------|-----------------|-------|-------------------------------|-----------|-----------------------------|
| 6        | Keith Beament   | M35   | 16m 53s                       | 35m 30s   | 36m 20s                     |
| 8        | Don Caplin      | M35   | 17m 22s                       | 36m 16s   | 38m 01s                     |
| 9        | Morrie Smith    |       | 17m 22s                       | 36m 36s   |                             |
| 10       | Tony O'Hare     |       | 17m 15s                       | 36m 42s   |                             |
| 12       | Stoffers        |       | 17m 34s                       | 37m 28s   |                             |
| 13       | Jeff Joyce      | M35   | 18m 45s                       | 38m 20s   | 35m 34s                     |
| 14       | John Butts      |       | -                             | 38m 32s   |                             |
| 18       | Martin O'Rourke | M35   | -                             | 39m 11s   |                             |
| 20       | Brad Watson     |       | 18m 57s                       | 39m 30s   | 43m 04s                     |
| 22       | Bob Sammells    |       | 19m 14s                       | 39m 39s   |                             |
| 23       | John Davies     |       | -                             | 39m 50s   | 40m 15s                     |
| 24       | Dereck Crowther |       | 18m 41s                       | 39m 53s   |                             |
| 26       | Wes Carter      |       | 19m 19s                       | 40m 31s   |                             |
| 27       | Mike Berry      |       | 19m 46s                       | 40m 42s   | 40m 25s                     |
| 28       | Alan Tyson      |       | 19m 41s                       | 40m 57s   | 39m 45s                     |
| 29       | Graham Moses    |       | 19m 44s                       | 41m 22s   |                             |
| 31       | David Hough     |       | 19m 26s                       | 41m 44s   | 36m 31s                     |
| 33       | Geoff Price     |       | 19m 42s                       | 41m 51s   | 39m 32s                     |



# Vetrun 77

| Position | Name             | Group | Narrows Bridge<br>(city side) | Full Time | Last MC Bridges<br>26.2.78. |
|----------|------------------|-------|-------------------------------|-----------|-----------------------------|
| 34       | Terry Manford    |       | 20m 07s                       | 42m 07s   |                             |
| 36       | Phil Lennie      |       | 20m 37s                       | 43m 22s   |                             |
| 37       | Ralph Godkin     |       | 20m 41s                       | 43m 30s   |                             |
| 38       | Ian Sutherland   |       | 20m 49s                       | 43m 54s   |                             |
| 40       | Dennis Batterham |       | 21m 15s                       | 44m 21s   | 45m 14s                     |
| 49       | David Jones      |       | 21m 42s                       | 46m 42s   |                             |
| 50       | Cliff Bould      |       | 22m 21s                       | 46m 50s   |                             |
| 51       | Theo Fermanis    | -     |                               | 46m 52s   |                             |
| 54       | Bob Johnstone    |       | 22m 06s                       | 47m 59s   | 42m 46s                     |
|          | Merv Moyle       |       | 22m 21s                       | 47m 59s   |                             |
| 58       | V. Kailis        | -     |                               | 48m 24s   | -                           |
| 60       | Winston Hough    | -     |                               | 48m 56s   |                             |
| 62       | Dick Horsley     |       | 23m 26s                       | 49m 09s   | 44m 04s                     |
| 67       | Bev Wall         |       | 25m 09s                       | 53m 03s   |                             |

The times shown in the last column for 26.2.78. was last years "Round the Bridges" NOT Fun Run which is run the other way i.e. Causeway last.

Down at McCallum doing their own training were Gloria Sutherland, Jim Bonner, Gerry Noordyke (ran Bridges later) Alec Cummings and Jack Collins. Frank Usher came down to watch and Bruce Buchanan and Rob Shand assisted in time keeping and recording. We welcomed John Davies to the Club after this run.

## Saturday, 10th March

Remember we are the roster Club for Perry Lakes. Let us have a good turn out of those who compete on Saturdays at Perry Lakes at 10 am to assist in laying-up the arena.

## Time Trials Thursday, 1st March.

A 5000 meter has been added to the 100 and Discus events.

The deed is everything, its repute nothing

Johan Wolfgang van Guethe

(yet) A minutes success pays the failure of years

Robert Browning

#### ANNUAL GENERAL MEETING

In terms of item 8a of the Constitution notice was posted on the notice board and is hereby given to all members that the A.G.M. will take place at McCallum Oval on Sunday April 1, 1979 commencing at 9 a.m.

An agenda was posted on the notice board 14 days before the meeting requesting that you please give consideration to your nominations for office bearers. The current office bearers for the benefit of new members and those who don't know are -

|               |  |
|---------------|--|
| Patron        | Bill Hughes ✓  |
| President     | <del>Bob Hayres*</del> DAVID CARR                        |
| V. Presidents | Dick Horsley, John Gilmour, <del>David Carr</del> HAYRES |
| Secretary     | Rob Shand  |
| Asst. Sec.    | Bob Fergie   |
| Treasurer     | Bob Sammells   |
| Auditor       | Jack Collins   |
| Recorder      | Dick Horsley   |
| Committee     | Cliff Bould, Alan Tyson                                  |
| Manager       | Bruce Buchanan   |

\*Not standing for re-election in current capacity

SUBS WILL BE DUE AS FROM APRIL 1

Alan Tyson has been temporarily transferred to Queensland for two to three months and left Perth on Sunday March 11. He will be running at Sydney at the Australian Track & Field Championships at Easter - in W.A. colours of course.

THE REG BRIGGS TROPHY will be awarded at the Annual General Meeting on Sunday April 1. Conditions set down for the award are -

- (a) the trophy will be a perpetual trophy, awarded annually at the A.G.M. in April;
- (b) to be eligible for the trophy the veteran is to be 40 years or older for a substantial part of the year in which the trophy is awarded;
- (c) the veteran is to have two full years membership and to have improved in his/her third year;
- (d) the veteran is to be a fully paid up financial member of the club;
- (e) frequent participation in all Veterans Club events could be an important consideration in some circumstances but there will be some latitude in this condition.

TRACK AND FIELD RANKINGS for seasons 1974, 1975, 1976 and 1977 are almost completed and copies will be placed in the Club Library for interested members to borrow. 1978 rankings will be completed soon after the Australian Veterans Track & Field Championships in Sydney at Easter.

Some work has been done on the performances for the winter season and Club runs but these are more difficult as courses vary considerably. Each course has to be treated separately, e.g. Joe Shepherd's M70 time of 72min 42s for the Rockingham 10 mile (NL73) was a better time than, say, Ralph Godkin's M55 time of 72min 54sec for 10 miles at WAIT (NL76) but the courses are quite different. To get a direct comparison Joe would have to run at WAIT and Ralph at Rockingham. Joe did however cover the ground faster than M45 Dennis Batterham at Rockingham if a direct comparison is to be made. Irrespective of the course Joe's run could well be a local record for his age but there are insufficient records available to substantiate this.

#### PUBLICATIONS

- (1) The Veteran Athlete As far as we can discover this magazine is no longer being published and Jack Pennington is "off the air".
- (2) Sports Coach published by the Community Recreation Council (or Department for Youth, Sport and Recreation) has been ordered and the first copy is now in the library.
- (3) On and On the athletic magazine from Hong Kong has been ordered for the library. We have taken one years subscription for 12 issues but have been advised by the publishers that we will get nearly 2 years subscription.
- (4) Have you seen "FUN RUNNER" Vol 1 No. 1 is out now, Australian publication covers some most important subjects. Well worth the \$1 to see how you like it.

EQUIPMENT If you borrow equipment from the Club please ensure that it is back at McCallum each Sunday to be available for use by members if required and that it is available, if scheduled, to be included in the Time Trial programme on Thursdays. An incident occurred on Thursday March 8 when the Javelin for a scheduled event was not available having been out on loan since the South West Championships. To compound the problem the rostered member did not attend and had not made alternative arrangements - all of which resulted in others having to rush down to McCallum to borrow a Javelin and for competitors to throw an underweight implement - JUST NOT GOOD ENOUGH. If you want to borrow equipment do so by all means but get permission from a committee member and make certain the "Armourer" knows by telling Jack Collins.

#### SOUTH WEST CHAMPIONSHIPS Saturday 27th and Sunday 28th January 1979

Results have now come through from Bunbury and though incomplete the bulk of performances are recorded below.

#### 100m

##### Men over 34

Record - T. Reynolds 12.0 (1977)  
Title - K. Cameron 13.4

1. P. Smith (M40) )
2. B. Old (M40) ) No times
3. R. Calnan (M35) ) available
4. G. Boorn (M40) )

B. Johnstone, B. Beecham and B. Oliver did not compete

##### Men over 44

Inaugural event

1. D. Jones (M50) 13.8
2. D. Carr (M45) 14.3
3. S. Lockwood (M45) 14.6
4. N. Goff (M55) 14.8

D. Walker did not compete

##### Women over 25

V. Prescott 15.1

200mMen over 34

Record - D. Carr 24.9 (1977)  
 Title - K. Cameron 26.5

1. B. Waldhuter 26.2 (Albany)
2. D. Carr (M45) 26.4
3. R. Calnan (M35) 26.5
4. B. Oliver (M35) 26.5
5. D. Jones (M50) 26.6
6. B. Old (M40) 27.9
7. G. Doorn (M40) 28.7
8. P. Smith (M40) ? (Bunbury)

400mMen over 34

Record - D. Carr 55.7 (1977)  
 Title - K. Cameron 58.7

1. D. Carr (M45) 57.6
2. B. Waldhuter 57.8 (Albany)
3. D. Caplin (M35) 59.3
4. R. Calnan (M35) 63.8
5. B. Johnstone (M35) 66.0
6. B. Oliver (M35) 74.0

800mMen over 34

Record - D. Caplin (1978)  
 Title - D. Caplin

1. D. Caplin (M35) 2m07.5s
2. B. Waldhuter 2m11.5s (Albany)
3. G. Wall (M35) 2m12.2s
4. D. Carr (M45) 2m29.1s
5. B. Johnstone (M35) 2m29.3s

P. Wall and B. Oliver did not compete

1500mMen over 34

Title & Record - D. Caplin 4m30.2s  
 (1978)

1. D. Caplin (M35) 4m31.0s
2. B. Waldhuter 4m49.9s (Albany)

B. Johnstone, P. Wall and G. Wall  
 did not compete

1500m Lap Times

|                |                              |
|----------------|------------------------------|
| D. Caplin      | 50. 74. 74. 73 = 4m31.0s     |
| (B. Waldhuter) | 51. 74. 79. 85 = 4m49.0s     |
| R. Hayres      | 62. 89. 86. 79.7 = 5m16.7s   |
| A. Tyson       | 61. 90. 87. 89.4 = 5m27.4s   |
| D. Batterham   | 69. 102. 102. 98.1 = 6m11.1s |

Men over 44

Inaugural event

1. D. Jones (M50) 26.9
2. D. Carr (M45) 27.0
3. D. Walker (M45) 28.7
4. S. Lockwood (M45) 28.9

Women over 25

Record - 29.6 (1976)

V. Prescott did not compete

Men over 44

Inaugural event

1. D. Jones (M50) 63.3
2. R. Hayres (M45) 66.8
3. S. Lockwood (M45) 68.4
4. D. Batterham (M45) 75.2

Women over 25

Title and Record V. Smith (Bunbury)  
 63.7

V. Prescott 75.5

Men over 44

Inaugural event

1. R. Hayres (M45) 2m27.5s
2. S. Lockwood (M45) 2m37.0s
3. D. Jones (M55) 2m45.3s

R. Shand, J. Gilmour and A. Tyson  
 did not compete

Men over 44

Inaugural event

1. R. Hayres (M45) 5m16.7s
2. A. Tyson (M50) 5m27.4s
3. D. Batterham (M45) 6m11.1s

R. Shand and J. Gilmour did not  
 compete

110m HurdlesMen over 44 - inaugural event

1. N. Goff (M55) 21.1
2. D. Walker (M45) 22.3
3. D. Jones (M50) 22.6
4. A. Cummings (M45) 22.7

Relays4 x 100m Men over 34Inaugural event

1. N. Districts 52.5
2. Veterans 63.5  
Oliver, Caplin, Carr, Fergie
3. Composite. No time given  
Goff, Old, Doorn, Calnan

3000m WalkMen over 34

1. J. Smith (M45) 16m17.9s
2. A. Cummings (M45) 18m52.7s
3. (P. Smith (M40) 19m01.0s Bunbury)

Open

J. Smith (M45) 16m49.0s

4 x 400m Men over 34Inaugural event

1. Veterans No. 2 4m20.8s  
Caplin, Batterham, Oliver, Fergie
2. Veterans No. 1 4m26.1s  
Carr, Hayres, Johnstone, Cummings

10,000m Open started at 7.50 pm in warm conditions with no breeze. The record for this event is 30m02.6s (1973). Lap times for participating veterans are -

| <u>A. Tyson M50</u> | <u>M. Berry M45</u> | <u>B. Johnstone M35</u> | <u>D. Batterham M45</u> |
|---------------------|---------------------|-------------------------|-------------------------|
| 87                  | 98                  | 103                     | 111                     |
| 93                  | 97                  | 106                     | 114                     |
| 96                  | 95                  | 103                     | 116                     |
| 93                  | 97                  | 105                     | 112                     |
| 95                  | 139                 | 113                     | 111                     |
| 96                  | 99                  | 100                     | 110                     |
| 95                  | 113                 | 116                     | 117                     |
| 96                  | 103                 | 113                     | 112                     |
| 101                 | 110                 | 110                     | 113                     |
| 98                  | 109                 | 111                     | 113                     |
| 96                  | 129                 | 114                     | 115                     |
| 99                  | 107                 | 115                     | 120                     |
| 98                  | 105                 | 114                     | 113                     |
| 99                  | 111                 | 116                     | 118                     |
| 98                  | 108                 | 116                     | 114                     |
| 102                 | 104                 | 117                     | 119                     |
| 101                 | 107                 | 121                     | 119                     |
| 98                  | 107                 | 119                     | 119                     |
| 98                  | 107                 | 114                     | 126                     |
| 100                 | 105                 | 110                     | 124                     |
| 97                  | 106                 | 120                     | 119                     |
| 100                 | 106                 | 117                     | 121                     |
| 99                  | 102                 | 116                     | 120                     |
| 101                 | 104                 | 110                     | 122                     |
| 100 = 40.36         | 90 = 44.18          | 100 = 46.47             | 110 = 48.20             |

Mike Berry suffered 'the stitch' in lap 5 and lap 11. Alan Tyson ran an extra lap and was given an official time of 42m0.4s. Geoff Wall, Phil Wall, Art Briffa, Morris Johnson and Rob Shand did not compete.

3000m Open

Don Caplin and Phil Wall did not compete

FIELD EVENTSPole Vault Over 34 men

A. Fergie (M40) 2.2m  
(P. Smith 2.1m Bunbury)

Over 44 men

H. Goff (M55) 2.0m

Javelin (800gm) Over 34 men

Record - T. Reynolds 45.44 (1977)

A. Fergie (M40) 32.35m  
B. Old (M40) 27.40m  
(P. Smith 25.46m Bunbury)  
K. Doorn (M40) 22.13m

(800gm) Over 44 men

D. Walker (M45) 26.16  
H. Goff (M55) did not compete

B. Beecham }  
K. Camaron } did not compete

Shot (12lb) Over 34 men

Record - E. Carroll 13.98m (1977)  
Title - A. Fergie 12.54

(E. Neimanis (M35) 12.23 Record)  
A. Fergie (M40) 10.88  
(P. Smith (M40) 9.80 Bunbury)  
F. Calnan (M35) 9.50  
(P. Muller 9.44)  
K. Doorn (M40) 7.97

(12lb) Over 44 men

N. Goff (M55) 9.14  
A. Cummings (M45) 8.38  
D. Jones (M50) 6.61

Shot Senior men 16lb

A. Fergie 8.8m

Discus (1.5k) Over 34 men

Record - E. Neimanis 30.40m (1973)

(E. Neimanis (M35) 33.40)  
(P. Smith 30.00 Bunbury)  
(P. Muller 28.96)  
B. Old (M40) 27.60  
R. Calnan (M35) 26.74  
A. Fergie (M40) 23.00  
K. Doorn (M40) 17.00

(1.5k) Over 44 men

A. Cummings (M45) 30.44  
H. Goff (M55) 27.82

Discus over 25 women

Record - K. Holland 23.50 (1976)

V. Prescott ?

B. Beecham did not compete

Hammer (12lb) Over 34 men

Record 47.90

(E. Neimanis (M35) 42.30)  
A. Fergie (M40) 35.00  
(P. Smith 27.74 Bunbury)

(12lb) Over 44 men

Inaugural

A. Cummings (M45) 34.56  
H. Goff (M55) 26.08  
R. Hayres (M45) did not compete

High Jump Over 34 men

Record - 1.50m

(P. Smith 1.35 Bunbury)  
H. Goff (M55) 1.30

Triple Jump Over 34 men

Record 10.97m

(P. Muller 11.05 Record)  
(P. Smith 10.72 Bunbury)  
R. Calnan (M35) 10.15

Over 44 men

Inaugural event

H. Goff (M55) 10.20  
A. Cummings 8.90  
D. Jones (M50) 6.27  
D. Walker did not compete

Long Jump Over 34 men

Record T. Reynolds 6.13m (1977)  
 Title K. Cameron 5.47  
 R. Calnan (M35) 5.30  
 (P. Muller 5.19)  
 B. Beecham (M35) did not compete  
 P. Smith (M40) ?

Over 44 men

N. Goff (M55) 5.12  
 A. Cummings (M45) 3.92  
 D. Walker (M45) was injured  
 and did not compete  
 D. Jones (M50) did not compete

The Saturday was hot (41.7 in Perth) and Sunday was not much better but the group that stayed at Holiday Homes caravan park enjoyed their camp. Carrs, Caplins, Lockwoods and Batterhams, Johnstones, Berrys and Cummings and families with Alan Tyson, Bernie Oliver, Bob Fergie and Geoff Wall, Dave Jones, Bruce Buchanan and Bob Hayres going down on their own.

JIM COVENTRY birthday February 21 turned 47 and remains M45

TONY CONNOR birthday February 27 turned 39 and remains M40

STATE CHAMPIONSHIPS FINALS

Day 1 Saturday February 24 1978

Weather hot with little breeze. Max. 34.7c at 1.05pm

Veterans Results

100m

1. P. Gare M35 12.4
2. R. Calnan M35 13.0
3. B. Oliver M35 13.1
4. D. Carr M45 )
5. B. Old M40 ) times not
6. D. Jones M50 ) available
7. N. Goff M55 )

1500m

- (1. B. Waldhuter (38) 4m27)
2. D. Carr M45 4m31.0  
50.74.74.73
3. R. Shand M45 4m34.0  
53.74.74.73
4. A. Tyson M50 5m07.0  
57.82.83.83
5. J. Whittam M40 5m13.0  
56.84.86.87

200M women

K. Holland W35 25.5

3k walk

J. Smith (M45) 16m00

Long Jump

R. Calnan M35 5.56 (personal best)  
 N. Goff M55 5.12

Shot 7.25kg

R. Fergie M40 9.82m  
 R. Calnan M35 8.31m

5.5kg

N. Goff M55 9.15m

Pole Vault

Phil Smith (M40) soared over 3.20m but had not joined the club so cannot claim an M40 record for the vault.

We welcome Phil Smith (M40) of 23 Dunstan Street Bunbury 097.211586 to the Club on February 25, 1979.

Day 2 Sunday February 25, 1978

Weather cool with strong sea breeze and drizzle. Max. 22.5c at 9.50 a.m.

Veterans Results

200M

1. P. Gare M35 25.3
2. R. Calnan M35 26.9
3. B. Oliver M35 27.3
4. D. Carr M45 ) times not
5. N. Goff M55 ) available

400M women

K. Holland W35 60.0

In relay

K. Holland W35 59.5

Javelin 800g

1. B. Old M40 40.12m
2. R. Fergie M40 39.12m

800M

1. D. Carr M45 64+67.7 = 2:11.7
2. J. Whittam M40 74+78.9 = 2:32.9
3. A. Tyson M50 76+77.4 = 2:33.4
4. B. Oliver M35 70+78.0 = 2:38.0

3000M walk

J. Smith M45 26m53s

The winner of this race walked one lap short and the race has to be re-walked on Saturday March 3.

Hammer 7.25kg

R. Fergie M40 19.94m

10,000 metres was run with a strong sea breeze up the finishing straight and with drizzle towards the end of the race. The race was won in 30m05s a new state record and the veterans results and lap times were -

P. Wall (M35)

78 82 80 81 82 81 80 80 80 81 82 79 81 81 82 84 81 84 80 80 83 82 81 82 78 = 33.45

R. Shand (M45)

80 83 85 85 85 86 86 87 87 86 87 86 87 88 90 91 90 87 87 89 89 88 87 85 77 = 35.58

G. Wall (M35) dropped out in lap 14

On Wednesday March 1 Jim Smith M45 walked 2000m in 15min56secs.

We welcome Victor George KAILIS (33) of 25 Leach Street Marmion 447.2876 who joined the Club on February 27, 1979 after the Marathon Club Round the Bridges run.

In the THURSDAY TIME TRIALS on MARCH 1 a special 5000m race was held to assist Gaylene Clews in her training for her forthcoming cross country competition in Ireland and the turn out of veterans is to be commended for this race. Lap times were -

E. Maslen (M40)

35 78 80 80 79 80 79 80 80 83 81 82 = 16.36 - Points 868 - Position 1

D. Caplin (M35)

35 78 80 80 80 80 79 81 82 81 83 81 78 = 16.38 834 2

K. Beament (M35)

36 78 80 80 80 80 83 81 85 84 85 84 78 = 16.54 802 3

H. Stoffers (M35)

35 78 80 81 80 80 84 82 85 86 87 85 80 = 17.03 784 4

D. Carr (M45)

38 78 81 82 84 87 90 90 90 91 92 93 87 = 18.03 754 5



|  |              |              |
|--|--------------|--------------|
| B. Watson (M40)  |              |              |
| 42 83 87 88 87 89 87 91 91 91 91 89 = 18.25                | - Points 650 | - Position 7 |
| J. Whittam (M40)   |              |              |
| 42 81 87 88 90 93 90 91 92 93 93 91 89 = 18.40             | 620          | 10           |
| A. Merrett (M55)   |              |              |
| 42 78 86 87 92 93 93 94 94 95 94 95 86 = 18.49             | 782          | 5            |
| R. Hayres (M45)  |              |              |
| 49 88 92 91 91 92 92 94 95 93 93 91 84 = 19.05             | 610          | 11           |
| A. Tyson   |              |              |
| 50 87 95 94 94 93 96 96 96 95 95 94 84 = 19.29             | 642          | 8            |
| P. Lennie (M50)  |              |              |
| 48 104 85 95 94 92 96 95 83 100 107 84 92 = 19.35          | 630          | 9            |
| G. Moses (M50)   |              |              |
| 50 87 95 94 94 93 96 96 96 95 95 100 92 = 19.43            | 584          | 13           |
| C. Bould (M60)   |              |              |
| 49 102 102 105 101 105 104 103 106 100 105 100 100 = 21.22 | 596          | 12           |
| B. Fergie (M40)  |              |              |
| 55 100 112 113 121 122 124 125 126 127 132 120 110 = 24.47 | 20           | 14           |

Gaylene Clews withdrew at 3000m with right knee tendonitis, but had been running well up to that time with only Ted Maslen (9:49.9) and Don Caplin (9:52.9) in front of her but closely followed by Keith Beament (9:57.9). Her lap times were -

36 78 81 80 80 80 80 80 = 9.55

Lap scorers were Dick Horsley, Maureen Hayres, Bob Sammells and Ross Holland. Dick started the race and Bruce Buchanan did the time keeping. Val Prescott resting an injured achilles was spectating.

Results of the two other events were -

| 100m          | Group | Time | Heat | Place | Points | Overall Place |
|---------------|-------|------|------|-------|--------|---------------|
| J. Whittam    | M40   | 15.9 | 1    | 1     | 120    | 5             |
| J. Collins    | M65   | 17.6 | 1    | 2     | 480    | 3             |
| B. Oliver     | M35   | 12.8 | 2    | 1     | 640    | 2             |
| R. Holland    | M40   | 13.2 | 2    | 2     | 660    | 1             |
| I. Sutherland | M35   | 14.4 | 2    | 3     | 320    | 4             |

| Discus     | Group | Distance | Wt   | Points | Place |
|------------|-------|----------|------|--------|-------|
| J. Collins | M65   | 19.96    | 1.0k | 518    | 1     |
| K. Holland | W35   | 22.68    | 1.0k | 503    | 2     |
| R. Hayres  | M45   | 17.02    | 2.0k | 196    | 5     |
| D. Carr    | M45   | 16.84    | 2.0k | 189    | 6     |
| R. Holland | M40   | 21.70    | 2.0k | 235    | 4     |
| T. Ruddy   | M40   | 18.50    | 2.0k | 123    | 7     |
| J. Whittam | M40   | 18.12    | 2.0k | 109    | 8     |
| A. Fergie  | M40   | 26.16    | 2.0k | 391    | 3     |

George Innes birthday March 3 turned 44 and remains M40

SATURDAY MARCH 3 saw the resumption at Perry Lakes of Inter-Club Track & Field recommencing with Programme 2, plus the rewalk of the State 5000m Championship. Jim did 27m22s in hot conditions - 36.3c at 3.55 p.m. Other veterans results were -

#### 3000m Steeple

|            |     |                                   |
|------------|-----|-----------------------------------|
| E. Maslen  | M40 | 49 78 81 80 84 85 87 86 = 10.30.9 |
| A. Merrett | M55 | 52 86 90 91 94 96 96 93 = 11.38.0 |
| J. Whittam | M40 | 51 87 92 94 96 97 97 97 = 11.50.9 |

200m

P. Gare M35 23.7  
K. Holland W35 25.4

Discus 2.0k

P. Gare M35 35.42  
R. Fergie M40 30.98m  
R. Calnan M35 27.02m  
J. Whittam M40 20.60m

100m

B. Oliver M35 12.7  
R. Calnan M35 13.1  
K. Holland W35 12.3 (twice)

800m

D. Caplin M35 60+64.4 = 2:04.4  
D. Carr M45 66+67 = 2:13.0  
K. Wright M40 67+66 = 2:13.0  
R. Hayres M45 69+79 = 2:28.0  
J. Whittam M40 73+86 = 2:39.0

This was an exciting race for second place with Ken Wright returning to the track after an injury absence was just edged out on the line by David Carr.

Long Jump

P. Gare M35 5.67m  
R. Calnan M35 5.37m

SUN Y MARCH 4, 1979 The Marathon Club held the LAURIE POTTER TROPHY 20 mile race with 10 mile and 5 mile subsidiary races. This year they reverted to the 1977 course with the 10 mile an out and back course instead of the outward leg of the 20 mile and this made it a harder race than last year. A total of 75 started, the eventual winner of the trophy being Tim Walsh in 1hr 57m 10s. Veterans times in the main race were -

|                                      |  |
|--------------------------------------|--|
| (4th Hank Stoffers (38) 2h03m31s)    | Best previous run on<br>this course as veteran |
| 8th Geoff Wall (M35) 2h06m35s        | -  |
| 9th Morrie Smith (M40) 2h07m22s      | -  |
| 11th Jeff Joyce (M35) 2h 13m36s      | 1h56m10s (6.3.77)                              |
| 12th Keith Beament (M35) 2h14m33s    | -  |
| 13th Brad Watson (M40) 2h15m02s      | -  |
| 16th John Butts (M40) 2h21m25s       | -  |
| 17th Martin O'Rourke (M35) 2h21m31s  | 2h16m12s (6.3.77)                              |
| 19th Bob Sammelis (M40) 2h24m27s     | -  |
| 20th Alan Tyson (M50) 2h26m29s       | 2h24m37s (5.3.78)                              |
| 21st John Davies (M40) 2h27m33s      | -  |
| 22nd Mike Berry (M45) 2h30m09s       | 2h33m39s (5.3.78)                              |
| 23rd Graham Moses (M35) 2h31m42s     | -  |
| 25th Bob Hayres (M45) 2h35m22s       | -  |
| 26th Dennis Batterham (M45) 2h39m56s | -  |

In the 10 mile run the times were -

|                              |                 |
|------------------------------|-----------------|
| 1st Don Caplin (M35) 59m23s  | -               |
| 2nd Rob Shand (M45) 61m21s   | 65m52s (7.3.76) |
| 4th David Hough (M45) 67m07s | -               |
| Geoff Price (M40) 67m24s     | 66m56s (5.3.78) |
| Terry Manford (M40) 70m24s   | -               |
| Bob Johnstone (M35) 71m57s   | 71m32s (5.3.78) |
| Phil Lennie (M50) 72m47s     | -               |
| David Carr (M45) 77m50s      | 67m00s (6.3.77) |
| George Atzemis (M35) 88m25s  | -               |
| Paul Slyth (M35) 89m24s      | -               |

In the 5 mile run Winston Hough (M35) covered the distance in 37m32s and was followed by the three women Alison Johnstone in 45m58s, June Payne in 64m05s and Nora Berry in 64m20s.

In 1978 8 veterans completed the 20 mile run, this year there were 14. Bruce Buchanan did the timekeeping. Conditions at the start were warm being 22.7c at 6.05 a.m. but by the finish of the 20 mile it had risen to 32c making the last 5 miles very tiring.

It was good to see Paul Slyth out again and to see George Atzemis out for a run on his birthday. A good run by John Davies (44) of Lot 1, Lion Street, Sawyers Valley (Tel 2951494) who joined the Club on February 11 and ran 39m44s for the Bridges run on that day.

Keith McDonald birthday March 4 turned 45 and becomes M45 but we haven't seen Keith around for quite some time now.

George Atzemis birthday March 4 turned 39 and remains M35.

Those at McCallum participated in a variety of activities under the eye of John Gilmour on duty. Jack Collins and Tom Jones were concentrating on sprint training while Alex Cummings, G. Morgan, Roy Kemp, Bob Johnstone and Jim Barnes did one lap of the Cliff Bould course with Merv Moyle and Frank Usher who continued for a second lap. Derek Crowther, Bernie Oliver and visitor Awneta Kastenholz ran the Bridges while laps of McCallum were covered by Cliff Bould, John Gilmour, Dick Horsley, Roy Kemp, Alex Cummings and Jeff Whittam and Jim Barnes. David Jones and Ross Riley (recovering from a foot injury) were also present. Field events attracted the attention of Alex Cummings and Jack Collins who had a discus competition with Alex throwing the 2k discus 25.9, 26.0, 24.5 and 24.5m and Jack's efforts with the 1k 17.2, 20.0, 19.9 and 18.5. Jack then put the shot 7.1m and went home.

Robin Johnson birthday March 7 turned 46 and remains M45

In the THURSDAY TIME TRIALS on March 8 the event of interest was "THE OLD MILE" which was obviously a popular event as 13 competitors required two heats for the event. The rostered member was not in attendance.

#### HEAT 1

#### POINTS POSITION

|                     |    |    |     |      |   |         |     |    |
|---------------------|----|----|-----|------|---|---------|-----|----|
| 1. J. Davies (M40)  | 76 | 84 | 84  | 74.5 | = | 5m18.5s | 695 | 5  |
| 2. R. Hayres (M45)  | 76 | 83 | 85  | 80   | = | 5m24.0s | 689 | 6  |
| 3. J. Whittam (M40) | 76 | 86 | 85  | 84   | = | 5m31.0s | 617 | 11 |
| 4. B. Oliver (M35)  | 83 | 89 | 86  | 96   | = | 5m54.0s | 629 | 9  |
| 5. R. Holland (M40) | 84 | 98 | 98  | 94   | = | 6m14.0s | 359 | 12 |
| 6. C. Bould (M65)   | 87 | 99 | 96  | 93   | = | 6m15.0s | 893 | 2  |
| 7. P. Fergie (M40)  | 86 | 98 | 103 | 104  | = | 6m31.0s | 257 | 13 |

#### HEAT 2

|                      |    |    |    |    |   |         |     |   |
|----------------------|----|----|----|----|---|---------|-----|---|
| 1. D. Caplin (M35)   | 65 | 72 | 73 | 69 | = | 4m39.0s | 899 | 1 |
| 2. D. Carr (M45)     | 72 | 76 | 75 | 73 | = | 4m56.0s | 857 | 3 |
| 3. R. Shand (M45)    | 73 | 74 | 75 | 77 | = | 4m59.0s | 839 | 4 |
| 4. D. Crowther (M35) | 81 | 81 | 84 | 78 | = | 5m24.0s | 629 | 9 |
| 5. R. Sammells (M40) | 82 | 84 | 85 | 76 | = | 5m27.0s | 641 | 7 |
| 6. B. Watson (M40)   | 75 | 84 | 86 | 83 | = | 5m28.0s | 635 | 8 |

These results demonstrate the benefit of the points system - Cliff Bould's time for age performance gives him second place in the overall positioning.

| POINTS | POSITION |
|--------|----------|
| 1      | 1        |
| 2      | 2        |
| 3      | 3        |
| 4      | 4        |
| 5      | 5        |
| 6      | 6        |
| 7      | 7        |
| 8      | 8        |
| 9      | 9        |
| 10     | 10       |
| 11     | 11       |
| 12     | 12       |
| 13     | 13       |
| 14     | 14       |
| 15     | 15       |
| 16     | 16       |
| 17     | 17       |
| 18     | 18       |
| 19     | 19       |
| 20     | 20       |
| 21     | 21       |
| 22     | 22       |
| 23     | 23       |
| 24     | 24       |
| 25     | 25       |
| 26     | 26       |
| 27     | 27       |
| 28     | 28       |
| 29     | 29       |
| 30     | 30       |
| 31     | 31       |
| 32     | 32       |
| 33     | 33       |
| 34     | 34       |
| 35     | 35       |
| 36     | 36       |
| 37     | 37       |
| 38     | 38       |
| 39     | 39       |
| 40     | 40       |
| 41     | 41       |
| 42     | 42       |
| 43     | 43       |
| 44     | 44       |
| 45     | 45       |
| 46     | 46       |
| 47     | 47       |
| 48     | 48       |
| 49     | 49       |
| 50     | 50       |
| 51     | 51       |
| 52     | 52       |
| 53     | 53       |
| 54     | 54       |
| 55     | 55       |
| 56     | 56       |
| 57     | 57       |
| 58     | 58       |
| 59     | 59       |
| 60     | 60       |
| 61     | 61       |
| 62     | 62       |
| 63     | 63       |
| 64     | 64       |
| 65     | 65       |
| 66     | 66       |
| 67     | 67       |
| 68     | 68       |
| 69     | 69       |
| 70     | 70       |
| 71     | 71       |
| 72     | 72       |
| 73     | 73       |
| 74     | 74       |
| 75     | 75       |
| 76     | 76       |
| 77     | 77       |
| 78     | 78       |
| 79     | 79       |
| 80     | 80       |
| 81     | 81       |
| 82     | 82       |
| 83     | 83       |
| 84     | 84       |
| 85     | 85       |
| 86     | 86       |
| 87     | 87       |
| 88     | 88       |
| 89     | 89       |
| 90     | 90       |
| 91     | 91       |
| 92     | 92       |
| 93     | 93       |
| 94     | 94       |
| 95     | 95       |
| 96     | 96       |
| 97     | 97       |
| 98     | 98       |
| 99     | 99       |
| 100    | 100      |

Points position to date after 15 events. Ross Holland still retains the lead but Don Caplin has taken over second position and David Carr has moved into third position.

With only four more events to go the tussle for the top position becomes interesting. The time trials on 22nd were cancelled as the National Championships were in progress.

[illegible]

THURSDAY TIME TRIALS on 15th March - only one of the scheduled events could be held as Jim Howard of the USA was holding a demonstration of shot put.

In the 800 m the results of the race run in two heats were:

|             | Group | Laps      | Time     | Points | Pos. |
|-------------|-------|-----------|----------|--------|------|
| D. Caplin   | M35   | 58 + 70   | = 2:08.0 | 868    | 1    |
| C. Bould    | M65   | 89 + 89.6 | = 2:58.6 | 832    | 2    |
| R. Shand    | M45   | 68 + 72   | = 2:20.0 | 820    | 3    |
| R. Hayres   | M45   | 73 + 73   | = 2:26.0 | 736    | 4    |
| D. Carr     | M45   | 58 + 92   | = 2:30.0 | 700    | 5    |
| D. Crowther | M35   | 67 + 77   | = 2:24.0 | 676    | 6    |
| J. Whittam  | M40   | 74 + 80.1 | = 2:34.1 | 592    | 7    |
| R. Holland  | M40   | 75 + 85.2 | = 2:40.2 | 520    | 8    |
| R. Fergie   | M40   | 76 + 92   | = 2:48.0 | 424    | 9    |

Points resolution for the first 15 places to date for 16 events, with four events (10 km & LJ, 5 km & discus) to go, still has Ross Holland holding onto first place.

|     |            |       |   |
|-----|------------|-------|---|
| 1.  | R. Holland | 427.4 | All other points remain as listed for 8th March, except that Derek Crowther now has 81.6 points and moves into 16th place, forcing all other competitors down one position. |
| 2.  | D. Caplin  | 365.4 |   |
| 3.  | D. Carr    | 334.8 |   |
| 4.  | J. Collins | 279.4 |   |
| 5.  | K. Holland | 273.5 |   |
| 6.  | J. Whittam | 270.6 |   |
| 7.  | C. Bould   | 233.3 |   |
| 8.  | R. Shand   | 220.2 |   |
| 9.  | D. Jones   | 212.8 |   |
| 10. | R. Hayres  | 211.9 |   |
| 11. | A. Tyson   | 211.7 |   |
| 12. | B. Watson  | 177.1 |   |
| 13. | R. Fergie  | 159.1 |   |
| 14. | B. Oliver  | 116.6 |   |
| 15. | R. Briggs  | 115.8 |   |

Bob Reynolds - birthday 10th March, turned 37 and remains M35. We have seen nothing of Bob since he joined and hope that he will participate more this coming year.

Cliff Bould - birthday 12th March, turned 63 and remains M60.

Don Weston - birthday 18th March, turned 40 and becomes a Veteran in the M40 group, however he too has not been seen with the Club for some time and should be encouraged by anyone in Ferndale area to come down and join us.

|     | TRACK       | 100        | 200  | 400  | 800    | 1500   | 5 km    | 3 km steeple |
|-----|-------------|------------|------|------|--------|--------|---------|--------------|
| W   | K. Holland  | 12.4       |      |      |        |        |         |              |
|     |             | (in relay) |      |      |        |        |         |              |
| M35 | R. Calnan   | 13.0       | 26.9 |      |        |        |         |              |
|     | E. Oliver   | 13.7       |      |      |        |        |         | ?            |
|     | P. Gare     | 12.2       | 24.4 | 52.8 |        |        |         |              |
|     | D. Caplin   |            |      |      | 2:02.9 | 4:16.0 |         |              |
|     | D. Sheppard |            |      |      |        | 4:50.0 | 18:40.0 |              |
|     | D. Crowther |            |      |      |        | 4:43.0 | 18:54.0 |              |
|     |             |            |      |      |        |        | 16:34.0 |              |
| M40 | E. Maslen   |            |      |      |        |        |         |              |
| M45 | D. Carr     | 13.0       | 25.9 | 56.9 |        | 4:35.0 |         |              |
|     | R. Shand    |            |      |      |        |        | 17:09.0 |              |
| M55 | A. Merrett  |            |      |      |        |        |         | 11:43.6      |

Don Caplin's 800 m is a new M35 record - breaking his own month old record by over one second.

Lap Times - 1500 m

|             |      |      |      |      |   |        |
|-------------|------|------|------|------|---|--------|
| D. Caplin   | 47.4 | 69.4 | 70.3 | 69.9 | = | 4:16.0 |
| D. Carr     | 53   | 75   | 75   | 72   | = | 4:35.0 |
| D. Crowther | 54   | 74   | 78   | 77   | = | 4:43.0 |
| D. Sheppard | 52   | 77   | 82   | 79   | = | 4:50.0 |

Lap Times - 5000 m

|             |    |    |    |    |    |    |    |    |    |    |    |    |    |   |       |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|---|-------|
| E. Maslen   | 36 | 76 | 78 | 79 | 79 | 79 | 80 | 80 | 81 | 81 | 81 | 83 | 81 | = | 16.34 |
| R. Shand    | 38 | 79 | 81 | 82 | 82 | 83 | 83 | 84 | 84 | 85 | 85 | 85 | 78 | = | 17.09 |
| D. Sheppard | 40 | 82 | 85 | 84 | 91 | 92 | 92 | 90 | 93 | 98 | 97 | 93 | 83 | = | 18.40 |
| D. Crowther | 39 | 86 | 87 | 87 | 89 | 91 | 92 | 93 | 95 | 96 | 97 | 96 | 86 | = | 18.54 |

In the FIELD EVENTS Calnan Long Jumped 5.16 m beating Gare who did 4.80 m and Kath Holland hurled the 1.0 kg discus 25.96 m.

New Members Day on Sunday, 18th March saw 40 members turn out to greet potential new members Frank Kelly, Howard Bradshaw, Judy and John McDonald, Hugh and Mrs. Kirkham, Dave Ashcroft, Enid Crowther, Frank Rumic, Harry Vanderbroeck and Ray Benetti and to welcome Nick and Dena Garrett and Phil Chapman who joined the club. A group jog was held on Heirisson Island and instruction in javelin by John Gilmour and in discus by Alec Cummings completed the informal day.

Birthdays for March

|                      |  |
|----------------------|--|
| <u>Rob Shand</u>     | 20th, turned 47 and remains M45.   |
| <u>Don Caplin</u>    | 22nd, turned 40 and entered Veteran ranks at a good time for the forthcoming Australian Veterans' Track & Field Championships in Sydney. |
| <u>Jim Bonner</u>    | 22nd, turned 33 and remains M30.   |
| <u>Alec Cummings</u> | 23rd, turned 48 and remains M45.   |
| <u>Phil Lennie</u>   | 24th, turned 54 and remains M50.   |
| <u>Jim Smith</u>     | 28th, turned 46 and remains M45.   |
| <u>Brian Hanks</u>   | 28th, turned 44 and remains M40.   |
| <u>Kath Holland</u>  | 31st, turned 39 and remains W35.   |

The Club's best wishes go to those Veterans travelling to Sydney for the Australian Track & Field Championships at Easter. Carr, Caplin, Goff and Shand were selected by W.A.A.A.A. to represent W.A. and Alan Tyson, who has been transferred to Queensland for three months, will be joining them in Sydney, all to participate in Championship events.

Peter Gare and Ross Calnan will also be going but to participate in Pre-Veteran Non-Championship events.

Rob Shand and David Carr will be attending the Annual Conference as W.A. delegates.

LETTER TO THE EDITOR from PLAGIARIST

One of our members is concerned that the club's books are not being read by some of the beginners. Possibly some have not got the time to do this so he has submitted these summaries.

Why we run - To get more out of life. The quality of life is determined by the state of our health.

We have - (a) Basic needs: Respect, self esteem and worth

(b) Psychic needs: (i) To be alone to look around us and to clear our thoughts

(ii) To be with like thinking people

(iii) The need to wrestle with ones self (speed runs and races)

What to expect - After 6 months of a conditioning programme (endurance training) as done at the University of California.

2% reduction in weight

8% reduction in body fat

Blood pressure decrease 10% - 13%

Resting pulse rate drop 12% (average)

Oxygen intake increase 10% (average)

Although the weight loss is not great 2 to 3 inches can be removed from the waistline and as muscle is more dense than fat one looks trimmer. Also there is a corresponding feeling of well being, less tension, clearer thinking, improved libido and correction of minor health problems. Although no guarantees are given on longevity it has definitely been stated that "more life can be put in your years".

Precautions - Let your doctor know that you intend to start running and ask for an E.C.G. to be arranged. American Magazines advise an exercise E.C.G.

Wear light colours in hot weather to reflect heat. Avoid dehydration by taking plenty of fluids. Staminade, tomato juice and water melon have basic electrolytic salts. Don't eat meat for your pre event meal or the day before a distance race. No added vitamins are needed if a mixed, balanced diet is kept to. Don't kill the vitamin in food with added salt, if it is required put a pinch in a glass of water. Try to cut down on sugar. Keep food intake below 3000 calories per day with occasional days of 1600 calories per day. Wear shoes with strong heel counters and don't let them wear down. In endurance running, conversation must be possible or speed is too fast.

With heart beats slowing from about 72 to 50 per minute (resting) dizziness can occur when changing posture after sitting. Remedy: Strengthen stomach muscles with sit ups. Do stretching exercises before warm up (Newsletter 68) and do them gently - don't strain or do explosive type stretching.

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We thank Buchanan's Battery for typing this Newsletter and Marion Shand for "Additions".  
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Programme APRIL, MAY & JUNE is now out so if you have not obtained your copy, make arrangements to get one from the Secretary.

Bathalon  
Lodge  
Butler

Bowen  
Watson

23/9/77

WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

Newsletter No. 79

20th April 1979

Fanaticism consists in redoubling your effort  
when you have forgotten your aim.

George Santayana

Treasurer's Notes

Your 1979 Club subs of \$6.50 are now due, plus the \$2.00 travelling fund subsidy (motion passed at the A.G.M.)

1979 W.A.A.A.A. registrations are now due, and forms and numbers are available from the Secretary. The WAAAA advise that athletes WILL NOT be permitted to compete in Association events unless properly registered for the new season.

NOTE Registration is not required for Veterans (V) or Marathon Club (MC) organised events.

We welcome James Barnes (M35) of 5 Trenlett Street, Thornlie (4592617) who joined us on 8.3.79.

The time trials at Perry Lakes, scheduled for Thursday, 22nd March, were cancelled as the Australian National Track and Field Championship were in progress at the time. The scheduled events were transferred to Thursday, 5th April 1979.

We welcome Bill Chapman (M55) of 80 Gardner Street, Belmont (2777518) and Frank Kelly (M35) of 14 Mordella Street, Coolbinia (4445618); both joined us on 18.3.79.

Saturday, 24th March saw the start of the Veterans Marathon Training Programme with a group run organised by Brad Watson and Eric Pearton. Thirteen veterans started off from McCallum at 6 a.m. to run 37km (22½ miles) down Stirling Highway, across the Fremantle Bridge and up Canning Highway back to McCallum. With Jill Pearton following by car and carrying the runners' supplies of drinks, the pack was kept as tight as you could get it with not a metre between the runners until the last few miles, when several runners were anxious to get home and the pack broke up slightly with the first group reaching McCallum in 3 hours 5 minutes, averaging 5 minutes per km (8m 13.3s per mile) and the remainder about 5 minutes later. Many of the runners had not run this far before and as it was not a race but an L.S.D. training pack run, they were able to help each other along. The group which completed the course consisted of Geoff Whittam, Mike Berry, Brad Watson, Eric Pearton, Graham Moses, Ralph Godkin, Bob Johnstone, Derek Crowther and Bob Hayres. Frank Usher pulled out at 19k with a recurrence of his old calf muscle injury, Jim Martin pulled out in Nedlands to return home for a golf appointment, Ian Sutherland met the pack at Cottesloe and accompanied them to McCallum and Jim Barnes was picked up at 27k and after a spell ran the last 4k with Ralph Godkin.

No doubt this will become more popular as the weather gets cooler and Marathon Madness begins to exert its grip. A 6 a.m. start is scheduled for Sunday, 29th April.

Sunday, 25th March an "own training" day at McCallum which resulted in a mixture of Laps, Bridges and Heirisson Island runs for Alec Cummings, Dave Sheppard, Bob Sammells, Jerry Noordyk, Frank Kelly, Bill Chapman, Garnett Morgan, Derek and Enid Crowther, Noel Thomas, Ray Lawrence, Len Keynes, Bruce Buchanan, Cliff Bould, Phil and Bev Wall, Jack Collins and John Gilmour. Recovering from Saturday's run, Bob Hayres, Geoff Whittam, Mike Berry and Jim Barnes did some light training.

We welcome Raymond Benetti (M40) of 5 Auckland Way, Cottesloe (3841093).



2.

Thursday, 29th March and back into the competitive running in the Time Trials at Perry Lakes. With the nights closing in noticeably early now, the 10,000m was started just after 6 p.m. and even so the last runner had to complete his race in the dark. Visitors Hugh Kirkham and Kevin Barry (both PV) led the way from the start with Geoff Wall close on their heels. The race was won by Hugh in the good time of 34m09s. 16 started the race, Don Caplin (now M40) pulling out after 8 laps (no time available), Frank Kelly (M35) after 9 laps in 14m57s and Kevin Cameron after 13 laps in 24m16s. The other results were:

|     |             | Group    | Time    | Points | Position |
|-----|-------------|----------|---------|--------|----------|
| 1.  | H. Kirkham  | INV(M35) | 34m 09s | -      | -        |
| 2.  | G. Wall     | M35      | 34m 42s | 778    | 3        |
| 3.  | K. Barry    | INV(M35) | 34m 56s | -      | -        |
| 4.  | R. Shand    | M45      | 35m 42s | 838    | 1        |
| 5.  | D. Hough    | M45      | 37m 17s | 743    | 4        |
| 6.  | D. Carr     | M45      | 38m 14s | 686    | 5        |
| 7.  | C. Spare    | M35      | 38m 25s | 555    | 7        |
| 8.  | D. Crowther | M35      | 38m 28s | 552    | 8        |
| 9.  | J. Whittam  | M40      | 38m 45s | 595    | 6        |
| 10. | J. Davies   | M40      | 39m 57s | 523    | 9        |
| 11. | C. Bould    | M60      | 44m 11s | 809    | 2        |
| 12. | R. Holland  | M40      | 48m 39s | 20     | 10       |
| 13. | R. Lawrence | M50      | 50m 32s | 20     | 10       |

The Long Jump was a non-event and will not be counted in the Time Trials points score. Timing and lap scoring was carried out by Phil Wall, Stan Lockwood, Jack Collins, Wal McCabe and Bob Hayres with lap times clearly called out by Bill Jones of the Marathon Club. Peter Gare and Ross Calnan were out training with the latter doing some long jump practice while Kath Holland and Val Prescott did some sprint training.

Sunday, 1st April The start of a new Club year and the Annual General Meeting held at McCallum is reported separately in a supplement, however members are advised that there have been complaints brought up at the AGM regarding children and dogs at club runs. Members who bring young children to club runs are requested to ensure that they are properly looked after while one or both parents are participating. Family outings are to be encouraged, but do not expect non-participants to look after your offspring.

As far as dogs are concerned, it is generally felt that if possible they should not be brought to club runs. Run with your dog on your own training runs, but if they have to be brought to McCallum or other venues, please ensure that they are securely tied up so that they do not interfere with running, conversation or discussions.

After the business side of the morning was over, and the 46 members were reminded by Bob Sammells that their annual subscription of \$6.50 was now due, some took off Round the Bridges and 12 formed themselves into 6 teams to battle out a Parlauf relay, each team to cover 4 laps of McCallum. The results were:

|    |              |                              |                    |
|----|--------------|------------------------------|--------------------|
| 1. | W. Carter    | 3:33 + 3:22 and M. Moyle     | 3:55 + 4:11=15m01s |
| 2. | C. Bould     | 4:12 + 4:15 and D. Carr      | 3:12 + 3:29=15m08s |
| 3. | D. Hoyer     | 3:24 + 3:23 and G. Morgan    | 4:00 + 4:38=15m25s |
| 4. | F. Kelly     | 3:51 + 4:13 and M. Berry     | 3:50 + 3:49=15m43s |
| 5. | B. Johnstone | 3:48 + 4:03 and D. Batterham | 4:03 + 4:10=16m04s |
| 6. | T. Carr      | 3:49 + 4:15 and R. Briggs    | 5:24 + 5:42=19m10s |

We welcome Nora Berry (W45) of 47 Normanby Street, Inglewood (2719268) as our eleventh woman member.

Thursday, 5th April - Time Trials Final programme at Perry Lakes to replace the events cancelled on 22nd March, with the 5000m and Discus, though with the earlier sunsets at this time of the year it was not possible to hold the latter event.

The results of the 5000m were:

| Race Pos. | Name        | Group | Lap Times |      |      |      |      |      |      |      |          |      | Final Time | Points | Position |         |     |        |     |   |
|-----------|-------------|-------|-----------|------|------|------|------|------|------|------|----------|------|------------|--------|----------|---------|-----|--------|-----|---|
| 1         | H. Kirkham  | INV   | 36.       | 79.  | 77.  | 75.  | 78.  | 80.  | 80.  | 80.  | 83.      | 84.  | 83.        | 79.    | 83       | 16m 37s | ... | -      |     |   |
| 2         | D. Caplin   | M40   | 37.       | 80.  | 81.  | 82.  | 81.  | 83.  | 80.  | 81.  | 83.      | 82.  | 82.        | 82.    | 76       | 16m 50s | 840 | 2      |     |   |
| 3         | R. Shand    | M45   | 38.       | 79.  | 81.  | 82.  | 81.  | 83.  | 81.  | 80.  | 83.      | 83.  | 84.        | 84.    | 78       | 16m 57s | 886 | 1      |     |   |
| 4         | J. Davies   | M40   | 41.       | 80.  | 84.  | 85.  | 84.  | 87.  | 86.  | 87.  | 86.      | 85.  | 85.        | 87.    | 75       | 17m 32s | 756 | 4      |     |   |
| 5         | D. Carr     | M45   | 37.       | 84.  | 84.  | 85.  | 84.  | 87.  | 86.  | 87.  | 86.      | 86.  | 90.        | 89.    | 87       | 17m 52s | 776 | 3      |     |   |
| 6         | R. Sammells | M40   | 38.       | 91.  | 88.  | 86.  | 86.  | 86.  | 86.  | 86.  | 87.      | 88.  | 88.        | 87.    | 85       | 18m 02s | 694 | 5      |     |   |
| 7         | J. Rowland  | M40   | 38.       | 99.  | 89.  | 86.  | 91.  | 92.  | 86.  | 86.  | 98.      | 98.  | 98.        | 84.    | 87       | 18m 52s | 596 | 7      |     |   |
| 8         | R. Hayres   | M45   | 41.       | 88.  | 90.  | 91.  | 93.  | 92.  | 93.  | 95.  | 95.      | 95.  | 95.        | 95.    | 81       | 19m 04s | 632 | 6      |     |   |
| 9         | B. Robinson | INV   | 41.       | 88.  | 90.  | 91.  | 93.  | 92.  | 93.  | 95.  | 95.      | 95.  | 95.        | 95.    | 89       | 19m 12s | ... | -      |     |   |
| 10        | C. Boul     | M60   | 46.       | 104. | 106. | 110. | 110. | 110. | 109. | 110. | 109.     | 106. | 107.       | 103.   | 101      | 22m 11s | 498 | 8      |     |   |
| 11        | S. Lockwood | M45   | 51.       | 108. | 114. | 102. | 108. | 106. | 110. | 111. | 109.     | 111. | 110.       | 113.   | 109      | 22m 42s | 196 | 9      |     |   |
| 12        | A. Fergie   | M40   | 50.       | 108. | 116. | 115. | 117. | 119. | 120. | 117. | 121.     | 122. | 128.       | 122.   | 119      | 24m 34s | 20  | 10     |     |   |
|           | P. Gare     | M35   | 36.       | 66.  |      |      |      |      |      |      |          |      |            |        |          |         | ... | -      |     |   |
|           | D. Crowther | M35   | 38.       | 79.  | 81.  | 82.  | 88.  | 90.  | 87.  | 91.  | withdrew |      |            |        |          |         |     | 10m36s | ... | - |
|           |             |       |           |      |      |      |      |      |      |      | withdrew |      |            |        |          |         |     |        | ... | - |

Our thanks to timekeeper Collins and Lap Scorers Ross Holland, and Jeff Whittam for these results. Points after 18 events for the first 15 places show the first three places closing up, but with Ross Holland now holding off a challenge by David Carr:

|               |       |               |       |
|---------------|-------|---------------|-------|
| 1. R. Holland | 381.0 | 8. K. Holland | 227.9 |
| 2. D. Carr    | 378.8 | 9. R. Hayres  | 223.4 |
| 3. D. Caplin  | 371.5 | 10. D. Jones  | 177.4 |
| 4. R. Shand   | 291.6 | 11. A. Tyson  | 176.4 |
| 5. C. Boul    | 280.0 | 12. B. Watson | 147.6 |
| 6. J. Whittam | 273.6 | 13. R. Fergie | 142.6 |
| 7. J. Collins | 232.8 | 14. J. Davies | 109.7 |
|               |       | 15. B. Oliver | 97.2  |

Sunday, 8th April dawned cool and overcast with a light easterly breeze to help us on our way from Council House to City Beach in the Annual City to Surf Fun Run. A reported 3000 turned out for the start and it is possible that this figure is correct as 2440 were listed as finishing. Bruce Buchanan and Jack Collins were at the start with watches poised, and raced to the finish to position themselves in the stand at the finishing line, and just as well too, as some of the timing left much to be desired. The results of the 64 known veterans are listed overleaf with positions where it was possible to get them; our timekeepers times, the times written on the certificates, and last year's times (where known) for comparison. We accept the fact that some names may be missing, and would be obliged if those persons could let us have their results for our records. The race was won this year by John Hambleton in a record time of 37m32s and veterans results were as follows. See note at bottom of p4 ref. Positions Column.

| Name              | Group | Position<br>Vet Listed                            | Veterans<br>Time | Certificate<br>Time | Last<br>Year         |
|-------------------|-------|---|------------------|---------------------|----------------------|
| K. Beament        | M35   | 16 22   | 41.57            | 42.30               | 45.38                |
| G. Wall           | M35   | 22 16   | 42.24            | 42.25               | 41.57                |
| D. Hoye           | M40   | 32 31   | 43.32            | 43.30               |                      |
| J. Joyce          | M35   | 34 35   | 43.42            | 43.48               |                      |
| A. O'Hare         | M35   | 36 36   | 43.53            | 43.54               | 49.30                |
| M. Smith          | M40   | 37 46   | 44.00            | 44.38               |                      |
| E. Maslen         | M40   | 39 40   | 44.07            | 44.10               | 50.00                |
| R. Shand          | M45   | 40 38   | 44.08            | 44.08               | 44.47                |
| B. Watson         | M40   | 67 79   | 45.51            | 46.34               | 52.43                |
| J. Butts          | M40   | 68 66   | 45.55            | 45.56               | 46.02                |
| D. Sheppard       | M35   | 69 67   | 45.58            | 46.47               | 46.39                |
| D. Hough          | M45   | 71 84   | 46.05            | 46.41               | 44.36                |
| R. Sammells       | M40   | 73 72   | 46.13            | 46.14               | 49.09                |
| M. O'Rourke       | M35   | - 86  | -                | 46.47               | 45.05                |
| A. Merrett        | M55   | 91 101  | 47.04            | 47.24               | 49.32                |
| D. Crowther*      | M35   | 113 147   | 47.53            | 48.40               |                      |
| C. Spare*         | M35   | 123 149   | 48.16            | 48.41               |                      |
| E. Pearton*       | M45   | 129 150   | 48.41            | 48.41               | 51.12                |
| M. Berry*         | M45   | 131 157   | 48.48            | 48.58               | 49.47                |
| J. Whittam        | M40   | 141 189   | 48.57            | 49.37               | no time<br>available |
| R. Hayres         | M45   | 148 171   | 49.12            | 49.07               | 59.51                |
| D. Weston         | M40   | - 191   | -                | 49.39               |                      |
| G. Price          | M40   | 167 180   | 49.49            | 49.23               | 47.39                |
| G. Moses          | M35   | 196 274   | 50.16            | 51.02               |                      |
| W. McGuigan       | M35   | - 245   | -                | 50.37               | 52.18                |
| J. Martin         | M50   | 236 265   | 50.48            | 50.50               |                      |
| R. Johnstone      | M35   | 287 306   | 51.28            | 51.29               | 50.49                |
| I. Sutherland     | M35   | 301 313   | 51.47            | 51.38               |                      |
| T. Manford        | M40   | - 327   | -                | 51.53               |                      |
| G. Atzemis        | M35   | 319 339   | 52.02            | 52.54               | 59.50                |
| P. Gallagher      | M35   | 322 418   | 52.06            | 53.25               |                      |
| E. Murphy         | M40   | - 410   | -                | 53.19               | 54.57                |
| W. McCabe         | M45   | - 735   | 52.22            | 57.05               | 50.15                |
| W. Hughes         | M50   | - 434   | 53.05            | 53.48               | 52.25                |
| R. Godkin         | M55   | - 566   | 53.21            | 55.51               | 57.00                |
| C. Bould          | M60   | - 533   | 53.27            | 55.23               | 56.42                |
| P. Lennie         | M50   | - 394   | 53.28            | 53.10               |                      |
| V. Kailis         | M35   | - 562   | -                | 55.50               |                      |
| R. Roberts        | M55   | - 726   | -                | 57.00               |                      |
| M. Moyle          | M50   | - -   | 57.16            | 58.13               | 55.29                |
| R. Kemp           | M35   | - 756   | 57.17            | 57.17               |                      |
| G. Noordyk        | M55   | - 859   | 58.27            | 58.30               |                      |
| S. Lockwood       | M45   | - 908   | 58.35            | 59.08               | 60.55                |
| D. Horgan         | M35   | - 910   | -                | 59.10               |                      |
| Bev Wall          | W35   | - 1004  | 59.39            | 60.00               |                      |
| G. Westlake       | M45   | - 1185  | -                | 62.00               |                      |
| P. Morrissey      | M50   | - -   | 60.34            | 60.00               | 53.57                |
| J. Bonner         | M35   | - 1094  | -                | 61.00               |                      |
| G. Morgan         | M50   | - 1131  | 61.33            | 61.30               |                      |
| G. Horford        | M45   | - 1144  | -                | 61.46               |                      |
| Gloria Sutherland | W30   | - 1233  | 61.59            | -                   |                      |
| R. Lawrence       | M50   | - 1281  | 62.06            | 63.30               |                      |
| B. Worner         | M45   | - 1494  | -                | 69.00               |                      |
| Jill Pearton      | W30   | - 1713  | 68.42            | 74.30               |                      |
| Alison Johnstone  | W3    | - 1489  | 68.49            | 68.49               |                      |
| B. Old            | M40   | - 1515  | 69.34            | 69.30               |                      |
| J. D'Arcey        | M55   | - 1884  | 78.30            | 69.50               | 73.10                |
| B. Chapman        | M50   | - 2024  | 81.23            | 83.00               |                      |
| Nora Berry        | W45   | - 2222  | -                | 94.53               |                      |
| June Payne        | W40   | - 2271  | -                | 96.19               |                      |
| Frank Usher       | M55   | withdrew with a repeat of his calf muscle problem |                  |                     | 56.02                |

The following results were too late for recording in above list.

|            |     |       |   |       |
|------------|-----|-------|---|-------|
| J. Davies  | M40 | - 136 | - | 48.24 |
| W. Chesney | M35 | - 635 | - | 56.24 |
| W. Hough   | M35 | - 727 | - | 57.01 |
| D. Whitten | M40 | 1093  | - | 61.00 |

The numbers shown in the Positions Column are firstly those taken by our recorders and secondly those listed in the press on Tues 17th April.

\* our time keepers advise that they have some doubt about the times and places being accurate

Others who have run with the club socially on previous occasions are:

|             |     |    |    |       |       |
|-------------|-----|----|----|-------|-------|
| H. Kirkham  | M35 | 38 | 45 | 44.02 | 44.38 |
| H. Stoffers |     | 46 | 49 | 44.54 | 45.00 |

Dave Carr, Don Caplin and Maurice Johnson encouraged the veterans along the route, the two former not competing as it was too close to the Australian Veteran Championships in Sydney, and the latter still being injured.

Art Briffa and John Gilmour were seen going downhill in Malcolm Street as the runners were struggling uphill, both obviously on the mend from recent injuries.

Bernie Oliver (M35) ran 76th in 46m22s. A great run by Keith Beament and by Maurice Smith, not to mention Cliff's good time too. Good to see that some whom we have not seen for some time are still running, and hope that they will come down and join us soon - they are obviously fit enough.

Maurice Johnson birthday 9th April turned 42 and remains M40  
Tom Jones birthday 11th April turned 86 and remains M70+

Other April birthdays are:

|                          |  |
|--------------------------|--|
| <u>David Jones</u>       | 12th April turned 53 and remains M50       |
| <u>Bob Johnstone</u>     | 12th April turned 37 and remains M35       |
| <u>Jeff Joyce</u>        | 13th April turned 39 and remains M35       |
| <u>Graham Moses</u>      | 14th April turned 40 & alters from M35-M40 |
| <u>Glen Boorn</u>        | 17th April turned 44 and remains M40       |
| <u>David Hough</u>       | 18th April turned 47 and remains M45       |
| <u>Gloria Sutherland</u> | 18th April turned 34 and remains W30       |
| <u>Charles Spare</u>     | 19th April turned 40 & alters from M35-M40 |
| <u>Bill Chapman</u>      | 19th April turned 55 & alters from M50-M55 |
| <u>John Davies</u>       | 21st April turned 44 and remains M40       |
| <u>Maurice Smith</u>     | 26th April turned 45 & alters from M40-M45 |

Life Membership nominations in writing as soon as possible please, and by 29th April at latest. Names of those eligible are on the notice board.

#### WINE BOTTLING DAY - SUNDAY, 13th MAY 1979

|                    |  |
|--------------------|--|
| <u>Venue</u>       | Maurice Johnson's Residence: 14 CALADENIA WAY, WALLISTON (Tel: 291.6719)<br>To get there, go to junction of Canning Road and Lesmurdie Road (UBD Map 32, grid B3), turn east along Lesmurdie Road, and Caladenia Way is about 800 m on your right. |
| <u>Run</u>         | 8 km run, starting at 9 a.m. before bottling.  |
| <u>Bottling</u>    | Will be a 44 gallon drum of "Rose" and a 44 gallon drum of "white", probably W.A. vintage, giving about 270 bottles of each, which will take about 2 hours to bottle with everyone participating.  |
| <u>Cost/bottle</u> | \$1.50   |
| <u>Lunch</u>       | B.Y.O. meat, etc. for B.B.Q. Ladies to supply salad (cost will be reimbursed by Club). Wine will be supplied for lunch. B.Y.O. beer, ginger wine, etc.   |
| <u>Organisers</u>  | Maurice Johnson (run and venue) Kevin Basley and Bob Hayres (bottling).  |
| <u>Support</u>     | Our basic outlay for this function will be high, so we want all the support possible from Club members to cover costs and to make the day a success.   |

6.

Marathon Group Run, Sunday, 29th April Starting McCallum 6 a.m. sharp. 37km McCallum - Stirling Highway - Stirling Bridge - Canning Highway - Canning Bridge and back to McCallum. Then up to Kings Park for breakfast B.B.Q. with those in the King's Park Run.

Support vehicle will be there with drinks, and to pick up anyone retiring or resting.

Some Notes from Newsletter No. 78

1. Noel Goff's 5.5k hammer throw of 26.08m on 27.1.79 at the S.W. Championships broke the old M55 record of 24.17m and his Long Jump of 5.15m on 10.3.79 is also a new M55 record, beating his own record of 5.13m created on 19.3.79.
2. Some "bugs" seem to have crept into pages 7 and 8 of the newsletter as follows:
  - a. p.8 Graham Moses should be M35 and not M50 for the 5k time trial on 1.3.79, and his points score is consequently reduced from 584 to 464.
  - b. p.7. Some of the walk times and/or distances seem to be a bit "hairly" so perhaps one of our walkers could sort these out for our records.

To finish with we have another in the "KNOW YOUR MEMBERS" by Waffle. This time it is

JACK COLLINS

Born Camberwell, S.E. London on 24.12.1911 which makes him a 1.7m high, 72 k, 67 year old veteran.

Married Ethyl for 43 years on 12.3.79

Suburb Floreat Park.

Jack was employed by McMillan Publishers and was resident in Bombay for many years. In 1962, about 4 years before retirement, he decided to look for somewhere to settle down. Perth was on the itinerary of a trip he made, and the day he visited it must have been a nice one as he decided this was the place for him. He returned to Bombay where his head office wanted someone to sort out a few problems in their Melbourne office, so Jack was given the job on the understanding that he would be retiring as planned, if Melbourne did not meet with his approval.

After Perth, Melbourne was a bit of a "let down", but he saw out his last 3 years and retired to the West in 1967. While in Melbourne, Jack joined St. Stephen's Harriers to keep fit, and there he met Cliff Bould who was also a member at that time. It was with the harriers that Jack became serious about his running, as prior to this his interest in keeping fit related to hockey and badminton.

In Perth he joined Healthways Studio and ran on his own about 3 nights a week, but he was enticed down to McCallum Park by a T.V. discussion and advertisement in the press, where he was involved in the club's first official get together 5 years ago. Jack has not missed a Sunday at McCallum since then, except for a visit back to U.K. in 1978 (after which he said he would still rather live in Perth).

Injuries have kept Jack out of running for nearly 2 years and he took up swimming and bike riding to keep cardiovascular fitness. We now see signs of a comeback and hope that 1979 will see him back on the run. His main goal is to be able to compete and, but for his injuries, would have been at the Toronto World Veteran Championships as he had qualified in his age group 100m.

When running, his main benefit is the feeling of exhilaration at the end of a run, which is something he never felt in his earlier sporting days, or with recent swimming or bike riding. Jack's best performance was the Half Marathon at Herne Hill a few years ago. Until then, the furthest he had run was 6 miles.

Training consists of 3 to 4 miles on road at 8 min mile pace most days. A warning Jack gives is that he switched suddenly from road to grass, and feels this could have been the cause of his particular injuries.

Diet Small appetite, but eats anything.

Drink Likes Australian wine and a whiskey, both in moderation.

Advice to new members

Take it very easily at the beginning and gradually increase the distance and let the speed look after itself. DO NOT neglect injuries, and be certain to consult the right man if you have one.

#### 1979 AUSTRALIAN VETERANS CHAMPIONSHIPS - SYDNEY

Saturday 14th and Sunday 15th April (Track & Field) and Monday 16th April (Cross Country)

The Track & Field Championships were conducted at Sylvania Waters, the home of the Sutherland Athletic Club on a track on a two year old Reselite surface (similar to the old Perry Lakes). The grandstand and amenities were completed in September, 1978.

The Port Hacking Rugby Union Club is adjacent to the track and the grass field was used for warming up and the actual club used for refreshments, lunches, etc.

There were 350 competitors entered in the competition.

Saturday was sunny with a top temperature of about 22°C and a light wind blowing - opposite to Perry Lakes i.e. towards the runners down the back straight.

Competition started at noon and W.A. results in order of events were:

#### SATURDAY

|     |       |        |                          |     |               |
|-----|-------|--------|--------------------------|-----|---------------|
| M45 | 100m  | Heat 3 | D. Carr                  | 2nd | 12.8s         |
| M55 | 100m  | Heat 1 | N. Goff                  | 3rd | 13.2s         |
| M55 | Shot  | Final  | N. Goff                  | 1st | 8.86m         |
| M45 | 1500m | Final  | R. Shand                 | 5th | 4m31.2s       |
|     |       |        | (winner T. Roberts Vic   |     | 4m20.1s)      |
| M40 | 1500m | Final  | D. Caplin                | 2nd | 4m17.3s       |
|     |       |        | (winner J. Bowers NSW    |     | 4m11.9s)      |
| W40 | 100m  | Final  | D. Goodwin               | 2nd | 13.8s         |
|     |       |        | (winner M. Dunbar Vic    |     | 13.0s)        |
| M45 | 100m  | Final  | D. Carr                  | 7th | 12.4s         |
|     |       |        | (winner J. Liascos SA    |     | 11.7s)        |
| M45 | 400m  | Final  | D. Carr                  | 2nd | 56.4s         |
|     |       |        | (winner T. Roberts Vic   |     | 55.4s)        |
| M50 | 5000m | Final  | A. Tyson                 | 6th | 18m15.0s      |
|     |       |        | (winner D. Power NSW     |     | 16m20.6s)     |
| M45 | 5000m | Final  | R. Shand                 | 8th | 17m15.0s      |
|     |       |        | (winner R. Morgan Morris |     | Vic 15m54.4s) |

#### M35 NON CHAMPIONSHIP EVENTS

|           |        |                       |     |        |
|-----------|--------|-----------------------|-----|--------|
| 100m      | Heat 1 | P. Gare               | 1st | 11.8s  |
|           |        | R. Calnan             | 5th | 12.8s  |
| Long Jump | Final  | R. Calnan             | 5th | 5.19m  |
|           |        | (winner R. Greene NSW |     | 5.95m) |
| 100m      | Final  | P. Gare               | 3rd | 11.4s  |
|           |        | (winner H. Giles QLD  |     | 11.2s) |
| 400m      | Heat 1 | P. Gare               | 2nd | 55.7s  |
| 400m      | Final  | P. Gare               | 3rd | 52.6s  |
|           |        | (winner H. Giles QLD  |     | 51.4s) |

8.

SUNDAY was sunny with a top temperature of about 24°C and stronger wind than the previous day. Competition started at 11.30 a.m. and W.A. results in order of events were:

|     |                         |        |                          |     |           |
|-----|-------------------------|--------|--------------------------|-----|-----------|
| M45 | 200m                    | Heat 2 | D. Carr                  | 4th | 25.7s     |
| M40 | 800m                    | Final  | D. Caplin                | 2nd | 2m04.1s   |
|     |                         |        | (winner G. Coburn NSW    |     | 2m03.5s)  |
| M45 | 800m                    | Final  | D. Carr                  | 4th | 2m08.0s   |
|     |                         |        | (winner T. Roberts Vic   |     | 2m03.7s)  |
| M50 | 1500m Steeple           | Final  | A. Tyson                 | 2nd | 5m46.1s   |
|     |                         |        | (winner G. Inwood SA     |     | 5m24.5s)  |
| M45 | 200m                    | Final  | D. Carr                  | 6th | 27.8s     |
|     |                         |        | (winner P. Pearson QLD   |     | 23.7s)    |
| M45 | 10,000m                 | Final  | R. Shand                 | 4th | 36m08.0s  |
|     |                         |        | (winner R. Morgan Morris |     |           |
|     |                         |        |                          | Vic | 34m16.8s) |
|     |                         |        | D. Carr                  | 9th | 43m06.0s) |
| M50 | 10,000m                 | Final  | A. Tyson                 | 4th | 38m50s    |
|     |                         |        | (winner P. Piper NSW     |     | 34m41s)   |
| M35 | NON CHAMPIONSHIP EVENTS |        |                          |     |           |
|     | 200m                    | Heat 1 | R. Calnan                | 3rd | 26.1s     |
|     |                         | Heat 2 | P. Gare                  | 2nd | 23.8s     |
|     | 200m                    | Final  | P. Gare                  | 4th | 23.6s     |
|     |                         |        | (winner H. Giles QLD     |     | 22.7s)    |
|     | Discus                  | Final  | P. Gare                  | Brd | 31.00m    |
|     |                         |        | (winner K. Readwin Vic   |     | 33.14m)   |

MONDAY The Cross Country was conducted at Captain Cook Landing Place Park, Kurnell on the southern side of Botany Bay. The course consisted of two laps of 5 km over wooded undulating hills, narrow (one man wide) bush tracks, some sealed road (about 300 m), sand trails, tussock grass, swamp (ankle deep which would have been much deeper had it rained), forest tracks, hills and a creek to jump, finishing down a steep hill with 200 m of grass to sprint over.

A massed start of 120 runners from all groups shattered the peace of the countryside at 10 a.m. and scattered would be picnickers in the way of the galloping horde, but the field soon thinned out and 34m58s later John Bowers of NSW pushed his mud splattered body across the finishing line. The 108th and last finisher completed the distance in 75m20s. Group results were:

|     |                   |        |            |                |
|-----|-------------------|--------|------------|----------------|
| M35 | Graham Ryan       | 35m47s |            |                |
| M40 | John Bowes        | 34m53s | Don Caplin | 5th in 37m56s  |
| M45 | Rob Morgan-Morris | 36m05s | Rob Shand  | 7th in 39m53s  |
|     |                   |        | David Carr | 13th in 42m44s |
|     |                   |        | Alan Tyson | 7th in 44m35s  |
| M50 | Dave Power        | 37m47s |            |                |
| M55 | George McGrath    | 43m07s |            |                |
| M60 | Ted McDonald      | 45m13s |            |                |
| M65 | A. Tovey          | 44m43s |            |                |

George Cavill (M55), who ran with us before being transferred to NSW came 3rd in the M55 Cross Country in 44m55s and in the Track and Field ran 5th in the 1500m in 5m08.5s, won the 5km walk in 27m34s, won the 3km walk in 16m16s and won the 1500m steeple in 6m16.3s. For the benefit of those members who did not know George, his donation to the Club when he left enabled us to purchase the javelin.

Harry Batterham, father of "our Dennis" came second in the M65 Cross Country, second in the 10km in 42m36s and fourth in the 5km in 21m28s, times which would give some of our younger members a bit of a nudge.

ANNUAL GENERAL MEETING

9.15 am Sunday 1st April, 1979, at McCallum Oval

APOLOGIES

Dick Horsley (UK), Alan Tyson (Queensland), Brian Paxman (A.C.T.), George Innes (Exmouth), Ken Wright, David Jones, Phil Wall, Jeff Whittam, Alex Cummings, Bill Hughes, Kevin Basley.

PRESENT

Total 46 members.

Anderson, Buchanan, Berry, Bould, Bonner, Batterham, Briggs, Collins, Carter, Carr, Caplin, Crowther, Chapman, Fergie, Goff, Gilmour, Goodwin, Hayres, Hough, W., Hough, D., Hoyer, Johnstone, H., Johnstone, B., Kelly, Keynes, Kemp, Lockwood, Lennie, Morrissey, Morgan, Martin, R., Moses, Moyle, Noordyk, Oliver, Pearton, J., Pearton, E., Prescott, Smith, M., Shand, Sammells, Sutherland, G., Sutherland, I., Usher, Watson + A.N. Other.

NEW MEMBERS

Nil.

MINUTES OF ANNUAL GENERAL MEETING HELD ON 2.4.78.

Were reported in a Supplement to Newsletter No. 63.

Matters arising from these Minutes were raised by Frank Usher requesting confirmation that the Committee carried out all the items which it intended to do.

Reference was made to General Business items as follows:-

- a) Gift to typists for services rendered - Boxes of chocolates were given to the typists involved.
- c) Fostering of women members - The Club now had 10 women members forming a nucleus.
- e) Advertising of the Club - This had been carried out from time to time but the most successful method was by word of mouth. Bob Johnstone suggested we forward articles to "Health, Sport and Life", and Mike Berry suggested that "Fun Runner" also receive an article to widen the awareness of the Club's existence.

(Acceptance of the Minutes was moved by Dennis Batterham and seconded by Stan Lockwood).

PRESIDENT'S REPORT

Twelve months have gone by and we have seen yet another year of development for the W.A. Veterans' Athletic Club.

Membership increased and Terry Ruddy had the distinction of being our 100th Member. All runners and field men continue to perform well and it was a very difficult task to select the winner of "The Reg Briggs Trophy" for the most improved veteran of the year. We extend our thanks to Reg Briggs for the donation of this handsome trophy. There have been many great performances during the year and your Club Newsletter keeps you well informed of all events and results. Back issues of all issues of the Newsletter are available from the Club Library should you wish to catch up on some past events. It is this type of information being readily available that gives members an insight into the growth of our Club over the last few years and our thanks go to our writing secretary Rob Shand, who puts in many hours gathering information and presenting it to us in a professional manner. His efforts throughout the year have been tremendous.



-2-

The roster system for members to organise and run various Club events worked well and it was good to see members get involved with as little fuss as possible. Our lady members showed a keen interest during the year and we would like to see more of them.

We have some very worthy representatives heading for the National Championships in Sydney over Easter - Don Caplin, David Carr, Noel Goff and Rob Shand representing W.A. with Alan Tyson, Peter Gare, Ross Calnan and Dorothy Goodwin also participating. I wish them the very best of luck and look forward to their return with a medal or two to show for their efforts.

Our Club is functioning well and a lot of credit is due to the men behind the scene who help to make the Club a success. I thank them for their efforts during the year and call on all members to get behind your committee and continue to participate in events, win, lose or draw. Good Luck for 1979.

Bob Hayres. PRESIDENT.

#### HON. SECRETARY'S REPORT

##### Membership

Since the last Annual General Meeting on 2nd April, 1978, the Club Membership has increased from 88 fully paid members to 136, with members joining in all age groups.

##### Subscriptions

Will not be increased this year and will remain at \$6.50 for members and \$10 for married couples. Members who joined late in the financial year will have their subscriptions adjusted and should see the treasurer after the meeting.

##### Newsletters

During the year 15 Newsletters (Nos. 64-78 inclusive) were distributed to keep members up to date with Club activities, revisions to programmes etc., 150 copies of each Newsletter are currently produced and distributed at Club and other runs, some by runners during training sessions and some by post, however, every effort should be made by members to get their copies at McCallum on Sundays as it is often difficult to notify programme changes in time. In production of these Newsletters, I would like to thank Doreen Lockwood, Bette Usher, Marion Shand, Buchanan's Battery and Fergie's Forces for typing services and assistance. As with last year rewards for their services will be forthcoming.

The other Club publication "A History and Club Constitution", is available at 50 cents per copy and every true veteran should have one.

##### Social

gatherings have been added to as many of our runs as possible and we have attempted to have at least one social run per month where wives and families can, from the results, be assured that the members are out training every night!

These runs have proved popular with the Club in that in all cases there were increased attendances this year.

Our thanks to Art and Mary Briffa who again let us loose in their garden on 10th December for our Christmas B.B.Q.

##### CLUB RUNS

##### Batterhams Blackwell Reach Bush Bash

18th June, 1978. This inaugural event attracted 24 veterans.  
Fastest time Don Caplin.  
Handicap winner Dennis Batterham.  
Raffle Bob Sammells.  
Scheduled for 19th August, 1979.

Canning Relays

19th August, 1978. We entered 4 x 4 men teams, one in B Grade and 3 in C Grade coming third out of 6 in B and 3rd, 4th and 5th out of 5 in C Grade.

T.V.W. Relays

we entered one team of two men.

Perth to Pinjarra Relay

10th September, 1978. We entered 2 x 10 men teams on the coldest September day for 5 years with the teams separated by only 3 minutes at the end of 54 miles. Teams are made up for participation, to be as equal as possible and not necessarily to try to win the grade.

Mundaring to York

14th October, 1978, we entered 2 x 8 man teams. One team broke our 1976 record and led Kevin Anderson of the M.C. over the line by only 5m 12s.

PERSONAL ACHIEVEMENTS

by individuals have been reported in Newsletters but some should be singled out.

Kath Holland

continues to hold her own in track and field and in so doing is encouraging other women to join in. We hope that through her efforts the womens' association will recognise our Club and give it the same status as men have in the mens' association. We wish her well in Hannover in August.

Pre-VeteransDon Caplin

a phenomenal improvement in the 800 from 2m 09.6s to 2m 0.4s and more so in the 1500m from 4m 28.4s to 4m 12.7s, both State records. As an M40 should do well at the Championships in Sydney.

Geoff Wall

though hampered by injury in the latter part of the season, created a new M35/10k record of 33m 24s and congratulations to Tony O'Hare with his sub 3 hour Marathon in September.

The M40 Group

was relatively quiet as far as record breaking goes, however, Terry Rutty broke the high jump record, Ted Maslen the pole vote and Butch Old, the javelin. But for enthusiasts in participation, credit must go to Jeff Whittam and Brad Watson with his 3h 06m marathon (an M40 record) and after a lag off ran well over the longer distances towards the end of the summer. Congratulations to Maurice Smith with his sub 3 hour marathon in September. Bob Fergie has expanded his range of events by participating well in track as well as field events.

The M45 Group

was dominated by David Carr's record breaking in the 200m, 400m and 800m. Rob Shand equalling the 10,000m record and running a 3h 01m Marathon. David Hough, Giles Harford, Mike Berry, Dennis Batterham, Eric Pearton and Bob Hayres all completed the Marathon in September. Dereck Walker was sprinting well on the track until he sustained an injury. Brian Paxman's 2h 58m M45 Marathon record will take some beating and we wish him well in Canberra where he has been transferred for 2-3 years.

The M50 Group

also had its Marathon finishers with Alan Tyson's M50 record of 3h 03m, Merv Moyle, Paul Morrissey and Frank Usher. Dave Jones ran well towards the end of the season to gain a 200m record.

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The M55 Group

We congratulate John Gilmour on his Order of Australia, a well deserved reward for his contribution to Athletics. His three marathons last year, an M55 record of 2h 38m 19s in June, a 2h 53m 44s in the Australian Veterans' Marathon in Brisbane and 2h 40m 10s in the Canberra Marathon are remarkable as well as his age (59) best time for a half marathon of 73m 16s.

"Apart from these marathons" a 2m 18.4s/800m and a 4m 27.0s/1500m, John has been plagued with injuries in the latter part of the season but we wish him well in Hannover in July. Congratulations to Noel Goff on his Veterans pentathlon win, on his Decathlon performance in the State Championships and his 110 hurdles and pole vault records.

Cliff Bould of the M60 Group

has been steadily improving all year and has made remarkable progress through determination to gradually approach something of his old form.

Dick Horsley of the M65 Group

has shown us how a high degree of fitness can be maintained for a long period and put in some good performances in runs and walks during the season. He is now on leave in the UK.

M70

our Septegenarian trio of Briggs, Shepherd and Jones have appeared from time to time, the former having performed well early in the season, and Joe appearing for some of the long runs. We have yet to see Tom Jones potential, but no doubt will do when he gets over his injuries and gets fit.

Special thanks to the Committee who have fulfilled their allocated tasks to form a combination which makes the Club operate as well as it does. Thanks too to those who did assist on roster and help to relieve some of the pressure from the Committee by organising, lap scoring, time keeping and in other general ways. The Club is indebted to our team manager Bruce Buchanan who has enthusiastically thrown himself into his task and has been present and operating at almost every function that we have had.

To all those who are just starting with the Club, do not hesitate to ask if you have any problems; we have all been through most of them ourselves.

To those who come out for the fun of running with us, our thanks for your support and our hope that we have your continued company in the coming year.

In conclusion, you are reminded that you will be electing office bearers for the coming twelve months and you should give careful consideration to those you nominate. It is a good thing to get new blood into your Committee as Bob Hayres has mentioned, whether the organisation has been functioning well or not, but it is also your responsibility as members of the Club to assist your Committee to maintain and improve the standards -

THE MORE YOU PUT INTO IT - THE MORE YOU WILL GET OUT OF YOUR CLUB

Rob Shand,  
SECRETARY

(Acceptance of this report was moved by John Gilmour and seconded by Cliff Bould).

TREASURER'S REPORT

As you have seen from the copies of the Statement of Income and Expenditure distributed before the Meeting, the Club is in a strong position financially. Cash with the Building Society has increased from \$611.10 at the beginning of the year to \$895.39 at the close. In addition to this, stocks of clothing and badges, valued at something over \$200.00 are held. This is not 'dead' stock and is likely to be sold in the coming year.

Treasurer's Report (continued)

I would add that although the Club's Cash Balance is shown as \$895.39, the actual Balance with the Town and Country Building Society is \$2,367.48. The sum of \$1,472.09 has been received from members in respect of Air Fares to the National Veterans' Championships in Sydney, and is being held pending a request for payment to the W.A.A.A.A.

(Acceptance of this report was moved by Bob Fergie and seconded by Stan Lockwood).

ELECTION OF OFFICE BEARERS

|                                 | <u>Nomination</u> | <u>Proposed</u> | <u>Secconded</u> | <u>Elected</u>   |
|---------------------------------|-------------------|-----------------|------------------|--|
| PATRON                          | Bill HUGHES       | COLLINS         | BATTERHAM        | Bill Hughes to be approached to see if he will accept the nomination |
| PRESIDENT                       | David CARR        | BOULD           | GILMOUR          | Elected  |
| VICE PRESIDENTS<br>(3 required) | Dick HORSLEY      | SHAND           | BUCHANAN         | Elected  |
|                                 | John GILMOUR      | BATTERHAM       | MORGAN           | Elected  |
|                                 | Bruce BUCHANAN    | GOFF            | LOCKWOOD         | N/e  |
|                                 | Bob HAYRES        | BERRY           | PRESCOTT         | Elected  |
| SECRETARY                       | Rob SHAND         | CARR            | HAYRES           | Elected  |
| ASSISTANT SECRETARY             | Bob FERGIE        | SHAND           | BATTERHAM        | Elected  |
| TREASURER                       | Bob SAMMELLS      | SHAND           | FERGIE           | Elected  |
| COMMITTEE<br>(2 required)       | Frank USHER       | COLLINS         | MARTIN, R.       | *  |
|                                 | Mike BERRY        | BATTERHAM       | BUCHANAN         | N/e  |
|                                 | Cliff BOULD       | GILMOUR         | CROWTHER         | Elected  |
|                                 | Jill PEARTON      | CARR            | BERRY            | Declined   |
|                                 | Ross HOLLAND      | SHAND           | HAYRES           | N/e  |
|                                 | Don CAPLIN        | MOSES           | CROWTHER         | *  |

\* Vote by show of hands placed Usher and Bould equal at 17 with Berry and Caplin at 14. As Usher was nominated in absentia a further vote was taken between Berry and Caplin, so that should Usher decline the second member of the Committee could be elected. Caplin gained more votes than Berry. Usher declined and therefore the Committee members are Bould and Caplin.

|              |                |       |        |         |
|--------------|----------------|-------|--------|---------|
| TEAM MANAGER | Bruce BUCHANAN | SHAND | HAYRES | Elected |
|--------------|----------------|-------|--------|---------|

The above constitute the Committee for 1979-80. Other positions were as follows:

|          |              |        |        |         |
|----------|--------------|--------|--------|---------|
| AUDITOR  | Jack COLLINS | SHAND  | MORGAN | Elected |
| RECORDER | Dick HORSLEY | HAYRES | CARR   | Elected |

"Armourer" a non-official position to which Jack COLLINS was elected as custodian of Javelin and Shot, Discus and Trophies.

NOMINATIONS FOR HONORARY MEMBERSHIP

In terms of clause 11b of the Constitution, Joe Shepherd and Reg Briggs received permanent Hon. Membership on 2.4.78. Tom Jones (d.o.b. who joined the Club on 30.12.78. at the age of 85 now receives Hon. Membership to the Club.

NOMINATIONS FOR LIFE MEMBERSHIP

In terms of Clause 11a, of the Constitution, before a member can be elected a life member, he must have had active and continuous membership for a minimum period of 5 years and have substantially contributed to the progress of the Club.

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As the Club came into being in April, 1974, this Annual General Meeting sees the first time that these nominations have been called.

Those eligible are:-

John GILMOUR  
Dick HORSLEY  
David CARR  
Cliff BOULD

Jack COLLINS  
Jim SMITH  
Col JUNNER

Recommendations which must come from at least three members, be approved first by the Committee and later at a General Meeting of the Club, are now being called with the request that they be submitted in writing as soon as possible and by Sunday 29th April, 1979.

#### JUDGES' REPORT

##### The Reg Briggs Trophy

Perhaps when Reg provided this trophy to the Club he did not realise how big a problem he was presenting with it. While the conditions of the trophy appear to lay the rules down quite explicitly, there are a considerable number of factors and side-issues which had to be considered by the judges, especially with a Club only just five years old and with an outstanding growth in less than the last two years.

Nominations from members and committee were examined in relation to the judges' nominations and many had to be discarded because they did not comply with the two full years membership requirement. This problem should not arise in next years' considerations and the judges will, no doubt, have an easier job. Those who fell into this category were Brad WATSON, Jeff WHITTAM and Jill PEARTON. This now left the judges with five nominations.

Serious consideration had to be given to the purpose of the trophy, i.e. for the "Most improved Veteran Athlete", as well as to the conditions laid down - some of those nominated had produced outstanding performance, some had a continuity of good performances and others had had a return to form after lay off or injury. The final nominations, in alphabetical order were:-

Dennis Batterham, Cliff Bould, David Carr, Bob Fergie and John Gilmour.

Reg Briggs presented his trophy and gave the following resumé of the winners' performances over the last two years:-

"In awarding this trophy the judges felt that the winner after recovering from serious injury requiring surgery, lifted his performances last season to a high level and continued to improve through this season in both track and field.

The judges considered that this overall improvement in such a wide range of events warranted recognition and it is their decision that, as inaugural recipient of the trophy the veteran to come forward is BOB FERGIE".

#### GENERAL BUSINESS

1. Gloria Sutherland brought up the point that people who bring children to Club runs should be responsible for them and not expect others to look after them while they are participating. Other members commented that this should apply to dogs as well, as there had been instances of runners falling over dogs during a run.

The members felt that Gloria's point was valid and members should be advised in the Newsletter that if people brought children to runs they should be adequately looked after and that it would be better if dogs were absent.

2. Advertising of Club - Bob Johnstone requested that the Committee look into more advertising of the Club in various publications as Fun Runner, On and On and Health and Sporting Life. A member asked why Vets results were not published in the press. The Secretary advised that as far as the West Australian was concerned Bernie Cecins considered that as the Vets were competing as a club, he would have to

General Business (continued)

## 2. (continued)

publish all club results if he published ours. We have had good coverage in the Daily News from time to time through Dorothy Goodwin and we thank her for her assistance in that direction.

3. Dennis Batterham proposed and Eric Pearton seconded that in order to assist those members of the Veteran Club going to Sydney for the Australian Championships all members should be levied \$2.00. A vote was taken and the motion was carried.

4. Bob Johnstone requested that the Committee ensure that at long runs e.g. Wanneroo 20 ml and possibly shorter runs where new or inexperienced members are concerned, a biscuit, sponge and drink station should be provided.

5. David Carr proposed and Bob Hayres seconded that in recognition of the work done for the Club by the secretary, an honorarium, as last year, should be paid out of Club funds. The motion was carried.

The Meeting concluded at 10.45 a.m. and a parlauf relay was held. The results being in Newsletter No. 79.

He who fears he will suffer  
already suffers because of his fear

Montaigne

Easter saw the start of the WINTER SEASON in true fashion with cold and rainy weather developing over the weekend producing sunburnt goosepimples on the summer hardened athletes lining up in King's Park on Sunday April 15 for the Marathon Clubs WALLY CAIRNS 15K CROSS COUNTRY. It was pouring with rain during the first lap of the two lap course. The following ran the first 7½k lap only -

|                  |      |        |
|------------------|------|--------|
| J. Rowland (M40) | 2nd  | 28m55s |
| B. Hanks (M40)   | 5th  | 30m57s |
| W. Hough (M35)   | 8th  | 33m15s |
| June Payne (W40) | 24th | 58m11s |

The veterans who completed the full course of 2 laps were -

(M35) Last Year 9.4.78 (ref NL63)

|             |      |        |                    |
|-------------|------|--------|--------------------|
| A. O'Hare   | 6th  | 55m37s |                    |
| K. Beament  | 7th  | 55m52s |                    |
| J. Joyce    | 10th | 57m55s |                    |
| G. Wall     | 12th | 59m44s | 54.42              |
| F. Smith    | 16th | 60m28s |                    |
| D. Sheppard | 18th | 60m33s | 63.03              |
| M. O'Rourke | 23rd | 62m23s | 64.15              |
| B. Oliver   | 36th | 69m50s | (1 lap only 31.32) |
| J. Barnes   | 38th | 70m14s |                    |
| J. Bonner   | 45th | 80m21s |                    |

(M40)

|           |      |        |
|-----------|------|--------|
| D. Hoyer  | 8th  | 56m34s |
| J. Davies | 20th | 60m24s |
| W. Carter | 21st | 61m31s |
| G. Moses  | 30th | 66m03s |

(M45)

|             |      |        |       |
|-------------|------|--------|-------|
| D. Hough    | 24th | 62m34s | 60.15 |
| W. McCabe   | 28th | 65m59s | 62.34 |
| B. Buchanan | 39th | 70m22s |       |

(M50)

|           |      |        |
|-----------|------|--------|
| P. Lennie | 29th | 65m59s |
|-----------|------|--------|

Bruce Buchanan looks as if he is slowly getting back into training and claims this to be his first 'real run ever'. No first lap times were taken and the race was won in 50m40s.

On Saturday 14th Jim Smith walked 15k in 86m15s and followed this up the following week on Saturday 21st with a 10k in 56m36s.

Charles Spare birthday April 19 turns 40 and alters from M35 - M40

Bill Chapman birthday April 19 turned 55 and alters from M50 - M55

Sunday April 22 the Marathon Clubs Phil James Memorial Half Marathon saw a huge field of 108 competitors at the starting line, necessitating the runners being divided into three groups starting at intervals to complete the hilly course at Darlington with cool and overcast conditions and a headwind on the outer leg. Sixteen veterans completed the quarter marathon performing as follows -

|                  |      |        |
|------------------|------|--------|
| M. Johnson (M40) | 2nd  | 43m09s |
| W. Hough (M35)   | 5th  | 46m06s |
| N. Berry (W45)   | 16th | 76m36s |

Ninety two completed the full half marathon distance, the winner covering the distance in 67min17sec. Veterans' times and positions were -

| Women         |      |         |         |
|---------------|------|---------|---------|
| B. Wall (W35) | 83rd | 108m57s | 30.4.78 |

|             |      |        |            |
|-------------|------|--------|------------|
| (M35)       |      |        |            |
| A. O'Hare   | 14th | 74m37s |            |
| K. Beament  | 16th | 76m31s |            |
| B. Oliver   | 52nd | 89m54s | (withdrew) |
| J. Barnes   | 61st | 93m45s |            |
| D. Sheppard | 65th | 95m23s | 36.13      |
| F. Kelly    | 68th | 95m28s |            |
| D. Crowther | 71st | 96m20s |            |

|             |      |        |             |
|-------------|------|--------|-------------|
| (M40)       |      |        |             |
| D. Hoyer    | 15th | 75m25s |             |
| D. Caplin   | 17th | 76m41s | did not run |
| M. Smith    | 21st | 78m23s |             |
| J. Butts    | 23rd | 80m06s |             |
| R. Sammells | 37th | 83m05s | 86.45       |
| B. Watson   | 38th | 83m31s | 94.08       |
| W. Carter   | 44th | 87m20s |             |
| G. Price    | 45th | 87m22s | 87.34       |
| B. Hanks    | 46th | 88m34s |             |
| G. Moses    | 50th | 89m31s |             |
| E. Murphy   | 67th | 95m28s | 100m05s     |

|              |      |         |       |
|--------------|------|---------|-------|
| (M45)        |      |         |       |
| D. Carr      | 35th | 82m40s  | 83.32 |
| M. Berry     | 42nd | 85m02s  | 91.54 |
| R. Hayres    | 51st | 89m38s  | 96.34 |
| D. Batterham | 79th | 101m44s |       |

|           |      |        |  |
|-----------|------|--------|--|
| (M50)     |      |        |  |
| P. Lennie | 54th | 90m44s |  |

Len Merrick, who was a member of the club in 1977 and would now be 42, covered the distance in 92m19s which was 17m51s better than his performance on 22.5.77. Generally, times showed an improvement on last year.

The day ended with a family barbeque and refreshments and we thank Kevin and Baseley for making their house available.

At McCallum twelve veterans participated in a 3 x Dave Jones run with the following results -

|                   | 1st Lap | 2nd Lap | 3rd Lap | Total Time | Last Run 11.3.79 |
|-------------------|---------|---------|---------|------------|------------------|
| D. Weston (M40)   | 8.45    | 8.55    | 8.48    | 26.28      |                  |
| W. McCabe (M45)   | 8.45    | 9.02    | 9.23    | 27.10      | 27.55            |
| J. Martin (M50)   | 9.01    | 9.08    | 9.09    | 27.18      | 28.50            |
| R. Godfrey (M35)  | 9.01    | 9.19    | 9.23    | 27.43      |                  |
| R. Godkin (M55)   | 9.13    | 9.31    | 9.38    | 28.22      | 28.50*           |
| J. Coventry (M45) | 9.40    | 9.40    | 9.41    | 29.01      | 30.05            |
| M. Moyle (M50)    | 10.02   | 10.15   | 9.43    | 30.00      |                  |
| C. Bould (M60)    | 10.05   | 10.05   | 9.56    | 30.06      | 29.31            |



|                   |       |       |       |       |       |
|-------------------|-------|-------|-------|-------|-------|
| J. Noordyk (M55)  | 10.03 | 10.21 | 10.44 | 31.10 | 32.15 |
| G. Morgan (M50)   | 10.39 | 10.45 | 10.50 | 32.14 | 32.42 |
| Janet King (inv)  | 11.26 | 12.07 | 12.16 | 35.49 |       |
| B. Buchanan (M45) | 11.26 | 12.07 | 12.16 | 35.49 |       |

\*3.12.78

It was good to see some faces that had been absent for some time in Don Weston and Rex Godfrey and a return by Jim Coventry. Bruce Buchanan is improving each run and as long as he takes things carefully and doesn't get caught up in the Marathon fever he should go well.

Times were kept by Jack Collins and recording by Jill Pearton. Around the periphery of the main event Ian Sutherland and Eric Pearton covered the Bridges circuit twice and added Heirisson Island to chalk up 25k. Jill Pearton and Gloria Sutherland did the Bridges once and then Gloria walked the Heirisson Island course followed by Frank Usher jogging the 5.2k distance.

Alex Cummings started his Marathon training as promised by jogging the Dave Jones course once, under the watchful eye of Dave Jones himself who hopes to run again soon after a lengthy struggle with bronchitis. Alex could not resist a few throws with the discus before departing. We welcomed Janet King as a visitor for this run.

With only just enough time to recover from the Darlington run, Anzac Day was upon us and the Marathon Club held its annual Fallen Comrades Run at Bickley starting at 9 a.m. on Wednesday April 25. Competitors were set off at intervals in an open handicap, starting off on the gravel surface of Masonmill Road and a short uphill stretch of bitumen before taking to the bush along a ground track. Fastest time for the out and back 10k course was that of Don Caplin in 35m46s. However, the trophy was won by Mark Crowther, son of Derek, who started off scratch and covered the distance in 47m17s.

The field was down on Sunday's run, the half marathon probably taking its toll on those not quite fit enough and the early morning drizzle and overcast conditions probably dissuaded the not so dedicated. Nevertheless, the field of 32 would have been considered large two years ago. Veterans performances were -

|               | Time in<br>& position | h/cap | corrected time<br>& position | 23.4.78 |
|---------------|-----------------------|-------|------------------------------|---------|
| <u>Women</u>  |                       |       |                              |         |
| B. Wall (W35) | 51:32/26              | scr.  | 51:32/30                     |         |
| (M35)         |                       |       |                              |         |
| A. O'Hare     | 49:23/14              | 13:30 | 35:53/3                      |         |
| F. Smith      | 49:42/17              | 10:45 | 38:57/12                     |         |
| D. Crowther   | 51:36/27              | 10:30 | 41:06/16                     |         |
| D. Sheppard   | 49:12/12              | 8:00  | 41:12/17                     | 39:49   |
| J. Barnes     | 48:05/7               | 5:00  | 43:05/24                     |         |
| (M40)         |                       |       |                              |         |
| D. Caplin     | 49:01/11              | 13:15 | 35:46/1                      |         |
| D. Hoyer      | 49:16/3               | 13:00 | 36:16/4                      |         |
| M. Johnson    | 48:57/10              | 8:30  | 40:27/14                     |         |
| B. Watson     | 50:58/23              | 10:30 | 40:28/15                     |         |
| B. Hanks      | 50:28/20              | 8:30  | 41:58/20                     |         |
| (M45)         |                       |       |                              |         |
| R. Shand      | 48:13/9               | 10:45 | 37:28/7                      | 38:53   |
| W. McCabe     | 50:25/19              | 8:00  | 42:25/21                     |         |
| M. Berry      | 52:27/29              | 9:30  | 42:57/23                     |         |
| (M55)         |                       |       |                              |         |
| G. Noordyk    | 47:32/4               | scr.  | 47:32/27                     |         |

Down on the coast 10 club members met at Port Beach North Fremantle at 7 a.m. and ran across the Fremantle Bridge and through Fremantle to familiarise themselves with the Fremantle section of the Peoples Marathon course. They ran under the bridges, along Preston Point Road to Canning Highway and back along the highway over the Fremantle Bridge to Port Beach - total distance 19.3km covered in 95 minutes. All stayed together in a pack at the end of which a few of the more hardy members plunged into the sea. Eric & Jill Pearton, Merv Moyle, Bob Johnstone, Bill Hughes, Ian Sutherland, Ralph Godkin and Jim Martin completed the whole course. Dennis Batterham ran from home to join the group and then left them at Bicton. Frank Usher restricted himself to the Fremantle section only.

Advice from experienced Marathon Runners is to participate in shorter events as well as the long distance runs to sharpen up and prevent getting into a one pace rut that could be difficult to get out of on the day. Pace variation also relieves any boredom - which can occur with too many long runs. Athletes would be well advised to run in the State 16 K & 25K as well as the M.C. 10 ml at W.A.I.T. Also read or re-read the Marathon notes in Newsletter 71 - "Hints on running your first Marathon" by Cliff Bould and the lessons to be learned on p.14.

### IN RETROSPECT CITY TO SURF FUN RUN (for the statisticians)

While the finish of the event was a shambles as far as correct timing was concerned, at least the organisers saw fit to publish results, which they have never done before. If they are to be of value, however, a better and more sophisticated system will have to be introduced to cater for the bigger crowds participating.

If all participants exceeding 90mins59secs (i.e. 12mins12secs per mile) are discounted there were 2160 competitors. The average time for these competitors was 60mins 06secs or 8mins04secs per mile. Assuming a normal distribution among the 2160 competitors, the standard deviation is 10mins56secs per mile which means that those with times better than 38mins22secs fall within the fastest 2%, those with times between 38mins22secs and 49mins16secs fall within the fastest 15% and those between 49mins16secs to 60mins06secs within the fastest 50%. 68% of participants fall within the times 49mins16secs to 71mins00secs ( $\pm 1$  standard deviation of the mean).

To claim a "good" time a participant would have to run better than 49mins16secs. Below 71mins00secs is a "poor" time in the slower 15% of the field but no veterans are within this category. Virtually all veterans ran in the fastest 50% category. Val Lishman (M45) advises from Bunbury that he finished the fun run in 72 mins "passing Superman and the convicts and beating the army cadets".

Maurice Smith birthday April 26 turned 45 and alters from M40 - M45

Did you see reported that a time of 2hrs28mins52secs was placed 236th in the recent Boston Marathon!!

The 1979 CROSS COUNTRY SEASON started with the Lord Mayors Trophy, a cross country sealed handicap of 8000m at Trinity Playing Fields, Manning on Saturday April 28 which was run at 3 p.m. with an unseasonal temperature of 30°. Veterans results, in order of finishing, were -

|                   | <u>Actual Time</u> | <u>Handicap</u><br>(Add) | <u>Adjusted Time</u> |
|-------------------|--------------------|--------------------------|----------------------|
| (Winners time     | 27.01)             |                          |                      |
| E. Maslen (M40)   | 30.56              | 4.03                     | 34.59                |
| D. Hoyer (M40)    | 32.34              | 3.56                     | 36.30                |
| R. Shand (M45)    | 32.36              | 2.43                     | 35.19                |
| J. Joyce (M35)    | 32.46              | 3.59                     | 36.04                |
| D. Sheppard (M35) | 33.57              | 4.10                     | 38.07                |

|                    |          |      |       |           |
|--------------------|----------|------|-------|-----------|
| A. Merrett (M55)   | 34.14    | 3.39 | 37.53 | Vetrun 80 |
| A. Briffa (M50)    | 34.41    | 5.17 | 39.58 |           |
| D. Crowther (M35)  | 35.00    | 4.15 | 39.15 |           |
| J. Whittam (M40)   | 35.08    | 2.00 | 37.08 |           |
| J. Butts (M40)     | 35.38    | 4.15 | 39.53 |           |
| M. O'Rourke (M35)  | 35.59    | 4.00 | 39.59 |           |
| D. Carr (M45)      | 36.16    | 3.45 | 40.01 |           |
| A. Tyson (M50)     | 36.42    | 2.00 | 38.42 |           |
| J. Rowland (M40)   | 36.48    | ?    | ?     |           |
| P. Lennie (M50)    | 37.12    | 4.10 | 41.22 |           |
| D. Batterham (M45) | 42.01    | 2.50 | 44.51 |           |
| F. Smith (M35)     | 42.40    | 3.00 | 45.40 |           |
| L. Keynes (M35)    | withdrew | 2.50 |       |           |

The course this year reverted back to its 'original' format of 1977 in that it involved 2 laps of both ovals before turning off to the Clontarf section. In 1978 only one lap of the oval was run so the times in newsletter 64 are not applicable for comparison. This year some marshy areas were included in an effort to bring 'cross country' back into the run.

SUNDAY APRIL 29 saw a 6.20 a.m. start from Kings Park for the Peoples Marathon Group training run down Stirling Highway round Fremantle and back up Stirling Highway to finish at the junction of Saw Avenue and May Drive at 9.15 a.m. just as the Clubs Kings Park Run was about to commence.

A main group covered the full distance of 34km and were picked up by a Channel 7 TV team near Eric Street, Cottesloe, so we saw Eric Pearton, Bob Johnstone, Bob Hayres, Brad Watson, Graham Moses, Mike Berry, Ralph Godkin, Phil Wall, Alan Tyson, Terry Manford, Jim Barnes, Jim Martin, Brian Hanks, Frank Kelly and Tony O'Hare. Malcolm Rathjin and Richard Spark were invited to join the group to make up 17 - their time was 4m51.1s/km or 7m48.5s/ml.

Jerry Noordyk ran 28km, Alan Smith 24k, Winston Hough 30k and Geoff Price ran out for 1 hour and back for 1 hour to get in a 2 hour run. Alison Johnstone ran the final 4km with Bob and then joined in the Club run. The Club run for the day was a new 2-lap course totalling 12.07km (7½ mls) over bitumen, concrete slab paths and grass. It consisted of long gradual uphill and long gradual downhill and was a gentle testing course which 26 started and 18 finished as the temperature rose through 25°C. Results in order of finishing were:-

|                            | <u>Lap 1</u> | <u>Lap 2</u> | <u>Total Time</u> | <u>Position</u> |
|----------------------------|--------------|--------------|-------------------|-----------------|
| D. Caplin (M40)            | 22.22        | 24.05        | 46.27             | 2               |
| K. Beament (M35)           | 22.47        | 23.10        | 45.57             | 1               |
| M. Smith (M45)             | 23.04        | 23.50        | 46.54             | 3               |
| R. Shand (M45)             | 23.26        | 23.50        | 47.24             | 4               |
| J. Beament (inv)           | 24.06        | 24.43        | 48.49             | -               |
| F. Smith (M35)             | 24.19        | 25.16        | 49.35             | 5               |
| D. Weston (M40)            | 25.14        | 26.20        | 51.34             | 6               |
| D. Crowther (M35)          | 25.15        | 26.50        | 52.05             | 7               |
| N. Cheesman (inv)          | 27.50        | 27.52        | 55.42             | -               |
| R. Kemp (M35)              | 28.26        | 30.00        | 58.26             | 8               |
| B. Slinger (M35)           | 28.21        | 30.05        | 58.26             | 8               |
| M. Crowther (inv)          | 28.02        | 34.58        | 63.00             | -               |
| F. Usher (M55)             | 32.17        | 30.53        | 63.10             | 10              |
| M. Moyle (M50)             | 29.28        | 33.52        | 63.20             | 11              |
| T. Carr (inv W)            | 30.08        | 33.12        | 63.20             | -               |
| B. Buchanan (M45)          | 29.28        | 37.15        | 66.43             | 12              |
| B. Wall (W35)              | 32.28        | 34.51        | 67.19             | 13              |
| D. Batterham (M45)         | 44.48        | 29.13        | 74.01             | 14              |
| J. Hewitt (M50)            | 35.59        | -            | -                 | -               |
| Joan Slinger (inv W)       | 38.10        | -            | -                 | -               |
| Jackie Shillington (inv W) | 38.10        | -            | -                 | -               |
| D. Carr (M45)              | 38.10        | -            | -                 | -               |
| N. Berry (W45)             | 44.42        | -            | -                 | -               |
| D. Goodwin (W40)           | 44.42        | -            | -                 | -               |
| E. Crowther (inv W)        | 44.42        | -            | -                 | -               |
| C. Batterham (inv)         | 45.03        | -            | -                 | -               |

Diane Turner ran 10 miles with Stewart Brandon earlier in the day.

Vetrun 80

We welcomed Alan Smith (50) of 59 Cleopatra Street, Palmyra to the Club as well as Barrie Slinger (39) of 28 Florence Road, Nedlands who joined the group at a breakfast barbeque after the run. Joseph Hewitt (51) of 24 Cousins St. Karrinyup and Enid Crowther (36) wife of Derek.

McCALLUM - Meanwhile at McCallum Jack Collins bravely bore the veterans banner by himself and got in some training.

#### BOOK REVIEW

The Non Runners Book sets out to give advice and reassurance for those who want to know "Is it all right if I don't run?". It succeeds admirably. Appropriately, it opens with commencing non-running and covers warming down exercises, not non-running too quickly, how much non-running to start and what to do if you get sore. There is a good analysis of the leading brands of non-running shoes, and a guide to other non-running equipment. Exercises and wait training are covered, together with a diet guide and a section on carbohydrate loading. There are valuable chapters on the zen of non-running, how to find time to fit non-running into a crowded schedule, non-running for senior citizens and a provocative chapter on sex and the single non-runner. There is a most useful section on how to talk to runners, always a very difficult group with which to communicate, interviews with famous non-runners and descriptions of favourite non-running venues. The absence of a section on common non-running problems is an important omission and insufficient emphasis is placed on running counter-conditioning, particularly in the early stages of non-running, when there are often psychological difficulties. Nevertheless, the book is an important contribution to a growing area of sport and now added to the Club library should be read by all members particularly if, like your reviewer, they are old, tired, injured and with times suited to three age grades ahead.

We need some more assistance with typing newsletters. We are down to four volunteers which means that they type one in four newsletters. So anyone who can help would be most appreciated.

#### KNOW YOUR MEMBER

By Waffle

#### BOB HAYRES

Born : Perth 16.9.31 (47 years)  
Height : 5.11½  
Weight : 161 lbs  
Married: Wife Maureen  
Suburb : South Perth

At 25 years of age Bob weighed about 11 stone which had been his stock weight for a few years.

After marriage at 27 years and a sudden stop to sporting activity (football and cricket) weight was put on at a very steady rate. At 39 years and 15 stone someone brought it to Bob's attention that he looked a little overweight.

Nonsense! and to prove them wrong a run around Perry Lakes track was arranged for the next morning. After a brilliant start on a 1-mile circuit Bob got the stitch at 200 yards and could not continue. He dragged himself out the following day with the same result. Maureen, his wife, took pity and picked up a book from the library by a writer named Gilmour (no relation to John) about his experiences in running with a man named Lickard.

Inspired by stories of 20 stone men dragging themselves between lamp posts Bob started more slowly and after a couple of days completed the 1 mile non stop. It took a few more runs to complete the 2 mile circuit. The incentive was, after each run the scales showed a loss of between 2-3 lbs. Vetrun 80

After 3 years running on his own (the other starters dropped out long ago) Bob found himself at McCallum Park on the first official day. There were 13 strapping veterans assembled. He knew for sure there were 13 as he finished 13th in 3 laps of McCallum in 16 mins plus. (Couldn't catch Jack Collins at 62 years). He is now well and truly 'hooked' on running and his weight remains at a respectable level.

Achieved personal best at the 1977 Veterans Championships in Perth with a 2.23 800 and a 4.57 1500. Bob would like to better his first Marathon of 1978 which in his words was "quite an experience".

DIET : Good food

DRINK : Yes

BENEFITS : A greater feeling of well being. Able to handle nagging everyday problems with much more assurance because he considers he is fitter than those who cause the problems.

ADVICE : Run a little, live a little.  
Bob feels he will never be a great runner or a great person, but he will try to get the best out of both worlds and suggests to members they should take things as they come and not push themselves too hard until feeling ready. You will have to hurt a little before you are really satisfied.

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The Club made a donation to Appealathon after the Kings Park Race on Sunday April 29.

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MARATHONS TO BE HELD AT HERNE HILL ON SUNDAY AUGUST 12th 1979 ARE AS FOLLOWS

Australian National Marathon  
restricted to State Representatives with a qualifying time of 2 hours 40 mins.

State Marathon Championships  
restricted to all male athletes who are registered with the W.A.A.A.A.

National Veterans Marathon Championship  
restricted to all fully paid up members of Veteran Athletic Clubs but limited by the ruling of the Amateur Athletic Union of Australia ( whose permission to run the event in conjunction with the National Marathon was required ), to MALES 40 YEARS & OVER and to FEMALES 35 YEARS & OVER only. (Internat.Vet.age.grouping)

These three Marathons will be run on a two lap course at Herne Hill but the course will be a remeasured one which will not include " the loop", will start at a slightly different point but will still finish at the school.

BRIAN PAXMAN, now living in Canberra ran in the A.C.T. Cross Country Club NIKE International Marathon and came 68th in 3hrs04min11sec at the age of 49 years. Noone older than beat him and he was the first m45 in. The winners time was 2hrs 18min 45sec and the first M 40 was 16th in 2hrs 35min 48sec. The first M50 was 80th (A Semple) in 3hrs 11min 15sec and the first woman was 99th in a time of 3hrs 19min 14sec, at the age of 28. There were 22 finishers over 40 years in a field of 167 finishers with the slowest time being 4hrs 52min 22sec.

LIFE MEMBERSHIP

In terms of Clause 11 a of the Constitution, recommendation for Life Membership must come from at least three members, be approved by Committee and later at the Annual General Meeting.

To be eligible, a member must have had an active and continuous membership for a minimum period of FIVE (5) YEARS and have substantially contributed to the progress of the club.

The Committee met prior to the Annual General Meeting and decided that if any of the seven eligible members received the required number of votes, their nominations would be approved. The names of the seven members were read out to the AGM, listed in the Minutes of the AGM and posted on the notice board and no objections to the nominations were received.

Of a membership of 127 at 1/4/78 the response was pathetic, only six letters being received by the Secretary by 29th April, however, within those six letters there were sufficient votes to elect the following:

DICK HORSLEY  
JOHN GILMOUR  
DAVID CARR  
CLIFF BOULD  
JACK COLLINS

We congratulate our FIRST LIFE MEMBERS and advise that their certificates will be forwarded in due course.

Any members who are not familiar with the contributions these veterans have made to the club should read the back numbers of the newsletters which are available on loan from the Library and by purchasing a History of the Club.

We also congratulate Cliff on his re-election as a Vice President of the Australian Association of Veteran Athletic Clubs, to John Gilmour as being nominated as one of the selectors and to "D.G." as convenor of the editorial board for a veteran athletic magazine.

These appointments were all made at the Annual Conference in Sydney on 14/4/79.

For the benefit of new and old members alike there are still copies of:

"W.A. VETERANS AMATEUR ATHLETIC CLUB HISTORY & CONSTITUTION" at 50c/copy

CAR STICKERS at \$1.00 each and which every true veteran should have on his/her car to advertise the club.

Available from the Secretary.

ADVICE TO ALL MEMBERS

We have a wealth of experience in the club as far as running goes as most of the usual injuries have been experienced by someone at some time in their running careers. People like John Gilmour, who is a coach, and Cliff Bould, who is a physiotherapist and coach, are both sources of untapped advice.

ALL YOU HAVE TO DO IS ASK.

No question is too basic, stupid or humiliating - if it requires a question its worth asking, and if the person you ask does not know the answer they can probably put you onto someone who may.

Phil Wall has prepared some Marathon notes for us which are attached to this Newsletter.

We thank Buchanan's Battery for typing this newsletter and Marion Shand for additions.

Training is everything -  
The peach was once a bitter almond and  
Cauliflower is nothing but cabbage with  
a college education.

Mark Twain

We start this newsletter with an apology to three ladies for not having welcomed them previously in newsletters. To make amends we heartily welcome: -

Valerie Tyson (56) of 26 Turriff Road, Floreat Park (Wife of Alan) and who joined us on 28/4/79,  
Jaqueline Shillington (37) of 4/1 Park Road, Crawley who joined us on 13/5/79, and  
Janet King (37) of 7 Neville Road, Dalkeith who joined us on 20/5/79.

While apologising we note on p.6 of NL 81 Michael's surname was incorrectly spelt and should be Michael Gibbens (37) of Cervantes.

John Davies had a birthday on 21st April, turned 45 and altered from M40 to M45.

Ray Lawrence birthday on 15th May, turned 51 and remains M50.

During Allen Tysons (M50) sojourn in Queensland in March he did not let the warm tropical weather prevent him from running and has given us some of his performances there:

- 18.3.79 Southern Suburbs A.C. 400M. in 74.45 & 1500M. in 5m20.
- 23.3.79 Queensland University Vets champs 10,000m in about 40mins. Last lap counting and timing was uncertain (they have trouble there too!!)
- 29.3.79 Nathan University Vets champs 1500m in 5m06s, a personal best, followed by 3k steeple in 13m 57s.

Marathon Mania among the many who are doing their own Marathon training in various locations those who our "roving eye" have found were: -

On Saturday 12th May Bev. Wall (35) and Jill Pearton (W30) started off at 6am from McCallum and finished three hours later at Preston Point Road having run through Fremantle and covered 30km. Alison Johnstone (W30) ran 23km.

On Saturday 19th May another 6am start at McCallum with the route down Stirling Highway, over Stirling Bridge, along Preston Point Road and up Canning Highway to McCallum again saw 12 veterans complete the 37km. with Dennis Batterham (M45) pulling out at 34km. as had to go to work and Gordon Westlake (M45) covering his longest distance of 23kms. Those who did the full distance were: Frank Kell, Bob Johnstone, Tony O'Hara, Mike Gibbens (all M35), Geoff Whittam (M40), Eric Pearton, Mike Berry, Bob Haynes (all M45), Jim Martin (M50), Frank Usher, Ralph Godkin and Gerry Nourdyk (all M55). Joe Record and Richard Spark joined in and ran with the group. Derek Crowther (M35) did 15km. but his son Mark did 30km. and kept up with the main group. The first runners were back at McCallum by 9.15a.m. and others within the next 5 minutes, after a run in perfect conditions.

It was noted that runners who have run the distance at least twice before are finding the distance easier and are recovering quicker and discussion of a sharpening up programme should be incorporated in the training programmes over the next few weeks.

On Sunday 20th May a group of Hash House Homers finished up at McCallum after having completed the circuit in their own training run. Seen among the group were Ules Carter (M40), Barrie Slinger (M35) and Barry Adamson.

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At McCallum on 20th the scheduled "Relays of Field Events" was abandoned due to lack of interested starters and problems with Elephants and camels on the track as Ashtons Circus was in residence, however, after training runs had been completed in cool but sunny conditions, Bob Fergie as duty veteran managed to organise a discus competition in which the 1.5k implement was hurled 28.76m by Alec Cummings, 26.84m by Bob Fergie and 19.05 by Bob Hayes. The 1.0k implement got similar treatment from Jim Martin 23.47m, Jack Collins 17.3m and Alan Tyson 15.92m. Looks as if Jim should take up some field events next Summer.

Cliff Bould 5k course was run by Noordyk, Eric Pearton, Haynes, Berry, Kemp, Sammells, Bould, Cummings, Jim Martin, Val Prescott, Jan King and Jill Pearton. Buchanan, ran the course twice and Dave Hough and Dave Carr ran from Dianella, did the course and ran back home. Dick Horsley, back from overseas leave and looking well eased himself back into running with one circuit.

Bridges 10k circuit was run by Dave Jones, Conner, Usher, Gilmour, Enid Crowther, and Nora Berry. Jill Pearton and Buchanan also ran the circuit then Bruce settled down to breakfast and watched John Gilmour do a number of laps. Val Prescott was given a Runners World to read, in which the leading article dealt with running while pregnant, but she says she only had a big breakfast. Bob Sammells was collecting subs. and Rob Shand was distributing newsletters and selling wine.

It was noted that on Sat. 19th, Terry Rutty (M40) gained second place in an Orienteering 14 course at Lesley with a time of 96m 55s which was 9m 25sec. behind the winner on the same day the verans 2500 womens cross country at Coogee Beach was won by Eileen Hindle off scratch in 13m 34s.

There was no Association competition on Saturday 19th but the State 16K Road Championships were held at W.A.I.T. at 3pm on Sunday 20th May. In newsletter No. 65 the description of this event (On Sat. 20th May 1978) commenced with "A rain squall sent waiting runners scurrying for cover just before the start of the race" and this year conditions were identical. After the rain and in perfect almost windless conditions at about 17°C the race was won in a new record time of 49m34.2s by 34 year Jim Langford at an average of 4m 59s per mile. His lap times were 24:20 + 25:14 to give him a final time 1m.12.8s. inside his own 1978 record. After the race he is reported to have said that he would get down to serious running when he reaches 40!

Any Marathoner wishing to break the world marathon record would have to beat Jim Langford by 10seconds and then maintain the same pace for the 26k.195m remaining to complete the 42k 195m.

Veterans results listed below gave the Club 4th place in A grade, 4th in B grade and 3rd in C grade, in the Teams competition, as laid out in item 12 (b) of the 1979 Winter programme.

| <u>M35</u>  | LAP 1 | LAP 2 | TOTAL | RACE<br>POS-<br>TION | MIN/<br>MILE | THIS<br>COURSE<br>1978 | BEST KNOWN<br>10M1 AS VET. |
|-------------|-------|-------|-------|----------------------|--------------|------------------------|----------------------------|
| A. O'Hare   | 26.48 | 28.02 | 54.50 | 14                   | 5.31         | 60.24* <sup>3</sup>    | 59.24* <sup>4</sup>        |
| G. Wall     | 26.48 | 28.24 | 55.12 | 16                   | 5.33         | 53.32* <sup>2</sup>    | -                          |
| J. Joyce    | 27.43 | 28.46 | 56.29 | 20                   | 5.45         | -                      | -                          |
| K. Beaumont | 27.49 | 29.10 | 56.59 | 25                   | 5.44         | -                      | 60.04* <sup>4</sup>        |
| F. Smith    | 29.23 | 29.55 | 59.18 | 32                   | 5.58         | -                      | -                          |
| D. Sheppard | 29.01 | 31.09 | 60.01 | 34                   | 6.03         | 59.31* <sup>3</sup>    | -                          |
| D. Crowther | 30.01 | 30.37 | 60.38 | 36                   | 6.06         | -                      | -                          |
| M. O'Rourke | 29.50 | 32.07 | 61.57 | 38                   | 6.14         | -                      | -                          |
| B. Oliver   | 30.29 | 32.08 | 62.37 | 41                   | 6.18         | -                      | -                          |
| B. Robinson | 31.40 | 32.16 | 63.56 | 43                   | 6.26         | -                      | -                          |
| W. Hough    | 35.59 | 36.33 | 72.32 | 50                   | 7.18         | -                      | -                          |

M40

|           |       |          |       |    |      |   |                     |
|-----------|-------|----------|-------|----|------|---|---------------------|
| D. Haye   | 27.03 | 29.11    | 56.14 | 19 | 5.39 | - | 57.15* <sup>4</sup> |
| D. Caplin | 28.23 | 29.31    | 57.54 | 30 | 5.49 | - | 38.10* <sup>3</sup> |
| E. Moslen | 28.16 | Withdrew | 28.16 | -  | 5.41 | - | -                   |



| <u>M45</u> | LAP 1 | LAP 2    | TOTAL | RACE<br>POS-<br>ITION | MIN/<br>MILE | THIS<br>COURSE<br>1978 | BEST KNOWN<br>10ML AS VET. |
|------------|-------|----------|-------|-----------------------|--------------|------------------------|----------------------------|
| M. Smith   | 27.57 | 29.21    | 57.18 | 28                    | 5.46         | 59.32* <sup>2</sup>    | -                          |
| R. Shand   | 28.23 | 29.21    | 57.44 | 29                    | 5.48         | 57.54* <sup>2</sup>    | -                          |
| D. Carr    | 28.41 | withdrew | 28.41 | -                     | 5.46         | -                      | -                          |
| <u>M50</u> |       |          |       |                       |              |                        |                            |
| A. Tyson   | 31.41 | 35.03    | 66.44 | 47                    | 6.43         | 59.48* <sup>2</sup>    | 59.12* <sup>5</sup>        |
| W. Hughes  | 35.59 | 36.06    | 72.05 | 49                    | 7.15         | -                      | -                          |
| <u>M55</u> |       |          |       |                       |              |                        |                            |
| A. Merrett | 29.18 | withdrew | 29.18 | -                     | 5.54         | -                      | -                          |

16K = 9.9419 miles i.e. 102.25 short of  
10 miles. Times per mile listed above  
are calculated to compensate for the difference.

|    |            |          |
|----|------------|----------|
| *1 | Wanneroo   | 4. 3.79  |
| *2 | W.A.I.T.   | 20. 5.78 |
| *3 | W.A.I.T.   | 11. 6.78 |
| *4 | Rockingham | 19.11.78 |
| *5 | Caversham  | 9. 7.77  |

David Carr, having run 20 miles during the morning withdrew after the first lap with a personal best 8k. His 3m 21s improvement resulted from a good tussle with David Sheppard. Another tussle between Peter Veryard of YMH and Rob Shand gave Rob a personal best time for the course.

Ted Masten running barefooted withdrew after "putting a hole in his big toe". Bruce Buchanan and Bob Haynes took lap times and the race was watched by Ray Lawrence Mike Berry and Morris Johnson (while doing some light training). Phil Lenne and John Gilmour acted as Marshalls on the course.

We welcomed Hank Stoffers (38) of Swan View Gardens Caravan Park and Richard Spark (39) of 82 Smyth Road, Nedlands to the club. Both registered with the WAAAA and will be running as veterans this season.

#### Birthdays

Peter Gare Birthday 21st May turned 39 and has a year to go as a pre Vet. The 22nd May was the birthdays of three of our members. Glen Mallett still overseas turned 37, Wayne Chesney, of whom we have seen little in recent months turned 41, and Peter Gallagher turned 38, all remaining M35. We congratulate Peter on his election to Perth City Council and hope that the additional duties do not detract from the work he is doing for athletics in the promotion field.

Roy Kemp Birthday 23rd May turned 40 and becomes a Veteran M40. Valerie Tyson Birthday 23rd May turned 56 and remains W55. Dennis Batterham Birthday 25th May turned 47 and remains 4M45.

The last birthday in May is that of Paul Slyth who, on 29th, turned 37 and remains an M35.

Saturday 26th May, 1979 - The Kings Meadow Scratch Race at Guildford, attracted 46 entries among whom were 10 veterans who performed over the 600m Cross Country course as follows:

|      |             |     |       |       |       |       |
|------|-------------|-----|-------|-------|-------|-------|
| 13th | E. Maslen   | M40 | 10.04 | 10.23 | 20.27 | -     |
| 15th | D. Hays     | M40 | 10.08 | 10.37 | 20.45 | -     |
| 26th | M. Johnson  | M40 | 10.43 | 10.52 | 21.35 | 21.48 |
| 28th | H. Stollers | M35 | 10.51 | 10.55 | 21.46 | -     |
| 29th | D. Sheppard | M35 | 10.43 | 11.13 | 21.56 | -     |
| 31st | A. Merrett  | M55 | 10.57 | 11.13 | 22.10 | 23.04 |
| 34th | D. Crowther | M35 | 11.01 | 11.38 | 22.39 | -     |
| 36th | J. Whittam  | M40 | 11.10 | 11.48 | 22.58 | -     |
| 37th | J. Rowland  | M40 | 10.43 | 12.17 | 23.00 | 24.35 |
| 40th | K. Baseley  | M40 | 11.54 | 12.39 | 24.33 | 25.23 |

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At Kewdale the Walkers Club championship over 20k. saw Jim Smith (M45) gain third place in 1h 54m04s. Other walking performances by Jim since we last reported on the walking scene in newsletter No. 80 are: -

April 28th 15k at Kewdale.....  
 May 5th 8k at Perry Lakes (Don Rapley Trophy).....  
 12th 12k at Canning Vale.....  
 20th 16k State Championships at W.A.I.T.....90m 34sec. This was a personal best.  
 June 2nd 16k at Mundijong ..... in 30m.34s.  
 This was a personal best and M45 state record.  
 June 9th 30k at Kewdale.....2h 53m.09s.  
 This was a personal best and an M45 state record. Jim went through the 20k in 1h3m 47s and it is better than his previous best time of 2h 54m walked in 1974.

#### Sunday 27th May - KING OF THE MOUNTAIN

The day dawned cold and overcast for the Marathon Clubs annual runthrough the hilly terrain around Mundaring Wier and pilgrimage up Mt. Gudgin, where it was raining at the top. The struggle up "last straw hill" was rewarded this year by hot showers and a beer in front of a warm log fire.

This years King of the Mountain was Derek Hoyer (M40) who covered the 10miles in 59m 59sec. closely followed by Jell Joyce M35) only 6 seconds behind. The fastest time of the day was 57m. 56sec. Results of the 28 veterans were as below. Where no "clock time" or "time off" results shown runners are not Marathon Club members.

| <u>M35</u>      | CLOCK<br>TIME | TIME<br>OFF | ACTUAL<br>TIME | PREVIOUS KNOWN<br>BEST. |
|-----------------|---------------|-------------|----------------|-------------------------|
| Tony O'Hare     | 85:48         | 25.00       | 60.48          | 2                       |
| Jill Joyce      | 85:05         | 24.00       | 61.05          | 3                       |
| Keith Beaumont  | 86.33         | 24.00       | 62.33          | 4                       |
| Hank Stoffer    | 91.36         | 26.00       | 63.36          | 5                       |
| Bernie Oliver   | -             | -           | 67.00          | 9                       |
| Derek Crowther  | 89.20         | 20.00       | 69.20          | 11                      |
| Barrie Robinson | -             | -           | 69.44          | 12                      |
| Richard Spark   | -             | -           | 71.59          | 16                      |
| Winston Hough   | -             | -           | 79.46          | 22                      |
| George Atzemis  | -             | -           | 86.30          | 23                      |
| Jim Bonner      | -             | -           | 86.31          | 24                      |

\*1 5/9/76  
 \*2 28/8/77  
 \*3 20/8/78

#### M40

|             |       |       |       |    |
|-------------|-------|-------|-------|----|
| Derek Hoyer | 84.29 | 24.30 | 59.59 | 1  |
| John Butts  | 88.07 | 22.30 | 65.37 | 8  |
| John Davies | -     | -     | 71.11 | 14 |
| Wes Carter  | 89.55 | 18.30 | 71.25 | 15 |
| Geoff Price | 91.56 | 18.00 | 73.56 | 18 |

#### M45

|              |       |       |       |    |
|--------------|-------|-------|-------|----|
| Morrie Smith | 87.40 | 23.50 | 63.50 | 6  |
| Rob Shand    | 87.36 | 23.00 | 64.36 | 7  |
| David Carr   | 88.24 | 21.00 | 67.24 | 10 |
| Eric Pearton | 88.06 | 18.30 | 69.36 | 11 |
| Mike Barry   | 88.45 | 18.30 | 70.15 | 13 |
| Bob Haynes   | 92.20 | 17.00 | 75.20 | 19 |

#### M50

|                |       |       |       |    |
|----------------|-------|-------|-------|----|
| Alan Tyson     | 91.07 | 18.30 | 72.37 | 17 |
| Phil Lennie    | -     | -     | 77.59 | 20 |
| Paul Morrissey | -     | -     | 79.02 | 21 |

#### M55

|              |       |      |       |    |
|--------------|-------|------|-------|----|
| Frank Usher  | 90.33 | 4.00 | 86.33 | 25 |
| Will Pearton | 97.05 | 0.00 | 97.05 | 26 |

In the 5 mile joggers event, Nora Berry (W45) and Enid Crowther (W35) covered the distance in 62m35s and 62m45s respectively while Val Tyson (W55) did well in 72min 43sec.

Almost all veterans who had run the course before improved on their previous best times, some by a few seconds and some by up to 6 minutes. Alan Tyson had the same time as last year.

At McCallum a combination of two courses i.e. 2 x Dave Jones = 1 Cliff Bould to give a distance of 9.6k. Eighteen veterans participated with the following results: -

|     |                |     | D.J.  | D.J.  | Total   |       |       |
|-----|----------------|-----|-------|-------|---------|-------|-------|
|     |                |     |       |       | 2 x DJ  | C.B.  | Total |
| 1.  | D. Caplin      | M40 | 7.58  | 7.55  | (15.53) | 17.57 | 33.50 |
| 2.  | P. Wall        | M35 | 7.58  | 7.54  | (15.52) | 18.46 | 34.38 |
| 3.  | T. Conner      | M35 | 8.44  | 9.14  | (17.58) | 20.02 | 38.00 |
| 4.  | T. Manford     | M40 | 9.16  | 9.16  | (18.32) | 20.56 | 39.28 |
| 5.  | J. Martin      | M50 | 9.18  | 9.18  | (18.36) | 20.57 | 39.33 |
| 6.  | R. Godkin      | M55 | 10.00 | 9.54  | (19.54) | 22.42 | 42.36 |
| 7.  | R. Kemp        | M35 | 10.00 | 10.08 | (20.08) | 22.25 | 42.37 |
| 8.  | C. Bould       | M50 | 9.56  | 10.14 | (20.10) | 22.46 | 42.56 |
| 9.  | B. Buchanan    | M45 | 9.56  | 10.14 | (20.10) | 22.46 | 42.56 |
| 10. | M. Moyle       | M50 | 9.56  | 10.12 | (20.08) | 23.41 | 43.49 |
| 11. | A. Cummings    | M45 | 10.10 | 10.30 | (20.40) | 23.45 | 44.25 |
| 12. | G. Noordyk     | M55 | 10.30 | 10.14 | (20.44) | 23.48 | 44.32 |
| 13. | R. Lawrence    | M50 | 10.00 | 10.46 | (20.46) | 26.01 | 46.47 |
| 14. | S. Lockwood    | M45 | 10.54 | 10.56 | (21.50) | 26.09 | 47.59 |
| 15. | D. Jones       | M50 | 10.54 | 10.56 | (21.50) | 26.09 | 47.59 |
| 16. | M. Warren      | M   | 10.28 | 11.34 | (22.02) | 27.06 | 49.08 |
| 17. | J. Shillington | W35 | 12.10 | 12.12 | (24.22) | 29.23 | 53.45 |
|     | R. Horsley     | M65 | 10.50 | 9.56  | (20.46) | 32.59 | 53.45 |

We welcomed Morris Warren (41) of 11 Wittering Crescent, Balga, to the Club, tel. 446 6033.

Bob Sammells and Jack Collins officiated, recorded and kept times and it is encouraging to see Bruce Buchanan back in the run, and well up in the middle of the field. Jim Martin had a good run in this event.

Don Caplin's time for the 2DJ was 1 second under and Cliffs was 34 seconds under their times for a 2DJ run on 4/6/78 (ref. NL. 66)

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In a midweek twilight race on Wednesday 30th May, 1979 veterans participated in a 5000m track race at Tonkins Park. The results were as follows: -

|             |     |         |         |          |
|-------------|-----|---------|---------|----------|
| E. Maslen   | M40 | 16m 12s | 16m 17s | 6/12/78  |
| D. Koye     | M40 | 16m 39s | 16m 22s | 15/11/78 |
| D. Sheppard | M35 | 17m 39s | 18m 40s | 18/3/78  |
| A. Merrett  | M55 | 18m 17s | 18m 16s | 6/12/78  |
| R. Sammells | M40 | 18m 23s | -       |          |
| A. Tyson    | M50 | 19m 30s | 18m 15s | 14/4/79  |
| W. Hughes   | M50 | 20m 10s | 20m 03s | 6/12/78  |
| B. Buchanan | M45 | 21m 16s | -       |          |
| C. Bould    | M60 | 21m 21s | 20m 58s | 15/11/78 |

David Sheppard received the veterans award from the Melville Athletic Club. Conditions were still and cool and the race was run at 6.15pm under floodlights.

After the weather bureau issued a forecast of storm and tempest for Saturday 2nd June and after earth tremors at 6am, things looked bleak for any athletic event, especially the State 25k at Mundijong. Throughout the race a south-westerly blew and the temperature remained at 18.8°C. There were 67 starters and 58 finishers among whom were 21 members of the club.

| Place | Name         | Group | 5k    | 10k     | 15k     | 20k     | 25k      | Total    | Last year variation |
|-------|--------------|-------|-------|---------|---------|---------|----------|----------|---------------------|
| 17    | A. O'Hare    | (M35) | 17.15 | 17.52   | 18.17   | 18.50   | 18.28    | = 90.42  | ( 7.5%)             |
|       |              |       |       | (35.07) | (53.24) | (72.14) | (90.42)  |          | -                   |
| 20    | P. Wall      | (M35) | 17.53 | 17.58   | 18.34   | 18.30   | 18.17    | = 91.12  | ( 3.8%)             |
|       |              |       |       | (35.51) | (54.25) | (72.55) | (91.12)  |          | (90.43)             |
| 21    | J. Joyce     | (M35) | 17.27 | 18.30   | 18.04   | 18.27   | 19.08    | = 91.36  | ( 9.6%)             |
|       |              |       |       | (35.57) | (54.01) | (72.28) | (91.36)  |          | (93.56)             |
| 23    | K. Beaumont  | (M35) | 17.03 | 18.04   | 18.46   | 19.07   | 19.29    | = 92.29  | (14.2%)             |
|       |              |       |       | (35.07) | (53.53) | (73.00) | (92.29)  |          | -                   |
| 24    | M. Smith     | (M45) | 17.41 | 18.36   | 18.26   | 18.41   | 19.19    | = 92.43  | (9.2%)              |
|       |              |       |       | (36.17) | (54.53) | (73.24) | (92.43)  |          | -                   |
| 27    | D. Caplin    | (M40) | 17.53 | 18.36   | 19.00   | 18.47   | 19.14    | = 93.30  | ( 7.5%)             |
|       |              |       |       | (36.29) | (55.29) | (74.16) | (93.20)  |          | -                   |
| 29    | H. Stoffers  | (M35) | 17.28 | 18.31   | 18.59   | 19.22   | 19.49    | = 94.09  | (13.4%)             |
|       |              |       |       | (35.59) | (54.58) | (74.20) | (94.09)  |          | -                   |
| 31    | R. Shand     | (M45) | 18.40 | 19.20   | 18.58   | 18.52   | 19.14    | = 95.04  | ( 3.6%)             |
|       |              |       |       | (38.00) | (56.58) | (75.50) | (95.04)  |          | 95.02               |
| 32    | D. Haye      | (M40) | 17.14 | 18.20   | 18.12   | 20.30   | 21.04    | = 95.20  | (22%)               |
|       |              |       |       | (35.34) | (53.46) | (74.16) | (95.20)  |          | -                   |
| 35    | F. Smith     | (M35) | 19.00 | 19.27   | -       | -       | 19.43    | = 96.25  | -                   |
|       |              |       |       | (38.27) | -       | (76.42) | (96.25)  |          | -                   |
| 37    | D. Carr      | (M45) | 19.00 | 19.47   | 19.49   | 20.04   | 20.32    | = 99.12  | ( 8.0%)             |
|       |              |       |       | (38.47) | (58.36) | (78.40) | (99.12)  |          | 99.02               |
| 38    | C. Spare     | (M35) | 19.16 | 20.35   | 20.39   | 19.50   | 19.22    | = 99.42  | ( 7.1%)             |
|       |              |       |       | (39.51) | (60.30) | (80.20) | (99.42)  |          | -                   |
| 39    | B. Oliver    | (M35) | 19.07 | 20.17   | 19.15   | 19.19   | 21.22    | = 100.20 | (11.7%)             |
|       |              |       |       | (39.24) | (58.39) | (78.58) | (100.20) |          | -                   |
| 40    | M. Johnson   | (M40) | 19.00 | 19.27   | 19.33   | 21.18   | 22.12    | = 101.30 | (16.8%)             |
|       |              |       |       | (38.27) | (58.00) | (79.18) | (101.30) |          | 93.48               |
| 42    | J. Butts     | (M40) | 19.15 | 20.05   | 20.12   | 20.16   | 22.38    | = 102.26 | (17.5%)             |
|       |              |       |       | (39.20) | (59.32) | (79.48) | (102.26) |          | 100.23              |
| 43    | E. Maslen    | (M40) | 17.53 | 19.45   | 20.10   | 22.20   | 22.45    | = 102.53 | (27.2%)             |
|       |              |       |       | (37.38) | (57.48) | (80.08) | (102.53) |          | -                   |
| 48    | A. Tyson     | (M50) | 20.50 | 21.13   | 21.34   | 22.28   | 22.48    | = 108.53 | ( 9.4%)             |
|       |              |       |       | (42.03) | (63.37) | (86.05) | (108.53) |          | P/O                 |
| 49    | R. Spark     |       | 20.24 | 21.53   | 22.15   | 22.27   | 23.50    | = 110.49 | (16.8%)             |
|       |              |       |       | (42.17) | (64.32) | (86.59) | (110.49) |          | -                   |
| 50    | G. Price     | (M40) | 20.17 | 21.46   | 22.11   | 23.41   | 23.27    | = 111.12 | (15.6%)             |
|       |              |       |       | (42.03) | (64.14) | (87.45) | (111.12) |          | P/O                 |
| 56    | D. Batterham |       | 22.55 | -       | -       | 24.01   | 26.11    | = 121.09 | (14.2%)             |
|       |              |       |       | -       | (70.57) | (94.58) | (121.09) |          | (131.02)            |
| 57    | W. Hough     |       | 22.55 | -       | -       | 25.24   | 27.40    | = 124.01 | (20.7%)             |
|       |              |       |       |         | (70.57) | (96.21) | (124.01) |          | -                   |

| Place   | Name     | Group | 5k    | 10k     | 15k     | 20k     | Total             | Last year variation |
|---|----------|-------|-------|---------|---------|---------|-------------------|---------------------|
| -   | G. Wall  | (M35) | 17.53 | 18.26   | 20.05   | = 56.26 | (withdrew at 15k) | -                   |
|   |          |       |       | (36.19) | (56.26) |         |                   |                     |
| -   | M. Berry | (M45) | 20.50 | 21.13   | 20.47   | = 62.50 | (withdrew at 15k) | -                   |
|   |          |       |       | (42.03) | (62.50) |         |                   |                     |
| Variation = $\frac{\text{Fastest lap} - \text{slowest lap}}{\text{Fastest lap}} \times 100$ |          |       |       |         |         |         |                   |                     |

M. Berry pulled out with calf muscle cramps, G. Wall with general fatigue, W. Hough had cramp in his last 5k but was able to finish.

P. Wall became faster after 15k as did R. Shand, whose 4th leg was his fastest (after the first). The only veteran to be so; C. Spare's fastest after the first was his 5th and last leg, the only veteran to do so. P. Wall and R. Shand ran the most evenly (under 4% variation between slowest and fastest laps) with D. Haye and T. Maslen the least even (over 22% variation).

The Club thanks P. Hopper for his collaboration in obtaining the 5k times, and Linley Batterham for acting as marshall at the 7 $\frac{1}{2}$ mark.

Further earth tremors at 6pm shook the glasses in the pub. during the post race period devoted to replacement of lost fluid. Heavy rain and squalls continued throughout the night.

Earlier in the day in a finale to Marathon Mania, a group turned out for their final long training run before the Marathon, to run 37km from McCallum to McCallum. Bob Hayres, Eric Pearton, Bob Johnstone, Derek Crowther, Jim Martin, Gerry Noordyk, Dave Hough, Frank Usher, Frank Kelly, Terry Manford, Bill Hughes, Merv Moyle, Roy Kemp, Ralph Godkin, Terri Carr, and two friends of Terry Manford, Brian Jones and Dave Hadland also joined the group.

This was a really good turn out for the final long pre-marathon training run, especially considering that the 25km road race at Mundijong was the same afternoon and would attract a large number of veterans. Thick fog and cold weather was no discouragement and though Ralph Godkin had to pull out with leg trouble at Claremont, everyone else completed the run in 3hrs 5mins to 3hrs 30mins. Terri Carr, the lone female keeping up very well and beating some of the men home. Richard Spark turned up to give some encouragement along the way. Bill Hughes found a new use for 'Pure New Wool', extra heel cushioning for a sore foot. Jill Pearton looked after the runners with drinks etc. Quite a hectic time on her own, but something she enjoys doing.

#### Sunday 3rd June, 1979

Bev Wall and Jill Pearton braved the elements for a 30kms training run. The going was very hard to Fremantle as the girls were running into a gale force wind with heavy showers, but were looked after by Eric Pearton with drinks, towels etc. and made the distance.

Meanwhile at McCallum 36 veterans turned out on a damp but pleasant 14<sup>0</sup> morning to 'circulate' the bridges in groups relative to their pace. Anderson, Bould, Berry, M&N, Buchanan, Barnes, Caplin, Coventry, Connor, Crowther, Chapman, Godfrey, Hewitt, Horsley, D. Jones, King, Lawrence, Moyle, J. Martin, Manford, Noordyk, O'Hare, Payne, Sheppard, Sammells, Shand, Stollers, Spark, M. Smith, J. Shillington, Tyson, Usher, Warren. Stan Lockwood, still troubled with injury walked along the river and arrived after everyone else had left but joined Len Merrick (ex vet) on a Bridges run. The Peartons were seen in a passing car, after Jill's run and so was Ron Potter, though he did not stop. Gordon Westlake and Ted Maslen had been seen at different times on the peoples marathon course.

Saturday 9th June saw the revised programme in operation at Perry Lakes - Due to the Australian Athletic Union selecting the day on which the schoolboys cross-country championships had been programmed the George Skeels run was brought forward. The field was small for the 5000m run up hilly sand tracks between flat grass at the beginning and end of the race. The results are shown on the next page...

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|              |     | Time in | Pos. | H/cap | Adjusted time/pos. | 1978<br>time in. |
|--------------|-----|---------|------|-------|--------------------|------------------|
| E. Maslen    | M40 | 20:50   | 15   | 2.27  | 18.23              | 21               |
| P. Wall      | M35 | 21:09   | 16   | 1.30  | 19.39              | 30               |
| H. Stoffers  | M35 | 21:35   | 18   | 3.51  | 17.44              | 10               |
| A. Merrett   | M55 | 22:17   | 23   | 4.16  | 18.01              | 14               |
| D. Carr      | M45 | 22:54   | 27   | 4.46  | 18.08              | 15               |
| D. Crowther  | M35 | 22:56   | 28   | 4.46  | 18.10              | 18               |
| J. Whittam   | M40 | 23:17   | 30   | 5.05  | 18.12              | 20               |
| D. Batterham | M45 | 28:34   | 37   | 5.12  | 23.22              | 36               |

Among the spectators were Enid Crowther, Alan Tyson, Don Caplin, Bernie Oliver, Bruce Buchanan, Geoff Wall, Bev Wall, Art Briffa, Rob Shand was acting as marshall on the course. The fastest time was 18m 29s.

Sunday 10th June.

A large field of 107 lined up at 9am at W.A.I.T. for the Marathon Club's FOUNDERS TROPHY - a 10 mile handicap run in 16<sup>th</sup> cool overcast conditions. The winning time was 54m16s by Tony O'Hare (M35) and veterans times were: -

|     |              | First 5mls. | Second 5mls. | TOTAL: | Position. | 1978  |
|-----|--------------|-------------|--------------|--------|-----------|-------|
| M35 | A. O'Hare    | 26:41       | 27.35        | 54:16  | 1         | 60.24 |
|     | P. Wall      | 37.04       | 27.15        | 54:19  | 3         | 52.23 |
|     | J. Joyce     | 28.10       | 27.49        | 55.59  | 9         | 55.45 |
|     | K. Beament   | 27.27       | 28.38        | 56:05  | 10        |       |
|     | H. Stoffers  | 27.50       | 28.49        | 56:39  | 11        |       |
|     | F. Smith     | 29.15       | 29.00        | 58:15  | 21        |       |
|     | D. Sheppard  | 28.51       | 30.17        | 59:08  | 23        | 59.31 |
|     | B. Oliver    | 30.23       | 31.50        | 62:13  | 31        |       |
|     | R. Spark     | 31.31       | 32.55        | 64.26  | 43        |       |
|     | M. O'Rourke  | -           | -            | 65:05  | 47        |       |
|     | T. Manford   | 33.14       | 34.00        | 67.14  | 55        | 69.15 |
|     | F. Kelly     | 34.40       | 33.18        | 67.58  | 57        |       |
|     | O. Merrick   | 36.03       | 36.32        | 72.35  | 72        |       |
|     | R. Johnstone | 35.25       | 38.51        | 74.16  | 74        | W/D   |
|     | M. Warren    | 39.00       | 41.00        | 80.00  | 80        |       |
| M40 | D. Caplin    | 27.54       | 27.52        | 55:46  | 8         | 58.10 |
|     | J. Butts     | 29.17       | 29.46        | 59.03  | 22        |       |
|     | M. Johnson   | 31:20       | 32.02        | 63.22  | 38        |       |
|     | G. Price     | 32.29       | 33.13        | 65.42  | 50        |       |
|     | J. Spencer   | 32.54       | 33.27        | 66.21  | 52        |       |
|     | E. Murphy    | 33.40       | 34.57        | 68.37  | 59        |       |
| M45 | M. Smith     | 28.02       | 29.33        | 57.35  | 14        |       |
|     | R. Shand     | 28.55       | 29.02        | 57.57  | 15        |       |
|     | D. Hough     | -           | -            | 62.55  | 34        | 63.13 |
|     | M. Berry     | 32.54       | 31.12        | 64.06  | 42        | 66.13 |
|     | E. Pearton   | 32.10       | 32.34        | 64.44  | 45        |       |
|     | R. Hayres    | 34.40       | 33.23        | 68.03  | 58        | W/D   |
| M50 | A. Tyson     | 31.10       | 32.12        | 63.22  | 39        | 62.04 |
|     | J. Martin    | 33.15       | 33.26        | 66.41  | 54        | W/D   |
|     | P. Lennie    | 34.35       | 35.06        | 69.41  | 65        |       |
|     | R. Lawrence  | 37.00       | 43.00        | 80.00  | 79        |       |
| M55 | F. Usher     | 37.00       | 38.31        | 75.31  | 77        | 75.07 |
|     | G. Noordyk   | 36.30       | 39.29        | 75.59  | 788       |       |
| W30 | J. Pearton   | -           | -            | 87.00  | 81        |       |

81 completed the full 10 miles with 8 members of the veterans club in the first 15 places, four of whom were over 40. Eleven veteran club members broke 60 minutes. A total of 33 club members ran. In addition 5 members of the club were among the 26 who completed the 5 mile distance, their results being as follows: -

|      |             |       |         |
|------|-------------|-------|---------|
| 1st  | D. Crowther | (M35) | 30m 30s |
| 3rd  | J. Whittam  | (M40) | 32m00s  |
| 4th  | K. Baseley  | M40   | 32m 59s |
| 14th | B. Wall     | W35   | 29m 24s |
| 25th | N. Berry    | W.    | 46m 59s |

Hugh Kirkham (M35) was running back into form after a long lay off doing 29:18 + 30:15 = 59.33 for 25th place. Congratulations to Tony O'Hare on his win and to Frank Usher who gained third place on handicap.

At McCallum one of the smallest groups of veterans to be seen for some time gathered to run the MILE on a slow track with 30 metres of soft sand in each lap, legacy of the recent visit of the circus. A Discus was thrown afterwards and the days results were: -

ONE MILE

|             |     |        |
|-------------|-----|--------|
| D. Carr     | M45 | 6m 02s |
| A. McCabe   | M45 | 6m 03s |
| J. Barnes   | M35 | 6m 05s |
| B. Buchanan | M45 | 6m 13s |
| A. Briffa   | M50 | 6m 18s |
| A. Cummings | M45 | 6m 39s |
| C. Bould    | M60 | 6m 40s |
| V. Anderson | M60 | 6m 40s |

DISCUS

|             |       |
|-------------|-------|
| A. Cummings | 31:24 |
|             | 30:55 |
|             | 29:45 |
| J. Collins  | 19:43 |
|             | 18:63 |
|             | 18:10 |

McCabe and Briffa then set off around Harrison Island followed by Horsley and Bould. Carr and Buchanan did the bridges (passing John Gilmour fishing off the Narrows Bridge). Barnes and Anderson trained at McCallum and were joined later by Lockwood and Val Prescott.

June Birthdays are:

|                        |  |
|------------------------|--|
| <u>June Payne</u>      | birthday 2nd turned 47 and remains W40.  |
| <u>Dorothy Goodwin</u> | birthday 4th turned 45 and becomes W45.  |
| <u>Kevin Cameron</u>   | birthday 6th turned 39 and remains M35.  |
| <u>David Carr</u>      | birthday 15th turned 47 and remains M45. |

In an Inter Services Cross Country Race at Pearce on Monday 11th June, the 8.8k course was covered in 29m 30s by the winner. Tony O'Hare (M35) was late at the start as he was marking the course when the gun went off and was 100m behind the leaders when he crossed the starting line. At the finish he was 100m ahead of the leader but was disqualified as he was not at the start. His time would have been in the vicinity of 29min. David Sheppard (M35) came 6th in 31m30s.

We welcome KEITH GRAHAM (40) of 29 Keane Street, Peppermint Grove, tel. 384 5685.

The People's Marathon is not the last event you will run in (although for a few hours after you finished it you probably thought so!). The programme continues after June 24th so DONT FORGET TO SUPPORT THE SPECIAL AGE EVENTS THAT HAVE BEEN PUT ON FOR YOU IN THE SOUTH WEST ON JULY 1ST and JULY 15TH. Their success depends on your participation.

## WESTERN AUSTRALIAN VETERANS' AMATEUR ATHLETIC CLUB

Newsletter No. 81 82

20th May, 1979.

To win without risk is to  
triumph without glory.

Cornielle.

SUBSCRIPTIONS FOR 1979 WERE DUE ON 1ST APRIL.

If you are unfinancial at the date of distribution of this Newsletter the box below will be coloured in. Please remedy this as soon as possible.

Subscription  
for 1979

☐

Levy ref. item 3  
of General Business  
on p9 of A.G.M.

☐

Other  
as below

☐

\$6.50

☐

\$2.00

.....

.....

.....

Couple

\$10.00

☐

Please post your cheques to R.E. Sammells, 5 McInness Crescent, GREENWOOD.

Many Veterans have complained that they do not know what has been arranged for them, but as many do not make too much effort to find out by collecting their Newsletter from the Secretary. If you wish your Newsletter to be posted to you, advise the Secretary and forward \$2.40 to cover postage.

We thank Joe Shepherd of Medina for a donation of \$2.00 to Club funds and Bob Roberts for a donation of \$1.50.

#### VETERAN MAGAZINES

We have been asked by the Secretary of the Australian Association of Veteran Athletic Clubs to give this magazine a plug in our Newsletter and the Publishers have launched a SAVE VETERIS APPEAL by saying -

"We are now coming up to the end of our first year as publishers of 'Veteris.' We started last April, 1978, full of enthusiasm and with high hopes of producing a first class magazine that could be bought and read by veteran athletes throughout the world.

#### WE NEVER ANTICIPATED MAKING PROFITS

Despite producing a magazine with some pages in colour; no other veteran journal can claim the same. Producing many interesting features, listing results, showing photographs and many, many more attractions. Our readership has declined to such an extent that to continue in its present form would be financial suicide. We never anticipated making a profit when we agreed to be publishers. However, we did think that we would receive the backing of fellow athletes ... we were wrong.

#### A NEW LOOK QUARTERLY MAGAZINE

In a last desperate attempt to keep Veteris going we are reverting to its original yearly publication policy of four magazines. We will guarantee the magazine for a further twelve months only if we have the backing of our readers when re-subscriptions are due in April. The magazine will have a new look with many more pages than at present. In fact, each issue will be a bumper one. The cost will be ten dollars with no cost for post and package. We want to continue with the magazine - If you feel the same, persuade other fellow veterans to take the mag.

REMEMBER, IF VETERIS FAILS THEN THE LOUDEST VETERAN VOICE IS GONE - MAYBE FOR EVER!!

Anyone interested should forward their subscriptions to Lynne Barrett, "Veteris", 7 Berkley Lane, Canvey Island, Essex, United Kingdom.



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It would appear that Veteran Athletes are very difficult people to satisfy as far as their own magazine is concerned, we know why the VETERAN ATHLETE failed in Australia and VETERIS was unpopular because most of the content was U.K. (to be expected). Somehow "Runners World" provides the content we want (Assumed from the number of Veterans who subscribe to it) and "Fun Runner" which has joined forces with Distance Running News seems to be developing a following, though neither of these publications contain anything particularly orientated.

At the Annual Conference of Veteran Athletic Clubs held in Sydney on 14.4.79., which your delegates Carr and Shand attended, the following motions regarding a veteran athlete magazine (note A magazine not THE) were moved, seconded and carried.

1. The Association to approve a National Magazine.
2. The National Magazine be published quarterly and smartened up.
3. An Editorial Board be appointed to decide on a format and advise an editor, whom they will appoint, of the required format.
4. The Editorial Board elected was  
Dorothy Goodwin (W.A.) Convenor  
Peter Colthup (Vic.)  
Roly Ferris (S.A.)  
L. Gleeson (N.S.W.)
5. All members to receive a copy and each State to be responsible for payment. Where more than one member was in the same household, one copy only to be supplied.
6. Editorial Board to investigate the possibility of registering the magazine as a Nationally distributed publication with Australia Post to qualify for cheaper postage.
7. The Board to be re-elected at each annual conference.

There was much discussion about "The Editor" and the W.A. delegates made it quite clear that the editor of the previous magazine was not acceptable.

Give some thought to what you want to read in a National Veteran Magazine and let your Committee know so that we can be of some help to "D.G." in her job as Convenor.

Our first copy of "ON AND ON", ordered for the Club Library has now arrived and is in the Club Library. See Bob Hayres.

#### SINGAPORE MASTERS TRACK AND FIELD ASSOCIATION

Have advised that they are thinking of having another Masters Meet this year, but on a much smaller scale than in 1978. The tentative dates are 21st and 22nd July, 1979, which is about a week before the commencement of the World Veterans Championships in Hannover.

Last year we looked at the possibility of sending a team over and spending a week in Bali on the return, but by the time that we got enough information from Singapore, there were no seats left on the plane. If there is sufficient response from members we can look at this years possibilities.

#### 24 HOUR RELAY

Belmont Athletic Track has been booked for a 24 Hour Relay on 28th and 29th September 1979. Members will be requested to volunteer to run, to assist the runners, time keep, record etc., in shifts throughout the 24 hour period and the Clubs support will be essential, especially with encouragement towards the end of the run, so keep these days free of other engagements. We understand that the track is illuminated. A raffle will be organised for August/September and will be drawn on 29th September.

More information will be included in NEWSLETTERS nearer the date.

JIM SMITH has sorted out the "hairy" walking results of Newsletter 78 and the results on p7 should be:-

- 1.3.79. Jim Smith walked 3k (not 2k) in 15 min 56 sec.  
25.2.79. Jim Smith walked 5k (not 3k) in 26 min 35 sec in the State Championships and in the re-walk of this event on 3.3.79. we got the time and distances correct.

THURSDAY TIME TRIALS

The final points for the Thursday time trials covering 17 events between 11.1.79. and 5.4.79. (excluding the special 5k event to assist Gaylene Clews) show that Ross Holland is the winner and will be receiving his certificate in due course.  
The results were:-

|                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Ross Holland (M40) 6858 points | 16. Reg Briggs (M70) 1738 points |
| 2. David Carr (M45) 6818          | 17. Bob Sammells (M40) 1335      |
| 3. Don Caplin (M40) 5853          | 18. Stan Lockwood (M45) 1256     |
| 4. Rob Shand (M45) 5248           | 19. Derek Crowther (M35) 1181    |
| 5. Cliff Bould (M60) 4444         | 20. Ian Sutherland (M35) 992     |
| 6. Jeff Whittam (M40) 4305        | 21. Val Prescott (W35) 925       |
| 7. Jack Collins (M65) 4191        | 22. Geff Wall (M35) 778          |
| 8. Kath Holland (W35) 4102        | 23. David Hough (M45) 743        |
| 9. Bob Hayres (M45) 3412          | 24. Terry Ruddy (M40) 704        |
| 10. Bob Fergie (M40) 2546         | 25. John Rowland (M40) 596       |
| 11. Alan Tyson (M50) 2534         | 26. Charles Spare (M40) 555      |
| 12. Dave Jones (M50) 2438         | 27. Ross Calnan (M35) 520        |
| 13. Brad Watson (M40) 2007        | 28. Alec Cummings (M45) 465      |
| 14. John Davies (M40) 1974        | 29. Kevin Cameron (M35) 380      |
| 15. Bernie Oliver (M35) 1749      | 30. Laura Ruddy (W30) 20         |
|                                   | 31. Ray Lawrence (M50) 20        |

The time trials covered all track events including "The Old Mile" and all field events except Pole Vault and High Jump.

We understand that two of our members have recently been hospitalised but are now home. We wish Ken Mazey and Giles Harford a speedy recovery.

CHANGE OF ADDRESS

Tony Connor has been out of action with a damaged foot, but came down to McCallum on Sunday 6th to do a slow Bridges run. His new address is Flat 5 20 4th Avenue, Maylands 6051.

We welcome Barrie Robinson (39) of 217 Houston Street, Mt. Helena (095 721038) who participated in one of our relay teams and Dorothy Whittam (42) wife of Jeff both on 6.4.79.

John Gilmour birthday 3rd May, turned 60 and changed from M55 to M60 and left a string of impossible records behind him for the "younger veterans" to chase.

Saturday 5th May. In a womens 4000m open handicap cross country event at Perry Lakes, Kath Holland (W35) came 2nd on a 2m 10 sec handicap in a time of 20m 04sec.

The Club entered 3 teams in the Fremantle to Perth Relay on Sunday, 6th May, 1979 and could probably have entered a fourth team as last year had members indicated their interest early enough for the organisational work to be done. Club records for each leg are shown in brackets and if this year's time is a new records it is marked\*.

| LEG NO. | DIST. KM. | C TEAM   | D1 TEAM  | D2 TEAM               |
|---------|-----------|--|--|-----------------------|
| 1       | 3.5       | Shand M45<br>11:41<br>(Shand M45<br>1978 11:35)    | Carter M40<br>12:42*<br>(Tyson M50 13:00 1977)   | Tyson M50<br>14:08    |
| 2       | 3.0       | Carr M45<br>10:28*<br>(Carr M45<br>1977 10:34)     | Robinson M35<br>11:32<br>(Murphy M40 12:19 1978) | Spare M40<br>11:27*   |
| 3       | 1.0       | Rowland M40<br>2:41*<br>(Beament M35<br>1978 2:48) | Crowther M35<br>2:54<br>(Rowland M40 2:35 1978)  | Batterham M45<br>3:29 |

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| LEG NO.  | DIST. KM.              | C TEAM   | D1 TEAM   | D2 TEAM                    |
|----------|------------------------|--|---|----------------------------|
| 4        | 2.0                    | Beament M35<br>7:16<br>(Sammells M40<br>1978 6:52)                 | Kemp M35<br>8:41<br>(Johnston M35 7:27 1978)    | Johnston M35<br>9:04       |
| 5        | 3.0                    | Caplin M40<br>9:48<br>(Caplin M35<br>1978 9:09)                    | Davies M40<br>9:57*<br>(Beament M35 10:59 1977) | Berry M45<br>11:04         |
| 6        | 2.0                    | O'Hare M35<br>7:03<br>(Price M40<br>1977 7:42)                     | Pearton M45<br>8:24<br>(O'Hare M35 7:35 1978)   | Lennie M50<br>8:17         |
| 7        | 2.0                    | Sheppard M35<br>7:04<br>(Innes M40 1977<br>Clark M35 1976<br>6:55) | Hayres M45<br>7:47<br>(Hayres M45 7:27 1978)    | Whittam M40<br>7:27*       |
| TOTALS   |                        |  |   |                            |
|          | 16.5 km<br>(10.25 mls) | 56m 11s*<br>(57m 14s 1978)   | 61m 57s*<br>(62m 17s 1978)                      | 65m 06s*<br>(67m 02s 1978) |
| Position |                        | 2nd  | 2nd   | 3rd                        |
| Winner   |                        | 55m 28s  | 59m 33s   |                            |
| Time     |                        | 0m 43s   | 2m 24s  | 3m 09s                     |
| Margin   |                        |  |   |                            |

Veterans running for other Clubs were:-

|                 |                  |                     |
|-----------------|------------------|---------------------|
| Geoff Wall M35  | Art Briffa M50   | Col Junner M55      |
| Frank Smith M35 | Moms Smith M45   | Peter Gallagher M35 |
| Jeff Joyce M35  | Alan Merrett M55 |                     |

but no times are available for their efforts. Bill Hughes got a run in a composite team and found that as they were one runner short he had to do two legs of the relay.

The time of all competing teams were:-

|               |    |           |    |             |
|---------------|----|-----------|----|-------------|
| University    | A  | 51m 46s   | 1  | Won A Grade |
| Y.M. Harriers | A  | 51m 52s   | 2  |             |
| Canning       | A  | 51m 53s   | 3  |             |
| Swans         | A  | 54m 05s ) | 4  | Won B Grade |
| University    | B  | 54m 05s ) |    |             |
| Midland       | A  | 55m 12s   | 6  |             |
| Albany        | C  | 55m 28s   | 7  | Won C Grade |
| Veterans      | C  | 56m 11s   | 8  |             |
| Karrinyup     | C  | 56m 28s   | 9  |             |
| Canning       | B  | 56m 29s   | 10 |             |
| University    | C  | 56m 41s   | 11 |             |
| Y.M. Harriers | B  | 56m 57s   | 12 |             |
| Y.M. Harriers | C  | 59m 14s   | 13 |             |
| University    | D  | 59m 33s   | 14 | Won D Grade |
| Veterans      | D1 | 61m 57s   | 15 |             |
| Veterans      | D2 | 65m 06s   | 16 |             |
| Composite     |    | 66m 55s   | 17 |             |

The race started at 7.30 am with the temperature a cool 11.3°C. The competitors thanks go to Bruce Buchanan, Bob Sammells, Jack Collins and Frank Usher for acting as timekeeper, recorder of traffic wardens respectively on the 4th leg for which we were responsible. There was no 5k event in Kings Park this year due to lack of support last year.

## Vetrun 82

At McCallum five veterans welcomed Garry Winning (41) of 19 Queensville Avenue, Lynwood to the Club. Merv Moyle did the Bridges run twice, Alec Cummings a short Heirisson Island course and Tom Jones and Jack Collins jogged a little while John Gilmour ran a lot- Bridges followed by laps of McCallum.

### KNOW YOUR MEMBER - BY WAFFLE

Bob SAMMELLS

Born London 6.1.37. 42 years

Height 5' 8"

Weight 9 st. 7 lbs.

Married Wife Maureen Two Teenage girls  
Two boys 11 and 9 years

Suburb Greenwood

Bob arrived in Perth April 1975.

His previous running experience was when in the Royal Air Force when they held an occasional cross country or on the track.

Running for enjoyment is Bob's motto and he tends to play down the competitive aspect, although is not unhappy about competing in a 'solid run' since joining the W.A. Vets. It took some time for him to join Vets as it was brought to his attention first by Bob Harrison of the W.A. Marathon Club and then much later by Jeff Joyce of the same Club, but he kept well clear.

Bob finally joined the Vets in January 1978 and his running showed noted improvement purely through running with other members. The highlight of this improvement was a 37:46 10,000 metre in the State 10k Championship at Kings Park in 1978. This run proved to Bob he could go out forth than he had been prepared to do and hold the pace. A great confidence booster.

Training consists of 20-25 miles a week at approximately 7½ min miles. Nothing much longer, which just goes to show we do not all need 100 miles a week to gain satisfaction from our running. Bob may have to increase this mileage as he intends to run the Marathon this year. Something he considered beyond his capability 12 months ago.

Diet - Eats anything he likes and has no weight problem.

Drink - enjoys a social beer.

Not impressed with the Staminade type drink.

Benefits gained from running are not so much the physical in Bob's case he feels the great spirit of comradeship found in the Vets Club gives him his 'highs' and to see every race finished receive a hand clap from first to last. He has made many friends and considers runners are all on common ground.

Advice to new members is to understand that running is only one part of life and to try and get it in balance with other commitments and a wide appreciation of life generally.

Bob Roberts has forwarded the February and March 1979 copies of AERO-AC-CENT (Coopers publication from Dallas) which are now in the Club Library. Interesting to note in both issues in the "top ten - Aerobic Points" the top 4 places are held by runners followed by swimmers then cyclists.

From one of the local magazines you can assess the "Sexy you" from their exercise value chart in which 5 points are the maximum given for any activity. A selection of interest to us are:-

| ACTIVITY        | AEROBICS | ARMS | LEGS | ABDOMEN | FLEXIBILITY |
|-----------------|----------|------|------|---------|-------------|
| Jogging         | 4        | 1    | 5    | 3       | 3           |
| Running         | 5        | 1    | 5    | 3       | 3           |
| Climbing Stairs | 5        | 1    | 5    | 3       | 2           |
| Skipping        | 5        | 2    | 5    | 3       | 2           |

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| <u>WORST</u>  | <u>ACTIVITY</u>    | <u>BEST</u>  |
|---|--------------------|--|
| Sailing, water skiing,<br>Yoga, housework(!)<br>gardening   | <u>AEROBICS</u>    | Running, skipping, climbing stairs,<br>swimming, rowing, canoeing, snow (cc)<br>judo, jazz ballet, basketball,<br>squash, cycling.                             |
| Walking, jogging, running,<br>climbing stairs.  | <u>ARMS</u>        | Sailing, rowing, canoeing, skiing<br>water, snow (cc) judo.  |
| Housework, gardening, golf,<br>ballroom dancing.  | <u>LEGS</u>        | Jogging, running, skipping, climbing<br>stairs, cycling, rowing, snow<br>(downhill) snow (cc), judo, dancing,<br>basketball, netball, squash,<br>trampolining. |
| Walking, ballroom dancing, golf,<br>tennis, housework, gardening.   | <u>ABDOMEN</u>     | Sailing, rowing, canoeing, snow (cc)<br>Judo, karate, ballet.  |
| Walking, skipping, climbing<br>stairs, cycling, rowing,<br>canoeing, ballroom dancing,<br>housework, gardening. | <u>FLEXIBILITY</u> | Snow (cc), Yoga, ballet, netball,<br>squash, trampoline.   |

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Snow (cross country skiing) gains maximum points (5) in all categories while housework is 1-2-2-2-2 and gardening 1-3-2-2-3 so come on girls, leave the housework and gardening for the "Rest Days" and get out for a jog or a run! Cross country skiing looks like a good cure for insomnia!!

FOOD

Many questions have been asked recently about food that should be eaten leading up to long distance races and the general answers have been High Protein or High Carbohydrate, etc. In an attempt to be more specific and remembering that each runner is different and must find his own likes and dislikes, we have a precis of two articles by Dr. Peter Sperryn from the Medical News of 4/1/79 and 8/2/79 which Ralph Godkin gave us, but with some additional information added.

In the short term pre-competitive period for long distance endurance events, perhaps the best known method of diet manipulation to help boost performance is the carbohydrate loading technique.

As the event progresses a normal average starting muscle glycogen level usually becomes seriously depleted creating subjective distress such as the so called "wall" at 16 km (somewhere around two hours plus of running time). If starting muscle glycogen can be boosted, then the performer could get a longer run from his energy sources.

Muscle glycogen can be doubled with a regime which starts 7-8 days before competition with a fairly protracted and exhausting training run which lowers glycogen levels. While this would be avidly restored to starting level by normal eating, it is enhanced if an initial spell of about three days of carbohydrate deprivation is undertaken when the athlete sticks to a fat and protein diet and then switches for the last three days or so to a very high carbohydrate diet.

Some suggested diets were taken from the book "The Physiological Basis of Physical Education and Athletics" by Matthews and Fox and are outlined below.

---

4-6 DAYS BEFORE THE EVENT  
HIGH ENERGY -  
LOW CARBOHYDRATE DIET

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1-3 DAYS BEFORE THE EVENT  
VERY HIGH ENERGY -  
HIGH CARBOHYDRATE DIET

---

BREAKFAST

$\frac{1}{2}$  grapefruit or  $\frac{1}{2}$  cup of grapefruit juice or berries.  
2 eggs (NOT FRIED)  
Generous serving of bacon, ham or sausage.  
Butter or margarine as desired.  
One thin slice wholewheat bread.  
One cup of whole milk.

1 cup orange or pineapple juice.  
Hot cereal as desired.  
Eggs and/or hot cakes.  
Generous serving of bacon, ham or sausage.  
Butter or margarine as desired.  
2-4 slices whole grain bread.  
Chocolate or Cocoa as desired.

LUNCH AND DINNER

Clear Bouillon or  $\frac{1}{2}$  cup tomato juice.  
At least 170 grams fish, poultry or liver.  
Mixed green (only) salad or one cup of cooked green vegetables.  
Salad dressing, butter or margarine.

One cup of whole milk.  
Artificially sweetened gelatine with whipped cream (NO SUGAR)

Cream or vegetable soup.  
At least 170 grams fish, poultry or liver.  
Added beans or fruits.  
Salad dressing, butter or margarine as desired.  
2-4 slices whole grain bread or rolls or rolls or potato.  
Pie, cake, pudding or ice cream.

SNACKS

Cheddar cheese.  
Nuts.  
1 slice whole grain bread.  
Artificially sweetened lemonade.

Fruits, especially dates, raisins, apples and bananas.  
More milk or milkshakes, biscuits or lollies.

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4-6 DAYS BEFORE THE EVENT  
HIGH ENERGY -  
LOW CARBOHYDRATE DIET

1-3 DAYS BEFORE THE EVENT  
VERY HIGH ENERGY -  
HIGH CARBOHYDRATE DIET

#### OTHER FOODS

|  |   |
|--|---|
| Bacon and eggs.  | Iced cakes (especially Black Forest Torte - yum yum!!).                         |
| Butter and other fats (dripping, margarine, cooking oils and olive oil). | Ice cream, sweets, chocolates etc.  |
| Peanut butter.   | Sweet biscuits.   |
| Vegemite.  | Sweet desserts such as trifles, Pavlova, mousse.                                |
| Cheese.  | Crumpets, white bread, scones.  |
| Red meat (beef, mutton, lamb, veal).                                     | Sugar in tea, coffee, Cocoa.  |
| Fried fish.  | Potatoes and rice.  |
| Soya bean products.  | Spaghetti, macaroni and other pasta (with minimal meat and preferably without). |

One problem with this is the ability to keep up satisfactory training levels as it is common for athletes to feel pretty lousy during the carbohydrate free days. It is advisable not to undertake this special preparation more than 2-3 times a year and it is not necessary to pursue this dietary preparation for races below 16 km as these events are not carried out for long enough to cause significant depletion. The negative effect of carbohydrate deprivation becomes significant in the "older" age group, jogging or exercising for health, in that many who have tried to lose weight by this method have found themselves unduly fatigued when taking exercise. The role of judicious rest days in a training programme becomes as important as the actual running.

While glucose is usually regarded as the instant energy sugar and is rapidly absorbed, fructose is more slowly absorbed, but has the disadvantage that high concentrations may give rise to diarrhoea. The disadvantage of sugar loading is that glycogen helps to retain water giving rise to feelings of heaviness and some possible reduction in maximum oxygen uptake.

Many energy drinks are based on glucose syrup, which is carbohydrate rich but partly hydrolysed into more sugar polymers giving a total carbohydrate dose which is not too sweet. Energy drinks in sustained performance can be considered in two groups:

Isotonic drinks - e.g. Staminade containing a low 5% of carbohydrate together with electrolytes designed to help replace sweat losses. These contain about 5% glucose solids.

High Energy drinks - e.g. Sustagen containing about 30% of glucose solids.

While ingestion of glucose has been shown effective in sports where loss of co-ordination impairs performance (e.g. football), sugar is probably best avoided in the course of a strenuous endurance event like the Marathon. It has been shown that sugar and mineral solutions are not absorbed significantly during such a race, whereas water is taken up avidly. It is important that regular intake is provided to ensure adequate heat loss by providing adequate fluid levels to be available for sweating purposes. Gastric overfilling should obviously be avoided.

3% fluid loss leads to performance drop, 7% to hallucinations and 10% to heat stroke.

It has been suggested that caffeine in the form of coffee does improve endurance performance though the precise mechanism remains uncertain. For further reading on this see "Runner's World" July 1978.

At a meeting of the British Olympic Association recently to examine general aspects of a sportsman's diet, Dr. Ivan Sharman from the Medical Research Council's Laboratories, Cambridge, said that provided the athlete's diet was well mixed and particularly if the main source of athletic energy is the fat and carbohydrate content of the diet were being met, no special supplementation should be required.

In the vitamin field, there has never been any serious suggestion that an excess of Vitamins A and D provide any additional help. While carbohydrate metabolism is linked with the B group of vitamins and there appears to be a clear case for Vitamin B intake, in general terms supplementary B Vitamins does not aid performance. Similarly, major trials in the U.K. since 1964 had shown no improvement in performance from supplementary Vitamin C or Vitamin E.

In conclusion, it was recommended that athletes follow a well balanced diet, avoiding fads and using carbohydrate as a valuable but specific supplementary aid in preparation for specific events. One important constituent should be the presence of fibre or roughage to stimulate the normal action of the intestinal tract in removing waste products.

However, you don't have to restrict yourself to a "Spartan" diet all the time as long as you eat sensibly.

If you are in doubt about what to eat on the day of the race, the safest way is not to eat at all; e.g. eat a big meal at night if the race is early in the morning. If its in the afternoon, have no lunch but have a good breakfast. Don't eat within four hours of the race to be safe but if you feel you must have something, allow two hours for it to be digested.

#### TRACK AND FIELD SEASON WIND UP

At the joint W.A.A.A.A. and W.A.W.A.A.A. Wind Up held at the Rugby Club Rooms at Perry Lakes on the evening of Friday, 25th May, 1979, Veterans who received Certificates of Merit for their performances in Veteran events at the Christmas Championships on 16th, 17th December, 1978 and State Track & Field Championships on 24th and 25th February, 1979 were:

|               |               |
|---------------|---------------|
| Alec Cummings | Peter Gare    |
| Don Caplin    | Bill Hughes   |
| Ross Calnan   | Butch Old     |
| David Carr    | Bernie Oliver |
| Bob Fergie    | Rob Shand     |
| Noel Goff     | Jeff Whittam  |
| John Gilmour  | Derek Walker  |

Kath Holland received the Women's Veterans trophy.

In addition, Bob Fergie received a medallion for his shot put performance in the State Championships.

Certificates were also awarded to Peter Muller and Brian Waldhuter who, though not members of the club, participated in Veteran events.

This is the first year that the Association has awarded Certificates for Veterans in Championships and their recognition of us as an age group is appreciated (we do after all have the second highest number of registered senior athletes in the W.A.A.A.A.).



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The music and supper provided at the wind up was enjoyed by Jeff and Priscilla Joyce, Bob Sammells, Bernie Oliver, Alan and Val Tyson and Rob Shand.

A similar wind up is programmed for the Winter Season Trophy Presentation night at Tomkins Park, Melville on Sunday, 30th September, 1979 at 5.30 p.m. and as many Veterans as possible should be there.

AFTERMATH OF THE WALLISTON WALLOP DAY

1. The two children who were left behind have now been claimed.
2. The boot of Bob Hayres car contains an assortment of post barbeque debris which if not claimed within a reasonable time will be dealt with as he sees fit. If you left anything in the hills, claim it quickly - that includes the sleeping bag!
3. ALL WINE IS NOW SOLD

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We thank Fergie's Forces for typing and duplicating the first 8 pages of this Newsletter and Marion Shand for the remainder.  
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WHAT ABOUT SOME RESPONSE FOR ADDITIONAL HELP IN TYPING?