

W.A. VETERANS ATHLETIC CLUB

Newsletter No. 83

July 1979

Don't cross the bridge until you
have the exact toll ready

- John M. Henry

On Saturday June 16 few veterans braved the trip to Albany and reportedly freezing weather there for the State 8k cross country championships at Little Grove Golf Course. The event was won in 26m50.2sec. Club members results were -

Peter Gallagher	M.35	8th	29m 49s	14.37 + 15.12
Phil Wall	M.35	12th	30m 20s	14.49 + 15.31
Geoff Wall	M.35	24th	32m 58s	15.42 + 17.16
Kevin Basely	M.40	27th	34m 53s	17.01 + 17.53

Other Saturday sporting results showed Kath Holland (W35) gaining 2nd place in the womens veterans 2000m cross country in 9m07s and Terry Ruddy (M40) gaining 2nd place in a 10.2km A course Orienteering race in 1h39m15s.

Colin Junner birthday June 16 turned 57 and remains M55
Des Merrick birthday June 21 turned 40, became a Veteran and alters from M35 to M40.

Brian Hanks (M40) has just returned from a holiday in UK and Canada where he ran in two fun runs on consecutive days. On May 19 he ran in the Mississauga News Christmas Fund 10k race coming 27th out of 250 in 40m03s, on the next day he ran in the Big Brother Fun Run in Toronto where he covered the 10k in 39m44s.

CLUB NOTES

In future NEWSLETTERS will be available at McCallum only and it will be up to you to collect yours from the Secretary or veteran on duty. If that is inconvenient you can, as advised in Newsletter 81, send \$2.40 for postage and the newsletters can be sent out to you.

UNFINANCIAL MEMBERS

The Treasurer advises that there are still a large number of members who have not paid their 1979 subs, 3 months after they are due.

Unfinancial members are not eligible for Trophy or Certificate Awards and will not be given handicaps in handicap events, nor will they receive newsletters until they become financial.

If you are unfinancial please see Bob Sammells as soon as possible.

- 2 -

Sunday June 17 at McCallum : The days event was a 3 x Dave Jones circuit and the turn out was an astonishing 41 participants with three visitors. We welcomed John Maddison (41) of 38 Ardagh St., Morley, Tel. 275 4827. Collins, Buchanan and Gloria Sutherland were organised to keep times and record by Don Caplin, who was on duty and the race got under way in warm sunny weather. The results of the 6699m (4.16 mile) race were -

Records before race 7.35 7.47 7.39 23.19

	Lap. 1	Lap. 2	Lap. 3	Total	Pos.	Prev. Best & Date
W.30 J. Pearton	12.09	12.15	11.36	36.00	38	
M35 A. O'Hare	7.03	7.53	7.38	22.34	1	23.30 3/12/78
K. Beament	7.15	7.51	7.53	22.59	2	23.33 11/3/79
H. Stoffers	7.41	8.03	8.00	23.44	5	
D. Sheppard	7.45	8.18	8.17	24.40	8	24.39 3/12/78
F. Smith	8.04	8.40	8.21	24.46	9	
D. Crowther	8.00	8.32	8.33	25.05	11	25.28 11/3/79
T. Connor	8.45	9.04	8.47	26.36	17	
R. Spark	9.06	9.22	9.18	27.46	20	
M. Warren	9.48	10.25	10.32	30.45	31	
L. Keynes	10.50	11.10	12.36	34.36	37	
W35 D. Turner	10.58	10.50	10.52	32.40	36	
J. Shillington	11.57	11.02	13.08	36.07	40	
J. King	12.09	12.15	11.40	36.04	39	35.49 22/4/79
V. Prescott	12.54	13.06	13.18	39.18	41	
M40 D. Hoyer	7.22	8.03	8.07	23.32	3	
D. Caplin	7.28	8.13	8.08	23.41	4	23.55 11/3/79
M. Johnson	8.30	8.19	8.04	24.53	10	
R. Sammells	8.08	8.39	8.22	25.09	12	25.22 3/12/78
J. Rowland	8.08	8.43	8.40	25.31	13	
J. Maddison	8.30	8.41	8.53	26.04	14	
R. Kemp	9.20	9.09	9.40	28.09	22	
N. Thomas	10.20	9.41	9.06	29.07	26	
T. Fermanis	10.22	9.58	11.34	31.54	34	
M45 R. Shand	8.02	8.04	7.43	23.49	6	24.43 23/10/79
M. Smith	7.45	8.09	8.10	24.04	7	24.32 11/3/79
D. Carr	9.10	9.13	8.05	26.28	15	25.49 3/12/78
E. Pearton	9.20	9.43	8.26	26.29	16	27.10 3/12/78
R. Hayres	9.20	9.03	8.49	27.12	19	26.30 11/3/79
J. Coventry	9.30	9.38	9.34	28.42	23	29.01 22/4/79
W. McCabe	9.06	9.47	9.59	28.52	25	27.10 22/4/79
A. Cummings	10.20	10.07	9.43	30.10	29	33.12 23/10/77

M50 A. Tyson	8.48	9.15	8.51	26.54	18	27.08
W. Hughes	8.48	9.33	9.44	28.05	21	26/3/78 28.57
M. Moyle	9.48	10.24	10.10	30.32	30	3/12/78 30.00
R. Lawrence	9.48	10.26	10.31	30.45	31	22/4/79
A. Briffa	8.48	9.01	withdrew injured at 17.49 for 2DJ			
M55 R. Godkin	9.30	9.18	9.21	28.09	24	28.22
G. Noordyk	9.38	9.12	10.20	30.10	35	22/4/79 31.10
F. Usher	10.21	10.06	9.54	30.21	33	22/4/79 30.57
						26/3/78
M60 C. Bould	9.38	9.34	9.47	28.59	28	29.31
V. Anderson	9.30	9.41	withdrew at 19.11 for 2DJ			
						11/3/79
M65 R. Horsley	9.38	9.33	10.06	29.17	27	28.24
						36/3/79
INV G. Beament	8.00	8.44	8.44	25.28	-	
Wilson	8.30	8.41	9.08	26.19	-	
J. Slinger	11.57	11.57	11.35	35.29	-	

Records after race 7.03 7.47 7.38 22.34

The Lap 1 record of 7m35s was broken by O'Hare, Beament, Hoyer & Caplin and is now held by O'Hare at 7m03s. The second lap record, held by John Gilmour still stands at 7m47s although Beament and O'Hare were close to it. In the third lap O'Hare again broke the existing record of 7.39 and established a new time of 7m38s. Rob Shand had the second fastest third lap.

O'Hare also created a new course record by breaking John Gilmour's record by 45 seconds. Keith Beament also broke the previous record. In addition, of those who had run the course before, 14 recorded their personal best times and Gerry Noordyk equalled his. Interestingly, Johnson, Thomas, Hayres, Cummings, Usher and Slinger all improved their times with each lap in contrast to the usual pattern.

At the conclusion of the run a position raffle was drawn & Crowther, Hayres and Warren won Adidas sports bags.

Bruce Buchanan has been pushing his mileage up and ran 13 miles, some in laps with John Gilmour, slowly on the mend. A group did a bridges run to finish off their training, which included Warren, Kelly, Rowland, Hughes, Shand, Carr, Hayres, Kemp and Tyson.

2ND AUSTRALIAN NATIONAL VETERANS MARATHON CHAMPIONSHIPS at Herne Hill, Perth on Sunday August 12, 1979 at 8 am

This championship will be run in conjunction with The Australian National Marathon and the State Marathon Championships and will be open to all male veterans 40 years and over, to pre-veterans 35 years and over and to women veterans 30 years and over. All participants MUST BE AMATEURS.

- 4 -

If you are a male member of the club, under 35, and wish to run in the Statemarathon it will be necessary for you to register with the WAAAA (through the club secretary) and you will be able to run. Entry Fee \$1 to W4A. If there are any women under 30 who wish to run please advise the secretary as the WAWAAA have no provision at present for participation in this event.

W.A. VETS WILL RUN IN WHITE CLUB SINGLETS AND BLACK SHORTS.

Results will be tabulated in age groups M35, M40 etc. and we are awaiting advice from Wal Sheppard regarding the age group medal award. The club will be awarding club certificates to all finishers from all States.

Entries close on Monday July 23 with Rob Shand at 24 Mann Street, Cottesloe, Tel. 3840939 (h) or 3212251 (w). W.A. entries must be on the club entry form.

No entries will be accepted after that date

Entry Fee \$3.00 to be forwarded with entry, together with the following information - Age Group; Date of Birth; Best and Latest Marathon time in the age group in which you are competing.

ALL VETERANS not participating should make themselves available to assist on the day at drink and sponge stations, as marshalls etc., and it would be appreciated if you could advise the secretary as soon as possible if you can help. We are also acting as hosts to Eastern States Veterans and will require some transport to take them round the course on the Saturday afternoon, to the event on Sunday morning and back to Perth after the function after the Championship is over.

There will be social function after the race, the cost of which will be additional to the entry fee, but arrangements have not been finalised at this stage.

REMEMBER This is a unique opportunity for veterans to participate in a National Championship event without having to travel interstate, or to achieve qualifying standards - you can run with the best in Australia simply by entering, but in your own interests make certain you can cover the distance comfortably. The next Veterans Marathon will not be in Perth for at least 5 years so your co-operation in participation or assistance is vital for the success of this event which is our responsibility.

WORLD VETERANS CHAMPIONSHIPS - HANNOVER

Some of our members will not be here for the event as they will be indulging in an overseas pilgrimage to compete in UK and Hannover.

Wally McCabe (M45) has entered in the 5k and 10k cross country in Hannover.

Cliff Bould (M60) has entered in the 5k and 10k in Hannover. He leaves Perth on July 23 and returns on September 21.

John Gilmour (M60) has entered in the 800, 1500, 5k, 10k and Marathon in Hannover preceded by 3 events in the British Championships at Kirby near Liverpool on July 13 and 2 road races in England. John and Alma leave on July 11 and after competing will have a holiday in Europe and visit relatives in Scotland, returning to Perth on July 23.

David Hough (M45) leaves Perth on July 16 and will be running in the 10k and 25k in Boulton UK before going to Hannover to compete in the 10k c.c. and Marathon. He should be back in Perth on August 7.

Alan Merrett (M55) Alan & June leave Perth on July 14 and return after 11 weeks away, touring France, Germany and Greece. To justify the trip Alan has entered in the 10k c.c., 5k and steeplechase.

On Saturday June 23 Jim Smith (M45) gained second place in the State 20k walking championships in 1h59m32sec and Terry Ratty (M40) thrashed his way through 9.4k of hilly country in Mundaring South on an orienteering course to get third place in an A course in 1h26m01sec.

PEOPLES MARATHON : SUNDAY JUNE 24

By now you will have experienced a Marathon, some for the umpteenth time and others for the first time. How many had the exact 'toll' ready before crossing the bridge? Andreas Blunier, Editor of "On & On" magazine says that a Marathon has that special aura consisting of a mixture of awe and sanctity about itself that few people dare trifle with; and those who try usually go away mentally humiliated and crushed while being physically exhausted and shattered by total fatigue.

580 people entered for the race on Sunday June 24 and over 500 completed the course. Such support for this race must signify that the sport of Long Distance Running stands for open democratic participation enabling hundreds of runners who will never see a 3 hour or 3 hour 30 marathon to enter. To them, qualifying standards would be more a barrier than an incentive.

The Marathon Club and numerous helpers are to be congratulated on taking on this project and the police force for their traffic control and assistance throughout a wet Sunday morning were marvellous.

The weather could not have been more conducive to Marathon running - heavily overcast, cool and drizzling with a light breeze when the colourful crowd surged across the starting line at Langley Park. Many stories are told of incidents during the race, of who fell out and who ran well, of who took it seriously and who laughed their way round the course. The dramas and tragedies were still going on when the winner crossed the line in 2h22m25s. Veterans in the first 25 places were Phil Wall (M35) 10th in 2:38:36; Hank Stoffers (M35) 14th in 2:40:58; Tony O'Hare (M35) 18th in 2:44:18; M. Smith (M45) 19th in 2:44:19; Don Caplin (M40) 22nd in 2:45:57 in his first Marathon; Frank Smith (M35) 24th in 2:46:15 and Ted Maslen (M40) 25th and running in bare feet in 2:47:37.

Diane Turner was 5th woman home in 3:43:48, the fastest woman doing 3:19:04.

There were many firsts and personal bests and the results of veterans' performances were recorded, but are still unavailable at the time of going to press. They will be published in the next Newsletter.

Gwen Darcey birthday June 27 turned 50 and becomes W50

Art Briffa (M50) leaves Perth on July 17 to travel to Singapore to compete on July 20 and 22 in the 10k c.c. and 5k and then on to Hannover to run in the 10k and 5k track races. He expects to be back in Perth on August 18.

Dorothy Goodwin (W-) leaves Perth on July 15 for Hannover where she has entered in the 100, 200, 400, 800 and 80m Hurdles. She returned to Perth about August 27.

Kathleen Holland (W35) leaves Perth on July 20 for London and then on to Hannover to compete in the 100, 200 and 400. She has also entered in the Pentathlon for something to do after her main events are over. After some touring in Germany she returns to Perth August 26/27.

The Clubs best wishes go to our representatives for good competition and a pleasant trip and holiday. Remember "the glory is not in the winning but in taking part". HAVE FUN, MAKE NEW FRIENDS, (DON'T FORGET THE OLD) AND A SAFE RETURN TO YOU ALL.

On Saturday June 30 Jim Smith walked his way into a new M45/16k record in a time of 88min53sec, a time which also betters his M40 record by 27 seconds.

On Sunday July 1 it was difficult for John Gilmour to stop the veterans at McCallum from relating their experiences of the Peoples Marathon, however, the cold morning air soon induced movement and 21 lined up for the 5000m sealed handicap of 5 laps round the oval. The measured distance for the lap is 1005m so the total distance is 5025m.

Timekeeping was carried out by Bruce Buchanan and Jack Collins while John Gilmour and Rob Shand lap scored and took names. Terry Ruddy was in attendance.

The results are tabulated below with lap positions from which the progress of the race can be assessed, and good lap judgement can be seen from some competitors. We welcomed Hugh Kirkham (37) of 29 Carrick Street, Woodlands 4471388; Arthur Leggatt (60) of 19 Salisbury Street, Bayswater 2713858 and Jo and Michael Stone (34 and 36) of 33 Gummow Way, Girrawheen 3424489; all of whom participated in the race, together with two invited runners Graffen and Murison.

Names in Finishing Order	Lap Times and Position					Seal- Adj. ed Time & Total H'cap Pos.		
	1	2	3	4	5	Total	H'cap	Pos.
1 Kirkman H	M35 3.22(1)	3.30(1)	3.35(1)	3.38(1)	3.30(1)	17.35	0.40	16.55(3)
2 Caplin D	M40 3.29(2)	3.35(2)	3.39(2)	3.38(2)	3.30(2)	17.51	0.30	17.21(7)
3 Johnson M	M40 3.42(3)	3.43(3)	3.47(3)	3.51(3)	3.45(3)	18.48	1.50	16.58(5)
4 Sammells R	M40 3.57(7)	3.55(4)	3.54(4)	3.52(4)	3.38(4)	19.16	2.50	16.16(2)
5 Carter W	M40 3.57(8)	3.57(7)	3.53(6)	3.55(5)	3.43(5)	19.25	2.30	16.55(3)
6 Carr D	M45 4.03(9)	3.58(9)	4.00(8)	3.52(7)	4.45(6)	19.38	2.00	17.38(8)
7 Maddison J	M40 3.55(6)	3.58(5)	3.53(5)	3.56(6)	3.57(7)	19.39	2.00	17.39(9)
8 Hanks E	M40 3.49(5)	4.04(6)	4.07(7)	4.07(8)	4.01(8)	20.08	2.50	17.18(6)
9 Spark R	M35 3.49(4)	4.05(8)	4.07(9)	4.15(9)	3.57(9)	20.13	4.00	16.13(1)
10 Graffen R	Inv 4.12(11)	4.18(11)	4.24(11)	4.21(10)	4.21(10)	21.25	-	-
11 Slinger B	M35 4.05(10)	4.16(10)	4.27(10)	4.32(11)	4.24(11)	21.44	3.30	18.14(11)
12 Murison	Inv 4.12(12)	4.29(12)	4.30(12)	4.22(12)	4.44(12)	22.17	-	-
13 Bould C	M60 4.20(13)	4.36(13)	4.36(13)	4.37(13)	4.38(13)	22.47	4.30	18.17(12)
14 Cummings R	M45 4.27(15)	4.36(15)	4.41(15)	4.40(14)	4.25(14)	22.49	5.00	17.49(10)
Hayres R	M45 In							
Toilet	4.36	4.45	4.55	4.39		-	3.00	-

Names in Finishing Order	Lap Times and Position						Seal- Adj. ed Time & H'cap Pos.	
	1	2	3	4	5	Total		
15 Warren M	M35 4.20(14)	4.36(14)	4.45(14)	4.55(15)	4.39(15)	23.15	4.30	18.35(13)
16 Stone J	W30 4.59(17)	5.18(16)	5.11(16)	5.21(16)	5.20(16)	26.09	6.30	19.34(15)
17 Leggatt A	M60 4.57(16)	5.31(17)	5.30(17)	5.45(17)	5.34(17)	27.17	8.30	18.47(14)
18 Rutty L	W35 5.36(19)	6.04(19)	5.44(18)	5.33(18)	5.09(18)	28.06	8.30	19.36(16)
19 Johnstone A	W35 5.36(18)	6.04(18)	6.05(19)	6.14(19)	6.01(19)	30.00	8.30	21.30(17)
20 Sutherland G	W30 6.12(21)	6.17(21)	6.11(21)	6.23(21)	6.26(20)	31.29	8.30	22.59(18)
21 Pearton J	W30 6.12(20)	6.17(20)	6.11(20)	6.23(21)	6.26(21)	31.29	8.00	23.29(10)

The handicap race was won by Richard Spark with Bob Sammells second and Hugh Kirkham and Wes Carter tying for third place.

The timekeepers gave the same times to Gloria & Jill but placed Gloria 20th and Jill 21st - they would not divulge how they assessed who crossed the line first. Bob Hayres only ran 4 of the 5 laps so was not included in the final results.

Derek Walker came down to visit us and assures us that he is now on the road to recovery and has started training again, so we should see him at our forthcoming runs.

Eric Pearton, Jim Martin, Noordyk, Usher, Bob Johnstone, Lawrence and Jim Barnes ran the Bridges as a training run instead of participating in the club event. It is unfortunate that one day of the week cannot be given to the clubs activities, as the success in the club develops in the spirit of participating together.

Before the event Buchanan, Hayres, Caplin, Hanks and Pearton did a bridges run and after the event Carter and Graffen joined the Slingers, Turners A & D and Jackie Shillington around the bridges while Carr, Shand and Hayres walked the distance to prepare a course for Veterans Half Marathon on September 23. In the measuring of the Bridges run we have some bad news for you - IT'S ONLY 9215m - so you haven't been running as far as you thought!

In the WAY 79 SOUTH WEST OPEN CROSS COUNTRY CHAMPIONSHIPS at Nail Trigwells Farm, 12km s.w. of Donneybrook, Veterans participated as follows -

Men 30 and over 4000m	1. P. Wall (M35) 14m37.2s
	2. M. Cross (Bunbury)
	3. J. Rowland (M40)
Men 45 and over 4000m	1. F. Papalia (Bunbury) 17m26.0s
	2. A. Tyson (M50)
	3. W. McCabe (M45)
Senior Mens 'B' Grade 10k	1. A. O'Hare (M35) 36m56s
	2. G. Mair (Albany)
	3. H. Stoffers (M35)

Womens 25 and over and 35 and over 2k - no club competitors but the race was won in 8m36.4s.

- 8 -

After a stormy Friday, Saturday July 7 was a day of periodic showers with sunny periods and a maximum of 16 degrees c. The State 10K Road Championship held in Kings Park on a two lap course of road and bitumen path. Horsley, Gilmour, Briffa, Moyle, Buchanan and Enid Crowther watched while 24 members of the club participated, 13 in club colours.*

The race was won by J. Langford in 30min58sec.

Name	Lap 1	Lap 2	Total Time	
H. Kirkman (M35)	16.51	17.19	34.10	
G. Wall (M35)	16.52	17.27	34.19	37.08
D. Hoyer (M40)	17.02	17.44	34.46	
M. Smith (M45)	17.18	18.05	35.23	
F. Smith (M35)	17.26	18.09	35.35	
M. Johnson (M40)	17.51	17.56	35.47	
*D. Sheppard (M35)	17.45	18.24	36.09	37.45
J. Butts (M40)	18.03	18.31	36.34	
G. Joyce (M35)	18.17	18.24	36.41	34.59
*R. Sammells (M40)	18.11	18.48	36.59	37.46
*R. Shand (M45)	18.41	18.30	37.11	38.10
*D. Carr (M45)	18.30	19.10	37.40	39.02
A. Merrett (M55)	18.23	19.19	37.42	
*D. Crowther (M35)	18.34	19.22	37.56	
*B. Oliver (M35)	18.30	19.40	38.10	
*J. Rowland (M40)	19.19	19.20	38.39	
*A. Tyson (M50)	19.34	19.29	39.03	41.18
*R. Spark (M35)	19.11	19.55	39.06	
C. Junner (M55)	19.25	20.06	39.31	37.48
K. Baseley (M40)	20.25	21.08	41.33	
P. Lennie (M50)	20.48	20.47	41.35	
*K. Cameron (M35)	20.21	22.35	42.56	41.15
*W. Hughes (M50)	22.00	23.23	43.23	
*M. Warren (M35)	22.24	23.43	46.07	
P. Gallagher (M35)	16.58	17.39	34.37	
E. Maslen (M40)	17.31	19.16	36.47	
*G. Whittam	19.29	withdrew with damaged calf muscle.		

Kevin Cameron returned to competition with a careful run so lets hope he will remain running with a judicious building up programme. Jeff Whittam wisely pulled out when his calf muscle troubled him. It is amazing that out of the 5 veterans who will be running competitively overseas in 2 weeks time, there was only one in this race.

John Butts birthday July 11 turned 45 and altered from M40 to M45

The day was sunny though cold on Sunday July 8, 1979 when the second CLIFF BOULD TROPHY HANDICAP was held over the two lap 10.4k Herrison Island course. Forty five veterans started on the whistle and the race was won this year by our Team Manager, Bruce Buchanan. Cliff Bould presented the perpetual trophy and as President of the Club David Carr presented certificates to -

Bruce Buchanan (M45) Handicap winner
Cliff Bould (M60) Second place
Winston Hough (M35) Third place
Hugh Kirkman (M35) Fastest time

He also presented a certificate to Noel Thomas as 1978 handicap winner. Bob Hayres and Geoff Price produced the finish of the day with Geoff just edging Bob out at the line. Bob Johnstone and Terry Ruddy introduced a carnival atmosphere to the run with an exhibition of elbowing, jostling and holding back. The results were -

		First Lap & Position	Second Lap	Fin. Pos.	Actual Time	H'cap	Adj. Time & Pos.
W30	J. Stone	26.17(35)	27.53	36	54.10	8.20	35.50(16)
W35	D. Turner	26.59(36)	25.08	32	52.07	14.20	37.47(30)
	L. Ruddy	27.27(39)	26.34	35	54.01	20.20	33.41(4)
	J. King	28.08(40)	withdrew			20.20	
	E. Crowther	35.08(43)	withdrew			20.50	
M35	H. Kirkman	17.59(1)	18.37	1	36.36	00.20	36.16(19)
	F. Smith	19.01(5)	19.03	6	38.34	02.00	36.34(21)
	P. Wall	19.01(6)	18.48	3	37.49	00.40	37.09(28)
	D. Crowther	19.58(8)	20.53	8	40.51	04.00	36.51(23)
	F. Barnes	21.43(15)	21.19	15	44.02	09.00	35.02(7)
	F. Kelly	22.12(17)	22.55	19	45.07	05.30	39.37(34)
	W. Hough	22.22(19)	22.20	17	44.42	11.20	33.22(3)
	K. Cameron	22.30(20)	withdrew			not h'capped	
	B. Slinger	23.03(23)	22.34	20	45.37	09.00	36.37(22)
	M. Warren	23.45(28)	24.52	25	48.37	13.20	35.17(8)
	R. Johnstone	24.32(31)	26.39	30	51.11	09.00	42.11(36)
M40	D. Caplin	18.07(2)	18.42	2	36.49	01.00	35.49(15)
	D. Hoyer	18.36(3)	19.48	5	38.24	01.30	36.54(24)
	R. Sammells	19.42(7)	20.21	7	40.03	02.30	37.33(29)
	J. Maddison	20.38(9)	20.16	9	40.54	06.00	34.54(6)
	T. Manford	21.16(11)	21.23	11	42.39	07.20	35.19(9)
	T. Ruddy	24.32(30)	26.39	30	51.11	11.20	39.51(35)
	R. Benetti	30.27(41)	31.57	38	62.24	11.20	51.04(40)
M45	M. Smith	18.39(4)	19.22	4	38.01	01.50	36.11(18)
	E. Pearton	20.54(10)	20.35	10	41.29	06.00	35.29(10)
	B. Buchanan	21.18(12)	22.10	14	43.28	11.20	32.08(1)
	G. Price	21.23(13)	21.46	12	43.09	07.40	35.29(10)
	R. Hayres	21.27(14)	21.44	13	43.11	07.40	35.31(13)
	D. Batterham	23.14(27)	24.45	24	47.59	12.20	35.39(14)
	W. McCabe	24.51(32)	29.42	37	54.33	08.20	46.13(37)

- 10 -

	First Lap & Position	Second Lap	Fin. Pos.	Actual Time	H'cap	Adj. Time & Pos.
M45 N Thomas	26.04(34)	22.46	26	48.50	06.30	*2(26)
D Carr	27.04(37)	25.06	33	52.10	03.15	48.55(38)
W45 N Berry	35.40(44)	withdrew			21.20	
M50 A Tyson	22.08(16)	22.21	16	44.29	05.30	38.59(32)
M Moyle	23.03(24)	23.53	23	46.56	12.20	34.36(5)
A Briffa	23.10(25)	withdrew			8.20	
R Lawrence	23.59(29)	26.23	28	50.22	13.20	37.02(27)
M55 R. Godkin	22.22(18)	22.34	18	44.56	08.00	36.56(25)
G Noordyk	22.51(21)	26.39	27	49.30	13.00	36.30(20)
F Usher	26.04(33)	24.32	29	50.36	12.20	*1(33)
M60 C Bould	22.51(22)	20.15	21	46.06	13.00	33.06(2)
M65 R Horsley	23.14(26)	23.06	22	46.20	10.20	36.00(17)
Inv J Slinger	27.07(38)	25.08	34	52.15	14.20	37.55(31)
J Gibbons	30.27(42)	31.57	38	62.24	13.00	49.24(39)

NOTE: *1 F Usher and *2 N Thomas arrived late and started 1m15s and 3m20s after the whistle had blown. Their lap and actual times were -

N Thomas	26.04-3.20 = 22.44 + 22.46 = 45.30-6.30 = 39.00 (33)
F Usher	26.04-1.15 = 24.49 + 24.32 = 49.21-12.20 = 37.01 (26)

Note the even lap times by Frank Smith, Winston Hough and Noel Thomas.

This was a good turn out for the club and our thanks go to Jim Martin, Jill Pearton and Mike Stone for acting as marshalls out on the course, to Jack Collins and Jeff Whittam as timekeepers and to Ray Martin and Rob Shand as recorders. It was good to see Kevin Cameron coming back to running and worrying to see Wal McCabe running with a heavily bandaged knee.

Bob Fergie birthday July 3 turned 44 and remains M40

Mike Berry birthday July 6 turned 48 and remains M45

Derek Walker birthday July 7 turned 47 and remains M45

John Butts birthday July 11 turned 45 and alters from M40 to M45

We thank Fergies Forces for Newsletter No. 82 (incorrectly numberd 81) of June 1979 and Buchanans Battery for this Newsletter, No. 83.

We welcome Joan Slinger (38) of 28 Florence Road, Nedlands, wife of Barrie Slinger who joined on 8th July after the race and then had a birthday on 12th to become W35.

We also welcome Edward Jennings (40) of 61 Lockhard Street, Como who ran through McCallum on the 8th, picked up entry forms, joined, registered with W4A and ran on, all on his birthday too!

August 1979.

Long has paled that sunny sky
Echoes fade and memories die
Autumn frosts have slain July

Lewis Carol

('Tis the time of the snap frozen jogger)

A NEW VETERAN ASSOCIATION has been formed in Tasmania. Called The Veterans Athletics Association of Tasmania, its postal address is G.P.O. Box 890, Hobart, Tasmania, 7001, with Ken Davey as President and Phyllis Hancock as secretary. It has gained affiliation with the T.A.A.A. and is seeking affiliation with the Australian Association of Veteran Athletic Clubs. We have advised the Association that we consider they should be admitted. They already have a membership of 50.

We congratulate the Taswegians on the formation of their club, wish them every success, and look forward to "going overseas" when they hold the Australian Championships. The overseas trip may come sooner than that, as they plan to hold their state titles prior to the Australian Titles (in Adelaide) in 1980, so if you are planning a trip for next Easter, think of going to Tasmania as well.

PRE VET (M35) COMPETITION

South Australia has advised that they propose to conduct the 1980 Veterans Athletic Track and Field Championships for MEN 40 AND OVER AND WOMEN 35 AND OVER ONLY.

Their decision has been made to bring the Australian programme into line with the World Veterans Athletic Association (there are no events at Hanover for under 40 men and under 35 women) and in view of the change to IAAF Rule 53.

The difficulties created in conducting events for pre-veterans have persuaded them that these events should be deleted. Following consultation with the A.A.A., verbal advice has been received by the Association's secretary that a morning meet for pre-veterans, as a separate entity to a later veterans meet, would be acceptable. To them provided the break was definite and of one hour or so. It may not be feasible, however, to conduct a full programme of events, even with small numbers - there were 20 pre-vet women, 38 pre-vet men out of a total of 405 entries at Sydney. As expected, most of the pre-vet men (29) came from N.S.W.

RUNNERS WORLD at 60 Coghlan Road, Subiaco, have a notice board in the shop on which you will find maps of all the courses for the Nationals as well as Veterans and other information. They are also carrying Athletic publications and a wide range of athletic gear.

We welcome Dr. Denys Butcher (52) of 18 Clive Street, Bicton, telephone 3391039, who joined us on 13.7.79. He brings the number of known "medicos" to 7. With the increasing number of medical and paramedical people becoming involved with veteran athletics, we wonder whether the setting up of an advisory committee would be possible - it would certainly be an advantage to the general club member, so how about some thought being put to it soon?

PROGRAMME ALTERATIONS

1. The Rottnest Weekend scheduled for Saturday and Sunday, 27th and 28th October, will probably be cancelled for the following reasons:
 - a. The response last year was poor in relation to the facilities available.

2.

- b. There has been pressure on the committee to alter the weekend from men only to families, which is impractical as the amount of accommodation would not be available on the island at that time of year.
 - c. The Fremantle Fun Run has now been programmed for Sunday, 28th October, and we doubt if we want to compete with this event.
2. Fremantle Fun Run will start from Preston Point beach at Point Walter and head out east along Burke Drive to a sharp right turn back through the reserve (west) and then left into Honour Avenue which changes to Point Walter Road running south until Preston Point Road where the route turns west (in the opposite direction of the People's Marathon Course) to Wauhop Road and down round Leeuwin along Riverside Road, under the two bridges at Fremantle and along Beach Street to the Fremantle Railway Station - turn left into Market Street and on into South Terrace, left at Norfolk Street and in to Fremantle Oval.
3. "Rotto Run" has been programmed by the Y.M.C.A. for 21st October. Ferries have been booked and fares will be about half the normal for the day trip. The race will be over 10 km and there is the possibility of a veterans (over 40) cup if there is sufficient interest shown.
- Note that the Marathon Club's One Hour Run is on the same day.
4. Veterans Half Marathon: 23rd September. A course has been measured out as a combination of twice round the Bridges and a variation of Dave Jones course. A map is being drawn and will be put up on the notice board nearer the event.

SOUTH AUSTRALIAN VETERANS "ADELAIDE 80" T-shirts are now available in all sizes in RED and BLUE at \$5.50 each, including postage and packing, from: Rowly Ferris, 44 Edwards Street, Brighton, S.A. 5048. State size and colour required. Sample available for inspection from Secretary.

We welcome Raymond Thomas Graffin (41) of 2/182 South Terrace, Fremantle (tel: 3359795) and Richard Lucas Harrison (40) of 31 Lisle Street, Mt. Claremont (tel: 3848882) both of whom joined us on 18.7.79 and who have entered in the Veterans Marathon.

Gordon Gregson birthday 12th July turned 59 and remains M 55. We have not seen much of Gordon over the past year as his wife is not well, but we understand he keeps fit down at Cottesloe with cycling and swimming.

Reg Briggs is still training and can be seen down at Perry Lakes in the evening. He looks well and is running easily.

On Saturday, 7th July, Jim Smith (M45) came second in the senior 25k at Kewdale with a time of 2 hours 24 minutes 30 seconds. This was over 30 minutes slower than his time for this distance in the 30k walk on 9th June. On Saturday, 14th July, the walkers were programmed to "stroll" through Perry Lakes as a loosener for the S.W. Championships at Boyanup when, on Sunday 15th July, Jim did 56 minutes 53 seconds for the 10k walk from Elgin Hall to Capel. Over the same distance, David Carr (M45) beat Bruce Buchanan (M45) over the line to win the over 40 10,000m with Jo Stone (W 30) taking out first place in the women's 25 years and over.

Vetrun 84

In the South West Half Marathon, run from Boyanup Hotel to Capel over a relatively flat bitumen course in cool weather with a light south west breeze blowing, there were 14 veterans on the starting line to contest open, over 30 and over 40 age groups. Hugh Kirkman was 2nd in the Over 30 group, 2 minutes 43 seconds behind the winner. In the Over 40 group Derek Hoyer took first place, followed by John Butts and Don Caplin. The results were:

M35	H. Kirkman	77m	45 s
	F. Smith	79m	09s
	D. Crowther	87m	02s
	B. Robinson	88m	28s
	J. Barnes	94m	29s
M40	D. Hoyer	75m	39s
	D. Caplin	82m	46s
M45	J. Butts	80m	44s
	R. Shand	85m	17s
	M. Berry	90m	25s
	R. Hayres	91m	45s
	D. Batterham	105m	33s
	V. Lishman	138m	15s
M50	A. Tyson	87m	19s
M55	R. Godkin	96m	22s

The open race was won in 71m 01s. Alan Tyson's run was a well paced race and good performance, but Derek Crowther just held out over the last hill.

Elsewhere over the weekend Kath Holland (W 35) won the veteran's 1000m Road Running Championship at Perry Lakes on Saturday, 14th July, in a time of 3m 27s, showing she is in good form for her Hanover events. Terry Ruddy (M40) orienteered his way into 2nd place in a Badge event at Dryambie.

At McCallum on Sunday, 15th July there was no scheduled event and members trained as they wished. No names were taken so no list of those who attended is available.

Keith Beament birthday 16th July turned 34 and remains pre-Vet
Allan Merrett birthday 17th July turned 57 and remains M55
Bruce Beecham birthday 18th July turned 37 and remains M 35
Vic Kailis birthday 19th July turned 34 and remains pre-Vet

The 10th anniversary of the first landing of man on the moon was on Saturday, 21st July. The top 30m of Bluff Knoll in the Stirling Range was covered in snow on the same day and the light south breeze certainly let Perth know all about it as only the mad and the milkmen knew. We don't know the names of any of the milkmen out at 6 a.m., but we know the 9 vets who started out from Perry Lakes on a 32 km training run. By 7.30 a.m. the temperature had reached 4.9°C. Ian Sutherland withdrew at 17 km at the half-way point at the lighthouse on North Mole, and Ron Potter withdrew at 21km, but both ran the last 5 km. Eric Pearton, Brian Hanks, Frank Usher and Rob Shand led the group back to Perry Lakes 2 hours 45 minutes later, followed by Bob Hayres, Jim Martin and Ralph Godkin. Jill Pearton drove the support vehicle to provide drinks at 5k intervals.

In the afternoon, again at Perry Lakes, but in much warmer conditions, 20 veterans participated in a field of 70 to contest the State 10k cross country championship. Jim Langford romped home in a record 31m 15s.

Veterans' performances were as shown overleaf:

4.

	1st lap	2nd lap	3rd lap	Total	Pos.	Last year 28.7.78
<u>M50</u>						
1. W. Hughes	13:59	15:03	16:37	45:39	70	
<u>M45</u>						
1. M. Smith	11:39	12:28	12:30	36:37	36	
2. J. Butts	11:51	12:41	12:36	37:08	42	38:36 (41)
3. D. Carr	14:03	14:15	13:43	42:01	64	40:17 (47)
<u>M40</u>						
1. E. Maslen	11:10	11:49	12:05	35:04	22	36:04 (23)
2. D. Hoyer	11:46	12:13	11:53	35:52	29	
3. D. Caplin	11:47	12:15	12:07	36:09	31	
4. M. Johnson	12:12	12:14	12:22	36:48	38	
5. J. Whittam	12:47	13:38	13:48	40:13	56	
6. J. Spencer	13:12	13:56	14:01	41:09	60	
7. G. Moses	13:31	14:07	14:22	42:00	63	
8. E. Jennings	13:29	14:41	14:38	42:48	66	
<u>M35</u>						
1. P. Gallagher	10:50	11:13	11:15	33:18	10	
2. H. Kirkman	11:05	11:39	11:40	34:24	19	
3. K. Beament	11:40	12:09	11:56	35:45	27	
4. D. Sheppard	12:00	12:39	12:40	37:19	43	
5. F. Smith	12:07	12:41	12:42	37:30	44	
6. D. Crowther	12:18	13:26	13:13	38:57	51	
7. R. Spark	13:25	13:38	13:53	40:56	59	
8. K. Cameron	13:04	withdrew				

Bruce Buchanan and Rob Shand took times and recorded, while Horsley, Oliver, Tyson, Hayres, Merrick, Walls P, B & G, Ruttys, Joyce and Enid Crowther looked on and encouraged our runners in warm 16.5°C sunshine. In a 30,000m walk at Canning Vale, Jim Smith came second in 2 hours 57 minutes and 26 seconds.

Sunday, 22nd July dawned overcast and drizzling and by 9 a.m. twenty seven veterans had assembled in 7.9°C at Jorgensen Park for a cross country course through the old Kalamunda Golf Course marked out by Mike Berry. A far better turnout than last year, and a far better cross country course than the Association 10k run at Perry Lakes. The times and results of the 3 lap 8k course were taken by Mike Berry, Ian Sutherland and Maureen Hayres.

	1st lap	2nd lap	3rd lap	Total	Overall Pos.
<u>M60</u>					
1. A. Leggatt	15:03	15:15	16:12	46:37	20
<u>M55</u>					
1. F. Usher	14:38	15:01	15:04	44:43	19
2. R. Martin	16:20	19:10	withdrew 35:30 for two laps		
<u>M50</u>					
1. P. Lennie	12:28	12:08	12:07	36:43	14
2. A. Tyson	13:10	13:44	13:54	40:48	18
<u>M45</u>					
1. D. Carr	11:41	11:31	11:09	34:21	7
2. R. Shand	12:06	11:26	11:08	34:40	9
3. R. Hayres	12:06	12:50	12:14	37:10	15
4. B. Buchanan	12:00	12:56	12:31	37:27	17

		1st lap	2nd lap	3rd lap	Total	Overall Position
<u>M40</u>						
1.	D. Hoyer	10:23	10:45(2)	10:47(3)	31:55	2
2.	D. Caplin	10:33	10:50(3)	10:45(2)	32:08	3
3.	J. Maddison	11:22	11:18	11:15	33:55	6
4.	R. Sammells	11:50	11:22	11:13	34:25	8
5.	J. Whittam	11:42	12:25	12:03	36:10	11
6.	T. Ruddy	11:44	12:23	12:23	36:30	12
<u>M35</u>						
1.	P. Wall	10:08(1)	10:23(1)	10:26(1)	30:57	1
2.	F. Smith	10:43(2)	10:56	10:45(2)	32:24	4
3.	D. Sheppard	10:29(3)	11:03	11:10	32:42	5
4.	F. Kelly	11:56	12:01	12:05	36:02	10
5.	J. Barnes	11:55	12:24	12:13	36:32	13
6.	W. Hough	11:56	12:41	12:39	37:16	16
<u>Women</u>						
<u>W35</u>	L. Ruddy	15:09	15:48	16:12	47:09	21
<u>W30</u>	J. Stone	15:12	15:45	16:12	47:09	21
<u>W35</u>	B. Wall	15:37	16:15	17:07	48:59	23
<u>W45</u>	N. Berry	21:02	21:05	20:49	63:56	24
<u>W30</u>	V. Prescott	21:02	23:08	-	44:10	(2 laps)
<u>W40</u>	D. Whittam	21:02	-	-	21:02	(1 lap)

After the run the Berrys provided hot tea or coffee and biscuits for immediate refreshment until the barbeques were lit and blazing and lunch cooked in light intermittent drizzle. While the temperature climbed to 15.6°C at 2.10 p.m. the group moved into the club house for further refreshment, discussion and conversation. The club's thanks go to Nora and Mike for the organisation and to those members of the club who turned out for the run and made the day successful.

Enid Crowther birthday 26th July turned 37 and remains W35
Eric Pearton birthday 27th July turned 48 and remains M45.

Some overseas results have filtered through the various current imposed communication restrictions:

On 13th July, JOHN GILMOUR M 60 opened his overseas campaign with a win in the British Veterans Championship 5000m in 17m02s. In typical Gilmour tradition, after months of injury this also happened to be a world record. Congratulations again, John. Some congratulations should also go to a behind-the-scenes man who made a great contribution in getting John into condition to run. Take a bow, Cliff Bould.

On 20th and 22nd July ART BRIFFA M50 in the Singapore Veterans Championships, and on a rock hard track, swept the field with SIX GOLD MEDALS in the 200, 400, 800, 1500, 5000 and 10,000 cross country. Art lost 8 lbs in the 5k race due to the hot and humid conditions. In recognition of his achievements they engraved a special silver plate for him.

The West Australian Sports writer managed to squeeze a paragraph in about "our Johnny" between the state 10k "cross country" or is it just a fast track race, and the usually voluminous women's results, but didn't even mention Art's success. In Saturday's West (July 28th) there is no mention of the state or National Veterans Marathon in which, probably for the first time, in an Australian National Marathon women have competed with men. Now surely that's worth a mention. The two oldest competitors are travelling from the E. States to compete and that, too, should be worth a mention. After all, it was the fact that 581 started the People's Marathon and 381 People finished that was the news, not so much the winner or the winner's time. Of the 585 starters, 134 presumably pulled out before the half way mark as no half way times were recorded for them and a further 70 withdrew between half way and the finish.

Fifty one veterans will contest eight age groups in the Veterans Marathon. This includes 3 women who will compete in one age group, and seven Eastern States visitors.

Medals will be presented to first, second and third of each age group by the Australian Association of Veteran Athletic Clubs. Where there are fewer than three contestants in one age group it will be necessary to finish within 1½ hours after the winner of the M40 group to be eligible for a medal. The club will present a certificate to each finisher in the race.

Entrants are:

Women	J. Pearton	J. Stone	D. Turner	
M65	H. Batterham (NSW)			
M60	H. Snelgar (S.A.)			
M55	C. Junner	R. Godkin	F. Usher	T. Orr (Vic)
M50	P. Lennie	D. Butcher	W. Hughes	A. Tyson
M45	E. Pearton	J. Butts	R. Hayres	M. Smith
	D. Carr	D. Batterham	J. Whittam	R. Shand
	R. Potter	J. Davies	B. Longmere (Tas)	R. Young (Vic)
M40	C. Spare	J. Hoyer	W. Carter	J. Maddison
	B. Hanks	T. Manford	R. Sammells	R. Graffin
	W. Moses	D. Caplin	R. Harrison	
	A. Brown (ACT)	B. Woods (NT)		
M35	R. Spark	J. Burns	B. Slinger	R. Johnstone
	H. Kirkman	D. Sheppard	A. O'Hare	F. Smith
	F. Kelly	G. Atzemis	W. McGuigan	B. Robinson
	H. Stoffer			

ALL W.A. VETERANS ARE TO WEAR BLACK SHORTS AND WHITE CLUB SINGLET'S WITH BADGE - NO EXCEPTIONS

Special numbers will be issued before the event, but 8 pins should be taken to the start. To assist the time keeper and recorder, singlets and numbers will be worn at all times. Staminade and water will be provided at each 5k with sponging stations located between feed stations. You take your own drinks from tables, they are not handed to you as in the People's Marathon. Other than OFFICIAL vehicles, no vehicles will be allowed on the course, but spectators may use internal roads to move around the course.

There are no showers at the Herne Hill School at the start and finish, but you may shower at the Swan Sporting Club or at Swan Shire Hall. There will be a function at the Swan Shire Hall at 12.30 p.m. costing \$5.00 per head for buffet lunch, beer and cool drinks. Advise Rob Shand as soon as possible if you want to go and how many will be accompanying you.

For those veterans who missed the closing date for entries - (Monday 23rd July) you can still run in the STATE CHAMPS provided that you are registered with the W4A (\$9.00). You can enter on the day, MUST wear your club colours and red Mars number, but you will not be eligible for medals or certificates.

We thank Doreen Lockwood for typing this newsletter.

Newsletter No. 85

August, 1979

Loneliness expresses the pain of being alone
Solitude the glory of being alone

- Paul Tillich

(So let us not speak of the loneliness of the long
distance runner but rather of his solitude)

As an Alternative to the Fremantle Fun Run for those interested arrangements have been made for a weekend at Moore River. Seven beds plus room for five in their own beds are available within a house with room for others in campers or tents on the site. Total cost \$30 divided among those who go for the weekend from Friday night to Sunday night. Contact Mike Berry on 271 9268. Dates are October 27 and 28.

CLUB RAFFLE Books of 10 tickets at 50¢ each are being distributed to each club member with the request that they sell at least one book each. The raffle will be drawn on the night of the 24 hour relay.

If you can sell more books let Bob Haynes know on 271 7900 or 367 5404. All stubs and money to Bob Sammells at 5 McIness Crescent, Greenwood by September 9 please.

1981 WORLD VETERANS TRACK & FIELD CHAMPIONSHIPS will be held in January 1981 in Christchurch New Zealand. At last a track and field championship in our track and field season and its only 18 months away.

Hanover : Newspaper coverage of the World Veterans Championships in Hanover improved as John Gilmour established himself as the star of the games. After his world record 5K in England he came 74th out of 600 in a 10k Road Championship at Manchester.

The West Australian on July 30 gave us the news that John had broken the M60-800m world record with a 2m19s run on Friday July 27 and an M60-10k world record of 35m07.7s. He had already broken his week old M60-5k record (17m07s) with a winning run of 16m54s. On Wednesday August 1 John broke his fourth world record this time in the M60-1500m with a time of 4m32s which was 18 seconds under the record.

With the headline "Oh Johnny! How you can run" the Daily News told us that John had won his fifth gold medal in the M60 Marathon with a time of 2h49m, five minutes ahead of his nearest competitor. (This would have placed him about 26th in the Peoples Marathon between Ted Maslen (M40) and John Butts (M45).

IS THERE A RECORD MR. GILMOUR CANNOT BREAK? Results of other W.A. competitors have not filtered through to us by the time of going to press.

RAY MARTIN birthday August 1 - turned 57 and remains M55

We now have as complete a set of PEOPLES MARATHON results as we can get with the veterans performances as below.

FINISHING POSITION	NAME	AGE GROUP	1ST HALF	2ND HALF	TOTAL TIME
10	P. Wall	M35	1:18:00	1:20:36	2:38:36
14	H. Stoffers	M35	1:19:48	1:21:10	2:40:58
18	A. O'Hare	M35	1:23:30	1:20:45	2:44:15
20	M. Smith	M45	1:19:08	1:25:21	2:44:29
22	D. Caplin	M40	1:23:30	1:22:17	2:45:47
24	F. Smith	M35	1:23:55	1:22:20	2:46:15
25	E. Maslen	M40	1:21:30	1:26:07	2:47:37
29	J. Butts	M45	1:25:35	1:26:06	2:51:41
33	R. Shand	M45	1:27:00	1:25:07	2:52:07
45	K. Beament	M35	unavailable		2:59:11
47	D. Hough	M45	1:22:15	1:37:30	2:59:45
49	A. Tyson	M50	1:29:00	1:31:54	3:00:54
51	B. Oliver	M35	1:27:00	1:35:00	3:02:00
53	R. Spark	M35	1:39:00	1:23:08	3:02:08
55	B. Robinson	M35	1:29:00	1:33:51	3:02:51
59	E. Pearton	M45	1:34:00	1:30:04	3:04:04
60	J. Davies	M45	1:29:00	1:35:33	3:04:33
61	B. Hanks	M40	1:31:00	1:33:47	3:04:47
65	T. Manford	M40	1:28:30	1:37:10	3:05:40
69	R. Sammells	M40	1:34:00	1:33:59	3:07:59
70	M. O'Rourke	M35	1:28:00	1:41:10	3:09:10
80	G. Price	M40	1:31:00	1:42:19	3:13:19
84	D. Carr	M45	1:29:30	1:45:00	3:14:30
86	J. Whittam	M40	1:29:00	1:46:19	3:15:19
87	W. Carter	M40	1:39:00	1:36:45	3:15:45
91	R. Hayres	M45	1:40:00	1:36:20	3:16:20
92	F. Kelly	M35	1:45:30	1:31:04	3:16:34
96	D. Sheppard	M35	1:26:00	1:50:23	3:17:23
99	R. Graffin	M40	1:39:00	1:39:37	3:18:37
103	A. Conner	M35	1:41:30	1:37:34	3:19:04
108	B. Slinger	M35	1:39:00	1:41:00	3:20:00
115	M. Berry	M45	1:35:00	1:46:39	3:21:39
119	J. Martin	M50	1:41:30	1:40:28	3:21:58
125	D. Butcher	M55	1:34:30	1:48:57	3:23:27
139	D. Crowther	M35	1:26:00	2:01:00	3:27:00
145	J. Maddison*	M40	1:41:30	1:46:30	3:28:00
146	E. Murphy	M40	1:39:30	1:48:30	3:28:00
164	R. Godkin	M55	1:44:00	1:48:00	3:33:00
169	J. Barnes	M35	1:36:00	1:58:00	3:34:00
170	W. McGuigan	M35	1:40:30	1:53:30	3:34:00
171	R. Harrison	M35	1:40:30	1:53:30	3:34:00
175	D. Weston	M40	1:31:00	2:03:00	3:34:00
193	M. Gibbens	M35	1:37:00	2:02:00	3:39:00
197	R. Johnstone	M35	1:44:00	1:56:00	3:40:00
199	F. Usher	M55	1:41:30	1:58:42	3:40:12
204	W. Chesney	M40	Unavailable		3:42:00
211	D. Turner	M35	1:49:00	1:54:48	3:43:48
226	M. Warren	M35	1:42:00	2:04:00	3:46:00
230	W. Moses	M40	Unavailable		3:47:00
236	R. Roberts	M55	1:47:00	2:02:00	3:49:00
239	J. Spencer	M40	1:35:00	2:10:00	3:49:00
242	D. Batterham	M45	1:42:00	2:08:00	3:50:00
245	M. Moyle	M50	1:41:00	2:10:00	3:51:00
246	P. Morrissey	M50	1:48:00	2:03:00	3:51:00
282	R. Kemp	M40	1:56:00	2:06:00	4:02:00
283	S. Brandon	M40	1:54:00	2:09:00	4:03:00
290	A. Turner	M35	1:49:00	2:17:00	4:06:00
292	G. Noordyk	M55	1:56:00	2:11:00	4:07:00

FINISHING POSITION	NAME	AGE GROUP	1ST HALF	2ND HALF	TOTAL TIME
298	J. Pearton	W30	2:03:00	2:09:00	4:11:12
309	A. Cummings	M45	1:41:00	2:36:00	4:17:00
314	W. Hughes	M50	1:41:30	2:38:30	4:20:00
317	W. Hough	M35	1:49:00	2:31:00	4:20:00
320 (walker)	W.J. Smith	M45	2:01:30	2:19:29	4:20:59
339	B. Wall	W35	1:59:30	2:32:21	4:31:51
349	J. Stone	W30	1:55:30	2:44:30	4:40:00
364	L. Ruddy	W35	2:03:00	2:46:00	4:49:00
366	G. Winning	M40	2:16:00	2:35:00	4:51:00
376	V. Lishman	M45	2:19:00	3:05:00	5:15:00

D. Horgan, A. Smith and J. Bonner were listed but as far as can be ascertained did not run as no times were recorded for them. June Payne (W40) was timed at 1:49:00 at the half way mark but withdrew shortly after.

Charles Spare (M40) pulled out at 10 miles with knee trouble and Wal McCabe (M45) withdrew at 10km in 43m44s. George Atzemis, Phil Lennie and Maureen Hayres were timekeeping and recording at half way. Cliff Bould and Dick Horsley were at the 30k feed station, Bruce Buchanan was timekeeper and John Gilmour, Colin Junner and Geoff Wall assisted at the finish. Art Briffa was standing under a tree at McCallum giving encouragement for the last effort. Jack Collins assisted at the 35k, Bob Fergie at 40k and Gordon Westlake at 15k. Morris Johnson was giving encouragement all the way round promising Walliston Wallop at the end of the race. Des Merrick and the Sutherlands assisted with traffic control and Jacki Shillington encouraged us early on in the race at Crawley.

SATURDAY JULY 28 : HELENA VALLEY RELAYS held over a 2000m circular course being one lap of the Helena Valley Race Course gave us second place in B grade, 13 seconds behind Canning Districts and 35 seconds ahead of University. Our team was picked on the spot from those Association Veterans who turned out for the race and who performed in order of running as follows -

D. Carr M45	6m50s	6m46s (10.6.78)
D. Caplin M40	6m45s	6m53s "
A. O'Hare M35	6m37s	6m51s "
J. Rowland M40	7m07s	7m29s "
D. Sheppard M35	7m11s	7m13s "
J. Whittam M40	7m27s	-

41m57s Team 42m53s (C1)

Last year we had three full teams in C Grade and won the grade.

Alan Tyson also turned out but as teams were made up of six runners he did not get a run. A total of 110 participated so the vets 7 was a poor showing. Come on you 52 registered vets how about turning out or finding out about these events instead of waiting to be spoon fed into competing.

The Canning Relays (over our Cliff Bould course) are on Saturday September 1. Teams are made up of 4 runners each doing 5k - How many teams can we field in B & C grade?

SUNDAY JULY 29 A Bridges run at McCallum at 9 a.m. was intended as a pack run with the added distance to familiarise members with the proposals for the forthcoming half marathon on Sunday September 23, but the pack broke up as the faster runners moved away and only a few went over the course.

- 4 -

Those present were - A. Tyson, D. Caplin, J. Barnes, R. Hayres, F. Usher, J. Pearton, E. Pearton, M. Smith, R. Horsley, M. Moyle, J. Martin, R. Shand, B. Hanks, W. Hough, A. Briffa, H. Kirkman, R. Bennetti, J. Gibbons, D. Jones, I. Sutherland, G. Sutherland, D. Carr, J. Collins, F. Smith, B. Oliver, S. Lockwood, J. Maddison, R. Spark, R. Sammells, V. Prescott, R. Godkin, W. Hughes, D. Butcher, J. Noordyk, J. Stone, V. Anderson, D. Crowther, E. Crowther, M. Berry, N. Berry, D. Harrison, I. Henderson, C. Ansell (visitor), R. Croft (visitor).

In the afternoon the Marathon Club held an 11k run to replace the Zig Zag about which they were getting complaints as the downhill stretch was causing injury. In addition, they had decided to have a Sunday afternoon run at which time the Zig Zag is too busy with Sunday drivers. The new course still started at the Helena Valley Primary School at the junction of Helena Valley and Ridge Hill Roads but started off downhill to Scott Street, crossed the Helena River at the start of a long climb up to Coulston Avenue before turning off onto the old railway reserve, gravel tracks and three crossing of streams before crossing Coulston Avenue near Pine Crescent. The turn round loop of 3/4 mile at Sandover Road took in Pine Terrace near Darlington Park and the outward course retraced.

A good course with less possibility of injury on steep downhill grades but with just enough overnight rain to make the ground stretches and stream crossings interesting.

The race was won in a time of 37m26s with 10 club members among the 27 starters. Results were as follows -

3	H. Kirkman M35	39m57s
8	F. Smith M35	41m11s
10	R. Shand M45	42m17s
20	A. Tyson M50	45m06s
21	D. Crowther M35	45m08s
22	J. Maddison M40	45m26s
24	R. Spark M35	46m08s
26	G. Moses M40	46m43s
28	M. Berry M45	46m48s
33	K. Cameron M35	48m00s

SATURDAY AUGUST 4 CITY OF STIRLING CHAMPIONSHIPS 10k open handicap cross country on a slightly altered course from last year. Veterans times were -

D. Hoyer M40	36m54s
K. Beament M35	37m08s
E. Maslen M40	38m16s
M. Johnson M40	39m19s
D. Carr M45	41m37s
R. Spark M35	42m28s
A. Tyson M50	44m04s
E. Jennings M40	44m11s
G. Moses M40	44m24s
F. Smith M35	withdrew

Once again David Carr managed to arrange a sunny day for DAVES DIANELLA DASH on Sunday August 5 and though, after 7 days of dry weather his chances were better than last year (NL69) an early morning deluge did not look promising. This year there were 43 participants (27 in 1978 and 15 in 1977) proving the social runs to be popular. The open handicap race was won by Joan Slinger who was also first woman in. Eric Pearton was first man home and Phil Wall again had the fastest time. The results for the same course as last year were as follows.

POS.		GROUP	TIME IN	GO AT	ACTUAL TIME & POS.	23.7.78	(1977)
1	J Slinger	W35	31.01	1.30	29.31	35	
2	E Pearton	M45	31.21	9.45	21.36	13	23.16
3	R Horsley	M65	31.36	7.30	24.06	26	24.07 (25.09)
4	D Carr	M45	31.48	11.15	20.33	7	20.53 (20.34)
5	P Wall	M35	31.52	13.00	18.52	1	18.57
6	M Berry	M45	31.55	9.45	22.10	15	22.07
7	F Kelly	M35	31.56	9.45	22.11	16	
8	D Hoyer	M40	32.00	12.30	19.30	3	
9	D Crowther	M35	32.05	11.00	21.05	9	
10	J Stone	W30	32.15	4.30	27.45	34	
11	J Maddison	M40	32.21	11.00	21.21	11	
12	F Smith	M35	12.00	20.25	20.25	6	
13	H Kirkman	M35	32.28	13.00	19.28	2	
14	A Tyson	M50	32.35	9.45	22.50	19	22.57 (24.34)
15	J Pearton	W30	32.36	2.30	30.06	37	
16	B Hanks	M40	32.37	10.30	22.07	14	
17	D Caplin	M40	32.38	12.30	20.08	4	19.55
18	R Spark	M35	32.42	10.30	22.12	17	
19	B Slinger	M35	32.43	9.00	23.43	24	
20	M Smith	M45	32.46	12.30	20.16	5	
21	B Buchanan	M45	32.47	9.00	23.47	25	
22	W Carter	M40	32.48	11.15	21.33	12	
	M Crowther	Inv.	32.48	10.30	22.18	18	
23	M Johnson	M40	32.50	11.30	21.20	10	
24	V Prescott	W35	32.59	1.30	31.29	39	
25	R Shand	M45	33.04	12.00	21.04	8	21.40
	L Butcher	Inv.	33.09	Go	33.09	40	
26	D Butcher	M50	33.13	9.45	23.28	22	
27	I Henderson	M35	33.14	9.45	23.29	23	
28	G Sutherland	W30	33.17	2.30	30.47	38	30.20
29	P Lennie	M50	33.21	9.00	24.21	27	
30	J Barnes	M35	33.24	10.15	23.09	21	
31	F Usher	M55	33.34	8.00	25.34	30	26.22 (25.59)
32	G Noordyk	M55	34.00	8.00	26.00	31	
33	R Sammells	M40	34.07	11.15	22.52	20	21.39
34	D Jones	M50	34.23	8.00	25.23	32	25.08 (26.19)
35	T Manford	M40	35.25	10.45	24.40	28	23.41
36	K Cameron	M35	35.37	10.15	25.22	29	
37	I Sutherland	M35	37.22	10.45	26.37	33	
Inv.	C Ansell	M35	39.42	9.45	29.57	36	
38	R Martin	M35	40.15	5.30	34.45	41	
39	N Berry	W45		1.00			
40	E Crowther	W35		Go			
41	V Anderson	M60		Go			

No times available

Times were taken by Jack Collins and Bob Hayres and Maureen Mayres handed out the cards. Peta Carr took down the results and calculated all the handicap results. As with last year, Pat Carr provided hot soup which was very welcome at the end of the run and afterwards the runners joined families for refreshments and barbeque and joined in wishing Jill Pearton a happy birthday as she turned 32 and cut the cake baked by Gloria Sutherland. It was also Jeff Whittams birthday when he turned 45 and altered from M40 to M45.

Our thanks to Pat and David Carr for their hospitality and organisation of an enjoyable day.

CHANGES OF ADDRESS

Hank Stoffers - P.O. Eaton WA 6232 (near Bunbury)

Bruce Buchanan - 10/11 Airlie Street, Peppermint Grove, WA 6011
Tel: 3848379

- 6 -

Now that the Marathons are over for the year we must turn our attention to the 24 HOUR RELAY on Friday September 28 and Saturday September 29.

Anyone interested in participating should contact David Carr (276 2885) or Rob Shand (384 0939) by September 9. If you decide on September 9 that you want to be considered and are not at Bill Hughes Run at 8 Brown Street, Attadale, phone us there on 330 2352 up to noon.

As it is important selections will be made for one 10 man team of over 40 year olds. If there are sufficient interested a second composite team of over 35 upwards may be considered.

This event will be run under the rules laid down by Runners World and are as follows -

The relay has been standardised and explicit rules set up for good reason. We want to be able to compare teams accurately, even though they're running at different times and places. It's important that these rules be followed to the letter.

- * The relays may be run any time, at any location.
- * Any group of runners may form a team, with a minimum of two and maximum of 10 runners.
- * Before starting, each team must decide on the order its members will be running, and this order must be kept throughout the relay.
- * The relay must be run on a track (any size, indoors or outdoors).
- * Each person must run exactly one mile each time it is his or her turn to run. (If a runner drops out during a mile, then none of that mile counts, he or she is out of the relay and the next runner starts).
- * Only the original runners may run. No substitutes!
- * If a runner drops out (either missing a turn or quitting during a mile) then he or she is out for good. But the team may continue. A team also may stop its relay, either for rest or waiting for a runner to show up. NOTE: If upon completion of your mile you find that the next runner is not on the scene, then stop and wait. If you run another lap it just wastes your time and energy because only one mile is recorded for you and the next runner still must run.
- * Only completed individual miles count towards the team's total (except at the end of the 24-hour period, when exact yardage of the last partial mile must be measured).
- * Each team must carry a baton at all times, and it must be handed off within a reasonable distance of the starting line.
- * A non-competitor (not necessarily the same one at all times) always must be on hand recording mileage.

As you can see from the rules you must be capable of continuing for the full 24 hours - South Australia ran a relay in April 1977 with 10 men in the team, eight of whom completed 23 miles, one 22 miles and one 22+ miles. Their average age was 48.3 years and total distance 228 miles 1645 yards.

We are not trying to beat them or any records but are attempting to complete the event.

Apart from the runners we will need people to work in shifts throughout the 24 hour period - timekeepers, recorders, tea makers, sustainers, comforters, encouragers and friends, and all volunteers will be welcome.

Bruce Buchanan (384 8379) will be in charge of timekeepers and recorders.

Bob Hayres (367 5404) will be in charge of all domestic (no refreshment) arrangements.

Maureen Hayres (367 5404!) and Nora Berry (271 9268) will be in charge of all refreshment arrangements.

Direct your offers for participation and/or assistance to those in charge stating time preference for your shift.

THE VENUE is BELMONT ATHLETIC TRACK

START at 6 p.m. FRIDAY September 28

FINISH at 6 p.m. SATURDAY September 29

Raffle will be drawn during the event and results announced after the completion of the event.

THIS IS A CLUB FUNCTION AND FOR IT TO BE SUCCESSFUL THE CLUB MUST FUNCTION

CANNING RELAYS 4-man teams of Registered Athletes will be selected from those who arrive at McCallum on Saturday September 1 but be there by 1.30 at the latest as the event starts at 2 p.m.

PERTH TO PINJARRA RELAYS Those Registered Athletes who want to run in the Perth to Pinjarra Relay on Saturday September 16 must let Dave Carr or Rob Shand know BY SEPTEMBER 9. Maximum per team 14. Last year we had 2 teams.

ENTRY FEES are required for all Certificate Runs so all you veterans who come penniless to runs start saving up for the next Certificate Run on September 23 at McCallum and make certain you have your 50¢ with you.

20.9

Secretary - 3840939
Treasurer - 4472418

MARATHON SPECIAL

Newsletter - No. 86
September - 1979

The best things carried to excess are wrong

-Churchill

(but) Constant practice often excels even talent

-Cicero

Ted Maslen - birthday August 8th turned 44 remains m40
Eamon Murphy - birthday August 9th turned 42 remains m40

2nd AUSTRALIAN NATIONAL VETERANS MARATHON

Perth Sunday 12th August 1979

The day dawned cool and slightly overcast and there was still mist in the valleys as the veterans, state runners and National Marathoners gathered at the Herne Hill Primary School for the combined championships.

The A.A.U. of Australia had declared, in giving their permission to allow pre-veterans (35-39) to compete, that the championship had to be run as a separate race. Veterans could therefore not run in the open and the Veteran championship and had to make a decision one way or the other.

At the start the National and State Marathoners were lined up behind each other with the Veterans about 20 metres behind and at the third shot of the pistol the 43 starters moved off on a revised course which eliminated the notorious loop at the old 10 mile mark.

Veterans breakdown times are listed later. The age group winners are listed below with the place getters in the 1st National Veterans marathon for comparison (all W.A. unless noted.)

1979 PERTH

WOMEN

1. D Turner 3:46:24
2. J Stone 4:04:04
3. J Pearton 4:18:35

M65

1. H Batterham 3:43:19 (NSW)

M60

NIL

M55

1. T Orr 3:02:40 (Vic)
2. R Godkin 3:33:26
3. F Usher 3:49:24

M50

1. A Tyson 2:56:22
2. D Butcher 3:21:11
3. P Lennie 3:23:30

M45

1. M Smith 2:39:33
2. B Longmore 2:46:00 (Tas)
3. J Butts 2:50:10

M40

1. J Hoyer 2:40:34
2. D Caplin 2:43:14
3. A Brown 2:44:21 (ACT)

1978 BRISBANE

WOMEN

NIL

M65

NIL

M60

1. H Batterham 3:29:26 (NSW)

M55

1. Gilmour 2:53:44 (WA)
2. J Lee 3:11:26

M50

1. B Dillon 3:09:29 (NSW)
2. J Weeks 3:15:43 (Qld)
3. A Semple 3:20:40 (Qld)

M45

1. T Vassali 2:58:13 (NSW)
2. E Westburgh 3:09:10 (Tas)
3. B Patterson 3:15:33 (Qld)

M40

1. J Patterson 2:37:16 (Qld)
2. I Stocks 2:43:55 (Tas)
3. P Afford 2:52:55 (SA)

1979 PERTHM35

1. F Smith 2:40:57
2. B Robinson 3:01:48
3. F Kelly 3:06:39

1978 BRISBANEM35

1. R Irwin 2:25:41 (Qld)
2. J Bowers 2:32:28 (NSW)
3. K Taylor 2:37:37 (NSW)

Engraved medals will be presented to all place getters and the club will present a certificate to all veterans who completed the course.

The Recorders did a marvellous job with the 160 competitors in the combined races and as can be expected times at the 5K and 10K marks were difficult to get. Bruce Buchanan called out times at the first mile and then continued as a timekeeper at various points. It has taken two weeks to collate the results because of some inconsiderate actions of runners, unfortunately all veterans.

1. One veteran ran in his W.A. numbers in the veteran race though he had not entered in either the State or Veterans marathon, with the result that his number appeared in the recorders sheets and caused confusion due to his non entry. His times have not been recorded.
2. One veteran, though recently registered for 1979 ran in 1978 numbers.
3. One veteran ran with marathon numbers on his front and state numbers on his back, was therefore recorded twice with subsequent confusion.
4. One veteran who was refused permission to run in the veterans marathon as he had not entered and was refused permission to run in the state marathon as he was not registered, was repeatedly warned off the course for "just running with a mate." His "assistance" could well have resulted in the disqualification of the veteran concerned.

No names or numbers have been divulged but those mentioned will know who they are.

While it is unfortunate for them that their actions bring disrepute upon them, we are certainly very concerned when the clubs good name and reputation is tarnished.

We congratulate Morrie Smith on being first veteran home. Twelve veterans ran under 3 hours - 7-M45, 3-M40, 1-M35 and 1-M50. This indicates the depth of this age group in this event and demonstrates the standard of Alan Tyson's run in the M50 group.

We would like to thank all the Eastern States Veterans who made the Marathon trek across the Nullarbor Plain to participate. Harry Batterham from N.S.W., Theo Orr and Ron Young from Victoria, Arthur Brown from A.C.T. and Bruce Longmore from Tasmania. Bruce left Hobart in snow and had to return to defend his Tasmanian cross country and skiing title the next weekend. We also thank George Innes for coming down from Exmouth to participate.

We would like to thank all veterans, wives and families who gave assistance at sponging stations, feed stations and general encouragement. We would also like to thank camp followers for resisting the urge to pollute the runners air with noxious gasses by keeping off the course. Though lonely at times it was good not to have a continuous stream of cars passing on the narrow roads. Bicycles are more conservation conscious though could be construed as a pacing mechanism. Finally our thanks to Rob Shand as Chairman and Co-ordinator of the organizing committee.

THE FULL RESULTS ARE TABULATED SEPARATELY AND ATTACHED TO THIS NEWSLETTER

Meanwhile, about 36 kilometres to the South, three veterans were battling out the 50 kilometre Road Walking Championship at Canning Vale - a first lap of 2K followed 12 laps of 4K. 44 year old Harry Summers of Victoria covered the distance in 4h 56m 06s, followed by 46 year old Jim Smith of W.A. in 5h 11m 36s, and 45 year old Peter Waddell of N.S.W. in 5h 18m 12s. Jim came 10th overall and it was due to his sterling effort that W.A. came second in the teams race.

Certificates have also been forwarded from the club to these veterans.

OUT THANKS TO BETTY USHER FOR TYPING THIS NEWSLETTER

NAME		5K	10K	15K	20K	25K	30K	35K	40K	FINAL	VET POS	PEOPLES MARATHON
F SMITH	WA	18.07	37.29	56.48	76.07	95.09	115.09	133.58	152.59	2:40:57	3	2:46:15
			19.22	19.19	19.19	19.02	20.00	18.49	19.01	7.58		
B ROBINSON	WA	20.30	41.45	64.04	83.50	10.50	126.18	147.32	171.25	3:01:48	13	3:02:51
			21.15	22.19	19.46	21.00	21.28	21.14	23.53	10.23		
F KELLY	WA	20.10	43.30	64.00	83.48	104.25	127.05	149.24	174.54	3:06:39	17	3:16:34
			23.20	20.30	19.48	20.27	22.40	22.19	25.80	11.45		
B SLINGER	WA	21.37	44.22	66.38	88.46	110.35	134.02	159.07	186.21	3:18:05	21	3:20:00
			21.45	22.16	22.08	21.49	23.27	26.05	27.14	11.44		
R SPARK	WA	20.10	43.28	64.10	86.04	108.47	133.04	159.10	187.09	3:18:10	22	3. 2.08
			23.18	20.42	21.54	22.43	24.17	26.06	27.59	11.01		
W MCGUIGAN	WA	20.10	43.28	64.08	84.54	106.57	131.56	158.46	189.41	3:22:07	24	3:34:00
			23.18	20.40	20.46	22.03	24.59	26.50	30.55	12.26		
J BARNES	WA	20.10	43.28	64.10	86.39	109.55	136.32	164.27	196.11	3:28:44	27	3:34:00
			23.18	20.42	22.29	23.16	26.37	27.55	31.44	12.33		
R JOHNSTONE	WA	25.00	48.51	73.53	99.37	125.21	151.52	178.35	206.46	3:37:51	31	3:40:00
			23.51	25.02	25.44	25.44	26.31	26.43	28.11	11.05		
G ATZEMIS	WA	25.20	51.29	78.14	105.40	134.50	167.08	202.14	241.55	4:18:35	38	
			26.09	26.45	27.36	29.10	32.18	35.06	39.41	16.40		
D SHEPPARD	WA	19.02	40.15	58.14	78.46	WITHDREW AT 22 K					-	3:17:23
			21.13	17.59	20.26							
H KIRKMAN	WA	DID	NOT	START							(1976)	2:30:00
A O'HARE	WA	DID	NOT	START								2:44:15
H STOFFERS	WA	DID	NOT	START								2:40:58

M35

STATE MARATHON

NAME		5K	10K	15K	20K	25K	30K	35K	40K	FINAL	PEOPLES MARATHON
P WALL		17.29	35.24	53.19	71.30	89.27	107.59	126.25	145.17	2:33:31	2:38:36
			17.55	17.55	18.11	17.57	18.32	18.26	18.52	8.14	
G WALL		17.45	36.34	54.57	72.28	91.12	114.17	WITHDREW			
			18.49	18.23	17.31	18.44	23.05				

AUSTRALIAN NATIONAL MARATHON CHAMPIONSHIPS - PERTH - 12 August 1979

M40

NAME		5K	10K	15K	20K	25K	30K	35K	40K	FINAL	VETPEDEBEEBS POS MARATHON
J HOYE	WA	17.20	36.03	53.19	71.33	89.59	109.59	129.11	150.45	2:40:34	2
			18.43	17.16	18.14	18.26	20.00	19.12	21.34	9.49	
D CAPLIN	WA	18.07	37.29	56.49	76.07	95.09	115.08	134.24	154.22	2:43:14	4 2:45:47
			19.22	19.20	19.18	19.02	19.59	19.16	19.58	8.52	
A BROWN	ACT	19.02	39.53	57.25	76.45	95.39	115.41	135.12	155.25	2:44:21	5
			20.51	17.32	19.20	18.54	20.02	19.31	20.13	8.56	
B HANKS	WA	20.10	43.28	64.00	83.44	104.22	126.13	147.59	171.47	3:02:32	14 3:04:07
			23.18	20.12	19.44	20.40	21.51	21.46	21.48	10.45	
R SAMMELLS	WA	21.28	43.38	65.05	86.26	107.07	128.47	150.18	173.44	3:05:56	16 3:07:59
			22.10	21.27	21.21	20.41	21.40	21.31	23.26	12.12	
W CARTER	WA	21.37	44.22	66.38	88.46	110.35	133.27	156.13	180.36	3:10:53	18 3:15:45
			22.45	22.16	22.08	21.49	22.52	22.46	24.23	10.17	
R HARRISON	WA	19.02	41.23	60.40	82.18	104.22	129.30	157.14	185.08	3:17:24	19 3:34:00
			22.21	19.17	21.38	22.04	25.08	27.44	27.54	12.16	
J MADDISON	WA	23.30	45.09	70.42	93.38	115.05	137.37	159.46	185.08	3:17:24	19 3:28:00
			21.39	25.33	22.56	21.27	22.32	22.09	25.22	12.16	
G MOSES	WA	23.30	46.27	68.49	91.35	114.17	138.34	164.00	191.01	3:23:00	25 3:47:00
			22.57	22.22	22.46	22.42	24.17	25.26	27.01	11.59	
C SPARE	WA	21.28	43.51	66.13	88.31	110.35	134.20	170.00	205.06	3:37:10	30 w/d 10mls
			22.23	22.22	22.18	22.04	23.45	35.40	35.06	12.04	
E INNES	WA	19.02	40.37	57.56	77.45	98.15	125.20	WITHDREW AT 30K			- - -
			21.35	17.19	19.49	20.30	27.05				
T MANFORD	WA	DID NOT START									- - 3:05:40
R GRAFFIN	WA	DID NOT START									- - 3:18:37

M40

STATE MARATHON

NAME	5K	10K	15K	20K	25K	30K	35K	40K	FINAL	PEOPLES MARATHON
G PRICE	21.28	42.30	65.00	86.26	WITHDREW AT HALFWAY IN 90.40					3:13:19
		21.01	22.30	21.26						

AUSTRALIAN NATIONAL MARATHON CHAMPIONSHIPS - PERTH - 12 August 1979.

M45

[illegible]

AUSTRALIAN NATIONAL MARATHON CHAMPIONSHIPS - PERTH - 12 August 1979

M50

NAME		5K	10K	15K	20K	25K	30K	35K	40K	FINAL	VET	PEOPLES POS MARATHON
A TYSON	WA	20.00	42.16	62.00	83.03	103.40	125.01	146.12	167.22	2:56:22	10	3:00:54
			22.16	19.44	21.03	20.37	21.21	21.11	21.10	9.00		
D BUTCHER	WA	20.10	45.49	64.10	86.04	108.47	135.21	161.41	189.24	3:21:11	23	3:23:27
			25.39	18.21	21.54	22.43	26.34	26.20	27.43	11.47		
P LENNIE	WA	23.30	46.27	68.49	90.57	113.29	138.05	163.35	191.12	3:33:30	26	
			22.57	22.22	22.08	22.32	24.36	25.30	27.37	21.18		
W HUGHES	WA	DID NOT START										3:29:45

M55

T ORR	VIC	18.46	38.52	59.28	78.58	98.07	119.16	141.00	168.08	3:02:40	15	
			20.06	20.36	19.30	19.09	21.09	21.44	27.08	14.32		
R GODKIN	WA	25.00	48.51	73.53	99.37	125.21	150.21	174.34	202.02	3:33:26	28	3:33:00
			23.51	25.02	25.44	25.44	25.00	24.13	27.28	11.24		
F USHER	WA	25.00	48.51	73.53	99.37	125.21	151.54	181.15	214.59	3:49:24	35	3:40:12
			23.51	25.02	25.44	25.44	26.33	29.21	33.44	14.25		
C JUNNER	WA	20.18	41.23	60.14	82.18	103.56	WITHDREW					
			21.05	18.51	22.04	21.38						

M60

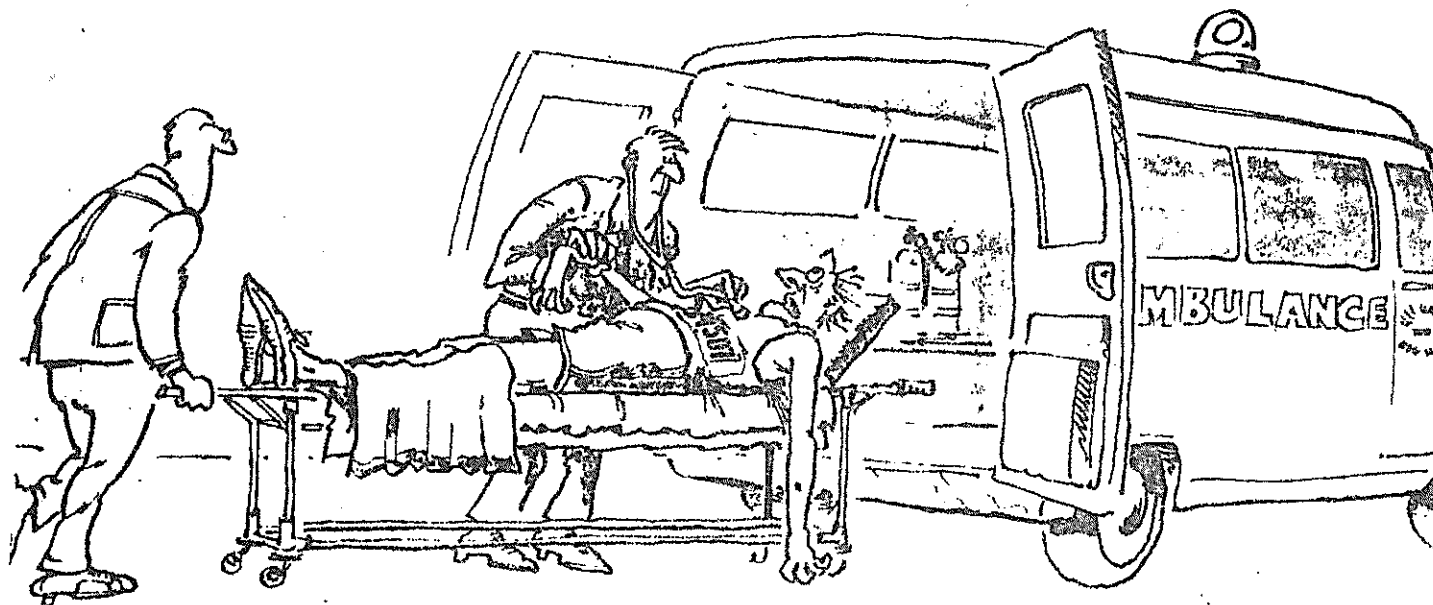
H SNELGAR SA DID NOT START

M65

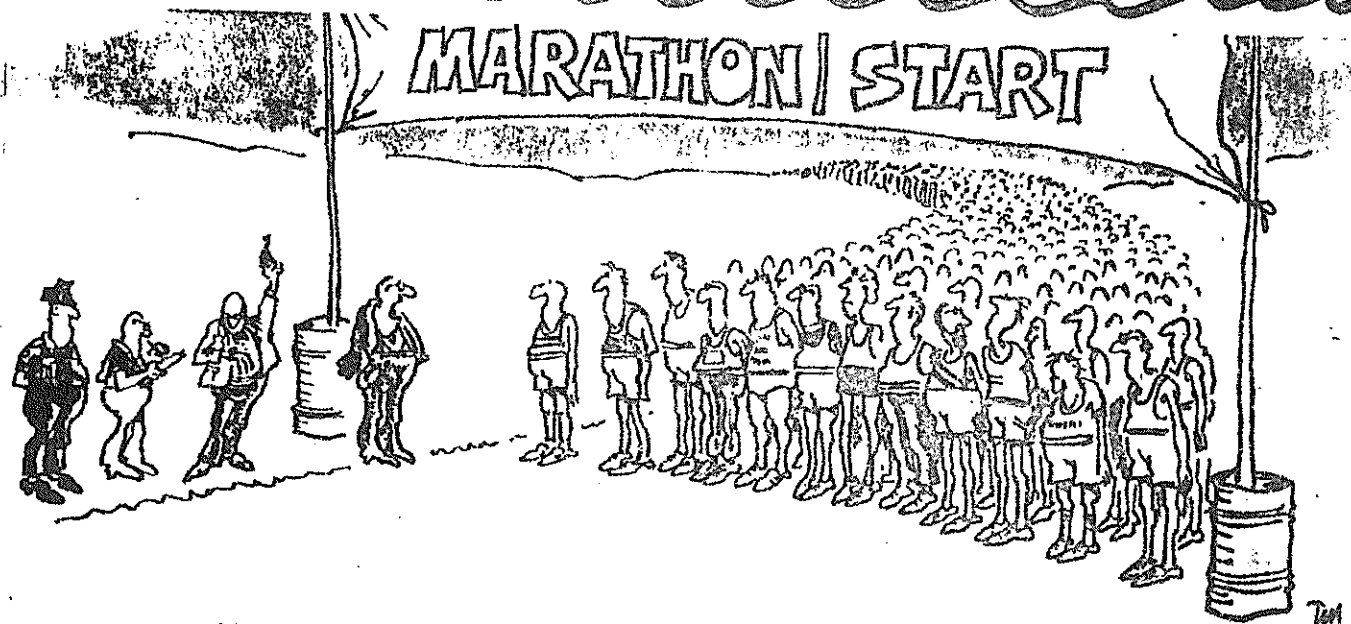
H BATTERHAM	NSW	23.00	47.07	70.14	94.55	119.45	147.29	177.07	210.18	3:43:19	33	
			24.07	23.07	24.41	24.50	27.44	29.38	33.11	13.01		

WOMEN

D TURNER	WA	26.00	51.59	78.20	103.04	128.55	156.47	184.03	214.24	3:46:24	34	3:43:48
			25.59	26.21	24.44	25.51	27.52	27.16	30.21	12.00		
J STONE	WA	26.00	51.59	78.20	103.43	131.31	161.19	193.35	228.31	4:04:04	36	4:40:00
			25.59	26.21	25.23	27.48	29.48	32.16	34.56	15.33		
J PEARTON	WA	27.00	52.10	79.20	107.07	136.22	169.22	204.16	241.31	4:18:35	37	4:11:12
			25.40	27.10	27.47	29.15	33.00	34.54	37.15	17.04		



My.
"My mind told my body to keep going."



"Whatever happened to the loneliness of the long distance runner?"

Sketches provided by
Bruce Longmore. Tas. Vet.

Haynes.

Newsletter No. 87

16 September 1979

Registered for posting as a
periodical - category "B"Secretary: 384 0939
Treasurer: 447 2418

Nothing is easier than fault finding
No talent, no self denial, no brains
are required to set up in the grumbling business

- Robert West

So you long distance runners have done well this winter, you have achieved the ultimate in completing a marathon (some the "double-ultimate" in completing two) and you can now settle back in the belief that you have arrived. How many of you have heard of Joss Naylor? He is a Lake District farmer in the UK who this year broke the record for the 271 mile Pennine Way Run by the incredible margin of 25%. On the first day he covered 80 miles of rough mountain country in 12 hours and then continued till late in the evening putting 106 miles behind him. On the second day he was in trouble with a pulled groin muscle and had it massaged while he breakfasted and then went on, picking up speed throughout the day climbing mountains and descending into valleys and covered 80 miles in that condition. He took only 5 hours to eat and sleep and ready himself for the third day through the mountains and down over peat bogs for the first 15 miles, had 3½ hours rest and then covered the last 16 miles in 4 hours. He had covered 271 miles in 3 days 4 hours and 35 minutes, beating the record set up by Alan Heaton by more than 24 hours.

He ate, slept for a couple of hours and was driven back to his farm to milk the cows. A lean and sinewy 9½ stone 38 year old, with lightly muscled legs, Joss Naylor was once a Cumberland wrestler but a back injury forced him to give that up. He is unrewarded in material terms, unrecognised by the public but is the supreme master of endurance.

(from the Observer 15.12.74)

CONGRATULATIONS TO 38 YEAR OLD JOE RECORD who set a new Australian endurance record for a 24 hour run in covering 213 km from 6.08 am Friday 31 August. By covering more than 208 km in the time he qualified for a 24 hour run at London's Crystal Palace in October and we wish him luck in his run there.

The Club's thanks to those members who assisted Joe in his effort at all times of the day or night. The world record stands at 260 km in 14 hours.

CLUB UNIFORM A number of Veterans are attending at Association events incorrectly attired in that a number of running shorts are appearing decorated and trimmed in various ways with white and other stripes. Sorry but our Club shorts are plain black and can be obtained from Geoff Wall (325 2641) or Nhum Sports at Eric Street Shopping Centre in Cottesloe. Club singlets are obtainable from Bob Sammells (447 2418). Please make certain you have correct uniform before the track season starts, because you can be disqualified for incorrect uniform.

CLUB STICKERS for car windscreens are obtainable from the Secretary at \$1 each. There are still a large number of cars without these and we hope this will soon be remedied by conscientious Veterans. This is a good way to advertise your Club.

2.

CLUB HISTORY AND CONSTITUTION. How many of you do not have this document obtainable from the Secretary for 50¢. Every Veteran should have one, especially new members, who should be keen to find out how it all started.

THE CLUB HAS ACQUIRED

1. A BANNER which will be put up at all venues as a marshalling point for Veterans so that you don't have to wander around looking for each other.
2. A MEASURING WHEEL so that we can continue to accurately measure our courses. This wheel is available to members at a hiring fee of \$2.00 per time plus \$8.00 deposit and must be looked after and treated carefully.

VOLUME FOUR of the Newsletters will soon be in the Library covering Newsletters Nos. 63 to 78 for the period of April 1978 to 31 March 1979.

Back Numbers of the following Newsletters are still available:

51, 52, 53, 55, 58, 60, 61, 62, 64, 65 - 70 inclusive,
72, 73, 75, 76, 79, 80, 82, 84.

Give the Secretary a written list of your requirements.

SINGAPORE MASTERS T & F CHAMPIONSHIPS 20, 21, 22 July 1979

Results have now been received and winning times were:

TRACK								
	100	200	400	800	1500	5 k	10 K c.c.	3 k Steeple
M 35	13.0	24.9 A	57.0	2:13.2	4:38.4	17:37.4	41.09	11:35.3
M 40	13.0	27.6	57.8	2:21.6	5:07.6	19:59.4	43.32 N & A	11:39.7 N & A
M 45	13.1	25.9	58.4	2:09.9 A	4:49.2 N & A	18:35.2 N & A	46.26 N & A	-
M 50	-	41.3 *	86.7 *	3:23.3 *	5:47.0 *	21:56.3 *	52.15 A *	-
FIELD								
	HJ	LJ	TJ	SHOT	DISCUS	PV	JAV	3 k WALK
M 35	1.19	4.96	10.38	10.62 A	31.10 A	-	35.64 A	18:07.6
M 40	1.45 N	4.46	9.31	8.20	11.04	3.00 N & A	17.32	17:44.0
M 45	-	3.03	-	7.45 N	16.66	-	24.74 N & A	19:18.4
M 65	-	-	-	-	-	-	-	18:49.7 N & A

N = NATIONAL MASTERS RECORD
A = ALL COMERS RECORD
* = ART BRIFFA

HANOVER Full results still not through as many are still not back from overseas.

THE WEST AUSTRALIAN has a good range of photographs of the Peoples Marathon so if you want one go down and place an order. Some who can be easily identified are Caplin (often) Maslen (feet), McCabe, Robinson, Davies, Beament, O'Hare, Crowther, Conner, Kelly, Sammells, Hayres, Pearton, McGuigan, Harrison, Johnstone, Batterham, Murphy, Maddison, Usher, Whittam, Price, Cummings, Carter. Note how well the Club uniform stands out in the crowds and groups of runners.

Also Veterans Marathon Diane Turner, Johnstone, Usher, Godkin, Spark, Hanks, Pearton, Kelly, Robinson, Davies, Junner, Harrison, Slinger, Carter, Butcher.

BARRIE ROBINSON birthday 13th August - turned 40 and altered from M 35 to M 40 one day after the Marathon. Had his birthday been one day earlier his Marathon time would have given him fourth place in M 40 and done him out of a medal.

BILL HUGHES birthday 15th August - turned 52 and remains M 50.

SATURDAY 18TH AUGUST was a shockingly wet day making the Midland Handicaps at Parkerville a muddy course with depth to the creeks to be crossed. Veterans who completed the two lap course covering 10 k were:

		OFF AT	Finishing Time	26.8.78
M. Johnson	M 40	3 min	42 m 18 s	-
G. Moses	M 40	6c	42 m 23 s	44 m 55 s
J. Whittam	M 40	1 min	43 m 25 s	-
D. Sheppard	M 35	6 min	44 m 54 s	-
A. Briffa	M 50	5 min	52 m 46 s	-

SUNDAY 19TH AUGUST dawned overcast and raining and though it dried to a sunny day remained cold for the second Batterham Blackwall Reach Bush Bash.

There were 31 starters and all started off together at 9:40 am, the start being delayed by hectic last minute course marking. The course was identical to 1978 and "Dog Pound Hill" again took its toll on the not so fit. Don Caplin again came in at the head of the group but the winners on sealed handicap were Jackie Shillington (W 35) and Bob Sammells (M 40) and results were as follows:

	Place	Clock Time	Added H/Cap	Adj Time	Place	Clock Time 1978
W30						
J. Stone	25	38.39	4.30	43.09	.21	-
G. Sutherland	27	42.06	1.30	43.36	.23	43.18
A. Johnstone	30	45.19	0.00	45.19	.28	-
J. Pearton	29	45.00	2.30	47.30	.30	58.32
W35						
J. Slinger	26	41.11	2.30	43.41	.24	-
J. Shillington	28	42.36	0.00	42.36	.19	-
W45						
H. Berry	32	50.53	0.00	50.53	.31	-
(INV) L. Butcher	31	45.19	0.00	45.19	.28	-
M55						
R. Godkin	20	33.26	6.30	39.56	.9	33.44
F. Usher	24	37.27	6.30	43.57	.26	39.39

4.

		Place	Clock Time	Added H/Cap	Adj Time	Place	Clock Time 1978
M50	D. Butcher	12	31.37	8.30	40.07	.13	-
	J. Martin	13	32.11	6.00	38.11	.2	-
	A. Tyson	15	32.28	9.00	41.28	.17	30.26
	P. Lennie	23	36.45	7.00	43.45	.25	-
	M. Smith	2	27.59	12.00	39.59	.11	-
M45							
	M. Berry	5	29.25	9.45	39.10	.5	-
	E. Pearton	6	29.31	10.15	39.46	.8	32.46
	D. Hough	7	30.41	12.00	42.41	.20	-
	B. Buchanan	8	30.53	8.00	38.53	.3	-
	D. Carr	16	32.29	11.30	43.59	.27	28.51
M40							
	D. Caplin	1	27.23	12.00	39.23	.7	27.37
	J. Maddison	3	29.01	11.00	40.01	.12	-
	R. Sammells	4	29.08	9.00	38.08	.1	29.16
	B. Hanks	10	31.12	11.00	42.12	.18	-
	J. Dyball	17	32.56	6.00	38.56	.4	-
(INV)	S. Lenton	22	36.45	2.30	39.15	.6	-
M35							
	R. Spark	9	31.12	9.45	40.12	.14	-
	F. Kelly	11	31.37	9.45	41.12	.15	-
	B. Slinger	18	33.26	8.00	41.26	.16	-
	I. Sutherland	19	33.26	6.30	39.56	.9	35.28
	R. Johnstone	21	36.45	6.30	43.15	.22	-

Dennis Batterham organised, timed, handicapped and collated all the results and says that the experience was an eye opener to anyone who has not done these things before. He realises there is more in it than just turning up, running and then agitating for results at the finish.

Winning times over the last two years with current course records underlined are:

Inaugural Year 18 June 1978	This Year 19 August 1979	
W30 Nil	J. Stone 38.39	New Record
W35 B. Wall 40.41	J. Slinger 41.11	
W40 Nil	Nil	
W45 Nil	N. Berry 50.53	New Record
M65 R. Horsley 33.06	Nil	
M60 C. Bould 35.47	Nil	
M55 V. Anderson 32.46	R. Godkin 33.26	
M50 A. Tyson 30.26	D. Butcher 31.37	
M45 D. Carr 28.51	M. Smith 27.59	New Record
M40 R. Sammells 29.16	D. Caplin 27.23	New Record
M35 D. Caplin 27.37	R. Spark 31.12	

Don Caplin broke the overall course record by 14 seconds with his time in this run.

We welcome JOHN DYBALL of 65 McCabe Street, Mosman Park. 384 8810 on 19.8.79.

There were no takers for the cold plunge offered after the run but a barbecue lunch was enjoyed in improving but cold weather. The Club thanks our hosts Denis and Linley Batterham for their hospitality again this year. Perhaps a summer twilight run next year might prove an interesting variation?

At the same time four Veterans participated in a Fun Run at Mandurah starting at 10 am and covering 10 km, starting from the Mewburn Centre in Scholl Street and finishing across Peel Inlet at the park. The prizes did not provide any particular incentive to Veterans unless they were the oldest man or woman to finish. Veterans who have advised their times were:

Derek Crowther	M35	36 m 34 s
Barrie Robinson	M40	38 m 42 s
Keith Beament	M35	33 m 05 s
Hank Stoffers	M35	34 m 40 s

FRANK KELLY birthday 23rd August - turned 38 and remains M35.

RICHARD SPARK birthday 25th August - turned 40 and altered from M35 - M40.

GEORGE ATZEMIS (M35) ran 4 hr 25 min in the Australian Marathon on 12th August. The following week at the Mandurah Fun Run 10 k in 42.49, then on Sunday 2nd September 39.45 for the 10 k Bridges Run.

BRIAN HANKS (M40) has advised that he will be going to the UK on 22nd August and will be there until 27th September. While there he intends participating in the British American Marathon at Oxford on 1st September. Brian is becoming an international competitor having run in fun runs in Canada in May.

TONY O'HARE (M35) has written from RAAF base Williamtown in NSW telling us that he was given two days notice of his posting and was most disappointed to miss the Marathon. He ran in Sydney's "City to Surf" doing 50 m 06 s. He hopes to be back for the 24 hour relay and is getting enough time to train.

GLEN BOORN (M40) has decided to go into hospital to have a recurring injury fixed and will not be performing this track season. We hope he will rejoin the Club when he gets back on his feet again.

JOE SHEPHERD (M70) has managed to contact Don Scott for us. Don has moved from Medina to Bull Creek and we hope his moving nearer to Perth will enable him to join us this season. Joe is still well and at 72 is still keeping fit. He is busy composing a Veterans' anthem at present.

DICK HORSLEY (M65) has a new address at 69A Marlow Street, Wembley. 6015. Telephone number 387 6805.

We welcome RICHARD SAVAGE (47) of 4 Brown Street, Byford (095-251360) and ROY CROFT (34) of 47 Mandfield Way, Parmelia (419 3394) to the Club, both joining on 29th July 1979.

We also welcome CAPTAIN B. MITCHELL LOLY (39) of 7 Gosforth Court, Safety Bay (095-272771) who joined us on 1st August.

SATURDAY 25TH AUGUST. STATE 12 K CROSS COUNTRY CHAMPIONSHIP held again this year at Perry Lakes but over a new 3 lap course planned to bring more cross country into the race. The three lap course, which included limestone track, down a sandhill and through bush with four obstacles in each lap to give a variety of terrain, had been run over by the women in pouring rain the previous weekend and was being used as a test run for the National Cross Country Championships on 8th September. There were more Veterans watching than participating. Tyson, Caplin, Peartons, Joyce, Oliver, Berrys, Sutherlands, Buchanan and Shand, cheered their comrades on to greater efforts while they enjoyed the sunshine of the cool afternoon. Veteran results were:

			Lap 1	Lap 2	Lap 3	Total
M45	*35	D. Carr	15.47	16.54	16.44	49.25
	44	J. Whittam	16.13	17.25	17.58	51.36
M40	19	D. Hoyer	14.40	15.29	14.55	45.04
	27	M. Johnson	15.23	15.37	15.58	46.28
	38	G. Moses	17.03	16.59	16.08	50.10
M35	12	P. Gallagher	13.51	14.55	14.47	43.33
	*17	K. Beament	14.17	15.14	15.18	44.49
	20	G. Wall	14.31	15.12	15.27	45.10
	26	F. Smith	14.58	15.43	15.29	46.10
	*29	D. Sheppard	15.00	15.50	15.58	46.48
	40	D. Crowther	15.48	17.20	17.11	50.19

*Counted for team points.

6.

A Briffa (M50) did one lap 17.35, K. Cameron (M35) two in 17.16 and 18.19 before dropping out. Gallagher and Beament gained places good enough to run in the National Championships on 8th September.

Jim Langford NOW 35 won the title in 39 m 05 s.

JO STONE (W30) ran in the Womens State 10 k road championships at Canning Vale and covered the distance in 45 m 55 s.

SUNDAY 26TH AUGUST at McCallum was 10⁰ "warm" and sunny though the cool breeze persisted and drove many away soon after the race was over. The Secretary, Treasurer and Librarian have protested at the portage necessary to get to the traditional position under the tree and set up shop at the car park end of McCallum.

Bob Sammells as Veteran on duty nominated the 5.2 k Cliff Bowld course to be a "nominated time" run in which each participant guessed their performance then saw how far out they were. The 49 competitors set off in a bunch at 9.20 am. The race was without hazard until the underpass beneath the Causeway was reached when leading runners were almost decapitated by a hummock slung from the roof by some all night fishermen. (We believe Carr got under okay!)

Jack Collins, Bob Sammells and Anne Smith took times and collated results. Most ran faster than they had nominated and Val Prescott expected a long run. Three visitors ran with us and finished well up. Paul Morrissey arrived after it was all over.

We welcome WALTER GLEDHILL (52) of 51 Thornlie Avenue, Thornlie, Telephone 459 4453 and PHILIP LORENS (64) of 13 Silky Oak Lane, Willetton, Telephone 457 2993 to the Club.

	Name	Group	Nominated Time	Actual Time	Difference	Race Position
1	D. Caplin	M40	18.00	17.57	-0.03	1
2	M. Johnson	M40	18.50	18.45	-0.05	6
3	D. Carr	M45	19.00	18.48	-0.12	7
4	D. Butcher	M55	21.00	20.45	-0.15	21
5	A. King	(INV)	20.00	20.19	+0.19	15
6	D. Jones	M50	23.04	23.29	+0.25	36
7	A. McMillan	(INV)	20.00	19.34	-0.26	10
8	M. Smith	M45	18.30	18.01	-0.29	2
9	G. Innes	M40	18.35	18.04	-0.31	3
10	B. Buchanan	M45	20.02	20.34	+0.32	18
11	J. Martin	M50	21.00	20.27	-0.33	17
12	F. Smith	M35	18.49	18.15	-0.34	4
13	D. Crowther	M35	19.00	19.44	+0.44	11
14	F. Usher	M55	22.15	23.02	+0.47	34
15	J. Maddison	M40	19.30	18.37	-0.53	5
16	B. Hanks	M40	21.00	20.07	-0.53	12
17	P. Lorens	M60	26.00	27.00	+1.00	42
18	D. Hough	M45	20.00	21.07	+1.07	24
19	G. Kirkeby		20.05	21.16	+1.11	25
20	A. Nocerdyk	(INV)	22.00	20.47	-1.13	22
21	W. Hough	M35	22.00	20.44	-1.16	20
22	M. Berry	M45	19.30	20.48	+1.18	23
23	H. Kirkman	M35	17.35	18.54	+1.19	8
24	F. Kelly	M35	22.00	20.39	-1.21	19
25	J. Dyball	M35	22.00	21.38	-1.22	27
26	R. Shand	M45	21.00	19.12	-1.38	9
27	W. McGuigan	M35	22.00	20.22	-1.38	16
28	R. Lawrence	M50	25.00	23.22	-1.38	35
29	A. Cummings	M45	27.00	25.16	-1.44	40
30	R. Godkin	M55	23.30	21.45	-1.45	28
31	R. Johnstone	M35	24.00	22.13	-1.47	30

	Name	Group	Nominated Time	Actual Time	Difference	Race Position
32	G. Noordyk	M55	25.00	22.49	-2.11	33
33	R. Hayres	M45	22.30	20.09	-2.21	13
34	A. Johnstone	W35	31.10	28.39	-2.31	45
35	J. Pearton	W30	30.05	27.25	-2.40	44
36	R. Savage	M45	21.35	24.23	+2.48	38
37	D. Walker	M45	24.20	21.29	-2.51	26
38	J. Coventry	M45	25.00	22.07	-2.53	29
39	J. Slinger	W35	30.00	26.32	-3.28	41
40	E. Crowther	W35	35.00	31.01	-3.59	46
41	N. Berry	W45	30.00	34.25	+4.25	48
42	W. Gledhill	M50	30.00	34.25	+4.25	49
43	R. Horsley	M65	27.00	22.33	-4.27	32
44	S. Lockwood	M45	29.00	24.12	-4.48	37
45	E. Pearton	M45	25.00	20.10	-4.50	14
46	R. Martin	M55	35.00	27.12	-7.48	43
47	A. Leggatt	M60	35.00	24.53	-10.07	39
48	B. Oliver	M35		22.34	+22.34	31
49	V. Prescott	W35	60.00	31.13	-28.47	47

* --No time nominated - kept his watch.

At 1 pm MONDAY 27TH AUGUST 27 members of the WA Fire Brigade Running Club including Keith Beament and George Innes started their 600 km run from Perth to Kalgoorlie in 50 hours or less, each pair changing over at 40 minute intervals. They passed through Southern Cross on Tuesday night and reached Kalgoorlie at 6.46 am on Wednesday morning, 41 hours 46 mins after starting, overall average time 4.17 min/km or 6 m 43 sec per mile.

We welcome REGINALD DE GRUCHY (53) of Recreation Drive, Shoalwater Bay, Telephone 325 0211 (w) to the Club. Reginald has registered to run in Association Track & Field competition as a sprinter.

WEDNESDAY 29TH AUGUST George Younes 0 k track at Tompkins Park at 6.30 pm on a cool evening saw a small field line up for the 25 laps. Don Caplin won the Veterans prize with Dave Carr second. The results were:

D. Caplin	M40	35 m 40 s
D. Carr	M45	36 m 04 s
F. Smith	M35	35 m 44 s (running for W.A. Harriers)
D. Sheppard	M35	35 m 54 s
J. Wittam	M40	39 m 22 s
R. Hayres	M45	41 m 22 s
M. O'Rourke	M35	Time of laps covered unknown
D. Batterham	M45	Withdrew after 5.2 k in 22 m 22 s
R. Shand	M45	Withdrew after 24 laps in 35 m 16 s

SATURDAY 1ST SEPTEMBER Canning Relays. 4 x 5000 m at McCallum over our 5.2 k Cliff Bould Course. Veteran teams were picked from those who came down on the day and the results in order of running were as follows:

B GRADE				C GRADE			
D. Carr	M45	19 m 00s		C. Spare	M40	21 m 05s	
D. Caplin	M40	18 m 00s		R. Horsley	M65	22 m 07s	
D. Crowther	M35	19 m 00s		J. Whittam	M40	19 m 56s	
J. Rowland	M40	19 m 38s		B. Buchanan	M45	20 m 38s	

TOTAL 75 m 46s

TOTAL 83 m 46s

POSITIONS:

1. Albany	71 m 30 s
2. Canning Dists	72 m 55 s
3. Y.M.H.	73 m 12 s
4. Vets	75 m 46 s
5. University	76 m 48 s
6. Melville	81 m 62 s

1. Canning Dists	78 m 18 s
2. Albany	80 m 08 s
3. Vets	83 m 46 s
4. Albany	86 m 23 s

8.

Members running for other teams performed as follows:

M. Smith	M45	18 m 02 s
M. Johnson	M40	18 m 02 s
D. Hoyer	M40	17 m 27 s
P. Wall	M35	17 m 41 s
G. Wall	M35	17 m 57 s
F. Smith	M35	18 m 11 s
H. Kirkman	M35	17 m 04 s

Fastest lap Jim Langford, 15 m 40 s. A good run by Dick Horsley this year. David Sheppard arrived late so did not get a run.

Last year we had a B Grade team which came third in 73m49s and THREE C Grade teams which came third, fourth and fifth in 83m23s, 83m35s and 84m15s. What happened to all the Veterans this year? Could it be that the Marathon Club's Fun Run on the following day caused this depletion in numbers.

WE THANK VIC KAILIS FOR ARRANGING FOR THE TYPING OF THIS SECTION OF THE NEWSLETTER.

WANTED A good home and \$30.00 for a new pair of Size 10 Gola 6 mm spikes and a new pair of Size 10 Gola running shoes - will take \$15.00 per pair - ring Jack Collins on 387 3002.

THE CLUB NEWSLETTER has now been registered as a periodical with Australia Post and will be posted to all members in future. It will still be available for collection at McCallum or club runs on the first Sunday after publication (which will not necessarily occur at the same time each month), but if not collected will be posted. To keep costs down it would be preferable if you could collect your copy.

This action has been taken by your committee to ensure that all members get the information as soon as possible, but is not intended to stop you from coming down to club runs.

It is proposed that those who have paid for postage will have the residual amount credited to next year's subs. If this is not acceptable please contact the Treasurer.

PERTH TO PINJARRA RELAY

The response to the advice on page 7 of Newsletter 85 from Registered Veterans has been pathetic. Last year we had two teams of 14 each running and this year only 6 nominated, insufficient to form even half a team. We thank those 6 who nominated and have apologised to the Canning Districts Club for not supporting their run. The two main reasons for lack of support and that the run is becoming too dangerous and requires too much organisation to be enjoyable.

THE 1979/80 TRACK & FIELD SEASON IS SCHEDULED TO COMMENCE ON SATURDAY, 6TH OCTOBER, 1979 which is about a month earlier than last year. This has been necessary because the stadium is unavailable for two weekends (Nov 17/18 and Nov 24/25) due to an Army Tattoo and two weekends (Dec 29/30 and Jan 5/6) due to the Scouts Jamboree! and one weekend (Nov 15/16) due to National Schoolboys & Schoolgirls T&F Championships.

In addition, a Security Fence is being erected and access will be closed off from 14th December, 1979 to 10th January, 1980. The extent of this restricted area is from the stadium fence along Underwood Avenue across Perry Drive to the pine pole fence, along the pine pole fence which divides the parkland from bushland and runs parallel to Perry Drive to Oceanic Drive, along Oceanic Drive, and Alderbury Street to the warm-up track fence. Access to the gravel tracks will be possible.

The Athletic Association of W.A. (replacing W.A.A.A.A. and W.A.W.A.A.A) have advised that the T&F programme on Saturdays will be up to and including 1500 m with provision for ONE OF 3 km, 5 km or 10 km per week. Twilight bookings have been made for Wednesdays 5th and 12th December, 16th, 23rd and 30th January.

It would appear that the long distance runners may miss out again and we are lobbying the T&F committee for a 3 km or 5 km every week with 5 km or 10 km as additional races as twilight events.

Women Veterans will be allowed to compete as Veterans in Veteran Club colours and all registrations with the A.A.W.A. will be \$12.00. All women wishing to run with the club should see the Secretary as soon as possible.

Those men who had already registered with the W.A.A.A.A. will not be required to pay the additional sum but new registrations will be \$12.00. Existing MARS numbers will be replaced with new SGIO numbers in due course.

No detailed T&F programmes are yet available (nothing unusual in this) but we are advised that at least two fully integrated different programmes will be used.

WE THANK MARION SHAND FOR TYPING THIS SECTION OF THE NEWSLETTER.

Registered for posting as a
periodical Category 'B'

Secretary 384 0939
Treasurer 447 2418

Seek perfection in what you do
but don't expect others to measure
up to your standard.

Marathon Clubs "Round the Bridges" Fun Run, Sunday 2nd September

The 10k run started further up McCallum to enable the anticipated large number of starters to sort themselves out before the park ended, but a rope and parked cars caused a few problems soon after the race started. Generally the run is reported to have been well organised and results were published in the 13th and 14th September issues of the Daily News. Results have been interpolated as best possible and "E and OE" must apply.

<u>Women</u>				<u>30.7.78.</u>
W30	J. Stone	865	54.25	
	A. Johnstone	878	55.20	54.42
W45	L. Butcher	973	61.05	
M60	P. Llorens	822	52.40	
	A. Leggatt	977	61.40	
M55	R. Godkin	209	40.50	
	G. Noordyk	486	45.25	
	F. Usher	689	49.20	46.10
M50	J. Martin	± 137	39.20	42.01
	R. Roberts	191	40.35	
	D. Butcher	192	40.35	
	P. Morrissey	391	44.00	49.55
	D. Jones	474	45.15	
	R. Lawrence	554	46.40	
M45	M. Smith	26	34.58	
	J. Butts	37	35.35	
	J. Davies	42	36.00	
	D. Hough	52	36.20	36.30
	D. Carr	85	37.50	
	M. Berry	116	38.50	40.13
	B. Worner	124	39.05	
	R. Hayres	162	39.55	40.35
	D. Walker	268	41.50	
	R. Potter	366	43.35	46.10
	W. McCabe	± 386	43.55	
	S. Lockwood	584	47.15	
M40	D. Hoyer	8	33.12	
	D. Caplin	19	34.29	35.00
	M. Johnson	38	35.40	
	J. Maddison	± 48	36.15	
	R. Sammells	58	36.25	38.20
	W. Carter	72	37.10	
	A. King	97	38.15	
	B. Robinson	115	38.50	
	J. Spencer	119	39.00	39.46
	T. Manford	161	39.55	
	C. Spare	168	40.00	
	G. Moses	173	40.05	
	E. Murphy	218	41.00	
	G. Price	± 332	43.05	
	S. Hughes	497	45.40	44.55
	R. Holland	657	48.35	
	R. Savage	682	49.05	
	S. Brandon	797	52.15	
	M. Cubbens	951	59.20	

-2-

M35	P. Wall	5	33.06	32.03
	G. Wall	12	33.53	
	F. Smith	13	33.58	
	K. Beament	14	34.00	36.25
	D. Sheppard	40	35.45	38.08
	D. Crowther	68	36.55	38.19
	M. O'Rourke	96	38.10	37.05
	W. McGwigan	132	39.15	
	G. Kirkeby	135	39.15	
	M. Loly	138	39.20	
	G. Atzemis	157	39.45	
(unfinancial?)	J. Hosking	232	41.10	
	I. Sutherland	258	41.40	
	J. Dyball	± 315	42.25	
	W. Hough	321	42.50	
	V. Kailis	327	42.55	
	B. Johnstone	381	43.50	41.50
	M. Warren	408	44.15	
	F. Kelly	withdrew with hamstring trouble		

A total of 1122 are listed as having completed the course. All times were taken at 5 second intervals. Alan Tyson and Bruce Buchanan collected times from the Veterans who finished. Frank Usher blames his slow time on the 25k he ran the day before but Joe Record (38) who had run 133+ miles the day before managed to get round in 39m 45s.

Gordon Westlake birthday 26th August, turned 50 and alters from M45 to M50. Now is the time to get back into it Gordon.

Brad Watson birthday 30th August, turned 43 and remains M40.

Basil Worner birthday 4th September, turned 48 and remains M45.

John Carroll birthday 7th September, turned 52 and remains M50.

How many of you appreciate the work done by Bryan (Butch) Old during the winter season? He is the man who makes most of the courses out, co-ordinates the marshalls and then when you have all gone home, goes round and pulls out the flags again. He does a great behind the scenes job for athletics during the winter and deserves more credit than he gets. Our thanks to you Butch for a job well done during winter. On Saturday 8th September the Cross Country Championships of Australia were held at Perry Lakes. Keith Beament (M35) was among the runners as an additional competitor in the Mens open 12,000 m event and covered the three lap course in 45m 01s with laps of 14m 20s, 15m 04s and 15m 37s. Bruce Buchanan was involved in time keeping and Rob Shand was Chairman and Co-ordinator of the Championships.

Sunday 9th September saw less serious competition at BILL HUGHES RUN at Attadale when 35 veterans and 4 visitors lined up for a massed start at 9.15am to contest the 6.7 km road course. In order to eliminate the traffic hazard at the Moering Road Preston Point Road crossing it was intended to alter the course to turn up Preston Point Road at Canning Highway. To keep the distance the same the start was altered to the Ampol Garage in Moering Road with the finish still at 8 Brown Street. Some directions went wrong and the old course was run but the distance was increased to 7 km, so the existing records will stand for another year.

M35	Don Caplin	23.06	1978
M40	George Innes	23.55	1977
M45	Rob Shand	23.05	1978
M50	Alan Tyson	23.53	1978
M55	Merv Moyle	26.42	1977
M60	Jack Collins	37.47	1977
M65	Nil		
M70	Reg Briggs	37.22	1977
Women	Nil		
Course Record	Rob Shand	23.05	1978

Conditions were cool and drizzling with a strong headwind which made the run up the Canning Highway hill more difficult than usual.

M35 (continued)

		1st lap	2nd lap	total time	place
	W. Hough	-	-	36.20	15
	V. Kailis	-	-	36.25	16
	B. Slinger	17.54	18.49	36.43	18
	I. Sutherland	-	-	36.46	19
	C. Ansell	-	-	38.19	22
	B. Johnstone	19.43	20.15	39.58	27

Running by invitation

M35	Ron Bragg	15.26	15.14	30.40	(3)
	Jeff Leach	-	-	38.43	(25)
Juniors	Claire Stone	26.55	withdrew	-	-
	Simon Lockwood	17.13	withdrew	-	-
	Katie Sutherland	23.35	withdrew	-	-

The results indicate that there is a great amount of socialising going on among the women during the run as they passed through the first lap two by two - it would be interesting to see what would happen if they got seriously competitive. O'Hare and Caplin could also be accused of socialising as they crossed the line together in joint first place a minute ahead of the nearest runner, Ron Bragg who was having his first run with the club. The results also show Lennie, Pearton and Sammells took some time to warm up in the first lap. As it happened Bob Hayres celebrated his birthday at the barbeque when he turned 48 and remains M45. While the barbeque was being put to good use, members lined up to get NAME TAGS from "Dymo" Don Caplin. These tags are available at \$1.00 each and we hope that all members will purchase them as it will assist members old and new to get to know each other. The cost of a name tag will be included in new members' subscriptions.

We welcomed Campbell Ansell (37), 168 Broome Street, Cottesloe telephone number 384 8718 to the Club, at this run, although Cam has run with us by invitation before. Also William John Shepherd (40) of 15 Condor Avenue, Willetton telephone number 457 5413, who joined us on 15th September, 1979.

AN APOLOGY: Newsletter 87, page 5. Brian Hawks (M40) went to Canada and has not gone to the U.K. Richard Spark (M40) has gone to the U.K. and did not go to Canada. We hope this sorts things out and from now on we shall insist in both wearing name tags at all times!!

Theo Fermanis birthday 17th September, turned 45 and alters from M40 to M45.
Terry Rutty birthday 21st September turned 41 and remains M40.

Dennis Batterham of Adreon Denis, Hair Stylists of 312 Murray Street advises that any Club member who buys a raffle ticket can have a 10% discount on a haircut etc., if they make an appointment at his salon on any Monday, Tuesday or Wednesday until 31.12.79. One condition - you must produce your raffle ticket.

Newsletters have been forwarded to Bill Chapman (M55) at 8 Gardner Street, Belmont, but have been returned to sender. If anyone knows anything about Bill please let us know so that we can contact him. Similarly we have recently had Newsletters returned from 28 Kingsall Road, Attadale, so any information on Wayne Chesney (M40) would be appreciated.

The South Australian Veterans A.A.C. have advised, with regard to the National Championships at Easter 1980, that its committee was studying the possibility of Pre-Veterans Track Titles on the Saturday and Sunday mornings, 5th and 6th April, 1980 as a separate promotion and prior to commencement of the Veterans Championships. With alterations to their planned programme they intend that certain events will be held as follows:-

Good Friday evening	April 4th	10,000m track	40/44	5pm
			45/49	6pm
			50/54, 55/59 & 60/64	7pm
			65/69, over 70 and women	8pm
Saturday	April 5th	All steeplechase events		
Sunday	April 6th	5,000m track		
Easter Monday	April 7th	10,000m cross country		

A full programme of details should be available in October when we will get confirmation of these arrangements.

W.A. VETERANS PROGRAMME FOR OCTOBER

Take note of cancellations, revisions and substitutions.

Sunday 30th September, Quadathlon at Tompkins cancelled

Saturday 6th October	Athletic Association of W.A. (replacing W4A) Track and Field at Perry Lakes
Saturday 6th October	John Gilmour 10k track at Perry Lakes warm up track in two grades at 8am - A Grade 9am - B Grade Marathon Club
	<u>Certificate Run (for Veterans Only)</u> Certificates to first in each age group
Sunday 7th October	McCallum free day - walk, talk, jog, run, sunbathe etc. Come down and be social.
Saturday 13th October	Perry Lakes A.A.W.A.
Sunday 14th October	Bridges and Mill Point Road Club Handicap McCallum 9am <u>Certificate Run (for Club Members Only)</u> Certificates to first in each age group and to Handicap winner
Saturday 20th October	No competition at Perry Lakes (Public Schools Inters)
Sunday 21st October	One hour Track Race (No ½ hour for joggers) possibly on an 800m circuit. LAP SCORERS NEEDED Marathon Club and McGillivray 9am.
Saturday 27th October	No competition at Perry Lakes (State Schoolboys Champs).
Sunday 28th October	Fremantle Fun Run, starting Point Walter 7.30am

The competition at Perry Lakes is severely restricted by W.A.'s 150th Celebrations and competition there will be provisionally as follows:-

November, 3rd, 10th	(Big 6 T & F meeting on 11th) (Army Tattoo 17th & 18th and 24th & 25th).
December 1st, 8th,	With twilights on 5th and 12th.
Perry Lakes tracks (both) and all lakes area up to fence on West boundary and from Stevenson Avenue to Oceanic Drive closed to the public from 14th December 1979 - 14th January 1980 due to World Scout Jamboree.	
January 19th & 20th	(Shield Competitions) 26th & 28th with twilights 16th, 23rd & 30th. S.W. Championships (possibly) 5th & 6th
February	2nd, 9th with State Championship Heats on 16th & 17th and finals on 23rd and 24th.
March	1st, 8th, 15th & 22nd, which will give a good lead up to the Veteran Championships in Adelaide on 4th - 7th April for those who intend travelling interstate.

With track and field competition so close Dick Horsley has prepared the Clubs
Records as at 30.6.79. which now supersedes the records listed in the back of the Club
History and Constitution. This revised list is included in this Newsletter as a
separate attachment.

The Marathon Club advise that their Annual Dinner will be on 14th November at a venue
to be announced and their A.G.M. will be at the Savoy Hotel on 26th November at
7.30 pm. They also advise that, depending upon the organisation by the Albany A.A.C.
there could be a COUNTRY MARATHON at Albany on Sunday December 2nd. Anyone for
another Marathon this year?

AND ANOTHER APOLOGY! - this time Vets Marathon Results. Phil Lennie (M50) is reported to have run for 10 minutes longer than he actually did - (says he couldn't have managed another 10 mins anyway!) His times should be 3h 23m 30s to give him a last 2k plus time of 11m 18 s.

Dave Jones (M50) will be away for 6 weeks, travelling up North with a caravan. Have a good holiday Dave and we'll see you on the track. Frank Smith M35 is nursing an injury and may be away for a month or so in the UK.

Saturday 22nd September T.V.W. Channel 7 Relays at Nollamara. Our teams were selected from those who turned up to run and consisted of two men each running two legs of 3000m cross country. This year we managed two teams as compared to one last year.

D. Sheppard (M35)	11m 39s	11.39	D. Crowther (M35)	12m 00s	12.00
D. Carr (M45)	11m 46s	23.25	B. Oliver (M35)	12m 53s	24.53
D. Sheppard	12m 00s	35.25	D. Crowther	12m 00s	36.53
D. Carr	12m 03s		B. Oliver	13m 14s	
TOTAL TIME		47.28	TOTAL TIME		50.07

John Rowland and Morris Johnson combined in a composite team as follows:

J. Rowland (M40)	11m 44s	11.44	
M. Johnson (M40)	11m 41s	23.25	(a good race between Morris and Dave Carr)
J. Rowland	12m 07s	35.32	
M. Johnson	11m 34s		
TOTAL TIME		47m 06s	

In other teams E. Maslen (M40) ran 11m 09s and 11m 32s (5th)
D. Hoyer (M40) ran 10m 07s and 11m 22s (6th)
H. Kirkman (M35) ran 10m 33s and 10m 46s

who combined with Ian Sinfield (isn't he 40 yet?) to record a total time of 42m 52s and gain 3rd place.

Alister Turner birthday 24th September

Val Anderson birthday 25th September

Sunday 23rd September Veterans Half Marathon Championship at McCallum

This inaugural event was the longest run conducted by the Club and consisted of twice round the bridges and twice round part of the Dave Jones Course, mostly on grass with some pavement and some gravel tracks. 51 Veterans entered the event, 53 were timed at "Half way", just over 10,000m and 32 completed the full distance. Frank Smith ran to try out his leg and Pat O'Hare ran to keep Enid Crowther company, both ran 1 lap.

The course was set and measured by Rob Shand and Bob Fergie organised the day assisted by Derek Waller (sponges), Mike Stone and Jack Collins (marshalls) and Alan Tyson with recording. Times were given at the drink/sponging station conveniently located near the "big bush" at the North East end of McCallum and at the finish.

Winners of each age group to whom certificates were awarded were:-

W30	Jo Stone	1h 58m 37s
W35	Joan Slinger	2h 02m 10s
M35	Tony O'Hare (also overall winner)	1h 14m 32s
M40	Derek Hoyer	1h 17m 42s
M45	Morrie Smith	1h 19m 34s
M50	Denys Butcher	1h 34m 12s
M55	Ralph Godkis	1h 36m 30s

These times became age group records for the Club for this Course. Conditions were cool with a light breeze and by the time the last runner was in at 11.20 am the maximum temperature of 17.8° had been reached.

		Drink Station	Full Distance
W30	J. Stone	54.06 (39)	1h 58m 37s (26)
	J. Pearton	59.32 (46)	2h 14m 44s (30)
	A. Johnstone	59.32 (46)	2h 14m 55s (31)

-8-

		Drink Station	Full Distance
W35	J. Slinger	57.05 (44)	2h 02m 10s (28)
	J. Shillington	1h 00.50 (49)	2h 18m 48s (32)
	E. Crowther	1h 04.56 (52)	
W40	J. King	1h 00.50 (50)	withdrew
Inv.	Kerry Martin	56.05 (42)	2h 07m 13s (29)
	Lorna Baker	58.35 (45)	withdrew
	Pat O'Hare	1h 04.57 (53)	withdrew
M65	R. Horsley	54.25 (40)	withdrew
M60	C. Bould	54.25 (40)	withdrew
M55	R. Godkin	44.44 (25)	1h 36m 30s (19)
	A. Wright	49.31 (35)	1h 49m 41s (25)
	G. Noordyk	47.34 (29)	withdrew
	F. Usher	48.32 (32)	withdrew
M50	D. Butcher	43.37 (23)	1h 34m 12s (18)
	P. Lennie	45.57 (27)	1h 39m 23s (22)
	P. Morrissey	48.47 (33)	1h 42m 03s (23)
	R. Lawrence	49.31 (34)	withdrew
	D. Jones	50.13 (36)	withdrew
	W. Gledhill	1h 00.07 (48)	withdrew
M45	M. Smith	37.18 (6)	1h 19m 58s (5)
	J. Butts	40.23 (8)	1h 25m 50s (6)
	D. Carr	41.10 (9)	1h 26m 39s (7)
	E. Pearton	41.49 (16)	1h 27m 25s (9)
	R. Shand	41.49 (14)	1h 31m 59s (15)
	B. Buchanan	43.37 (22)	1h 33m 28s (17)
M40	E. Hoyer	35.33 (2)	1h 17m 42s (3)
	D. Caplin	37.05 (5)	1h 19m 34s (4)
	R. Sammells	41.49 (15)	1h 28m 43s (10)
	A. King	41.25 (11)	1h 29m 10s (11)
	W. Carter	43.16 (21)	1h 30m 05s (12)
	T. Manford	42.36 (19)	1h 30m 39s (14)
	G. Moses	42.58 (20)	1h 32m 24s (16)
	M. Johnson	41.18 (10)	withdrew
	B. Hanks	44.15 (24)	withdrew
	W.J. Shepherd	56.27 (43)	withdrew
M35	A. O'Hare	34.38 (1)	1h 14m 32s (1)
	P. Wall	35.45 (3)	1h 16m 16s (2)
	D. Crowther	40.10 (7)	1h 26m 42s (8)
	M. O'Rourke	41.44 (12)	1h 30m 33s (13)
	I. Sutherland	47.43 (30)	1h 38m 33s (20)
	W. Hough	45.52 (26)	1h 38m 50s (21)
	G. Atzemis	53.57 (38)	1h 58m 37s (27)
	H. Kirkman	36.27 (4)	withdrew
	B. Oliver	41.45 (13)	withdrew
	F. Smith	42.08 (18)	withdrew
	C. Ansell	47.47 (31)	withdrew
	R. Johnston	51.05 (37)	withdrew
Inv.	T. McAlister	45.59 (28)	1h 42m 03s (24)
	M. Crowther	42.07 (17)	withdrew
	D. Hough	1h 01.24 (51)	withdrew

It was good to see William Shepherd and Walter Gledhill down for this race and to see Cliff Bould back from his overseas trip to Hannover. We hope to have full results in the next Newsletter when Alan Merrett and John Gilmour get back.

Alister Turner birthday 24th September turned 40 and alters from M35 to M40
Val Anderson birthday 25th September turned 61 and remains M60

In the Marathon Clubs 64km road race from MUNDARING TO YORK Hank Stoffers (M35) came third in 4h 55m 48s going through the Marathon distance in 2h 54m 00s. The run was won in 4h 06m 51s (2.40.10) by Kevin Anderson and an S.A.S. team ran a relay distance of 12 x 5 km and 2 x 2 km in 3h 49m 26s. Our best time for the distance was 4h 06m 40s in 1977 with each runner covering 5 mile legs.

W.A. VETERANS ATHLETIC CLUB

RECORDS

TRACK AND FIELD

AS AT 30.6.79.

EVENT	FEMALE	P.V.	M40	AGE	GROUPS			M60	M65	M70
	M45			M50	M55					
100 metres	K. Holland 12.00	P. Gare 11.2	D. Carr 11.8	D. Carr 12.4	D. Jones 12.5	N. Goff 12.9	J. Collins 15.1	R. Horsley 15.4	R. Briggs 17.5	
200 metres	K. Holland 24.9	P. Gare 23.2	D. Carr 24.7	D. Carr 25.4	D. Jones 25.9	N. Goff 26.5	J. Collins 33.6	J. Collins 36.1	R. Briggs 37.5	
400 metres	K. Holland 56.0	P. Gare 50.5	D. Carr 53.9	D. Carr 53.7	D. Jones 59.6	G. Cavill 66.3	-	J. Collins 82.6	R. Briggs 83.4	
800 metres	K. Holland 2.29.8	D. Caplin 2.02.9	D. Caplin 2.04.1	D. Carr 2.08	A. Briffa 2.22	J. Gilmour 2.11.9	R. Horsley 2.30.4	R. Horsley 2.38	R. Briggs 3.20	
1500 metres	L. Rutty 6.14	D. Caplin 4.12.7	E. Maslen 4.15	D. Carr 4.27.5	A. Briffa 4.43.8	J. Gilmour 4.22	R. Horsley 5.06	R. Horsley 5.16.9	R. Briggs 7.05.6	
5000 metres	-	P. Wall 15.30	G. Innes 15.52	R. Shand 16.57	J. Gilmour 16.05.8	J. Gilmour 16.09.7	R. Horsley 19.50	R. Horsley 20.46.4	R. Briggs 26.53.1	
10,000 metres	-	G. Wall 33.24	G. Innes 33.14	R. Shand 35.32	J. Gilmour 33.05	J. Gilmour 33.40	C. Bould 40.32	-	-	
60 metres	K. Holland 7.4	P. Gare 7.4	K. Wright B. Old D. Ninnette 8.0	D. Carr 7.8	D. Jones 7.9	N. Goff 8.1	-	-	-	
1 mile	-	D. Caplin 4.39	J. Davies 5.18.5	D. Carr 4.56	-	-	C. Bould 6.15	-	-	
3000 metre	G. Sutherland 15.28	P. Wall 8.52	E. Maslen 9.28	R. Shand 9.50	A. Briffa 9.59	J. Gilmour 9.20	R. Horsley 11.08	R. Horsley 11.36	R. Briggs 16.26	
110 metre Hurdles	-	T. Reynolds 16.2	R. Johnson 19.5	A. Cummings 21.8	N. Goff 18.3	N. Goff 15.4	-	-	-	
400 metre Hurdles	K. Holland 66.2	-	D. Carr 74.5	A. Cummings 79.4	D. Jones 71.2	-	-	-	-	

Continued ... Track and Field as at 30.6.79.

Event	Female	PV	M40	M45	M50	M55	M60	M65	M70
1500 metre Steeple	-	B. Clarke 5.19	G. Innes 4.51.9	-	A. Merrett 5.27.6	G. Cavill 5.47.2	-	-	-
3000 metre Steeple	-	B. Hoyer 10.20	E. Maslen 9.44.0	W. Hughes 15.50	A. Merrett 11.46	A. Merrett 11.29.8	-	-	-
3000 metre Walk	-	T. Reynolds 21.30	J. Smith 15.16	J. Smith 15.44	G. Cavill 15.31	-	R. Horsley 15.22	R. Horsley 16.15	-
5000 metre Walk	-	-	J. Smith 26.37	J. Smith 26.53	G. Cavill 27.54	-	R. Horsley 26.33	R. Horsley 27.32	-
Long Jump	K. Holland 5.19	T. Reynolds 6.36	D. Scott 5.94	A. Cummings 4.99	N. Goff 5.64	N. Goff 5.15	-	R. Horsley 3.35	R. Briggs 2.72
Triple Jump	K. Holland 8.82	T. Reynolds 12.37	J. Rowland 10.28	A. Cummings 9.93	N. Goff 11.30	N. Goff 11.46	-	-	-
High Jump	-	T. Reynolds 1.71	T. Rutty 1.50	A. Cummings 1.35	D. Jones 1.25	N. Goff 1.35	-	-	-
Pole Vault	-	P. Gare 3.78	E. Maslen 2.89	-	N. Goff 2.40	N. Goff 2.40	-	-	-
Shot Put	K. Holland 9.04	E. Niemants 12.90	R. Fergie 10.79	A. Cummings 8.34	W. Hughes 9.07	N. Goff 10.01	R. Horsley 10.73	R. Horsley 8.99	R. Briggs 7.49
Javelin	K. Holland 19.64	T. Reynolds 45.52	B. Old 41.16	R. Shand 36.26	N. Goff 25.28	N. Goff 25.96	-	J. Collins 18.40	R. Briggs 15.17
Hammer	-	E. Niemants 46.85	A. Fergie 31.26	A. Cummings 25.44	D. Jones 21.23	N. Goff 26.08	-	-	-
Discus	B. Campbell 29.04	E. Niemants 40.24	A. Fergie 30.98	A. Cummings 30.40	D. Jones 20.98	N. Goff 26.34	R. Horsley 29.11	R. Horsley 26.92	R. Briggs 16.94

24 HOUR RELAY

Both teams broke the South Australian record distance of 228 miles 1654 yards. The over 40 team passed this in 22 hours 28 minutes and 47 seconds and went on to cover 244 miles 1280 yards in the full 24 hours. The over 35 team passed the South Australian distance in 23 hours 22 minutes 46 seconds and finally covered 233 miles 1742 yards. Well done both teams. Details will be given in the next Newsletter.

CLUB RAFFLE

This was drawn after the 24 hour relay, winners were:

1st Prize Gents gold watch 0207 Given Horsley (Wembley)
2nd Prize Oreida Silver Tray 0508 Diane Turner (Swanbourne)
3rd Prize Parker Gold Pen 1055 Terry Ruddy (Gidgegannup)
4th Prize Sheepskin Rug 1058 Lorna Ruddy (Gidgegannup)

Could winners contact Bob Haynes (271 7900 work or 367 5405 home) to arrange collection of prizes.

Newsletter No. 89

30 October 1979

24 HOUR RELAY SPECIAL

Registered for posting as
a periodical Category BSecretary 3840939
Treasurer 4472418

The virtue of all achievement is victory over oneself.
Those who know this victory can never know defeat.

A.J. Cronin

24 HOUR TRACK RELAYBELMONT ATHLETIC TRACK

6pm Friday 28 September 29 Saturday 6pm

It had taken some time to get round to organising this event. However, Belmont Oval was booked and all the necessary arrangements made. Two teams each with two reserves were made up of volunteers, but four runners had to fall out and the relay started off with the bare 20 runners needed. The results speak for themselves and give the overall picture of the success. As the floodlights came on, the temperature dropped and the wind built up making the timekeeper and recorder thankful for the shelter of the tent, but the lap scorer had to face the elements and looked like Nanook of the North. People came and went all night as the runners drove themselves round the track, returned to the club rooms to watch TV, talk, play cards and some to sleep or rest. The catering group under Maureen Hayres and Nora Berry are to be congratulated and thanked for keeping the coffee, hot soup and snacks going - Pat Carr, Jan Hough, Bette Usher, Enid Crowther, Jill Pearton, Alison Johnstone, Gloria Sutherland and Dorothy Whittam.

Buchanan and Shand did the first three hours of time keeping and recording. Bruce was relieved by Val Prescott until midnight who was followed by John Maddison and Terri Carr until about 4 am when Bob Fergie and Denis ("Pierre") Batterham and Dick Horsley carried on until 9 am when Bruce returned for the rest of the day. Bob Hayres and Rob Shand marshalled the runners onto the start and the 'Nanook position' was shared by Hayres, Collins, Lenne, Whittam and Charlie Spare. Kevin & Daphne Cameron stayed till dawn to urge the runners on. The temperature dropped to 9° as the sun came up but warmed up as the day progressed reaching 23° as the tempo increased towards the finish. When Denys Butcher passed the South Australians mark of 228 mls 1645 yds at 4.29 pm a great shout went up from the crowd. Fifty five minutes later Frank Usher also passed the mark and was greeted with another resounding cheer. Those who did not manage to visit the track certainly missed some good running and a demonstration of club spirit that becomes strongly evident in such events. After the last efforts by Bob Sammelis and Bernie Oliver, runners, helpers and friends gathered for refreshment in the club room, David Carr in his Presidential capacity thanked the club members for their efforts and congratulated the two teams on their record breaking success, the 'catering group' for their invaluable support and Cliff Bould for his physiotherapeutic contribution from 10 am that morning and without whose help many a muscle would probably have still been 'knotted'.

The raffle was drawn by Derek Hoyer who managed to keep the prizes in the club! and as tiredness got the upper hand the crowd dwindled and departed. Raffle winners were listed in Newsletter 88.

There were only three 'incidents' during the 24 hour run - A lap scorer was distracted, his concentration interrupted and Barry Robinson did his 22nd mile in 7m17s! - he had run an extra lap which, according to the rules does not count in the distance but the 1m41s he took to do it is included in the overall time. Derek Walker began to feel the strain at about 18 miles and on the advice of Cliff he withdrew after completing 20 miles, the other 9 in the team continuing to see time out. ..

Tony O'Hare celebrated achieving veteran status by turning 40 at midnight half way between his 12th and 13th miles and had the best overall average time. Derek Crowther will long be remembered for his overhand baton changes to Terry Manford whose consistent runs started in fear of being crowned while the silence of the night was shattered by Jim Martin's Zulu whoops at the end of each of his efforts. As the night progressed the cold air got to Mike Berry whose wheezing passage round the track caused anxiety to many, but he stuck to his task throughout the 24 hours. John Rowland showed the benefit of experience by keeping his early runs slow and gradually building up while Bob Johnstone and Winston Hough dedicated themselves to the task and ran consistently throughout. As the oldest runner on the track, Gerry Noordyk was the centre of press attention in the daylight hours and ran well to average under 7 mins per mile. David Carr ran consistently starting and finishing with miles of the same time. Don Caplin, Hugh Kirkman, Morrie Smith and Derek Hoya all ran outstandingly well to average within 5 seconds per mile of each other over the whole distance. Derek Hoya's devastating final four miles were something to remember as the tempo built up toward the end.

The attitude of each runner to their breaks varied quite considerably, some dozed, some slept but those who did found it difficult to get going again and at times had to be almost taken to the track. Mike Berry organised a show of slides of club members taken at various club runs and with the flexible facilities available people could do what they wanted.

Our thanks also go to the 'medical' team who were there in case the need arose - Barrie Slinger, Alister Turner and Ralph Godkin who comments on the medical aspects as follows -

"First, I would like to congratulate the participants on their magnificent performance. It was a great exhibition of fortitude and resolute running and it is gratifying that both teams beat the existing Australian record. The organizers and helpers showed equal dedication and their contribution was as important as that of the runners.

Medically, the run was remarkably trouble-free. I had expected that the pattern of heavy exertion alternating with periods of inaction would impose great stress on muscles and sinews but there were no serious injuries, a credit to the runners' self-care and the ministrations of Cliff Bould.

Dehydration affected some runners and any club attempting the same enterprise should warn the participants that, in spite of the cold, a great deal of fluid is still lost by sweating. It was noticeable that on reaching shelter after their 1 mile stint all runners sweated heavily and over the long period of the run this represented a large volume of fluid.

The breakdown times are interesting in that although some runners managed to maintain a steady performance level throughout the 24 hours some showed an expected progressive decline as products of metabolism accumulated in the muscles. Probably, optimum performance over the whole period would be best achieved by restraint in the early runs, but all sorts of other factors must come into it including age, speed of recovery, the amount of anaerobic contraction by the muscles and how near to their limit the runners were trying to operate.

None of the runners seemed to want to eat very much and those who ate when they did not feel hungry regretted it. On the whole, small, frequent snacks were best, but it was an individual thing. I doubt if the human digestive system is really designed for this sort of running. Some runners managed to sleep and probably benefited from it. Even a few minutes cat-nap during their time off the track would have a restorative effect.

In conclusion, I think the event was aggreat credit to the runners' level of fitness and enthusiasm and the lack of medical problems was the result of their sensible approach to the task."

We had some extremely good media coverage with reports on the ABC news throughout the Saturday and on Channels 2 and 7 in the evening news bulletins. Rod Easdown gave us good coverage in the Daily News on Friday 28th and Monday 1st and Carr and Caplin managed a photo in the weekend news. Bernie Cecins gave us a brief mention on September 29 and a resume on Monday 1 but called the run a novelty event and refused to call our effort an Australian record.

The 'real splash' came from John Slee in the Belmont Vic Park Times of Wednesday October 10 where we got a full page with illustrations. The Independent did not cover the event.

South Australian Vets wished us well in their September Magazine and commented "If they beat us, who knows, SA may come up with another team. I am sure we have 10 men capable of adding quite a number of miles to the other performance, but it will be better to beat a WA figure."

Well South Australia you now have the target add 15 miles 1395 yds to your total and pass 244 mls 1280 yds and the record is yours.

The results of the run follow in tables for each team and for comparison the South Australian results have been included.

THE FINAL RESULTS WERE:

South Australia April 1977	; 228 mls 1645 yds
Western Australia October 1979	; 244 mls 1280 yds
Western Australia October 1979	; 232 mls 1742 yds.

We apologise for the delay in getting this newsletter out to you but as you read further you will appreciate that to collate, check type, check and duplicate the results has required quite a lot of "spare" time. Results have been sent to "ON & ON", Runners World and Track & field.

PERRY LAKES SYNTHETIC TRACK FUND RAISING APPEAL COMMITTEE are looking for male or female executives with both drive and foresight, to join a progressive team of fundraisers who have raised over \$20,000.00 in the last 12 months. AIMS. To raise funds for;

- A. Repayment of the Athletic Track Loan
- B. Floodlighting the Perry Lakes Stadium.
- C. Supply and equipping a gymnasium including saunas for the use of athletes.
- D. Any other ventures required for the advancement of Athletics in Western Australia.

DUTIES To attend ONE meeting per month which can be called either late afternoon or early evening depending on the wishes of the committee.

QUALIFICATIONS

It is likely that the persons the committee is seeking will have a business background and be capable of mixing with Politicians, Councillors or Business executives when required. The main criteria should be a genuine desire to see athletics advance and develop in W.A.

REMUNERATION

The satisfaction of seeing projects and targets reached and reset.

APPLICATIONS

Now is the time to join this progressive team by phoning

BARRIE KERNAGHEN ON

2775499 at work
4476862 at home

Errata from Newsletter 88

The man on the sponges at the vets half marathon was Derek Walker. The overall winner of the event was Derek Hoyer and not Tony O'Hare as listed - Tony was 5 days off being 40 at that stage.

We still have trouble with the Hanks/Spark double identity case, and this time a new person got into the act - a Mr. Hawks. Anyhow, Richard Spark tells us that the British American Marathon at Oxford in which he did 4h 00m 00s on 1st September was very badly organised - the course had been measured in a car and they actually ran 29 miles! The weather was cloudy and hot and there were no first aid stations. The first drink station was at 6 miles, and then at 5 mile intervals thereafter. The course was an out and back one with a couple of loops at the halfway, flatter than Herne Hill and the race was won in 2h 30m 00s. Richard came about 98th out of 300. The first 100 received medals and a book on running.

THE ALBANY MARATHON is on SATURDAY, 1st DECEMBER (NOT Sunday, 2nd December as reported) starting time 8 a.m.

We have a group of new members to welcome:

Anthony King (40) of 46 King's Park Road, W. Perth (322.5055) joined us on 30.8.79, and has been participating in most of our runs.

Mervyn Graham (45) of 44 Jameson Street, Mosman Park (384.9507) joined us on 15th September 1979, and Stanley Lenton (39) of 9 Riverside Road, East Fremantle (339.3430) joined us on 25th September 1979, but we have not seen much of either of them yet.

Andy Zemunik (40) of 5 Warren Street, Hilton (337.1018) joined us on 1st October 1979.

Adrian MacDermott (39) of 38 Saunders Street, Mosman Park (384.1992) joined us on 6th October 1979 at the John Gilmour 10k at Perry Lakes but had participated in the vets half hour run previously.

Wal Sheppard, Secretary of the Australian Association of Veterans Athletic Clubs and who lives in Victoria underwent major heart surgery after his return from Hannover. We understand he is home and recuperating and have written to him conveying the best wishes of all club members for his rapid and complete recovery. His work for the Association is tremendous and has been so far quite some time.

CHANGES OF ADDRESS:

Joe Hewitt 14 Marshall Avenue, Kew Victoria.
Keith Beament 5 Felstead Crescent, Hamersley, 6022. 447.3419
John Rowland Flat 31, 40 Mount Street, Perth.

HANNOVER 27th July to 2nd August 1979 THIRD VETERANS CHAMPIONSHIPS

With all our Australian veterans now back in W.A., we are able to publish the results of their efforts overseas:

John Gilmour M60

800m	2m 19.3s	World Record.	Gold Medal
1500m	4m 32.0s	World Record (by 18 seconds)	Gold Medal
5000m	16m 54.0s	World Record.	Gold Medal
10000m	35m 07.7s	World Record.	Gold Medal
Marathon	2h 49.0s		Gold Medal

These times are obviously all new club records, the previous records being held by Dick Horsley (800, 1500, 5k) and Cliff Bould (10k)

Cliff Bould M60

10,000m	44m 25.8s	19th
5,000m	21m 44.2s	16th

Alan Merrett M55

3000m steeple 11m 18s Which was 11 seconds better than his previous time when he broke the world record. This year he came 4th, but in doing so broke his own club record.

10k cross country Time unknown 2nd
 To get to this venue involved a 56 mile bus ride, change, walk $\frac{3}{4}$ mile and climb 400 feet up to the paddock, which was not too bad until it got 2" of rain, then it was impossible.

Relay 10k Team won Gold medal

David Hough M45
 10k cross country 42m 48.9s
 Marathon 3h 27m 29s

Wal McCabe M45
 10k 41m00s
 5k 19m21s
 10k cross country 46m00s

Kath Holland W35
 200m 25.5s Bronze Medal *Also 100m 12.5s.*
 400m 58.2s Gold Medal

Dorothy Goodwin W45
 100m 14.07s 5th
 400m 69.9s 5th
 800m Hurdles ? Bronze Medal

Holland and Goodwin were in the Australia 4 x 100m relay team which came 5th in 54.18s.

Prior to running in Hannover, David Hough and John Gilmour ran in the 12th World Veteran Road Running Championships at Bolton near Manchester, U.K. David ran 10k in 37m 55s and came 182nd out of 791 and followed that up with a barefooted 25k in 1h 43m 41s. John created two world records there, in the 10k with a time of 35m 05s coming 72nd out of 791, and the 5k in 17m 02s. (Road Run)

"THEY WANT IT SKIMMED

LONDON Today: Women athletes at a German meeting are determined to get a four-letter word off their chests.

The embarrassed sports stars are running around with 'Milk' emblazoned over the front of their track suits.

"It could have been more tactfully displayed" said Hazel Rider, an English delegate at the Veteran Athletic Championships in Hanover.

The meeting is sponsored by a milk producers' association."

The Quadathlon, final event in the A.A. of W.A. winter programme was cancelled on Sunday, 30th September, as the Tompkins Park track had been rendered unserviceable due to the installation of reticulation. The Winter Wind Up, however, did proceed and the festivities were enjoyed by Morrie Smith, Alan Tyson, Rob Shand, Enid and Derek Crowther and Ted Maslen. Jeff Joyce, as the new winter director, provided John Gilmour with the trophies to present. In the overall results, vets came 3rd in D Grade.

Saturday, 6th October A grey day with impending drizzle threatening from an overcast sky, but the overall effect was deceptive in that when one expected it to be cool, only warm humid conditions resulted. The John Gilmour 10k was held on the Perry Lakes warm up track in two races, the A Grade (sub 35 min) at 8 a.m., and the B Grade at 9 a.m.

A Grade was won in 31m 37.2 sec and B Grade in 36m 44.0s. The results are given overleaf:

Group		Actual time	Grade & Pos.	H/cap	Adjusted Time	Group H/cap Posn.
Women						
W30	J. Stone	46m47.7s	B 17	9m30s	37m17.7s	4
	J. Pearton	52m51.9s	B 19	19m30s	33m21.9s	1
	G. Sutherland	54m19.3s	B 20	19m00s	35m19.3s	3
W35	B. Wall	50m17.0s	B 18	15m00s	35m17.0s	2
<u>Men</u>						
M45	M. Smith	35m22.0s	A 7	3m00s	32m22.0s	1
	R. Shand	36m44.1s	B 1	nil	36m44.1s	4
	E. Pearton	38m08.9s	B 5	3m30s	34m38.9s	2
	R. Hayres	41m30.1s	B 12	3m30s	38m00.1s	5
	D. Walker	42m31.5s	B 14	6m10s	36m21.5s	3
M40	D. H oye	33m58.0s	A 3	2m30s	31m28.0s	2
	D. Caplin	34m47.0s	A 5	3m52s	30m55.0s	1
	M. Johnson	36m58.0s	A 8	4m00s	32m58.0s	3
	C. Spare	39m25.1s	B 6	2m30s	36m55.1s	5
	T. Manford	39m29.9s	B 7	3m00s	36m29.9s	4
	T. King	40m33.0s	B 10	1m30s	39m03.3s	8
	G. Moses	41m39.7s	B 13	4m30s	37m09.7s	6
	R. Spark	42m44.7s	B 16	5m30s	37m14.7s	7
M35	D. Crowther	37m48.9s	B 3	0m30s	37m18.9s	1
	A. MacDermott	42m37.9s	B 15	3m30s	39m07.9s	2

Mike Berry, Dick Horsley, Geoff Wall, Phil Wall and Col Johnner assisted in lap scoring and time keeping. John Gilmour presented the prizes to the A Grade Winners on handicap and outright, to B Grade winner on handicap and outright (Rob Shand) and to the first woman to finish (Jo Stone). To celebrate "Ye 150th" a bottle of wine was presented to the Marathon Club's 150th member, who just happened to be Derek Walker. Don Caplin ran a personal best and Morrie Smith broke the M45 record held jointly by David Carr and Rob Shand by 10 seconds, and Jo Stone created a new women's record. As this is a Marathon Club run with handicaps uncontrolled by the club, the Vets Committee has decided that it should not be a certificate run. In the afternoon, with skies still threatening but producing nothing, the first track and field meeting of the season took place.

TRACK		60m	100m	400m	800m	2k Steeple	5000m
M35	P. Gare	7.5	12.1			(1 hurdle short in last lap)	
	R. Calnan	8.2	13.0				
	K. Cameron	8.5	13.7	62.2			
	B. Oliver	8.6	13.8				
W35	K. Holland	-	13.2				
M40	A. O'Hare			61.0			16m15.0s
	A. Zemunik				2.19.0		17m53.0s
	E. Maslen					6m40s	17m09s
M45	D. Carr				2.15.6		18m15.0s
FIELD		Discus	Hammer	Shot 7.25k	Javelin		
M35	R. Calnan			8.60			
	K. Cameron				?		
		2k	5.5k	5.5k			
M40	R. Fergie	27	35.12	11.86	N.T.		

Dick Horsley, Tony O'Hare, Rob Shand, Don Caplin provided the required "officials" for the day.

The A.A. of W.A. requires each club to provide a minimum of three persons on days rostered to report two hours before the first event (i.e. 10.30 a.m.) to assist the technical manager.

OUR ROSTERED DAYS ARE: NOVEMBER 11th 1979 (CANCELLED)
 Sunday: DECEMBER 16th 1979 (Day after Peartons Run)
 Saturday: FEBRUARY 16th 1980
 Saturday: MARCH 8th 1980

We want volunteers, preferably not competitors, to advise the Secretary of availability as soon as possible. If we don't get volunteers we will have to ROSTER 12 MEMBERS but we would prefer not to do this.

In addition, 3 assistants are required for Track and Field each Saturday that there is competition - not difficult and will give good experience in organisation. Let's have some response this year and not have to have the same people doing the organisational work all the time.

Sunday, 7th October, 1979 Many who did not read their programmes carefully did not notice that nothing had been set down for this day and expected a Bridges Run. It was intended as a free day at McCallum, and apart from a 1k relay members trained and talked as they wished.

We welcomed Ross Williams (36) of Unit 12 - 58 Coode Street, South Perth, 3678027, to the club. Ross participated in the relay organised by Hayres and Collins.

The distance 5 x 1k The teams were:

J. Rowland	S. Lockwood	J. Maddison
J. Coventry	H. Kirkman	R. Horsley
B. Buchanan	J. Martin	A. Cummings
J. Stone	R. Shand	B. Danby (Inv)
G. Kirkeby	Colleen Kirkman (Inv)	J. Pearton
1st 18m 18s	2nd 18m 53s	3rd 19m 11s
E. Pearton	D. Caplin	A. Tyson
R. Williams	D. Walker	D. Butcher
R. Sammells	W. Hough	G. Noordyk
A. Wright	C. Bould	C. Ansell
D. Moffett (Inv)	Jo Walker (Inv)	R. Lawrence
4th 19m 14s	5th 19m 30s	6th 19m 46s
P. Wall	Non-starters:	
B. Wall	B. Oliver	
R. Spark	R. Hayres	
D. Crowther	D. Carr	
N. Berry	E. Crowther	
7th 20m 30s	J. Collins	

A stranger wandered in and had a jog afterwards: none other than past president Keith McDonald.

Val Prescott has transferred from the Karrinyup Club and is now registered to run in Veterans Club colours this season. Congratulations to our first registered woman member.

On Sunday, 30th September a HALF HOUR RACE was held at McCallum for those who had not participated in the previous 24 hours of running and for those who had if they felt like it. 22 veterans turned out to run, and 4 to assist Don Caplin on duty.

The results in finishing order are shown below, together with the 15th October 1978 half hour run distances

M. Johnson	M40	8015	(8067)
J. Maddison	M40	7737	-
R. Shand	M45	7708	(7751)
E. Pearton	M45	7488	(6888)
A. King	M40	7455	-
A. Conner	M35	7349	-
B. Danby	INV	7313	-

I. Henderson	M35	7182	-
A. McDermott	M35	7005	-
R. Godkin	M55	6949	(6839)
R. Horsley	M65	6827	(6965 March '78)
C. Bould	M60	6685	(6297)
C. Ansell	M35	6626	-
*D. Butcher	M50	6456	-
A. Wright	M55	6289	-
R. Lawrence	M50	6020	-
A. Tyson	M50	5849	(7091)
J. Stone	W30	5557	-
J. Pearton	W30	5494	(4826)
G. Sutherland	W30	5367	(5380)
*R. Sammells	M40	5365	(7600)
L. Butcher	W45	5318	-

*Ran in 24 hour relay

Time keeping and lap scoring was by Don Caplin, Bob Johnstone, Mike Berry and Bruce Buchanan. Morrie Smith was training gently, and John Gilmour was there after having returned a few days earlier from overseas.

GARNETT MORGAN - birthday 6th October turned 55 and alters from M50 to M55
ROY CROFT - " 10th " " 35 " remains M35
BRUCE BUCHANAN - " 11th " " 49 " " M45
WES CARTER - " 13th " " 42 " " M40

SATURDAY, 13TH OCTOBER, 1979 Second Track & Field Meeting at Perry Lakes on a cool day in which the events finished just before drizzle started.

Track	100 m	200 m	400 m	800 m	1500 m
W35 K. Holland	-	25.5	59.5	-	-
M35 B. Oliver	13.3	-	-	-	-
R. Calnan	17.9	25.3	-	-	-
P. Gare	-	23.9	52.9	-	-
M40 B. Old	13.6	26.3	-	-	-
D. Caplin	-	-	57.2	2:08.4	-
R. Fergie	13.7	-	-	-	-
D. Hoyer	-	-	-	-	4:32.0
A. Zemunik	-	-	-	-	4:40.0
Field	Shot (5.5k)	Hammer (5.5k)	Javelin (800g)	3k Steeple	
M35 R. Calnan	10.10	-	-	-	-
M40 R. Fergie	10.71	36.64	31.62	-	-
E. Maslen	-	-	-	-	10:36.5

In the 3000 m, a field of 60 of all age groups, men and women, were lined up at the start with the result that the official times were not available at the end, or those that were available were so obviously wrong as to be useless. Bruce Buchanan, in his capacity as Team Manager, took the following Veterans' times:

M35 - P. Wall	9m16s	M40 - A. O'Hare	9m09s	M45 - R. Shand	9m59s
D. Crowther	10m13s	D. Hoyer	9m26s	D. Carr	10m14s
D. Sheppard	10m24s	D. Caplin	9m49s	R. Hayres	10m57s
		E. Maslen	9m25s		
		J. Whittam	11m00s		
		A. Zemunik	10m11s		

This "shambles" was an example of poor organisation by the Association which will probably continue until their attitude to distance runners (ie over 1500 m) alters and improves considerably.

Tyson, Horsley and Prescott provided the required "officials" for the day.

Bridges and Mill Point Road Club Handicap, Sunday, 14th October, was one of the oldest club runs, being slightly over 10k (not yet measured) and incorporating a hill past the zoo in Mill Point Road.

H'cap Place	Name	Actual	H'cap	Total	Actual Place	Prev. Best	Date
1	M50 Bill Hughes	44.48	7.00	51.48	24	48.01	1.2.76
2	M45 Eric Pearton	38.41	13.30	52.11	8	43.41	24.9.78
3	M45 Bruce Buchanan	39.43	13.00	52.43	10	-	-
4	M40 Jeff Whittam	40.20	13.00	53.20	12	-	-
5	M50 Stan Lockwood	46.36	7.00	53.36	32	46.39	24.9.78
6	M50 Ray Lawrence	45.44	8.00	53.44	29	-	-
7	M40 Richard Spark	40.53	13.00	53.53	13	-	-
8	M60 Cliff Bould	45.12	9.00	54.12	28	-	-
9	M45 Derek Walker	41.13	13.00	54.13	14	-	-
10	M35 Brian Danby	39.30	15.00	54.30	9	-	-
11	M55 Gerry Noordyk	45.02	9.30	54.32	26	55.09	24.9.78
12	W35 Joan Slinger	50.42	4.00	54.42	35	-	-
13	M50 Paul Morrissey	44.55	10.00	54.55	27	43.24	11.7.76
14	M40 Terry Ruddy	42.01	13.00	55.01	17	-	-
15	W30 Jo Stone	52.04	3.00	55.04	40	-	-
16	M50 John Carroll	48.05	7.00	55.05	33	-	-
17	W35 Jacqui Shillington	55.09	0.00	55.09	41	-	-
18	M55 Andy Wright	46.12	9.00	55.12	31	-	-
19	M40 Don Caplin	35.13	20.00	55.13	2	35.44	24.9.78
20	M45 Alex Cummings	48.18	7.00	55.18	34	44.10	11.9.77
21	M35 Derek Crowther	37.50	17.30	55.20	6	39.36	24.9.78
22	M45 Morrie Smith	35.52	19.30	55.22	3	-	-
23	M50 Jim Martin	39.54	15.30	55.24	11	-	-
24	M35 John Maddison	36.54	18.30	55.24	4	-	-
25	M35 Hugh Kirkman	34.29	21.00	55.29	1	-	-
26	M55 Ralph Godkin	43.00	12.30	55.30	21	43.00	24.9.78
27	M45 Rob Shand	37.13	18.30	55.43	5	36.02	24.9.78
28	M60 Val Anderson	45.45	10.00	55.45	30	44.34	24.9.78
29	M35 Jim Barnes	41.47	14.00	55.47	16	-	-
30	W30 Colleen Kirkman	55.48	0.00	55.48	42	-	-
31	M35 Cam Ansell	44.49	11.00	55.49	25	-	-
32	W35 Laura Ruddy	52.07	4.00	56.07	36	-	-
33	M50 Dennis Butcher	41.42	14.30	56.12	15	-	-
34	W30 Jill Pearton	52.14	4.00	56.14	37	-	-
35	M40 Graham Moses	42.15	14.00	56.15	19	41.24	24.9.78
36	M45 Bob Hayres	42.07	14.45	56.52	18	46.55	1.2.76
37	M40 Bob Sammells	38.31	18.30	57.01	7	-	-
38	M50 Alan Tyson	42.42	14.30	57.12	20	44.50	11.9.77
39	M35 Barry Slinger	44.17	13.00	57.17	22	-	-
40	M35 Jack Dyball	44.18	13.00	57.18	23	-	-
41	W30 Gloria Sutherland	54.48	4.00	58.48	38	55.17	24.9.78
42	W45 Lorna Butcher	54.45	4.00	58.55	39	-	-
43	W35 Enid Crowther	62.04	0.00	62.04	43	-	-
44	W45 Nora Berry	66.32	0.00	66.32	44	-	-
45	W40 Dorothy Whittam	68.42	0.00	68.42	45	-	-

Running by Invitation:

Mark Crowther	38.23	WE WELCOME Colleen Kirkman (W35) of 29 Carrick Street, Woodlands.
L. Adams	39.03	
E. Burns	48.55	

Personal best times for the run were achieved by Eric Pearton, Gerry Noordyk, Don Caplin, Derek Crowther, Bob Hayres, Alan Tyson and Bill Hughes, who also won the overall handicap.

Age Group Certificate Winners based on actual times are:

W30	Jill Pearton	52.14
W35	Joan Slinger	50.42
W40	Dorothy Whittam	68.42
W45	Lorna Butcher	54.55
M35	Hugh Kirkman	34.29
M40	Don Caplin	35.13
M45	Morrie Smith	35.52

M50 Jim Martin 39.54
 M55 Ralph Godkin 43.00
 M60 Cliff Bould 45.12

FAREWELL TO :Bill McGuigan
 and also to
 Laura and Terry RUTTY who are
 returning to live in England

Overall winner on handicap: Bill Hughes (M50)

Records for the course are:

W30 Jill Pearton 52.14 breaking Gloria Sutherland's 1978
 record of 55.17
 W35 Joan Slinger 50.42)
 W40 Dorothy Whittam 68.42) all new records
 W45 Lorna Butcher 54.55)
 M35 Hugh Kirkman 34.29 breaking Keith Beament's 1977 record
 of 35.18
 M40 Don Caplin 35.13 breaking George Innes' 1976 record
 of 37.22
 M45 Morrie Smith 35.52 breaking Rob Shand's 1978 record
 of 36.02
 M50 Alan Merrett 39.23 created 4.1.76
 M55 George Cavill 41.15 created 4.1.76
 M60 Dick Horsley 42.08 created 11.9.77
 M65 Bill Carter 63.30 created 11.7.76

Meanwhile there were 400 participants at the Rockingham Fun Run
 over 10k which was won by Phil Wall (M35) in 33:35.2nd in 41min55sec
 was Derek Hoyer (M40) (good to see the club singlet in evidence in
 the press photo). We have only one other results to report, that
 of Dave Hough (M45) who barefooted the distance in 41m05s. Derek Walker
 d 51min50sec, Alan Smith also ran & Dick Horsley came 2nd in the walk.

One Hour Run - Sunday, 21st October 1979

The first veteran club participation in this run was on
 McCallum Oval on 30th October 1977, when 26 veterans participated
 (7 doing the half distance) (NL 52). The venue was moved on
 22nd October 1978 to the Retrokan track at Perry Lakes,
 attracting 22 veterans for the full distance, and 6 doing the
 half distance (NL 72). In 1979 the only available venue was the
 Perry Lakes warm-up track when the field of 50 starters included
 35 veterans at the start and 32 at the finish. This year there was
 no half distance. The weather was cool but humid and a strong
 breeze blew down the straight. The results are as follows:

Winner: G. Clews 45 laps and 260m

	Race Pos.	Laps	Metres	Total	Miles	1978	1977
W45							
L. Butcher	42	27	350	11150	6.92	-	-
W35							
J. Slinger	39	29	345	11945	7.42	-	-
W30							
J. Pearton	40	29	175	11775	7.31	10052	-
G. Sutherland	41	29	037	11637	7.23	-	-
M60							
J. Gilmour	4	42	053	16853	10.47	16946	16991
C. Bould	34	32	127	12927	8.03	-	-
V. Anderson	38	30	393	12393	7.70	-	-
M55							
A. Wright	36	31	392	12792	7.95	-	-
F. Usher	w/d	16	000	6400	3.35	12753	12423
M50							
A. Tyson	19	36	264	14664	9.11	14400	-
D. Butcher	29	35	139	14139	8.78	-	-
W. Hughes	33	32	380	13180	8.19	12000	11200
R. Lawrence	37	31	220	12620	7.84	-	-

	Race Pos.	Laps	Metres	Total	Miles	1978	1977
<u>M45</u>							
J. Davies	8	40	109	16109	10.01	-	-
J. Butts	9	40	010	16010	9.94	-	-
D. Hough	11	39	127	15727	9.77	16131	15391
R. Shand	12	39	000	15600	9.69	15684	16248
D. Carr	14	38	189	15389	9.56	-	14933
M. Berry	31	34	150	13750	8.54	-	-
M. Graham	32	34	021	13621	8.46	-	-
D. Batterham	34	32	184	12984	8.07	-	12958
<u>M40</u>							
E. Maslen	3	42	101	16901	10.50	16652	-
M. Johnson	10	39	260	15860	9.85	16245	-
C. Spare	16	37	341	15141	9.41	15557	15081
T. Manford	18	37	135	14935	9.28	-	-
A. King	21	36	236	14636	9.09	-	-
J. Whittam	26	35	362	14362	8.92	-	-
D. Caplin	w/d	20	000	8000	4.97	16300	16122
<u>M35</u>							
H. Kirkman	6	41	387	16787	10.43	-	-
K. Beament	7	40	281	16281	10.12	15475	15912
R. Croft	20	36	254	14654	9.01	-	-
B. Danby	22	36	185	14585	9.06	-	-
W. McGuigan	24	36	104	14504	9.01	14359	14911
J. Barnes	27	35	311	14311	8.89	-	-
G. Wall	w/d	20	047	8047	5.00	16032	-

In his first run in W.A. since his record breaking spree overseas, John Gilmour set another world record, this time breaking the Age 60 record of 15289m (9.5 miles) for this event.

We thank all those who turned out to assist the Marathon Club in lap scoring - Dorothy Whittam, Nora Berry, Val Prescott, Bruce Buchanan and Jeff Joyce.

Meanwhile, veterans dominated the 8km Avon Valley Fun Run at Northam with another win by Phun Running Phil Wall (M35) in 27m08s, ahead of Tony O'Hare (M40) in 27m50s., D. Sheppard 4th in 29:49, A. Zemunik 6th in 30:24, D. Crowther 7th in 30:49, B. Robinson 15th in 32:03, J. Martin 18th in 33:06, W. Hough 25th in 33:35, P. Lennie 34th in 34:28, R. Godkin 44th in 35:03, R. Johnstone 51st in 37:28 and Alison Johnstone was 10th woman in 44:50. A total of 12 Vets took part with Ralph Godkin taking the prize for the oldest to finish. Barrie Robinson comments that the course was relatively hilly to test the 200 entrants. Tony O'Hare showed the locals what Vets are made of by running the course an hour before the race in 43mins, then leading the race for the first 7 km. The mystery of the race was what did Jim Martin drink at the last drink station to enable him to take off at a great rate at the finish? As well as 1st & 2nd places the Vets won medals for First Parent & Child Dered and Mark Crowther as well as second in the same group - Andrew & Adrian Zemunik and third in Barrie & Jacqui Robinson. Two other FUN RUNS were on at the same time - The Rotto Fun Run and a United Nations Fun Run in Kings Park but results from those are sketchy. We know Hoye, Walker & Horsley were at Rotto and O'Rourke, Briffa & Morrie Smith were in the Park.

With the increase in the number of Fun Runs club members are advised to be selective and careful of the runs in which they participate: SELECTIVE in that to promote the Veteran Movement they should support runs which have age group divisions for men & women, eg, The Fremantle Fun Run had divisions for women 0/30 (this could be improved as more veteran women participate), men 0/40, 0/50, 0/60 & 0/70, but the Rotto Run had Running, Walking, Cycling or Wheel Chairing only.

CAREFUL to ensure that you do not, for the sake of your Amateur Status (especially registered veterans), participate in runs in which monetary prizes are being offered as we understand are being offered at the Rotary Club Relays at Bridgetown.

If you want your Fun Run results in the Newsletter, forward them, or arrange for someone to forward them to the Secretary within SEVEN DAYS please and they will be recorded.

ART BRIFFA birthday 17th October ,turned 52 and remains M50.

There has been NO RESPONSE to the notification in newsletter no 87 about Back Numbers of newsletters,so presumably you are all up to date and dont want any.If you do want any or are missing any you had better ACT NOW as they will all be thrown out at the end of this month(november). WRITTEN lists to the Secretary please;its no good telling him what you want as he has a bad memory.

KEEP SATURDAY DECEMBER FIRST FREE FOR THE CLUB CHRISTMAS BARBEQUE AT 233 MILL POINT ROAD FROM 6pm ONWARD. Art and Mary Briffa have again made their garden available to the club for this annual function Information from BOB HAYRES 3675404. at home.
The club will provide the first 18 gallon keg of beer ,but you will have to bring your own exotics (drinks and company) and your own food for the B.B.Q.
Cost per Adult \$3.00. Children under control Free

Jim Barnes has recently been to the States (U.S.) where he competed in a number of fun runs. He has promised us an article on his trip f for the next newsletter. Also in the next newsletter we hav an article on DEHYDRATION from Ralph Godkin and another on running generally from Val Lishman In Bunbury.

OUR MAN IN THE FAR SOUTH has forwarded us the awaited information on the ALBANY MARATHON to be held on Saturday December 1st (as a thurst developer for our club B.B.Q at night?)
START : Albany Wool Stores in Frenchmans Bay Road.

Starting Time 6.A.M.

COURSE. South along Frenchmans Bay Road to the Albany Rifle Club then back in a Northerly direction to Lower Denmark Rd, running West to Elleker townsite,where you turn East and return past the lake at Grassmere and back to Albany to at the Albany Wool Stores.

FINISH

ENTRIES We are advised these are on the day and are about \$1.00

BOB JOHNSTONE is in Albany for a short while and suggests that if anybody has any queries to give him a call at Albany on 098-414811 or write to him at Box 59,P.O.Albany 6330 and mark the envelope Personal.

We thank DOREEN LOCKWOOD for typing pages 4 to 11

BRUCE BUCHANAN for arranging the typing of pages 1-3 and the 24 Hour Relay Tables and hope t that his secretary is still talking to him

ROB SHAND for typing the bottom half of page 11 and page 12,which took him a long time and which he did not really enjoy!

ANY OFFERS OF ASSISTANCE FOR TYPING NEWSLETTERS IS ALWAYS WELCOME EVEN IF ITS ONLY ONCE IS ALWAYS WELCOME TO TAKE SOME OF THE LOAD OFF THE FIVE REGULARS.

SOUTH AUSTRALIAN VETERANS ATHLETIC CLUB 24 HOUR RELAY 16/17 APRIL 1977.

NAME	COMPLETED MILES										
	13	14	15	15	17	18	19	20	21	22	23
Bob Auld	6:00	5:54	5:59	6:06	6:26	5:58	5:54	6:01	5:59	5:55	6:08
Ross Blanchard	6:23	6:26	6:28	6:33	6:47	6:17	6:20	6:26	6:59	6:06	6:02
Bill Caudle	5:14	6:10	6:10	6:11	6:03	6:05	6:20	6:30	6:23	6:20	5:54
A Gottschalk	6:46	6:48	6:48	7:00	6:41	6:55	7:15	6:55	7:28	6:47	6:24
Joe Lovatt	6:44	6:43	6:42	6:49	6:56	6:57	6:57	6:56	6:53	6:37	6:36
J McLaughton	7:03	7:00	7:05	7:01	6:48	7:11	7:13	7:20	7:18	7:20	7:03
David Mallett	6:01	6:04	6:03	6:07	5:54	6:05	6:03	6:00	5:53	6:04	5:58
Bill Rust	6:35	6:14	6:17	6:33	6:17	6:35	6:45	6:31	6:31	6:22	6:29
R Sutcliffe	5:35	5:33	5:35	5:32	5:27	5:30	5:34	5:44	5:38	5:35	5:10 for 1645 yards
B Weatherley	6:06	5:57	5:59	6:04	6:01	6:08	6:08	6:16	5:58	5:45	
	63:27	62:40	63:06	63:56	63:20	63:41	64:29	64:39	65:00	62:53	56:44
	130	140	150	160	170	180	190	200	210	220	
	13:30:09	14:32:58	15:36:04	16:40:00	17:43:20	18:47:01	19:51:30	20:56:09	22:01:09	23:04:02	

APPENDIX PAGE 1

APPENDIX PAGE M.

SOUTH AUSTRALIAN VETERANS ATHLETIC CLUB 24 HOUR RELAY 16/17 APRIL 1977.			
AGE	NAME	MILES COVERED	AVERAGE TIME
43	Bob Auld	23	5.59.2
53	Ross Blanchard	23	6.20.0
55	Bill Caudle	23	6.02.1
46	Alan Gottschalk	23	6.41.1
55	Joe Lovatt	23	6.50.0
47	Jim McNaughton	23	6.59.6
43	David Mallett	23	6.01.5
52	Bill Rust	23	6.28.2
47	Roy Sutcliffe	22 + 1645 yards	5.31.7
42	Brian Weatherley	22	5.59.7

Average age of team 48.3

Total Distance Covered 228 miles 1645 yards

APPENDIX PAGE J.

OVERALL AVERAGESA TEAMB TEAM

	5m14.1s	O'Hare
	5:20:8	Kirkman
Hoye	5:23:9	
Caplin	5:28:2	
Smith	5:30:0	
Rowland	5:40:9	
	5:42:3	Crowther
Robinson	5:47:3	
Sammells	5:49:6	
	6:00:0	Manford
Carr	6:04:8	
	6:07:9	Oliver
	6:17:1	Hough
Butcher	6:18:5	
Berry	6:23:7	
Martin	6:26:0	
	6:31:8	Walker
	6:41:8	Johnstone
	6:58:0	Noordyk
	7:01:4	Usher

FASTEST MILESA TEAMB TEAM

	4:51	O'Hare
	4:56	Kirkman
Caplin	5:00	
Hoye	5:04	
Smith	5:06	
	5:19	Crowther
Rowland	5:20	
	5:25	Oliver
Sammells	5:31	
Robinson	5:33	
	5:45	Manford
Carr	5:47	
Butcher	5:56	
Martin	5:57	Walker
	5:58	Johnstone & Hough
Berry	6:06	
	6:14	Noordyk
	6:26	Usher

SOUTH AUSTRALIAN VETERANS ATHLETIC CLUB 24 HOUR RELAY 16/17 APRIL 1977 ADELAIDE SA												
NAME	COMPLETED MILES											
	1	2	3	4	5	6	7	8	9	10	11	12
Bob Auld	5:46	6:03	5:55	5:57	5:55	5:57	5:55	5:59	5:59	5:56	5:57	5:58
Ross Blanchard	6:13	6:11	6:09	6:08	6:08	6:17	6:22	6:17	6:14	6:19	6:19	6:25
Bill Caudie	5:45	5:55	5:46	5:47	5:46	5:49	5:59	5:58	5:54	5:55	5:55	5:56
A Gottschalk	6:26	6:35	6:22	6:15	6:20	6:23	6:23	6:34	6:36	6:53	6:31	6:32
Joe Lovatt	6:56	7:05	6:49	6:39	6:38	6:49	7:03	7:03	6:55	6:59	6:41	6:39
J McNaughton	6:46	6:46	6:39	6:49	6:53	6:44	7:10	7:02	6:58	7:02	6:57	6:59
David Mallett	5:51	5:52	5:46	5:53	5:52	6:03	6:13	6:11	6:17	6:12	6:08	6:06
Bill Rust	6:16	6:37	6:05	6:25	6:20	6:09	6:31	6:29	6:29	6:47	6:47	6:48
Roy Sutcliffe	5:11	5:13	5:17	5:16	5:25	5:29	5:42	5:29	5:39	5:35	5:27	5:47
B Weatherley	5:51	5:51	5:53	5:50	5:50	5:53	5:58	5:53	5:53	5:57	6:12	6:29
	61:47	62:10	60:41	60:59	61:07	61:27	63:16	62:55	62:54	63:31	62:54	63:39
	10	20	30	40	50	60	70	80	90	100	110	120
	1:01:07	2:03:17	3:03:58	4:04:57	5:06:04	6:07:33	7:10:49	8:13:44	9:16:38	10:20:50	11:23:03	12:26:42

APPENDIX PAGE H.

TIME	HRS. COMP.	MILES. COMPLETED		T ^o c	W I N D	
		TEAM A	TEAM B		DIRECTION	STRENGTH
6pm	0	0	0	14	10° S of W	10
7pm	1	10.58	10.52	14	20° S of W	5
8pm	2	21.06	20.15	13	40° W of S	5
9pm	3	31.02	31.82	10	30° S of W	6
10pm	4	42.33	41.68	12	W	6
11pm	5	52.16	51.75	12	30° N of W	10
Midnight	6	63.78	60.17	12	W	17
1am	7	73.41	70.46	12	W	16
2am	8	83.16	80.90	11	10° N of W	13
3am	9	94.86	89.27	10	30° N of W	13
4am	10	104.57	99.54	9	40° N of W	14
5am	11	114.61	108.02	9	20° N of W	13
6am	12	124.65	118.64	9	20° N of W	13
7am	13	134.65	127.10	10	40° W of N	7
8am	14	144.65	137.44	13	30° N of W	12
9am	15	154.40	146.02	15	30° N of W	12
10am	16	164.27	156.46	18	30° N of W	10
11am	17	174.34	165.95	19	30° N of W	10
Midday	18	184.39	175.57	20	30° N of W	8
1pm	19	194.36	184.16	22	20° W of N	8
2pm	20	204.47	194.76	22	30° W of N	3
3pm	21	214.46	203.06	23	10° W of N	6
4pm	22	224.63	213.31	23	20° W of N	4
5pm	23	234.62	223.59	23	N	2
6pm	24	244.72	232.99	19	30° S of E	7

The Direction of
the straights on
the track are laid
out East-West.

APPENDIX PAGE G.

<u>A. TEAM</u>	<u>GENERAL</u>	<u>B. TEAM</u>
45.3 years.	Average Age	42.9 years
244m1280y	Total distance	232m1742y
10.19	mph	9.70
5m53s	Av.min. per mle.	6m10.8s
5m00s (Caplin's 4th)	Fastest Mile	4m51s (O'Hare's 3rd)
	<u>MILES</u>	
Nil	Under 5 min	8
159	Under 6 min	84
31	Under 7 min	107
4	Under 8 min	33
22h28m47s	Passed SA Record	23h23m46s
	<u>DISTANCES RUN</u>	
4	25 miles	0
6	24 miles	5
0	23 miles	4
0	20 miles	1

	<u>MILES</u>	<u>VARIATION FASTEST/SLOWEST LAPS</u>
<u>A TEAM</u>		
Caplin	25m	58s
Carr	25m	59s
Smith	25m	42s
Hoye	25m	52s
Sammells	24.727m	32s
Berry	24m	38s
Robinson	24m	21s
Martin	24m	67s
Butcher	24m	42s
Rowland	24m	42s
<u>B TEAM</u>		
O'Hare	24m	36s
Kirkman	24m	45s
Crowther	24m	41s
Manford	24m	30s
Noordyk	24m	80s
Oliver	23.99m	90s
Johnstone	23m	73s
Hough	23m	39s
Walker	20m	91s
Usher	23m	63s

O/35 Team

AGE	NAME	MILES	TOTAL	AVERAGE	MILES	TOTAL	AVERAGE
40.00	Tony O'Hare	12	62:12	5:10:9	24	125:39	5:14:1
37.10	Hugh Kirkman	12	63:15	5:16:2	24	128:19	5:20:8
37.09	Derek Crowther	12	68:31	5:42:5	24	136:56	5:42:3
41.02	Gerry Hanford	12	71:31	5:57:6	24	144:00	6:00:0
37.10	Gerry Moorcyk	12	82:26	6:52:1	24	167:14	6:58:0
35.10	Bernie Oliver	12	71:20	5:56:7	23.99	147:06	6:07:9
37.35	Robert Johnstone	12	78:31	6:32:5	23	154:03	6:41:8
38.07	Winston Hough	12	74:58	6:14:8	23	144:34	6:17:1
37.02	Derek Walker	12	75:50	6:19:1	20	130:38	6:31:8
55.11	Frank Usher	12	83:03	6:55:2	23	161:32	7:01:4

APPENDIX PAGE F.

APPENDIX PAGE C.

AGE	NAME	MILES	TOTAL	AVERAGE	MILES	TOTAL	AVERAGE
40.06	Dan Caplin	12	63:37	5:18:0	25	136:45	5:28:2
47.03	David Carr	12	72:10	6:00:8	25	152:01	6:04:8
46.05	Morrie Smith	12	64:30	5:22:5	25	137:32	5:30:0
40.10	Derek Hoyer	12	64:53	5:24:4	25	138:58	5:23:9
42.08	Robert Sammelis	12	69:04	5:45:3	24.727	144:06	5:49:6
43.02	Mike Barry	12	75:27	6:22:2	24	153:29	6:23:7
40.01	Farry Robinson	12	68:45	5:43:7	24	138:54	5:47:3
54.04	Tim Martin	12	74:30	6:12:5	24	154:25	6:26:0
52.04	Darry Butcher	12	73:37	6:08:0	24	151:26	6:18:5
41.10	John Rowland	12	66:54	5:34:5	24	136:24	5:40:9

APPENDIX PAGE F.

NAME	MILES COMPLETED												Team Miles Completed	Progressive Time (HMS)	Overall Av Time Per MI	Time For Each 10 MIs	Av Time Per MI For 10 MIs
	13	14	15	16	17	18	19	20	21	22	23	24					
Tony O'Hare	5:14	5:15	5:18	5:16	5:22	5:20	5:20	5:14	5:17	5:18	5:22	5:11					
Hugh Kirkman	5:31	5:29	5:32	5:26	5:33	5:26	5:15	5:26	5:21	5:15	5:28	5:15					
Derek Crowther	5:39	5:39	5:43	5:48	5:49	5:49	5:43	5:37	5:29	5:38	5:44	5:47					
Terry Manford	6:03	6:07	6:01	6:01	6:15	6:10	6:05	6:00	6:04	5:59	5:50	5:54					
Garry Noordyk	5:45	7:02	7:07	6:54	7:12	7:16	7:09	7:13	6:53	6:44	7:34	6:59					
Bernie Oliver	6:08	5:54	6:55	6:14	6:24	6:19	6:34	6:07	6:04	6:10	6:14	6:43					
Robert Johnstone	7:11	6:59	6:51	6:49	6:38	6:56	6:54	6:51	6:52	6:47	6:44	-					
Winston Hough	6:27	6:37	6:36	6:23	5:08	6:28	6:31	6:18	6:01	6:04	6:03	-					
Derek Walker	6:22	6:36	6:46	6:52	7:07	7:19	7:26	6:18									
Frank Usher	6:51	7:09	7:12	7:19	7:05	7:19	7:24	7:04	7:02	7:11	6:52	-					
Team Miles Completed	130	140	150	160	170	180	190	200	(209)	210	220	230	232.99				
Progressive Time (HMS)	13:13:55	14:16:42	15:20:43	16:23:45	17:27:18	18:31:40	19:36:03	20:38:11	(21:33:14)	21:38:32	22:39:10	23:40:24	24:00:00				
Overall Av Time Per MI	6:06:4	6:07:1	6:08:3	6:08:9	6:09:6	6:10:6	6:11:3	6:11:5	-	6:11:0	6:10:7	6:10:5					
Time For Each 10 MIs	62:18	62:47	64:01	63:02	63:33	64:32	64:23	62:08	(55:03)	60:21	60:36	61:14	35:49				
Av Time Per MI For 10 MIs	6:13:8	6:13:8	6:24:0	6:18:1	6:21:3	6:27:1	6:26:3	6:12:7	-	6:02:1	6:03:8	6:07:4					

APPENDIX PAGE B.

NAME	MILES COMPLETED										*Fastest Mile.		
	13	14	15	16	17	18	19	20	21	22		23	24
Don Caplin	5:26	5:25	5:28	5:32	5:42	5:44	5:50	5:37	5:58	5:47	5:38	5:30	5:31
David Carr	6:26	6:35	6:17	6:14	5:49	6:04	5:54.	5:31	6:18	6:20	6:11	5:55	5:57
Morrie Smith	5:35	5:34	5:33	5:40	5:39	5:47	5:40	5:41	5:48	5:34	5:36	5:27	5:28
Derek Hoye	5:44	5:31	5:31	5:24	5:20	5:46	5:32	5:29	5:22	5:07	5:07	5:08	5:04*
Robert Samuels	5:58	5:53	6:03	5:54	5:56	5:56	5:57	5:52	5:49	5:50	5:44	5:43	4:27
Mike Barry	6:35	6:16	6:13	6:21	6:29	6:35	6:38	6:35	6:33	6:19	6:17	6:11	-
Barry Robinson	5:47	5:42	5:42	5:45	5:44	5:40	5:52	5:42	5:38	7:17**	5:42	5:38	-
Jim Martin	6:19	6:19	6:15	6:29	6:36	6:37	6:43	6:44	6:48	7:00	7:04	7:01	-
Darrys Butcher	6:18	6:29	6:18	6:24	6:31	6:38	6:36	6:32	6:36	6:24	6:28	6:35	-
John Rowland	5:58	5:48	5:54	5:49	5:49	5:55	5:47	5:50	5:44	5:42	5:41	5:33	-
Team Miles Completed	130	140	150	160	170	180	190	200	210	220	230	240	244.727
Progressive Time (HMS)	12:34:53	13:34:25	14:33:39	15:33:11	16:32:46	17:33:28	18:33:57	19:33:30	20:34:04	21:35:24	22:34:52	23:33:33	24:00:00
AV Time Per Mile	5:48.4	5:49.0	5:49.4	5:49.9	5:50.3	5:51.1	5:51.7	5:52.1	5:52.5	5:53.2	5:53.4	5:53.3	5:53.6
Time For Each 10 Miles	60:26	59:32	59:14	59:32	59:35	60:42	60:29	59:33	60:34	61:20	59:28	58:41	
AV Time Per MI For 10 MIs	6:12:5	5:57:2	5:55:3	5:57.1	5:57.4	6:04.2	6:02:7	5:57:3	6:03.9	6:07.9	5:56.7	5:52:0	
** EXTRA LAP RUN 1M41s LOST TIME													

OVER 35 TEAM
24H HOUR RELAY SEPTEMBER 28-29, 1979. OVER 35 TEAM. STARTING TIME 6pm 28.9.79 COMPLETION TIME 6pm 29.9.79. * Fastest mile.

NAME	MILES COMPLETED											
	1	2	3	4	5	6	7	8	9	10	11	12
Tony O'Hare	4:59	4:58	4:51*	5:10	5:11	5:27	5:25	4:59	5:17	5:21	5:14	5:20
Hugh Kirkman	4:57	4:58	4:56*	4:59	5:13	5:15	5:28	5:18	5:28	5:24	5:41	5:36
Derek Crowther	5:24	5:20	5:19*	5:42	5:41	6:00	5:50	5:54	5:58	5:51	5:47	5:45
Terry Manford	5:47	5:49	5:51	5:51	5:45*	5:59	6:03	6:03	6:06	6:02	6:04	6:09
Gerry Noordyk	6:14*	6:43	6:46	6:44	6:53	7:16	7:04	7:06	7:03	6:48	6:49	7:00
Bernie Oliver	5:25*	5:26	5:40	5:44	5:53	6:12	5:59	6:07	6:05	5:56	6:23	6:30
Robert Johnstone	6:00	5:58*	6:04	6:13	6:20	6:48	6:44	6:47	6:43	6:41	7:10	7:03
Winston Hough	5:58*	6:18	6:59	6:06	6:09	6:17	6:13	6:23	6:09	6:17	6:32	6:37
Derek Walker	6:12	5:57*	6:11	6:14	6:13	6:06	6:07	6:32	6:33	6:29	6:39	6:37
Frank Usher	6:42	6:49	6:26*	6:32	6:45	6:58	6:55	7:01	7:00	7:07	7:29	7:19
Team Miles Completed	10	20	30	40	50	60	70	80	90	100	110	120
Progressive Time (HMS)	0:57:38	1:55:54	2:53:57	3:53:12	4:53:15	5:55:33	6:57:21	7:59:31	9:01:55	10:03:51	11:07:39	12:11:37
Overall Av Time Per M1	5:45:7	5:47:7	5:47:8	5:49:8	5:51:9	5:55:5	5:57:7	5:59:6	6:01:3	6:02:3	6:04:1	6:05:8
Time For Each 10 Miles	0:57:38	0:58:16	0:58:03	0:59:15	0:60:03	0:62:18	0:61:48	0:62:10	0:62:24	0:61:56	0:63:48	0:63:56
Av Time Per Mile for 10 M1s	5:45:7	5:49:5	5:48:3	5:55:5	6:00:3	6:13:8	6:10:8	6:12:9	6:14:4	6:11:5	6:22:8	6:23:7

2

Going to bed can cure almost
half of ones ills and getting
up the other half

Robert Schaffer

We are starting this newsletter with what we hope will be a timely warning to all club members to be aware of the problems of effects of DEHYDRATION. We have had some cases recently in the club of this problem which may have been prevented had the excitement or concentration on the effort not clouded the issue - Wes Carter in a 10k, Rob Shand in the Vets Marathon and Derek Walker in the '24' hour run to cite particular examples. Ralph Godkin has written this article for us and cites three case histories as follows.

- Case 1. A 24 year-old farmer who had trained for five weeks prior to running a 32km. road race. His training schedule consisted of 30-40km. per week at a pace of 5min/km, he complained of increasing fatigue and was forced to walk on several occasions. Water intake during the period was about 300 ml. Approximately 2 km. from the finish, he increased his pace to near sprint speed and collapsed approximately 200m. from the finish. Ambient temperature was 22deg C. 61% humidity.
- Case 2. A thirty-two year old attorney who had specifically trained over a period of 3 months prior to running a 42 km. marathon. His training programme consisted of 90-120km/week at 5min/km pace. His pace during the race was $4\frac{1}{2}$ - $4\frac{3}{4}$ min/km and water intake about 1,500 ml. At 35 km he suddenly increased his pace and went ahead of his running companions. He continued to maintain the fast pace until 400m. from the finish where he fell to the pavement. Temperature 24deg C. 66% humidity.
- Case 3. A 37-year old teacher who trained at 5 min/km. pace, covering 30-40km/week. He ran the first 8 km. of a race at 4 min/km pace consuming 200-300 ml. of water. At 11 km. he experienced increasing fatigue and breathlessness and at 12 km. collapsed and became mentally confused. Temperature 25deg C. 62% humidity.

These are case histories which appeared in July in an American Medical Journal and are typical of many others which have recently been reported. All of these 3 runners became unconscious for over 30 minutes, each had a 5% decrease in blood volume due to dehydration and all suffered from heat-stroke of varying degree, a condition which can endanger life.

THIS COULD HAPPEN TO YOU. At an ambient temperature of 22deg C. a runner loses 2 litres of fluid per hour by sweating and at least $\frac{1}{2}$ of this should be replaced which means that in a marathon a minimum of 3 litres of fluid should be drunk, more if the temperature is higher. Dehydration detracts greatly from performance, probably because of the decreased blood volume produced by it. The out-put of the heart is reduced because of the smaller intake of blood and, by a protective reflex, blood is shunted from the muscles to the brain and coronary arteries and the runner experiences extreme fatigue and weakness of the muscles of his legs.

The main danger of dehydration, however, is its effect on the cooling system and it is the most potent cause of heat-stroke. Looking back after 18 months with the club I can think of at least one occasion when I undoubtedly suffered the effects of dehydration personally and so have many if not most of the other members at some time or another. The onset of sudden fatigue and leg weakness is a danger signal which should not be ignored. A runner should slow up or stop until he has been able to drink.

-2-

With the summer now upon us and some long runs scheduled during these months it is important to realise that even fairly well-trained runners competing in weather which is not unduly hot can encounter problems from dehydration and overheating in races longer than 10-12 km. A marathon runner may develop a body temperature as high as 39.8C (103.6F) without ill-effect, but heatstroke can occur at about 40.6C (105F) so it does not need much dehydration to precipitate him into real trouble. A few simple precautions are suggested:-

- (1) Drink copiously before any long distance race (over 5km).
- (2) In long races drink at least 1 litre of fluid per hour.
- (3) Drink plain or lightly flavoured water only. Drinks, such as staminade, containing salts and glucose are best avoided as their ingredients tend to inhibit the absorption of water and neither salts nor glucose are absorbed sufficiently to do any good during a race. Staminade is fine after the race is over or before it but if you must drink it during a race use it only as a flavouring in extreme dilution. The staminade provided in the People's and Veteran's marathons was far too strong.
- (4) Remember that thirst is not a good guide to the need for fluid. You should drink even if you are not thirsty.
- (5) Pay heed to the signs of dehydration particularly towards the end of a race when there is a temptation to increase the pace dangerously in spite of warning signals from your body.

Michael Gibbens birthday 19th October turned 38 and remains M35
 Ray Benetti birthday 22nd October turned 42 and remains M40
 Phil Smith birthday 24th October turned 41 and remain M40
 Noel Thomas birthday 30th October turned 47 and remains M45

In the first twilight meeting of the season in ideal condition on Wednesday 24th October. An ambitious programme of 10 events was staged at Perry Lakes main stadium but the 5000m ended up in the dark giving lap scorers including Horsley and Buchanan considerable difficulty in seeing the scoring sheets and spectators Gilmour and Shand in seeing the runners. The race was won in 14m 41.4s and veterans performances were:-

M35.	D Sheppard	17m 06s
	B Oliver	19m 06s
M40.	D Hoyer	16m 09s
	D Caplin	16m 36s
	E Maslen	16m 47s
	M Johnson	17m 03s
	J Whittam	18m 56s
	G Moses	20m 53s
M45.	M Smith	16m 42s
	J Butts	17m 23s
	D Carr	18m 01s
	W McCabe	19m 37s
	M Berry	20m 18s
M50.	A Tyson	19m 45s
	W Hughes	20m 32s
	D Butcher	18m 01s
	(1 lap short)	

Results of other events

100m Men

M35.	B Oliver	13.4
M45.	S Lockwood	13.6

100m Women

W35.	K Holland	12.9
------	-----------	------

400m Women

W35.	K Holland	59.1
------	-----------	------

5K Walk

M45.	J Smith	27m 16s
------	---------	---------

Hammer 5.5 kg

M40	B. Fergie	28.42 m
-----	-----------	---------

Please note the following amendments to the Club record list which was issued with Newsletter 88.

<u>Females</u>	200m	K Holland	24.6s	deleting	K Holland	24.9s
	400m Hurdles	"	63.6s	deleting	K Holland	66.2s
	1500m	K Holland	5m27.9s	deleting	L Ratty	6m14.0s
			(Gothenberg)			
	10,000m	J Stone	46m47.7s		New Record	
<u>Males</u>	M45. 10,000m	M Smith	35m22.0s	deleting	R Shand and D Carr	35m32.0s
	M55. 3k steeple	A Merrett	11m18s	deleting	A Merrett	11m29.8s
			(Hannover)			(Gothenberg)
	M60. 800m	J Gilmour	2m19.3s	deleting	R Horsley	2m 30.4s
			(Hannover)			
	1500m	J Gilmour	4m32.0s	deleting	R Horsley	5m 06.0s
			(Hannover)			
	5000m	J Gilmour	16m54.0s	deleting	R Horsley	19m 50.0s
			(Hannover)			
	10,000m	J Gilmour	35m07.7s	deleting	C Bould	40m 32.0s
			(Hannover)			

A three day seminar to examine the success and failures of science and technology in Australia's development was held recently in Canberra where Dr Basil Hetzel, chief of C.S.I.R.O Division of Human Nutrition pointed out that at the turn of the century men had lived an average of 47 years and women for 50 years. These ages had gradually increased to 68 years and 75 years respectively but, despite tremendous advances in science and technology since 1950, the average life expectancy had not increased significantly. This was probably due to the 'average' Australians lifestyle - high consumption of alcohol, tobacco and lack of exercise.

Dr Val Lishman (M45) from Bunbury has sent us an article which he wrote in September 1979 for the South Western Times regarding the Surf Life Saving Movement and has given us permission to reproduce it in our newsletter. We have taken the liberty of amending the concluding paragraph to relate to our club activity as the same approval approach applies to both sports

True physical fitness is difficult to define. It is not a genie that comes out of a medicine bottle. It certainly implies a sense of well-being, a clear mind and an efficient body.

In a fit person the heart and lungs have an increased capacity to deliver oxygen carrying blood to all parts of the body. This does not happen with isometric exercises which only build up muscles without significantly improving the heart or lungs.

To be physically fit one must have the capacity to participate in long distance endurance exercises and have the ability to withstand stress. Significant improvement in the function of the heart and lungs will only occur in exercise prolonged beyond fifteen minutes and which increases the heart and respiratory rate - in other words, which make you puff, pant and sweat.

The best exercises to develop and maintain the efficiency of the heart and lungs (the cardio-respiratory function) are long distance running, swimming, cycling, rowing or skiing. A substantial number of middle aged people are prevented from road-running because of arthritis and joint problems, but swimming increases the mobility of joints and muscle power without inflicting jarring strains on ageing joints. Cycling, an excellent exercise, involves competing with heavy traffic, while facilities for the more esoteric sports such as skiing, ice-skating, rowing and canoeing are limited and more expensive. Some people ask, 'Why bother to get fit?'. Many of us are comfortably conditioned to beer, telly, cars and cigarettes, and it would require a major revolution in life-style even to go and buy a pair of bathers. Those who have tried know the answer. A fit person feels healthier, whether six or sixty, male or female. Fit people have fewer heart attacks, and if an active person does suffer a

heart attack he has a better chance of making a full recovery than a 'Norm'. Some of us find that being fit helps in concentration at work and improves ones ability to cope with life's problems, thus generally increasing success. Investment in exercise may be as valuable as an insurance policy! Nature has designed us for pounding through the jungle in pursuit of, or in flight from, wild beasts. It is not surprising that as physical health improves, so may visceral functions. Fit people are more relaxed, sleep better, have less tendency to peptic ulceration, depression and other stress diseases. Regular exercise helps to keep the weight down and may help in the control of high blood pressure and high fat levels, both of which are known risk factors in heart attacks.

Research has shown that prolonged exercise opens up more arterial branches in the heart (coronary vessels) and reduces blood clotting factors. It must be emphasized that all exercise programmes must be tailored to the individual and must be carefully graduated. Obviously a fat forty year old with a history of smoking forty cigarettes a day must not throw himself into the surf and swim a mile. He will require a different programme from a youngster active in winter football. Individual advice on exercise programmes may be available from the coaches in the Club. If in doubt consult your own doctor, but remember that in general the risk of degenerative disease is higher in the inactive. If you are in poor shape after seasons of neglect then seek expert advice, start training slowly, exercise daily and keep within capacity. One should never feel ill or nauseated, faint or dizzy after exercise: this is evidence of poor training. The only serious risk of exercise comes from sudden unaccustomed exertion, so start at a low level, build up gradually and do it regularly.

Age in itself is no bar to exercise. Two '84' year old men recently ran a 26 mile marathon after only a few years training! Unfortunately most of us are conditioned to think that we are 'past it' at 25, but recent evidence suggests that there is no reason why most of us cannot enjoy sport all our lives. Too many people are discouraged at school by the competitiveness of some sports with undue emphasis on winning.

Our club is one in which an individual can participate to the maximum of his own ability. Whenever possible races are handicapped to increase the interest of the average or slow person and to encourage gradual improvement. Participation rather than winning races is the key.

So help reduce the costs of Medibank. Come down to the 'Club' some Sunday morning at 9.00am and introduce yourself. Fat or thin, six or sixty, fast or slow, male or female, come and join us. You will enjoy the company and at the end of six months you won't know yourself. The emphasis must be on 'enjoy' and there is bound to be someone of your age, or shape or slowness to run with

* 8.00am in summer

Val Lishman

In a recent issue of 'forum' the Australian journal of Interpersonal relations an article entitled Families who run together states:-

The running craze has people sprinting in more than just marathons. Many of them are dashing headlong into the divorce courts. A survey of the over 5200 entrants in last year's New York Marathon showed that the joggers had a divorce rate twice as high as expected for their socio-economic group.

The main reason for this seems to be the new independence and power which runners - especially the women acquire. 'Once you begin running, you feel stronger, mentally and physically,' says Sharon Barbano, assistant coach of the New York Amateur Athletic Union women's running team. 'Women become able to make changes in their lives.'

Confirming this view, Katherine Spitzer, the first woman to compete in the Boston Marathon says, 'Many women who were in bad marriages could not face the facts until they began running. Now they can say 'If I can run 26 miles, I can do anything.'

Rick Benyo of Runners World Magazine offers another explanation: 'Runners are too compulsive,' he says. 'They are so consumed by the sport that they ignore everything else around them. Notice that husbands and wives rarely run together,' he adds. 'Running becomes more important than the spouse.'

Dont forget our Relays Day at McCallum on Sunday 30th December 1979 - mixed mens and womens relays and other events to make it a fun day.

Another poem from Joe Shepherd (72) which lets us know he is still going strongly down in Medina.

SPORTING VETS

V	For	Vitality they hope to retain
E	For	Energy, almost the same
T	For	Tolerance in all that they do
E	For	Exercise enjoyed by the few
R	For	Resolve in all your endeavours
A	For	Action in your chosen field
N	For	IS For nerve to answer a challenge
S	For	Serenity your guard and our shield

Joe Shepherd

And Joe Shepherd was in action on Sunday 28th October in the FREMANBLE FUN RUN when he make his annual attack on the veterans over 70 title.

The 10k run was won by Don Spiers in 31m 01s and the following were winners in other groups

non athlete Steve Donahue -- 35m 24s

1st woman Barbra Leach - 41m 34s - also won female over 30 section

Veterans over 40 Tony O'Hare - 35m 09s

Veterans over 50 B. Jones - 38m 30s - Not a member of the club - yet!
Ran 31m 56s at Northam and came 14th

Veterans over 60 C. Bould - 43m 02s - Cliff won a Joggèrs kit- massage rub
foot care and bracer'

Veteran over 70 Joe Shepherd - 52m 44s.

Other results were timed by Bruce Buchanan and Rob Shand perched on the back of a truck above the finishing line. It was impossible to get places but those wearing the club singlet were easy to pick out in the crowd.

D. Hoye	M40	34.32	T. Manford	M40	38.40
T. O'Hare	M40	35.09	J. Spencer	M40	38.47
H. Kirkman	M35	35.20	J. Rowland	M40	38.51
M. Johnson	M40	35.52	M.O'Rourke	M35	39.39
M. Smith	M40	36.00	W. McCabe	M45	40.01
K. Beament	M35	36.03	W. McGuigan	M35	40.05
D. Caplin	M40	36.05	R. Croft	M35	40.08
J. Butts	M45	36.12	B. Slinger	M35	40.27
J. Maddison	M35	36.41	J. Barnes	M35	40.53
D. Hough	M45	37.16	G. Atzemis	M35	41.00
A. Zemunik	M40	37.19	R. Spark	M40	41.05
R. Sammells	M40	37.20	P. Lennie	M50	41.23
D. Crowther	M35	37.50	W. Hough	M35	41.29
B. Danby	M35	38.15	M. Graham	M45	41.34
W. Carter	M40	38.27	D. Butcher	M50	41.35
M. Loly	M35	38.27	B. Worner	M45	42.30
C. Spare	M40	38.39	V. Kailis	M35	42.33
A. Tyson	M50	38.38	R. Kemp	M40	42.44

-6-

B. Johnstone	M35	42.48	S. Lockwood	M45	46.18
C. BOULD	M60	43.02	Joan Slinger	W35	48.22
W. Hughes	M50	43.05	K. Graham	M40	48.22
F. Usher	M55	43.47	J. Carroll	M50	48.45
A. Smith	M50	44.32	A. Turner	M40	50.29
Jo Stone	W30	44.50	Alison Johnstone	W30	51.48
A. Wright	M55	45.19	J. Shepherd	M70	52.44
G. Noordyk	M55	45.35	S. Brandon	M40	53.17
D. Batterham	M45	44.50	Jacqui Shillington	W35	54.44
(listed out of sequence)			Lorne Butcher	W45	55.25
			A. McDermott	M35	57.16
			D. Horsley	M65	58.43 (walking)

This was a new course and after the initial hill at Point Walter Reserve the runners had a tail wind (Easterly) for most of the way, until the last section in Norfolk Street. Comparisons with previous years runs are not valid

Saturday 3rd November: Third Track and Field meeting at Berry Lakes

TRACK	60m	100m	200m	400m	1500m
W35 K.Holland	-	?	?	-	-
V.Prescott	-	14.4	-	-	-
M35 B.Oliver	8.3	12.8	27.4	-	-
R.Colman	-	12.5	?	58.6	-
P.Gare	-	-	?	52.9	-
P.Wall	-	-	-	-	4.17.0
D.Growthier	-	-	-	-	4.47.0
J.Barnes	-	-	-	-	5.11.0
M40 D.Gaplin	-	-	-	-	4.16.0
B.Robinson	-	-	-	-	4.49.0
J.Rowland	-	-	-	-	4.41.0
M45 D.Carr	-	-	27.5	-	4.41.0
J.Whittam	-	-	-	-	5.12.0
M50 A.Tyson	-	-	-	-	5.34.0
D.Jones	-	12.9	27.6	-	-

FIELD	Discus	Long Jump	2k Steeple	2k walk	Shot 5.5k	Hammer
	1.5k					
W35 K.Holland	?	-	-	-	-	-
M, 35 R.Calnan	26.36	5.18	-	-	-	-
H.Kirkman	-	-	6.33	-	-	-
M40 R.Fergie	31.84	-	-	-	12.20	26.46
B.Old	28.38	-	-	-	-	(7.25k)
M45 J.Whittam	23.88	-	8.14	-	-	-
J.Devies	-	-	7.25	-	-	-
A.Cummings	-	-	-	-	-	28.26
						(5.5k)
M65 R Horsley	-	-	-	11.16		

In a 4 x 200m Relay the Veterans team of Dave Jones (M50) Don Caplin (M40) Dave Carr (M45) and Bernie Oliver (m35) covered the distance in 1m 48sec with the first half in 54.7 sec and the second in 53.9 sec. Jeff Whittam went straight from the 1500m to the Steeplechase without a break between

Ross Calnan birthday 4th November turned 39 and remains M35

Derek Hoyer birthday 4th November turned 41 and remains M40

Now that you 24 HOUR RELAY MILERS have recovered and managed to wade your way through the mountain of statistics provided for your consumption in Newsletter 89, the Aerobics Activity Centre in Dallas (Dr Cooper) advises that a month after our performance they held a 24 hour Run-Walk+Jog Championship (Noon Oct 26 to Noon Oct 27) with a specialist guest runner Park Berner intending to run non stop for 24 hours at an estimated pace of 9 mins/mile to break his personal record of 261.52 km. (Joe Record covered 213 km on 31 Aug)

Jim Barnes has recently returned from a trip to North America and tells us that New York is one of the most fascinating cities of the world if seen the L.S.D. way. A jog around the perimeter of Central Park at 5am is quite an experience to remember; plenty of movement from within the park. Hitching onto a friendly guy in training for the New York Marathon Jim was taken from Colisium, down Broadway to South Manhattan returning via East River Park. For interest if you happen to be in the Big Apple on a Sunday morning and you are near Central Park, an organised meet is held by the New York masters and that is on very Sunday of the year. Jim took part in two fun runs - 8th Sept Sorona Gundy Park, Toronto on a fairly flat 20km course which was scenic and traffic free. Jim did 86 mins while the winner an M50 from Toronto Masters (called Cliff and who knows more about John Gilmour and Cliff Bould than most in WA) covered the distance in 67 mins. On Sept 29th Jim ran in the Stanford University Palo Alto C.G. a 10km hilly and hard course in very hot conditions taking 45mins. The winners time was 34mins.

1980 PEOPLES MARATHON will be on 15th June, 1980 and will go in the opposite direction to that used in 1979 i.e. Canning Bridge - Fremantle - Fremantle Bridge - Cottesloe - Crawley.

STATE MARATHON 1980 will be on 14th September at Herne Hill and will be for Men and Women.

The ARMOURER is Don Caplin who has taken over from Jack Collins who has taken up swimming in a big way.

VETERANS' CLUB LIBRARY has now been taken over from Bob Hayres by Stan Lockwood who will be issuing a Library List in due course.

The Magazine ON & ON is now known as ASIAN RUNNER.

The Magazine VETERIS is now incorporated in R.A.C.E.

We thank Martin O'Rourke for typing pages 1 - 7; Martin is looking for a good second hand typewriter which will cut stencils. Would anyone with such a machine at a reasonable price contact Martin on 332 3672.

5.

The field at McCallum on Sunday 4th November was small but Cliff Bould, Stan Lockwood, Art Briffa, Ray Lawrence and Dick Hosley did a Bridges run while John Gilmour did 10 miles of training around the oval.

Alex Cummings was getting the discus closer to the trees and Mike and Nora Berry and Andy Wright and Paul Morrissey were there too doing some light training.

Meanwhile at a new venue in Crestwood the club was hosted to a run organised by Derek and Enid Crowther. The run was three circuits of a relatively flat all bitumen course with five bridges in each circuit to give a total measured distance of 8511 m.

The run was "covered" by the media and photographs and a description of the run appearing on the back page of the Nov 14th issue of "Comment News" which is distributed in Serpentine, Jarrahdale, Armadale and Gosnells.

The results were as follows.

		TIME	POSITION	AWARDS
W55	V. TYSON	43:38	2 LAPS	
W40	D. WHITTAM	15:59	1 LAP	
W35	E. CROWTHER	15:59	1 LAP	
W30	J. WALKER	43:34	2 LAPS	
	J. STONE	40:20	22	
	G. SUTHERLAND	43:10	23	
	J. PEARTON	44:56	24	"GOOD PERFORMANCE"
M55	F. USHER	38:19	21	"GOOD PERFORMANCE"
M50	P. LENNIE	34:08	14	
	D. BUTCHER	34:17	15	
	A. TYSON	34:53	17	
M45	M. SMITH	29:10	2	
	E. PEARTON	31:50	9	
	D. CARR	32:19	11	
	B. BUCHANAN	34:54	18	
	J. WHITTAM	34:57	19	
	D. WALKER	24:55	2 LAPS	
M40	D. CAPLIN	29:37	3	
	M. JOHNSON	30:20	4	"GUESSING THE DISTANCE"
	J. MADDISON	30:30	5	
	R. SAMMELLS	31:18	8	
	W. CARTER	34:02	13	
	R. SPARKS	34:30	16	
M35	H. KIRKMAN	28:52	1	
	D. SHEPPARD	30:53	6	"GOOD PERFORMANCE"
	D. CROWTHER	31:16	7	
	B. DANBY	32:23	12	
	I. SUTHERLAND	36:11	20	
INV.	J. JACOBS	36:36	3 LAPS	

Prizes (by courtesy of Jim Barnes) were presented for "good performance" and the "guessing the distance" prize was won by Don Caplin who calculated the 8511m covered from his length of stride at 8510m!

After the efforts of the day some stayed on for a relaxing poolside barbecue for which the club thanks Enid and Derek Crowther for hosting a well organized and most enjoyable day.

Thursday 8th November 1979 was the first of our 1979 Time Trial evenings at Perry Lakes warm up track.

This competition is on a points for age basis and a certificate is awarded at the end of the season for the athlete getting the highest number of points. Three events were conducted 100m, Javelin and 3000m with Bruce Buchanan organising in the 3000m. John Gilmour on one of the rare occasions in which he runs with the Club, broke the World M60 3000m record. The record was held by Riza Isman of Turkey at 11m 01.6 sec. however Eric Kruzycki (W. Germany) recently had this time of 10m 26.8s ratified and Gunther Thiele (also W. Germany) has a record of 10m 12.4s pending. Johns time of 9m 51sec dispels all doubts as he continues to break world records every time he competes this being his 8th in eight appearances.

It was good to see 31 veterans turn out for this evenings competition especially to see the return of Reg Briggs who has obviously been keeping himself fit during the winter and a turn out of seven women is most encouraging.

TIME TRIALS	100 m			3000m			JAVELIN			PROG.
I	TIME	PTS.	PLC.	TIME	PTS.	PLC.	DIST.	PTS.	PLC.	TOTAL
<u>W45</u>										
N.BERRY	20:2	20	19				9.36	34	16	54
<u>W40</u>										
D.WHITTAM	14:3	640	3				17.24	350	3	990
<u>W35</u>										
V.PRESCOTT	14:7	560	6				11.42	117	11	677
<u>W30</u>										
J.WALKER	15:3	440	11				12.64	166	10	606
G.SUTHERLAND	21:0	20	19	14:43	331	22	8.00	20	17	371
J.PEARTON	19:0	20	19	13:51	487	20	9.08	30	18	537
J.STONE	19:5	20	19	13:33	541	17				561
<u>M70</u>										
R.BRIGGS	18:0	600	4							600
<u>M65</u>										
R.HORSLEY	20:5	20	19	12:12	964	2	13.56	282	7	1266
<u>M60</u>										
C.BOULD				12:11	787	7				787
J.GILMOUR				*9:51	1207	1				1207
<u>M50</u>										
D.BUTCHER	15:2	460	10	11:31	677	13	18.02	176	9	1313
A.BRIFFA				WITHDREW						
S.LOCKWOOD	14:3	540	9	13:09	283	23	16.66	80	14	903
<u>M45</u>										
E.PEARTON	15:2	160	16	11:03	661	15	NT			821
R.HAYRES	15:4	320	12	10:57	679	12	25.76	353	2	1352
W.McCABE	16:9	20	19	10:58	682	11	16.92	88	13	790
M.BERRY	15:5	100	17	11:47	529	18	12.98	20	17	649
D.WALKER	*13:4	720*	1				19.45	303	5	1027
D.CARR	13:7	660	2	10:27	799	6	19.72	310	4	1769
J.WHITTAM	16:1	180	15	11:08	646	16	17.74	113	12	939
<u>M40</u>										
A.FERGIE	13:7	560	6	13:49	133	24	30.04*	376	1	1069
D.CAPLIN	13:6	580	5	9:44	868	5	26.50	288	6	1736
M.JOHNSON				10:29	733	9				733
<u>M35</u>										
I.SUTHERLAND	15:2	160	16	12:05	415	21	20.68	20	17	595
D.SHEPPARD	14:4	320	12	10:02	784	8	20.40	20	18	1124
D.CROWTHER	14:8	240	14	10:21	727	10	27.70	192	8	1159
B.OLIVER	13:2	560	6	11:31	517	19	NT			1077
J.HOSKING				10:40	670	14	22:52	63	15	733
P.WALL				9:18	914	3				914
H.KIRKMAN				9:29	883	4				833

Javelin points were adjusted to allow for overweight implement for women and over 60 men.

Best Performances were: 100m D. WALKER M.45 13:4 720 pts
 3000m J. GILMOUR M.60 9:51.0 1207 pts
 JAVELIN R. FERGIE M.40 30.04m 376 pts

Current leader is D. Carr M.45 with 1769 points.

Saturday 10th November Fourth Track and Field Meeting at Perry Lakes Stadium, saw John Gilmour continue on his World Record breaking spree by breaking his own two day old M60 3000m record by 7.8 secs and adding the M60 - 1500m to his list - 10 appearances 10 records Congratulations John.

10.

TRACK	60	100	200	400	800	1500
<u>W35</u>						
K. HOLLAND	8.00	12.4	25.8	58.3		
V. PRESCOTT		14.2	30.0			
<u>M.35</u>						
B. OLIVER			27.7			
R. CALNAN		12.7	26.8			
D. CROWTHER						4.41.7
<u>M40</u>						
B. OLD			29.5			
A. ZEMUNIK						4.36.2
D. CAPLIN				57.2	2.07.8	
D. HOYE						4.28.5
<u>M45</u>						
D. CARR				59.0		4.39.4
M. SMITH						4.26.9
J. WHITTAM						5.20.1
<u>M.50</u>						
D. JONES			27.6			
<u>M.60</u>						
J. GILMOUR						4.31.3

FIELD	PV.	HAMMER 5.5kg	DISCUS 1.5kg	JAVELIN 800g	L.J.	SHOT 5.5kg
<u>W.35</u>						
K. HOLLAND						8.54 (4kg)
<u>M.35</u>						
R. CALNAN					5.05	
<u>M.40</u>						
B. OLD			29.83	3NT		
E. MASLEN	2,80					
R. FERGIE		34.58	28.72	30.30		11.62
B. ROBINSON			27.21			9.42
<u>M.45</u>						
J. WHITTAM			20.52			7.62
A. CUMMINGS		27.84	29.01	20.54		8.14

Three other track events were held during the afternoon being
3k Steeple in which Ted Maslen ran 10m 34.9s and Jeff Whittam 12m09.2s,
a 4 x 400m relay in which David Carr, Tony O'Hare, Bernie Oliver and
Don Caplin fromed the Veterans Team running their legs in 60.0, 61.3
63.9 and 57.7sec respectively to give a total time of 4m 02.9sec and
a 3000m the results of which are:-

	LAP								TOTAL
	$\frac{1}{2}$	1	2	3	4	5	6	7	
<u>M.35</u>									
B. OLIVER.	44	84	83	92	95	96	93	84	11m 11sec
D. CROWTHER.	39	79	78	84	84	86	86	80	10m 16sec
<u>M.40</u>									
C.SPARE	43	83	83	88	88	93	94	86	10m58 sec
A. O'HARE	38	68	76	74	72	76	78	82	9m 24sec
E. MASLEN	38	68	76	90	80	82	80	81	9m 55sec
D. HOYE	38	68	76	75	81	80	84	75	9m 37sec
A. ZEMUNIK					84	85	86	80	10m 13sec
<u>M.45</u>									
M. SMITH	38	68	76	75	79	79	80	79	9m 34sec
D. CARR	41	85	85	89	85	86	86	79	10m 36sec
J. BUTTS	39	79	83	86	88	87	84	79	10m 25sec
<u>M.60</u>									
J. GILMOUR	36	80	77	77	80	80	79	74.2	9m 43.2sec

Veterans assisting in an official capacity were R. Holland
R. Horsley, R. Shand, B. Buchanan, J. Barnes, J. Smith and J. Pearton

CHANGE OF ADDRESS:

Ray Lawrence now at Unit 5, 69, Shakespeare Ave. Yokine 6060 Tel. 447 9267

WELCOME TO:

Joseph Gold (35) of 67 Shannon Rd, Turana 6061 Tel. 276.5405 who joined us on 5.11.79.

Alan Hunt (38) of 78 Sixth Ave, Maylands Tel. 271.7852 who joined us on 12.11.79.

Tim Fry (47) of 25 Saunders St. Swanbourne Tel. 384.9304 who joined us in November 79.

SUNDAY 11th November There had not been a long run for quite some time but the 11.9k made up of a Cliff Bould course (5.2k) and 3 Dave Jones course (at 2.23 3k each) did not deter the 45 who lined up at the starting line near the palm on the river side of McCallum. Because of the large number of participants they were divided into 3 groups 23 off 10 mins and 13 off 10 mins and with Don Caplin in charge the first group set off.

	C.B.	DJ.1	DJ.2.	DJ.3.	TOTAL	POSITION
<u>W.45</u>						
L. BUTCHER	28.33	12.30	14.37	W/D	54.40	
N. BERRY	32.51	W/D			32.51	
<u>W.40</u>						
D. WHITTAM	32.20	W/D			32.20	
<u>W.35</u>						
J. SLINGER	26.45	10.56	11.46	W/D	49.27	
J. SHILLINGTON	28.33	12.16	12.28	12.38	65.55	30
E. CROWTHER	32.04	W/D			32.04	
<u>W.30</u>						
J. STONE	26.45	10.56	11.08	11.21	60.10	28
G. SUTHERLAND	28.33	12.00	12.26	12.13	65.12	29
<u>M.65</u>						
R. HORSLEY	26.28	11.47	W/D		38.15	
<u>M.60</u>						
C. BOULD	26.28	11.47	10.39	10.17	59.31	27
<u>M.55</u>						
F. USHER	24.24	10.39	10.52	10.15	56.20	21
A. WRIGHT	24.24	10.34	10.45	10.55	56.38	22
H. DORDYK	25.06	11.26	11.27	11.04	59.05	26
<u>M.50</u>						
P. LENNIE	22.35	9.50	9.35	9.15	51.15	13
D. BUTCHER	22.25	9.43	9.52	9.31	51.31	14
J. CARROLL	26.28	10.53	11.00	10.24	58.45	25
W. GLEDHILL	28.33	12.30	12.55	12.58	66.48	31
M. MOYLE	No lap times		W/D		38.15	
S. LOCKWOOD	26.28	10.37	10.32	10.32	58.09	24
<u>M.45</u>						
M. SMITH	19.39	8.29	8.30	8.14	44.52	3
D. HOUGH	20.37	8.50	8.55	8.49	47.11	7
E. PEARTON	21.41	9.03	9.08	8.22	48.20	9
D. CARR	21.59	9.56	9.52	9.59	51.46	16
B. BUCHANAN	26.28	11.28	8.27	9.40	56.03	20
<u>M.40</u>						
D. HOYE	18.17	8.04	8.13	7.56	42.30	1
J. MADDISON	20.29	8.35	8.40	8.16	46.00	4
M. JOHNSON	20.48	8.58	8.55	8.27	47.00	6
R. SAMMELLS	21.09	8.46	8.59	8.48	47.42	8
W. CARTER	22.20	9.14	9.13	8.39	49.26	10
R. SPARK	22.35	9.51	9.47	9.20	51.33	15
J. WHITTAM	26.59	12.06	9.22	9.18	57.45	23
R. BENETTI	26.28	W/D			26.28	
<u>M.35</u>						
H. KIRKMAN	19.33	8.02	8.05	8.07	43.47	2
D. CROWTHER	19.54	8.52	9.06	8.55	46.47	5
J. BARNES	21.14	9.13	9.57	9.34	49.58	11
B. SLINGER	22.42	10.23	10.22	10.02	53.29	18
I. SUTHERLAND	23.48	10.04	10.07	9.33	53.32	17
A. HUNT	23.51	9.59	10.09	9.54	53.53	19
B. DANBY	20.45	9.42	10.22	9.23	50.12	12

12.

	C.B.	DJ.1.	DJ.2.	DJ.3.	TOTOAL	POSITION
<u>INVITED COMPETITORS</u>						
M. CLARK	24.17	9.28	W/D		35.45	
B. THOMSETT	26.59	13.48	W/D		45.47	
JENNY HUNT	42.47	W/D			42.47	
JO. WALKER	42.38	W/D			42.38	
D. MOFFATT	22.20	9.21	10.15	9.48	51.44	
J. PELLIER	26.35	11.13	W/D		37.48	
J. JACOES	23.28	10.56	10.36	11.11	56.11	

Time keeping and recording by Don Caplin, Derek Walker Mike Berry and Alan Tyson.

THURSDAY 15th NOVEMBER TIME TRIALS Second Meeting at Perry Lakes Warm up Track at 6.p.m.
Events 400m and Discus with Bob Sammells organising and Jack Collins and Bruce Buchanan assisting.

TIME TRIALS	400m			DISCUS			POINTS	
	Heat/Pos.	TIME	PTS.	WGHT	DIST.	PTS.	TOTAL MEET.	PROG. TOTAL.
<u>W.55</u>								
V. TYSON	1/4	104.0	30	1 kg	8.48	259	289	289
<u>W.45</u>								
N. BERRY	1/5	105.0	20	1 kg	9.76	190	210	264
<u>W.40</u>								
D. WHITTAM	1/1	77.0	320	1 kg	16.12	365	685	1675
<u>W.30</u>								
J. PEARTON	1/2	88.0	25	1 kg	12.14	86	111	648
G. SUTHERLAND	1/3	97.0	20	1 kg	9.51	20	40	411
<u>M.65</u>								
R. HORSLEY	4/-	DNF	0	1 kg	25.62	825	825	2091
<u>M.60</u>								
C. BOULD	4/3	89.0	40				40	827
<u>M.55</u>								
A. WRIGHT	4/2	75.0	400	1 kg	26.01	500	900	900
<u>M.50</u>								
S. LOCKWOOD	3/3	67.0	520	1 kg	23.41	279	799	1702
D. BUTCHER	6/2	70.0	400	1 kg	22.85	260	660	1973
A. TYSON				1 kg	21.34	114	114	114
<u>M.45</u>								
E. PEARTON	5/4	71.1	276	2 kg	9.54	20	296	1117
J. WHITTAM	4/1	71.0	280	2 kg	16.12	164	444	1383
D. CARR	2/2	58.8	768	2 kg	16.76	187	955	2724
J. BUTTS	6/1	65.0	520				520	520
M. BERRY	5/3	71.0	280				280	929
<u>M.35</u>								
I. SUTHERLAND	3/4	69.4	224	2 kg	13.90	20	244	849
<u>M40</u> B. SAMMELLS	5/2	65.0	440	2 kg	15.07	20	460	460
D. CAPLIN	2/1	57.3	748	2 kg	18.14	110	858	2594
R. BENETTI	5/1	63.0	520	2 kg	18.38	118	638	638
J. ROWLAND				2 kg	18.71	130	130	130
T. MANFORD	2/3	66.9	364				364	364
<u>M.35</u>								
B. DANBY	3/2	63.0	480	2 kg	NT		480	480
I. HENDERSON	3/1	58.6	656				656	656
D. CROWTHER	5/-	DNF					NIL	1159

NOTE In the Discus results points have been adjusted in the M50 and M55 age groups to allow for the use of an underweight implement M50 and M55 implement should be 1.5 kg but though we have one it was not available at the time.

The current positions are:-

MEN		WOMEN	
1.	D. CARR (M.45) 2724	1.	D. WHITTAM (W.40) 1675
2.	D. CAPLIN (M40) 2594	2.	V. PRESCOTT (35) 677
3.	R. HORSLEY (M65) 2091	3.	J. PEARTON (W30) 648

SATURDAY 17th NOVEMBER Fifth Track and Field meeting this week with track at McGillivray Oval and Field at Perry Lakes warm up Track. The change of venue being due to a Military Tattoo being held at the main Stadium.

The temperature hovered around the 21.3°C mark but the day was windy and humid.

TRACK	60	100	200	400	400 Hurdles
<u>M.35</u>					
R. CALNAN	8.0	12.6			
B. OLIVER	8.0	13.2	26.9		
J. GOLD		12.6			65.7
<u>M.40</u>					
D. CAPLIN				58.0	
J. ROWLAND				57.9	
<u>M.45</u>					
D. WALKER		12.9	26.9		
D. CARR	8.2	13.1			
J. DAVIES					
<u>M.50</u>					
D. JONES	8.2	13.4	27.2		

After a good run in the 400 hurdles new member Joe Gold was first out of the blocks and tore away from the other veterans in the 100 m and was a clear Winner ahead of Ross Coleman, though they were given the same time.

In the 800m the lap times were:

Caplin	64.0	+ 67.0	= 2.11.0
Carr	64.0	+ 69.6	= 2.13.6
Davies	69.0	+ 72.5	= 2.21.5

Field events at McGillivray were limited to the Long Jump in which Calnan cleared 4.98 and then withdrew with a hamstring problem and in the Discus Jeff Whittam (M.40) threw the kg implement 22.7 m and Barrie Robinson (M.40) 24.2 m Robinson withdrew from the 200 m with a pulled hamstring, apparently due to insufficient warm up.

In the 5000m results and lap times were as follows:

M.60 C. BOULD	46	100	104	108	104	107	105	106	104	106	105	104	102	
													21.41	
M.45 J. DAVIES	38	79	83	86	85	87	88	89	89	91	91	92	84	
													18.02	
D. CARR	40	83	87	87	87	87	90	89	91	90	89	90	86	
													18.16	
M.40 E. MASLEN	35	75	76	80	81	80	87	81	90	90	90	90	83	
													17.13	
A. ZEMUNIK								89	91	92	92	86	82	
													17.48	
C. SPARE	44	86	84	87	88	86	88	91	91	91	89	91	86	
													18.22	
T. MANFORD	41	85	85	88	88	91	92	90	91	89	91	90	89	
													18.30	

D. Butcher (M.50) withdrew in the 6th lap and J. Gilmour (M.60) withdrew in the 9th lap, another victim of the hamstring twinge.

Cliff Bould tells us that some people are coming to him with aches and pains which are resulting from stretching exercises. Remember that it is as bad to do stretching exercises when you are cold as to not do them at all. Do a light warm up jog first, then do your stretching exercises, train or compete, cool down jog, ~~relax~~ stretching exercises and walk to cool right off. There were three hamstring problems on Saturday - Barrie Robinson due to going from a throwing event to a run without sufficient warm up, Ross Calnan having his annual hamstring problems in the long jump and John Gilmours twinge probably from over use.

SUNDAY 18th November was very windy with some drizzle and overcast but was hot and humid when the sun came out.

Veterans gathered at McCallum for a Relays and Field Events day while others participated in the Marathon Clubs 10 mile at Rockingham.

The McCallum events were organised by Bob Fergie and Cliff Bould who divided the sixteen veterans who were there at 8 a.m. into four teams to run a 3000m 3 lap parlauf relay with the following results.

14.

				LAP			
				1	2	3	TOTAL
C. BOULD (M60)	D. CARR (M45)	D. WHITTAM (W40)	B. OLIVER (M35)	3.33	3.33	3.12	10.18
J. MARTIN (M50)	G. NOORDYK (M55)	A. WRIGHT (M55)	W. CARTER (M40)	3.20	3.39	3.22	10.21
R. GODKIN (M55)	L. BROWN (INV)	R. BENETTI (M40)	S. LOCKWOOD (M50)	3.03	3.40	3.55	10.38
J. HOSKING (M35)	A. HUNT (M35)	B. THOMSETT (M35)	J. PEARTON (W30)	3.30	3.23	3.58	10.51

Field Events Results were:-

RESULTS	SHOT	HAMMER	JAVELIN	DISCUS
DIST/POSITION	5.5kg	3kg	800g	2kg 1 kg
W40 D. WHITTAM		8.10/6	16.53/8	16.52/12
M65 R. HORSLEY				23.76/3
M55 B. CHAPMAN	8.06/7		21.57/4	18.96/5
A. WRIGHT	6.32/10		15.41/9	18.09/7
M45 R. SHAND	8.26/4		27.67/1	20.14/4
D. WALKER	7.92/8		26.72/2	19.76/6
A. CUMMINGS	8.16/5	31.03/2	17.87/7	16.24/13
D. CARR				23.86/2
M40 R. BENETTI	9.54/2	23.54/3	25.97/3	16.70/11
J. WHITTAM	7.42/9	19.96/5	18.39/6	20.04/5
R. FERGIE	11.60/1	38.38/1	(3/N.T.)	17.90/8
J. ROWLAND	8.92/3			25.20/1
M35 J. HOSKING				17.26/10
INV. B. THOMSETT				15.56/14
M. DE SOUZA			21.79/4	10.84/15
				17.52/9

This set of results reveals that we may have some potential Hammer throwers in the club and with some training and coaching Ray Benetti could do well in the shot and javelin as well. It was good to see Bill Chapman back with us.

Meanwhile at ROCKINGHAM in cool weather but with a head wind at the start 18 veterans set off on the ten mile run with 4 veterans running the half distance. Times in most cases were slower than last year. Results with the best previous run over this course were:-

M55	F. USHER	77.05	(79.15 Jan 78)
M50	D. BUTCHER	67.30	
	A. SMITH	75.19	
	A. TYSON	83.03	(66.27 Nov 78)
M45	M. SMITH	58.08	
	J. BUTTS	60.18	(64.55 Nov 78)
	D. HOUGH	63.44	(62.12 Nov 78)
	B. BUCHANAN	65.06	
	R. HAYRES	67.31	(67.15 Nov 78)
	M. BERRY	67.59	(66.49 Nov 78)
M40	D. HOYE	60.53	(57.15 Nov 78)
	J. MADDISON	62.36	
	R. SAMMELLS	67.07	
M35	G. WALL	61.06	(55.23 Nov 78)
	D. CROWTHER	62.21	
	W. HOUGH	69.44	
W30	J. STONE	77.02	
	G. SUTHERLAND	83.03	

Running 5 miles were:-

W55	V. TYSON	59.55
W45	L. BUTCHER	44.52
	N. BERRY	52.16
M50	R. de CRUCHY	Time unknown

We thank Barbara Spare for typing pages 8-14 inclusive.

WE WELCOME :

BARRIE THOMSETT (39) of 30A Paine Street Karrinyup (tel 4468442) and
JOHN PELLIER 940) of 39 Lynstead Street Beckenham (tel 4588784) both of whom
 joined us on 11.11.79.

The weight of the implement which Jeff Whittam was throwing around on page 13 was
 1.5 kg. You may have noticed that in the T&F Results there are a number of
 question marks in the various columns. This is because these athletes have not
 advised Bruce Buchanan or Rob Shand of their results..

Jim Smith was involved in a motor accident on thursday november 22nd while
 on his way to training. His vehicle was hit head on by a car on the wrong side
 of the road. Jim has suffered a broken sternum and finds it difficult to
 breathe. We are sorry to hear of the accident, glad that it was not more serious
 and hope that Jim will be on the road to recovery soon.

THE DECEMBER PROGRAMME has now been issued and as the " Canberra Vetranner"
 newsletter says "We will not go into recess over the festive season but stay in
 training- it builds up a thirst and does help to get over hangovers more quickly"
Make Note of the fact that the club is on duty at Perry Lakes on Dec 16th and
 let Bruce Buchanan know if you are available to assist; Dont Forget the runs at
 PEARTONS, LAKE LESCHTVALTIA and the XMAS GIFT RACE.

FIELD EVENT MARKER DISCS

Is anyone in the club willing to make us about 40 metal discs of about 50mm diam
 and 3mm thick with a 3mm diam spike welded on to the back and projecting 75mm
 from the disc with the end sharpened for using as markers for field events. If
 someone can make them we will get them painted black and have numbers put on them

NOVEMBER BIRTHDAYS.

<u>Kevin Baseley</u>	birthday on 31. Oct	turned 41 and remains M40
<u>Ross Calnan</u>	birthday on 4 Nov	turned 39 and remains M35
<u>Derek Hoyer</u>	birthday on 4 Nov	turned 41 and remains M40
<u>Garry Winning</u>	" on 11 Nov	turned 42 and remains M40
<u>Bryan Old</u>	birthday on 13 Nov	turned 41 and remains M40
<u>Hank Stoffers</u>	birthday on 18 Nov	turned 39 and remains M35
<u>David Sheppard</u>	" on 19 Nov	turned 39 and remains M35
<u>Bernie Oliver</u>	birthday on 19 Nov	turned 36 and remains M35 v for a bit longer.
<u>John Rowland</u>	birthday on 21 Nov	turned 42 and remains M40
<u>Gerry Noordyk</u>	birthday on 21 Nov	turned 58 and remains M55
<u>Keith Graham</u>	birthday on 22 Nov	turned 41 and remains M40 and unseen
<u>Phil Wall</u>	birthday on 26 Nov	turned 38 and remains M35
<u>Bob Roberts</u>	Birthday on 27 Nov	turned 56 and remains M55 and relatively unseen.
<u>Hugh Kirkman</u>	birthday on 27 Nov	turned 38 and remains M35
<u>Merv Moyle</u>	birthday on 29 Nov	turned 53 and remains M50
<u>Mike Stone</u>	birthday on 30 Nov	turned 37 and remains M35

A shoe availability survey and a six month marathon training programme for
 survival in the race are two of the articles in the June - July issue of
ON & ON. In the August 1979 copy of RACE (incorporating VETERIS) read about
 Open Veterans Athletics. Both magazines are now in the library so see
STAN LOCKWOOD about borrowing them
 Please keep the books moving, some have been out for too long and should be
 returned as soon as possible so that others can find out all your running
 secrets

YOUR COMMITTEE WISHES YOU ALL A MERRY CHRISTMAS AND
 HOPES THAT YOU WILL ALL HAVE A HAPPY, SAFE AND INJURY
 FREE YEAR IN 1980.

(If it is injury free it will be a quiet year - what will we have to talk about?)

WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

Newsletter No 91.

December 1979

Registered for posting as
a periodical - Category B

Secretary 334-0939
Treasurer 447-2413

Look after your feet they stop your
legs from fraying

Paul Hogan

ATHLETES AND ADVERTISING (EXTRACTED FROM AAU NEWS NO7 - NOVEMBER 1979)

There appears to be some confusion regarding the rules relating to athletes appearing in advertisements.

I.A.A.F. Rule 53 (viii) states:

Allowing his name, picture or athletic performance to be used for advertising, except when this is connected with a contract for sponsorship or equipment entered into by his national governing body and any resulting payment or benefit goes to the national governing body and not the individual.

You will note that the above rule only permits athletes to appear in advertisements if the national governing body (Amateur Athletic Union of Australia) negotiates such appearances.

The Board of Management has employed the services of Mrs. June Cann of June Cann Management to negotiate and deal with companies and advertising agencies on behalf of the union and its members.

This has been done so athletes and the sport will not be exploited and to conform with rules and regulations required by Actors Equity. At the half-yearly Congress, it was resolved that the formula for the distribution of funds received from athlete advertising be:

Category A (individual elite athletes) Union 50%, Association 30% Clubs 20%.

Category B (all other athletes) Union 1/3, Association 1/3, Clubs 1/3.

No athlete will be forced to appear in any advertisement if they do not wish to. All negotiations, etc., will be made known to the athletes who are appearing in the advertisements.

Under no circumstances should athletes appear in advertisements without first consulting the Executive director. Failure to do so will, under I.A.A.F. Rule 53, make that person infringe their amateur status.

At the Marathon Club dinner at the Highway Hotel on Friday November 23rd. John Gilmour (M50) was awarded a medal for his world record One Hour Run and Rob Shand (45) received the Outstanding Veterans Trophy. In his acceptance of the trophy Rob said that he considered the trophy to be a symbol of the close bond that exists between the Marathon and veterans clubs and that, although both clubs are rapidly growing in numbers month by month, it is hoped that this bond would remain as strong in the years to come.

Saturday November 17th

Womens track and field events were held at Perry Lakes warm up track and results had not been included in the previous Newsletter.

Kath Holland (W35) ran 100m in 12.9 200m in 25.3 and then threw the 11 discus 26.23m on 17th Nov and on 24th Nov Val Prescott (W35) ran 60m in 9.0s, 100m in 14.0sec and 200m in 31.1s

Errata Newsletter 89.

P6 31 results 15/10/79 J. Whittam should be M45 and not M40
P3 100m " " R. Calnen should be 13.9 not 17.9

Newsletter 90

P2 5k results 24/10/79 J. Whittam should be M45 and not M40
P15 Discus (1.51) 17/11/79 do

P2 100m 24/10/79 S Lockwood should be M50 and not M45

Vetrun 91 CLUB RECORDS UPDATE as at 30/11/79.

group	name	distance	new record	date	previous record and holder
M60	C. Bould	400m	29.0	15/11/79	nil
	J. Gilmour	300m	2.19.3	27/7/79	2.30.4 Horsley
	J. Gilmour	1500m	4.31.3	10/11/79	4.32.0 Gilmour
	J. Gilmour	5000m	16.54.0	"	19.50.0 Horsley
	J. GILMOUR	10,000m	35.07.7	"	40.32.0 Bould
	J. Gilmour	3000m	9.45.2	"	9.51.0 GILMOUR
M55	A. Merrett	3k steeple	11.13.0		11.29.3 Merrett
M50	S. Lockwood	1.5k discus	23.4	15/11/79	20.93 D. Jones
M45	M. Smith	1500m	4.26.9	10/11/79	4.27.5 D Carr
	M. Smith	5000m	16.42.0	24/10/79	16.57.0 Shand
	M. Smith	10,000m	35.22.0	6/10/79	35.32.0 (Shand & Carr
	M. Smith	5000m	9.34.0	10/11/79	9.50.0 R Shand
	J. Davies	400m Hurdles	72.6	24/11/79	79.4 Cummings
	J. WHITTAM	3k steeple	12.09.2	10/11/79	15.50 W Hughes
M40	A. O'Hare	3000m	9.09.0	15/10/79	9.22 Maslen
	R. Fergie	7.25k shot	11.60	13/11/79	10.79 Fergie
	R. Fergie	2k Discus	31.34	5/11/79	30.93 Fergie
m35	J. Gold	400m Hurdles	65.7	17/11/79	Nil

By virtue of the fact that there were few women competing, womens events were previously grouped under one heading of FEMALE. With the increase in the numbers of these 'persons', club records for women will now be prepared and issued soon.

There were two venues for competition on Thursday 22nd Nov with a limited programme of Track and Field events at Woodchester Oval. Veterans competing there were:

Bernie Oliver (M35)	200m	26.6sec
	5000m	19m 21sec
Phil Wall (M35)	5000m	16m 04sec
Geoff Wall (M35)	5000m	17m 50sec

At Perry Lakes warm up track there was the third round of the Time Trials at 6pm.

EVENTS:- Shot Put and 300metres with Dick Horsley organising and others assisting.

A Special 200m event was held in which Reg Briggs (M70) running the distance in 40.1 sec beat Cliff Bould (M60) who did 40.6 sec

Time Trials III	Heat/Pos	300m Time	Pts	SHOT Weight	Dist m.	Pts	POLINES Total meet.	Prog. total.
M45								
H. Berry	1/-	DNF	0	3k	5.03	93	93	357
M40								
D. Whittam	-	-	-	3k	3.74	707	707	2332
M30								
L. Brown	1/3	3:17.9	424	3k	7.30	463	387	387
J. PEARSON	1/2	3:15.5	200	3k	4.90	63	343	936
G. Sutherland	1/4	3:27.4	136	3k	5.53	172	363	865
J. Stone	1/1	3:01.9	436	-	-	-	436	1027
M70								
R. Briggs	-	-	-	4.5k	6.36	644*	644	1244
M65								
R. Horsley	-	-	-	4.5k	6.30	334	334	2475
M60								
C. Bould	3/3	3:03.9	593	-	-	-	593	1420

-3-

<u>155</u>								
A. Wright	3/7	2:49.4	537	5.5k	7.07	310	397	1797
<u>150</u>								
W. Hughes	3/5	2:33.3	660	5.5k	3.51	371	1031	1031
S. Lockwood	4/5	2:40.4	539	5.5k	7.62	247	776	2433
A. Tyson	4/5	2:40.1	579	-	-	-	579	693
<u>145</u>								
D. Carr	2/2	*2:12.0	*907	5.5k	7.22	60	967	3691
J. Whittam	3/3	2:34.5	646	5.5k	7.42	79	725	2130
E. Pearton	3/2	2:34.4	647	-	-	-	647	1764
M. Berry	3/6	2:40.4	575	5.5	6.09	20	595	1524
R. Mayres	4/2	2:29.3	703	5.5	7.43	23	796	2143
<u>140</u>								
D. Caplin	-	-	-	5.5	3.34	133	133	2372
J. Rowland	2/3	2:13.9	833	-	-	-	833	963
R. Sammells	2/3	2:26.0	623	5.5	7.43	20	703	1163
R. Benetti	4/4	2:44.5	466	5.5	9.74	334	300	1433
R. Fergie	-	-	-	5.5	11.26	554	554	1623
<u>135</u>								
I. Kirkman	2/1	2:10.5	838	-	-	-	838	1721
I. Henderson	2/4	2:14.5	790	-	-	-	790	1446
J. Maddison	2/5	2:17.0	760	-	-	-	760	760
D. Crowther	2/6	2:19.0	736	5.5	7.39	20	756	1915
B. Danby	2/7	2:21.0	712	5.5	3.10	34	746	1226
I. Sutherland	3/4	2:34.6	550	5.5	7.76	20	570	1409
J. Hosling	4/1	2:19.9	725	5.5	3.25	125	350	1533
E. Stone	4/6	2:59.5	250	-	-	-	250	250
B. Thomsett	4/7	3:03.3	130	-	-	-	130	130
K. Cameron	3/1	2:27.9	20	5.5	7.47	629	649	649

Note: In the Shot results points have been adjusted in the 135, 140, and 145 groups to allow for the use of underweight implements.
 * Best event performance ** Best this season

Current Positions are:-

MEN			WOMEN		
1.	D. Carr (45)	3691	1.	D. Whittam (W40)	2382
2.	S. Lockwood (150)	2433	2.	J. Stone (W30)	1027
3.	R. Worsley (165)	2475	3.	J. Pearton (W30)	986

24th NOVEMBER 1979. Due to the second session of the Military Tattoo being held at Perry Lakes Stadium. (Athletes shall wear spikes no longer than mm, military personnel may wear boots!) Track events were again held at McGillivrey Oval and Field events at the warm up track.

TRACK	100m	200	400	1500	3k Steeple	400 Hurdles
<u>135</u>						
B. Oliver	13.5	27.3				
J. Gold	12.2	25.1				
P. Gare		25.7	54.3			
<u>140</u>						
E. Haslen			62.3	4:40.0	10:16.0	
D. Hoyer						
<u>145</u>						
J. Davies				4:49.0	10:53.0	72.6
D. Walker		W/D				
J. Whittam						81.4
A. Cummings						
<u>150</u>						
W. Hughes	15.2		67.7	5:39.0		

Derek Walker withdrew from the 200m with an injured calf muscle.
 The 3k steeple was a 'dry run' in that there was no water jump

FIELD	Discus 1.5k	Shot 5.5k	Kath Holland
145			
J. Whittam	22.30	7.50	did not compete in any womens events
A. Cummings	30.32	8.19	
150			
W. Hughes	-	8.40	

A 10,000m was programmed for 6pm but it was decided that it would be run at 4.45pm. With the result that many missed out. The University Club however, put on a 5000m run for those waiting around.

The results of both races are as follows:-

10,000m	B. Oliver	E. Haslen	C. Spark	J. Davies	E. Pearton	R. Hayres
LAP	145	140	140	145	145	145
1	90	-	90	85	90	90
2	39	-	39	35	91	91
3	33	30	33	37	94	94
4	35	34	33	37	95	95
5	92	36	91	33	94	94
6	9 2	34	90	39	91	93
7	93	34	93	39	90	96
8	96	34	92	39	93	97
9	99	34	93	90	94	98
10	110	35	93	39	91	96
11	withdrew	35	93	91	39	99
12		33	93	90	93	93
13		36	93	91	96	93
14		36	94	92	93	withdrew
15		36	94	90	95	
16		37	94	91	95	
17		38	95	90	94	
18		37	95	90	97	
19		38	96	90	95	
20		36	93	92	93	
21		37	94	92	95	
22		39	93	92	93	
23		37	93	90	92	
24		38	93	90	91	
25		32	86	35	81	
TOTAL	15m34s	35m26s*	33m26s*	37m14s*	33m35s	20m39s

*Best this season

Some people never know when they have had enough like Eric Pearton and Bob Hayres who followed their 10k with a 30minute rest and then ran the 5k with the following results:

	C BOULD	A. Tyson	R. Hayres	E. Pearton	M. Berry	D. Crowther
LAP	140	150	145	145	145	135
1/2	47	44	45	43	44	39
1	101	91	91	101	91	81
2	103	92	92	102	92	84
3	104	93	93	98	93	83
4	104	94	92	101	95	87
5	106	97	91	101	97	88
6	105	99	39	104	93	89
7	106	99	33	102	93	89
8	103	101	91	104	97	88
9	104	100	91	106	98	87
10	101	97	91	101	98	88
11	101	96	39	83	91	89
12	100	90	32	37.6	93.7	84.7
TOTAL	21m25s*	19m53s	18m45s*	20m43.6s	19m45.7*	17m56.7s*

*Best this season

-5-

25th November 1972 The club venue was at the corner of Saw Avenue and May Drive for a 2 x 6m lap run through the Park on the Day of Friendship Course over slab paths, grass and bitumen. The 43 veterans were divided into three mobs, mob 1 off Go, Mob 2 off 10 mins and Mob 3 off 15mins. with the following results:

	Mob	Lap 1	Lap 2	Total	Position
<u>W55</u>					
V. Tyson	1	53.46	Withdrew	-	-
<u>W45</u>					
I. Butcher	1	34.30	Withdrew	-	-
M. Berry	1	39.45	Withdrew	-	-
<u>W40</u>					
D. Whittam	1	66.40	walled 1 lap	-	-
<u>W35</u>					
E. Crowther	1	40.09	Withdrew	-	-
J. Slinger	1	31.43	33.52	65.35	32
J. Hough	1	39.25	Withdrew	-	-
<u>W30</u>					
G. Sutherland	1	31.57	33.57	65.54	33
J. Pearton	1	32.23	Withdrew	-	-
J. Stone	1	30.41	30.53	61.34	30
L. Brown	1	32.16	35.22	67.38	34
<u>W55</u>					
G. Moordyl	2	-	-	61.00	23
F. Usher	2	30.20	30.14	60.34	27
A. Wright	2	-	-	59.13	24
<u>W50</u>					
M. Moyle	2	29.44	Withdrew	-	-
R. Lawrence	2	-	-	61.00	23
P. Lennie	2	28.44	23.41	57.25	22
D. Butcher	2	27.00	30.03	57.03	19
S. Lockwood	2	28.00	31.53	59.53	26
P. Morrissey	2	-	-	59.32	25
J. Carroll	2	31.36	Withdrew	-	-
A. Tyson	2	26.19	27.19	53.33	17
<u>W45</u>					
R. Shand	1	34.30	33.03	67.33	34
B. Buchanan	2	26.04	26.14	52.18	15
E. Pearton	2	26.18	25.47	52.05	13
J. WHITTAM	2	27.44	29.41	57.25	22
D. Hough	3	-	-	47.41	5
M. Smith	3	32.38	23.00	45.38	3
D. Moffett	2	26.19	31.06	57.25	20
<u>W40</u>					
D. Caplin	2	-	-	49.51	9
R. Spark	2	24.54	26.01	50.55	12
B. Banks	2	25.43	23.22	52.05	13
J. Maddison	3	-	-	47.39	4
D. Moye	3	22.03	22.11	44.19	1
M. Johnson	3	24.00	24.01	48.01	6
<u>W35</u>					
B. Slinger	2	27.29	29.04	56.33	18
G. Moses	2	29.30	27.33	57.03	21
J. Hoshing	2	24.48	25.03	49.51	9
B. Danby	2	24.34	25.54	50.28	11
I. Sutherland	2	Times not recorded		-	-
W. Hough	2	26.04	26.36	52.40	16
H. Kirkman	3	22.03	23.00	45.03	2
D. Crowther	3	24.00	24.01	48.01	6
M. Stone	1	30.45	Withdrew	-	-
B. Thomsett	1	31.59	33.34	65.33	31

We welcomed Jan Hough (30) of 27 Condor Circle Burrendah (4572382)
 Lesley Brown (32) of 474 Riverton Drive, East Riverton (4575405) and
 Dalton Moffett (49) of 34 Mount View Terrace, Mt Pleasant (3643415).

The Morning was finished off with a breakfast barbeque in the park

Note: insert above

W40 R. Sammells 2. 24.16 24.43 48.59 3

Vetrun 91 Thursday 29th November Time Trials Fourth Meeting at Perry Lakes

Warm up track at 6pm.

EVENTS 200m and 1500m with David Carr organising complete with whistle and starting pistol and Stan Loc'wood, Rob Shand and Ian Sutherland

Trials		200m		1500m		POINTS	
IV	Heat Posn	time	Pts	Heat Posn	time	Pts	Total Prog
							Meet Total
M45							
N. Berry	5/4	47.9	20	3/3	8:14.9	311	331 603
W35							
V. Prescott	1/4	30.5	560	-	-	-	560 1237
W30							
J. Pearton	5/2	41.4	20	3/5	6:37.4	506	526 1406
G. SUTHERLAND	5/3	44.0	20	3/6	6:39.2	495	515 1300
L. Brown	6/1	36.4	30	3/7	6:41.5	431	511 1393
J. Stone	6/2	41.8	20	3/4	6:14.9	640	660 1637
W70							
R. Briggs	5/1	38.3	470	-	-	-	470 1714
W65							
R. Morsley	-	-	-	3/1	5:29.6	1092	1092 3567
W60							
C. Bould	-	-	-	3/2	5:43.2	800	800 2220
W55							
A. Wright	4/2	31.6	540	2/9	5:56.4	735	1325 3122
W50							
R. Lawrence	4/1	30.4	560	3/3	5:56.4	695	1255 1255
W45							
D. Carr	1/2	27.1*	790**	1/4	4:34.6**	912	1702 5393
J. Whittam	4/4	35.4	20	1/10	5:14.9	671	691 2371
R. Mayres	2/3	31.0	400	2/3	5:00.0	760	1160 3303
E. Pearton	2/4	32.1	290	2/5	5:06.9	719	1009 2773
W. McCabe	-	-	-	2/6	5:25.4	603	603 1392
N. Berry	4/3	34.0	100	2/7	5:33.1	561	661 2135
J. Butts	3/4	30.3*	470	1/5	4:47.4*	336	1306 1826
W40							
D. Caplin	-	-	-	1/3	4:34.3	334	334 3256
R. Sammells	3/2	29.8	420	1/6	4:54.0	766	1186 2354
R. Spark	3/3	30.0	400	1/10	5:09.2	675	1075 1075
R. Benetti	2/1	28.3	720	-	-	-	720 2153
W35							
B. Oliver	1/1	26.3*	670	-	-	-	670 1747
K. Cameron	1/3	27.6	540	2/6	5:49.0	406	946 1595
J. Hosking	2/2	28.8	420	2/2	4:49.3	764	1184 2767
B. Danby	3/1	27.9	510	1/7	4:54.0	736	1246 2472
I. HENDERSON	-	-	-	2/1	4:45.5	737	737 2503
J. Barnes	-	-	-	2/4	5:02.3*	646	646 646
P. Wall	-	-	-	1/1	4:20.3	933	933 1852
G. Wall	-	-	-	1/2	4:29.3	334	334 334
D. Crowther	-	-	-	1/5	4:41.4*	312	312 2727

*Best this season **Best event Performance

Second runs, which do not count for points were made as follows:

D. Carr	200m	28.3		
J. Butts	200m	30.5	1500m	4m52.0
V. prescott	200m	31.9		

N. Crowther Inv 1500m in 4m54.1s and a special 200m for four children.
Dorothy Whittam watched the proceedings and did not participate
Alan Merrett dropped in as he was passing by on a training run. and
Basil Worner was training with Jim Hosking and Rob Shand until darkness
fell and the mosquitoes became too heavy to carry round the park.

Positions at the end of round 4 after 9 events are

MEN	Points	WOMEN	Points
1. D. Carr (M45)	5393	1. D. Whittam (W40)	2332
2. R. Morsley (W65)	3567	2. J. Stone (W30)	1637
3. R. Mayres (W45)	3303	3. J. Pearton (W30)	1436

-7-

Dick Horsley's fine performance in the 1500m made him the second veteran to get over 1000 points for an event, the first being John Gilmours 3000m on 8.11.79

Some interesting tussles are developing with equal points scores at 10th place between Henderson and Kirlman and a little higher up the ladder with Pearton, Hosking and Crowther

Saturday 1st December saw the return of Track and Field to Perry Lakes with a hot afternoon, which was really too hot in which to run a 5L as was evidenced by the number of withdrawals from the race

Track	60	100	200	400	800	5k
<u>W35</u>						
K. Holland		12.3*				
V. Prescott		14.5				
<u>M35</u>						
B. Oliver			23.9			
J. Gold	7.6		24.3*			
<u>M40</u>						
D. Hoyer			23.7		2:13.0	17:23.0
D. Caplin						17:15.4
R. BENETTI	8.3		27.0			
G. Moses			23.7	64.0		
A. Zemunik						17:51.0
E. Maslen						
<u>M45</u>						
D. Carr					2:12.0*	withdrew
J. Davies				63.1	2:26.0	withdrew
<u>M50</u>						
D. Jones	8.6		27.3			

*Best this season

FIELD	Shot 5.5k	Javelin 300g	Discus 1.5k	Hammer ?	2k Steeple
<u>M40</u>					
G. Moses					3:26.0
R. Benetti	10.04*				
B. Old	?	37.33*	?		
B. Robinson	9.90	19.00			
E. Maslen					6:33.3
J. Rowland				21.92	
<u>M45</u>					
J. Davies					7:23.0*
J. Whittam	7.70*		22.72		3:04.0*
A. Cummings			23.00	25.32	
R. Shand		26.18			
<u>W35</u>					
K. Holland	3.23(4k)		26.40* (1k)		

Earlier in the morning six members of the club participated in a Marathon at Albany: Starting at 7am in 20c temperatures, the race was won in 2h 36m 10.3s with Ben Stoffers (M35) second in 2h 50m 21.9s other who participated, with their times were:-

Allen Tyson	(M50)	3h 20m 42.6s
Terry Manford	(M40)	3h 35m 54s
Jim Martin	(M50)	3h 29m 21s
Bob Johnstone	(M35)	3h 49m 12.6s
Ralph Godkin	(M55)	3h 33m 49.3s

30 started the race and 22 finished. The fastest woman ran the distance in 3h 21m 48s.

The evening was still and cool ideal for the Club Xmas barbeque arranged from 6pm onwards at Art and Barry Briffes Mill Point Road Smallholding. The Club provided an 18 gallon keg Salads, coffee and cakes and members brought their own food and Company. Art had obviously worked hard all day and had the garden in first class condition and Mary and her helpers Maureen Mayres, Jill Pearton, Flora Berry, Pat Carr and Marion Shand did a good job on the food preparation side. Two presentations were made during the evening one to John Gilmour in recognition by the club of his world records overseas and back in Australia and the other to Bob Mayres for being the Rottenest Veteran during the clubs 'overseas' trip in 1978. About 140 attended and enjoyed a pleasant non competitive evening and as the exhaust of the last car faded into the distance the 'Bishop of Bullsbrook and C.J.' blessed the empty keg and departed into the night. Our thanks to all those who assisted and especially to Art and Mary Briffe

The response to our last newsletter has been tremendous, Martin O'Rourke now has a typewriter and thanks to Jeff Whittam we now have a set of numbered discs for field events.

On Sunday 2nd December our Recovery job at McCallum was not well attended and was disrupted by the dog club taking over the end of the park normally used by us. Sutherlands I and G, Mayres, Crowther, Morrie Smith, Moffett, Sparl, Noordyl, Woshing, Whittam, Peartons, Stones, Brown, Bould, Lockwood, Barnes, Lawrence, Caplin, Johnstone, and Carr all jogged their various ways and disappeared quietly into the crowd. Neither Junner nor Morrissey appeared to jog!

The Loneliness of the lunch-hour jogger

One of the pearls of wisdom left behind by the 'shootin', huntin' and fishin'' set of the Victorian and Edwardian ages was that 'there's nothing better for the inside of a man than the back of a horse.' Which might well have been true. After the gallop, canter or trot, the horse was hosed and rubbed down and the man groomed for the gaming table or other activities. What was then claimed for riding a horse is now being claimed broadly on behalf of jogging. The only trouble is that the jogger, who is appearing in the streets and parks in increasing numbers during the lunch hour, is not hosed down before resuming his labours. In most offices, which lack the facilities for showers, he simply puts on his working clothes and returns to his desk. He glows with inner satisfaction that he is not as others who have spent their lunch break in a restaurant or bar, eating or drinking themselves towards their doom. His satisfaction is not shared by those in his immediate vicinity. In fact, in air conditioned offices it is not shared by anyone over a quite large area. The jogger is immune to hints. Well rehearsed talks about people who unknowingly offend, to the detriment of their social lives, are quite ineffective. Of course, there are others who go to the other extreme. They drench themselves in deodorants to the point where one expects a mask and scalpel to be produced. Perhaps we might soon see a new kind of industrial claim, as workers ask for dirt money because they share an office with a lunch-time, non-showering jogger. The loneliness of the long-distance runner was chronicled in print and film. Is the loneliness of the lunch-hour jogger destined for similar fame?

(from: The Aust. Womens Weekly. Aug 22 1979)

Alan Hunt birthday 3rd December turned 33 and remains m35

Thursday 6th December Time trials Fifth meeting at Perry Lakes

Warm up track at 6pm

EVENTS: 200m and Javelin with Bob Sammells organising with Prescott, Woshing, Tyson and Caplin assisting.

-9-

Thursday 6th December Cont:

TIME	Heat	200m	Pts	300 g Javelin	Points	Total	Prog
TRIALS	Posn	Time		Dist	Pts	Meet	Total
W55							
V. Tyson	1/5	48.7	20	-	-	20	309
W45							
H. BERRY	1/4	45.9*	20	8.86	20	40	728
W40							
D. Whittam	-	-	-	17.76*	230	230	2612
W30							
J. Pearton	1/2	41.5	20	7.30	20	40	1526
J. Stone	1/3	43.4	20	-	-	20	1707
L. Brown	1/1	37.2	20	13.64	103	123	1526
M55							
A. Wright	3/3	32.9	410	17.53*	223	633	3755
M50							
D. BUTCHER	3/2	32.2	330	20.74*	271	651	2533
R. Lawrence	2/1	29.9	610	18.48	192	302	2057
A. Tyson	-	-	-	15.94	103	103	796
W45							
E. Pearton	3/5	36.0	20	MT	Nil	20	2793
J. Whittam	2/4	33.5*	150	16.24	67	217	3033
H. Berry	2/4	33.5*	150	-	-	150	2335
R. Hayres	2/3	31.4	360	23.30	279	639	3947
D. Carr	4/1	27.9	710**	19.96*	179	889	6282
W40							
R. Fergie	2/1	29.9	410	32.24*	345**	755	2373
E. de Souza	4/3	30.0	400	23.28	166	566	566
R. Sammells	3/1	31.0	220	17.28	46	266	2620
D. Caplin	-	-	-	22.24	145	145	3401
M35							
B. Oliver	4/4	32.4	60	-	-	60	1307
H. Stone	3/4	34.6	20	-	-	20	270
K. Cameron	4/2	28.9	410	35.64	3/3	723	2313
I. Henderson	4/OUT	Pulled Hamstring	-	-	-	Nil	2502
J. Hosling	-	-	Nil	26.26*	125	125	2892

*best this season

**Best event performance

Positions at the end of Round 5 after 11 events are

MEN	Points	WOMEN	Points
1. D. Carr (W45)	6282	1. D. Whittam	2612
2. R. Hayres (W45)	3947	2. J. Stone	1707
3. A. Wright (M55)	3755	3. J. Pearton	1526
		L. Brown	

John Hughes birthday 6th December turned 44 and remains W40
 Reg Briggs birthday 7th December turned 74 and remains W70

Saturday 8th December was the last time that track and field would be held on Perry Lakes Stadium as a full programme in 1979 before the whole area was taken over by 'a million scouts' and the park fenced off to keep them in.

Saturday 3th December Cont:

TRACF	60	100	200	400	800	1500
<u>M35</u>						
K. Holland	7.3*	12.2	25.3*	-	-	-
V. Prescott	8.9*	12.2				
<u>M35</u>						
J. Gold		12.1**	23.3**			
B. Oliver		12.8*				
P. Wall	-	-				
P. Care	-	-	24.2	53.3	-	-
<u>M40</u>						
B. Robinson						4:47*
<u>M45</u>						
D. Carr	-	13.0*	26.0**	56.3**	2:09.5**	
J. Davies						4:46*
J. Whittam						5:20
<u>M50</u>						
D. Jones			26.3**			

FIELD	Discus 1.5k	Shot 5.5k	Javelin 300g	3k Steeple	400 Hurdles
<u>M40</u>					
R. Benetti	20.56*	9.12	24.70		
B. Old	26.28	-	36.62		
B. Robinson	17.46	3.22	-		
E. Maslen				10:33.0	
<u>M45</u>					
R. Shand	29.74	3.83**	31.62**		
A. Cummings	29.56	3.44*			
J. Whittam	21.34	7.31		11:57.5*	
J. Davies	-			10:49.6**	?

3000m

M35

P. Wall	36	73	73	75	76	77	76	75.6	9:23.6s
D. Crowther	38	73	79	82	83	83	84	82	10:06s*

M40

D. Caplin	35	73	73	76	78	81	80	76	9:37.0s*
E. Maslen	36	73	76	77	80	83	83	80	9:48.0s

M45

M. Smith	35	73	77	74	77	80	73	73.6	9:27.6**
----------	----	----	----	----	----	----	----	------	----------

*Personal best this season

**Personal and club best this season

There will be no A.A. or W.A. Competition on Sat 29th Dec or Sat 5th January as there are no venues available.

Peter Williams Birthday 3th December turned 40 and becomes M40

At McCallum on Sunday 9th December 24 Veterans participated in a 2 x Dave Jones Course and field event with the following results and positions:-

	2 x D.J.			Discus 1.5k	Jav 300g	Shot 5.5k	Hammer 5.5k
	Lap1	Lap2	Total				
<u>M35</u>							
R. Horsley	10.21	11.31	21.52/4	21.93/4	-	-	-
<u>M40</u>							
C. Bould	9.42	9.42	19.24/9	-	-	-	-

-11-

Sunday 9th December Cont:

	Lap1	Lap2	Total	Discuss 1.5h	Javelin 300g	Shot 5.5h	Hammer 5.5h
<u>155</u>							
G. Noordyk	9.33	10.07	19.40/10	-	-	-**	-
B. Chapman	-	-	-	21.16/6	19.36/3**	8.46/4	21.30/4**
<u>150</u>							
D. Moyle	9.53	10.06	20.04/11	-	-	-	-
D. Jones	9.53	10.30	20.23/12	-	-	-	-
J. Martin	9.20	9.10	18.30/7	17.39/9	22.14/5**	7.32/9	-
<u>145</u>							
J. Whittam	9.19	9.32	18.51/8	21.03/7	19.36/3*	7.67/8	18.76/6
A. Cummings	10.51	12.26	23.17/16	23.09/2	20.72/7*	8.01/7	30.21/2*
D. Carr	3.09	3.24	16.33/2	19.13/3	19.34/10	-	-
D. Moffett	9.14	9.10	18.24/5	-	-	-	-
B. Buchanan	11.45	11.17	24.02/17	-	-	-	-
R. Shand	11.45	11.17	24.02/17	24.71/3	26.52/2	8.04/6	-
<u>140</u>							
D. Caplin	7.33	8.00	15.38/1	-	22.32/4	8.30/5	17.40/7
R. Benetti	10.39	12.33	23.17/15	21.29/5*	25.92/3	8.92/3	18.92/5
R. Sammells	3.13	3.30	16.43/3	16.24/10	21.66/6*	7.11/10	-**
R. Fergie	-	-	-	23.62/1	34.72/1*	11.75/1	38.27/1
J. Rowland	-	-	-	-	-	9.14/2*	22.64/3*
<u>135</u>							
J. Barnes	9.02	9.17	18.19/4	-	-	-	-
C. Ansell	10.21	10.42	21.03/13	-	-	-	-
<u>140</u>							
D. Whittam	-	-	-	-	14.7 6/12	-	-
Inv. W l. Bevan	9.14	9.10	18/24/6	-	-	-	-

*Best this season

**Personal and club best this season

Martin O'Rourke birthday 10th December turned 33 and remains 135

Out of Sequence Inclusion: Twilight Wednesday 5th December

Among other events in a restricted programme at Perry Lakes Stadium
Eleven vets participated in a 10,000m with the following results:

<u>160</u>	C. Bould	44m34s
<u>145</u>	J. Butts	36m57s
	E. Pearton	37m35s (best this season)
	J. Whittam	40m21s
<u>140</u>	D. Moye	34m06s
	D. Caplin	35m24s
	R. Spark	40m06s (best this season)
	G. Moses	withdrew after 11 laps
<u>135</u>	G. Wall	34m15s (135 club best this season)
	J. Hosking	33m13s
	D. Crowther	was time at 33m 47s but it is fairly certain that he ran one extra lap and his time should be more in the vicinity of 37m07s.

Sunday 9th December As the McCallum runners were starting their Dave Jones Course run, other veterans were participating in the Marathon Clubs Half Marathon over a new course near Fremantle, starting at Point Walter, going west to a turning point at the Rottnest Ferris and returning through Point Walter, along Burke Drive to the Highway (Bill Hughes course) and back to Point Walter. With a 7.30am start and temperature in the vicinity of 24deg C it was a hot run with veterans performances as follows:

Vetrun 91 Sunday 9th December Cont:

W55	V. Tyson	Withdrew at 71m approx 42:00.0
W45	H. Berry	Withdrew at 71m approx 42:00.0
W30	J. Stone 52	103:17.9
	G. Sutherland 54	112:43.3
W55	A. Wright 49	101:42.1
W50	D. Butcher	Withdrew at 141
	A. Tyson 53	106:07.0
W45	H. Smith 6	76:11.2
	J. DAVIES 13	80:43.1
	J. Butts 15	82:23.1
	E. Pearton 13	83:03.3
	R. Mayres 35	89:37.9
W40	A. Smith 5	75:35.2
	H. Stoffes 8	78:21.2
	B. Robinson 20	83:54.7
	W. Carter 25	86:07.4
	T. Henford 29	87:17.7
	R. Sparr 30	87:24.1
	C. Sparr 31	87:50.2
	D. Woye	Withdrew
W35	J. Joyce 12	80:21.1
	D. Crowther 16	82:39.5
	H. O'Rourke 21	84:16.0
	B. Denby 33	91:11.1
	I. Sutherland 42	94:04.9
	R. Croft 43	95:53.6

Joggers Running 141m

W45	L. Butcher 16	77:37.0
W55	F. Usher 11	87:03.0
W50	A. Smith 7	82:44.0
	W. Hughes 13	71:07.0
W35	W. Hough 12	69:05.0

Twilight Wednesday 12th December at Perry Lakes Stadium consisted of 100m, 400m, 800m Discus and 5000m for men and women with 110m Hurdles men. In the 5000m runners ran into a moderate to strong S.W. wind at 6.30pm., the results were as follows:

P. Wall	W35	16m06s
G. Wall	W35	16m31s
D. Caplin	W40	16m16s (personal best)
D. Woye	W40	16m40s
F. Smith	W35	16m53s
D. Crowther	W35	17m22s (personal best)
J. Whittam	W45	19m02s
A. Tyson	W50	19m13s
D. Butcher	W50	19m43s
C. Bould	W60	20m52s

Thursday 13th December Time Trials Sixth meeting at Perry Lakes warm up track at 6pm.
EVENTS. 100m and Discus with Dick Morsley (standing in for John Gilmour) organising

TIME TRIALS VI	Heat Pos	100m Time	Pts	Wt.	Dist	Discus Pts	Points	
							Total Heat	Prog Total
W45								
H. Berry	2/3	19.00	20	11	12.31	292	312	1030
W40								
D. Whittam	-	-	-	11	13.75	470	470	3032
W30								
J. Pearton	2/2	13.35	20	11	10.50	20	40	1566

-13-

TIME TRIALS		100m		Discuss		Points	
VI	Best Pos	Time	Pts	Wt.	Dist	Pts	Total
W30							
L. Brown	2/1	17.3	40	11	15.33	233	273
J. Stone	2/4	19.2	20	11	10.67	27	47
M65							
R. Worsley	-	-	-	11	24.04	*596	596
M55							
B. Chapman	-	-	-	1.51	23.23	463	463
A. Wright	4/3	14.40	720	1.51	23.00	455	1175
M50							
A. Tyson	4/6	15.32	340	1.51	16.33	169	509
D. Jones	4/1	12.3	940*	1.51	20.42	295	1235
M45							
E. Pearton	1/4	15.3	340	-	-	-	340
J. Whittam	3/4	16.5	100	2.01	13.13	216	316
R. Shand	-	-	-	2.01	13.94	243	243
D. Walker	4/4	14.36	420	2.01	17.94	203	623
R. WATKINS	1/3	14.46	500	2.01	15.96	139	639
A. Cummings	4	Withdrew	11	2.01	25.22	463	463
D. Carr	1/2	12.32	940*	2.01	17.55	194	1134
E. Berry	1/5	16.40	120	2.01	-	-	120
M40							
R. Sammells	3/1	13.93	700	2.01	14.75	20	720
D. Caplin	3/2	14.0	700	2.0	17.31	93	793
M35							
J. Mosking	4/2	14.27	340	2.01	16.22	20	360
I. Henderson	-	-	-	2.01	16.45	20	20
G. Allen	4/5	15.32	140	2.01	22.90	102	242
B. Oliver	1/1	12.30	740	2.01	-	-	740
I. Stone	3/3	15.11	80	2.01	-	-	80

**Best performance for event

* Personal best this season

All implements used were correct weight for age so no points adjustments were necessary.

The Current Positions are:-

Men

1.	D Carr	(145)	7416
2.	A. Wright	(155)	4930
3.	R. Weyres	(144)	4537

Women

1.	D. Whittam	(40)	3032
2.	L Brown	(W30)	1799
3.	J. Stone	(W30)	1754

We welcome Gerald Allen () of 1 Dreyer Road Roleystone
(tel 3975657) to the club

As the Club had been rostered by the AAO/WA to assist at the Australian Schools Track and Field Championships at Perry Lakes on Sunday December 16th, we changed our normal arrangement for a Sunday run to Saturday evening on December 15th with Peartons Mt Claremont run. Whether Saturday evening is unpopular or it was the time of the year the turn out was not as large as normal with only 20 participating. Many stayed on for a short while only having to move on to other Xmas celebrations. The runners were divided into two groups, one leaving 5mins ahead of the other with a start at 5.30pm on a two circuit course totalling 6.6k. Results were:-

M45

L. Butcher not time, jogged course after other runners

M50

J. Stone 30m19s 1st woman home
L. Brown 33m16s

M55

A. WRIGHT 30m30s
F. Usher 30m49s

M50

A. Tyson 27m30s
J. Martin 28m07s 2nd over the line

t Claremont run Cont:-

m50		
D. Stone	29m23s	3rd over the line
D. Dutcher	not timed, jogged	course after other runners
145		
D. Carr	25m04s	
R. Shand	27m13s	
J. Whittam	27m53s	first over the line
140		
D. Moye	23m10s	overall winner
D. Caplin	24m13s	3rd overall*
J. Maddison	24m55s	
R. Sammells	25m13s	
135		
D. Crowther	23m43s	2nd overall
F. Smith	24m33s	4th overall (started late)
K. Cameron	27m59s	
J. Mosling	33m16s	

Mark Crowther (26m19s) and Claire Stone (26m40s for 1 lap) ran by invitation.

First over the line, overall winner and first woman were presented with jar of peanut butter and jam of honey before the runners enjoyed a swim and settled down to barbecue and socialising. Our thanks to Jill and Eric Pearson for organising the run and acting as hosts for the days run.

We welcomed Don Stone (M50) of 17 Lennox Place, E hammersley (3422737) to the club

At the Championships some veterans participated in invitation events as follows:-

Saturday 15th

Steeplechase

3000m

E. Maslen (140)

P. Well (135) 9m20.6s

On Sunday 16th Veterans at McCallum did their own training in their own time while others assisted at Perry Lakes.

JANUARY 1980

Thursday 3rd	Time Trials (100, Javelin, 300 walk) at McCallum 6pm (Morsley- Whittam)
Saturday 5th	A.A.W.A. NO COMPETITION
Sunday 6th	Vets 3000m (3 laps McCallum) 8am (Fergie Moye)
Thursday 10th	Time Trials (300, Hammer) at McCallum 6pm (Gilmour Johnstone)
Saturday 12th	A.A.W.A. Track & Field DAY 4 at Perry Lakes.
Sunday 13th	Vets Bridges Run McCallum 8am (Sammells, J Martin)
SUNDAY 13th	VETERANS CLUB IS ROSTERED FOR THE "BIG 6" TRACK & FIELD MEET AT PERRY LAKES. THIS IS AN OPPORTUNITY FOR YOU TO SEE THE BIG BOYS AND GIRLS IN ACTION SO VOLUNTEER FOR DUTY TO ROB SHAND AS SOON AS POSSIBLE.
Wednesday 16th	A.A.W.A. Twilight (Events to be advised) Perry Lakes.
Thursday 17th	Time Trials (10) MILE, Discus (Caplin, Benetti) P.L.W.U 6pm.
Saturday 19th	A.A.W.A. Shield Competitions
Sunday 20th	A.A.W.A. Shield Competitions } Registered Vets to compete. All points to count toward the club Perry Lakes.
Sunday 20th	Vets 3 X Dave Jones (Collins, Maddison) McCallum 8am
Wednesday 23rd	A.A.W.A. Twilight (Events to be advised) Perry Lakes.
Thursday 24th	Time Trials (11) 400, 100, Javelin (Hayres, Prescott) P.L.W.U.
Saturday 26th	A.A.W.A. Track & Field DAY 5 Perry Lakes
Sunday 27th	SOUTH WEST CHAMPIONSHIPS (Registered Vets Only) BUNBURY.
Monday 28th	SOUTH WEST CHAMPIONSHIPS (Registered Vets Only) Bunbury.

JANUARY PROGRAMME Contd.

Sunday 27th Members own training.

Wednesday 30th A.A.W.A. Twilight (Events to be advised) Perry Lakes.

Thursday 31st Time Trials (12) 200, 1500 (Buchanan, Bould) P.L.W.U. 6pm.

My Interest is in the future because
I am going to spend the rest of my
life there

Chas Franklin Kettering

And in the context of this months quote we advise Veterans of the
following forthcoming major events in our Calender:-

TWENTY THIRD SOUTH WEST TRACK AND FIELD Championships

at P.O. Payne Park East Bunbury

on Sunday 27th January 2.30 - 7.30pm

Monday 28th January 9.30am

Track grass

Programme includes events for Men 35 and over and 45 and over and for
Women 30 and over. Programme on entry forms.

Requirements to compete are Registration with AAO/WA.

Entry forms from the Secretary, S.W. Association (Phil Smith 23
Dunstan Street Bunbury) or Rhum Importers, Eric Street Shopping
Centre Cottesloe.

Entry forms to Phil Smith or Rhum Importers with entry fee not
to SECRETARY by 7th Jan 1980. Late Entries up to 15th Jan 1980.

Late Entries up to 15th Jan 1980 at double fee.

The Club has entered in relays for Men 0/35 4x400m (2 teams) and 4x100
m (2 teams) as well as women 0/30 4x400m and 4x100m (one team each).
Teams will be chosen from those at Bunbury. Arrangements are being
made to camp at capel Oval as a group with showers and change rooms
on the site and confirmation of the booking is awaited

AUSTRALIAN VETERANS NATIONAL TRACK AND FIELD CHAMPIONSHIPS

at Olympic Park Kensington Adelaide South Australia

on Friday April 4th 6pm - 3pm

Saturday April 5th 12.30pm - 4pm

Sunday April 6th 12.45pm - 4.40pm

Monday April 7th 10am Cross Country

Pre Vets events are programmed for Saturday and Sunday mornings

Track Tartan

Requirements to compete are financial membership of an Australian
Veterans Club (our Subs fall due on 1st April 1980 to compete you
must be financial)

Entries are to be made through the Secretary and must be in Adelaide
by 4pm Sat March 8th 1980.

Entry forms have not yet been received.

Programme a limited number of programmes are available to those
genuinely interested in going to Adelaide from the secretary.

Alby Thomas will be running and Gordon (Puff Puff) Pirie will also be
competing. From NZ Derek Turnbull (4m16.9 at Hannover in the 150/1500)
and of course from WA John Gilmour will be a leading contender.

12th WORLD ROAD CHAMPIONSHIPS

at Palmerston North New Zealand

on 3rd and 4th January 1981

distances 10km and 25km

4th WORLD VETERANS TRACK AND FIELD Championships

at Christchurch New Zealand on 8-14th January 1981.

Events: full range of mens and womens Track and Field events including
Marathon, Cross Country and road Walks.

To have these competitions in a Southern Hemisphere summer will be a new experience for our veterans who usually have to train and compete out of season so this is an opportunity of seeing and participating in first class veteran competition as well as having a holiday in New Zealand.

Contacts in New Zealand for information are:-

For I.G.A.L. 10 and 25 km Road Championships, all enquiries to:

Mr Maurie Brown

Secretary 14-I.G.A.L. Championships

P O Box 1216

PALMERSTON NORTH, NEW ZEALAND

Telephones: Home: 35604 Business: 30029

For 4 World Veteran Athletic Championships

Mr Cassells Kernahan

Secretary, 4th WVAC

P O Box 31-102, Ilam

CHRISTCHURCH, NEW ZEALAND

Telephones: Home: 31492 Business: 432009

4 WVAC, Accommodation

Mr Peter Wells

75 Gladson Ave

CHRISTCHURCH 4, New Zealand

Telephones: Home: 433536 Business: 793200

Travel To and From New Zealand

Mr W M (Bill) Davies

Group Tours Manager Air New Zealand

No 1 Queen Street

AUCKLAND, NEW ZEALAND

ALSO AIR NEW ZEALAND AGENCIES AT Rome, Frankfurt, London, Manchester, Vancouver, Toronto, San Francisco, Los Angeles, Chicago.

Travel within New Zealand

Mr Geoff Ellis

Trans Tours

Private Bag

CHRISTCHURCH, NEW ZEALAND

Telephone 433369

Time Trials programme all Thursdays at 6pm

DATE	Event/Venue	McCallum	Duty Roster
January 1930	100m 300m Walk Javelin		(Morsley and Whittam)
3rd			
10th	300m Hammer		(Gilmour and Johnstone)
		Perry Lakes Warm up	
17th	1 Mile Discus		(Caplin and Benetti)
24th	400m 100m Javelin		(Layres and Prescott)
31st	200m 1500m Shot		(Bould and Maddison)
February 1930			
7th	3000m 400m Hammer		(Buchenan and Yosting)
14th	10,000m		(Sammells and Rowland)
21st	300m 200m Shot		(Fergie and Walker)
28th	5000m Hammer		(Bould and Lockwood)
March 1930			
6th	100m 1500m Javelin		(Caplin and Butcher)
13th	5000m Discus		(Morsley and Usher)
20th	400m Hammer		(Carr and Godlin)
27th	10,000m		(Gilmour and F. Smith)

All results to Bob Fergie for points scoring. If he is not at the track results to Bruce Buchanan or Rob Shand as soon as possible

FORTHCOMING VETERAN EVENTS, U.K. AND EUROPE

- June 14th Vets 10km Road Race at Copthall stadium, Wendon.
 1 5th Barnet Sports Gala. Men and Womens Veteran Track and Field Events
 29th Brugge 25 km Veterans Road Race (Men and Women) Details of touring party from J. FitzGerald, 6 Tyers House, Aldrington Road, London S.W. 16. 1TJ
- JULY 5th (Provisional date) Southern Countries Track and Field Championships. Venue to be advised at a later date.
 19/20 (Provisional date) B.V.A.F. Track and Field Championships. Venue to be advised at a later date.
- August 3-9th (Provisional date) 2nd Track and Field Championships for European Veterans Olympic Stadium Helsinki. Details of Air Flights from L. Durrant, Trans Euro Travel Ltd. 522 Kingsland Road, London E.3.
 23rd 10km Worlds Best Road Race, Bellahouston Sports Centre, Glasgow.
 24th 13th Worlds Best Veterans Marathon Bellahouston Sports Centre, Glasgow.
 Entries £5 per event to the Organising Committee, 1980 World Veteran Events, Scottish Amateur Athletic Assc., 16, Royal Crescent, Glasgow G3 7SL
- October 12th B.V.A.F. Marathon Championships at Kidsgrove, Stoke-on-Trent.
- Jan 3rd 1981 Worlds Best 10km Veterans Road at Palmerston North. N.Z.
 Jan 4th 1981 Worlds Best 25km Veterans Race at Palmerston North. N.Z.
 Jan 3-14th 4th Worlds Veterans Track and Field Championships at Christchurch New Zealand. Details of Air Tours from L. Durrant.

Vets Roster in January Ref Athletic Assn of W.A.

Our Roster duty for Nov 11th was cancelled and has been transferred to Jan 13th the replacement date for the Big 6 Meeting. This is a wonderful opportunity to see top class athletes in action and to help the club do its duty.

Committee

For the edification of new members who have joined during the year and do not know who the committee are we provide the following list.

Patron	Bill Hughes	()	see him occasionally
President	David Carr	(45)	see him about any club matter
Secretary	Rob Shand	(45)	see him for club matter and items in newsletter etc.
Assist Secretary	Bob Fergie	(40)	see him for points scoring for time trials, pentathlon etc.
Treasurer	Bob Sammells	(40)	see him for any money matters, Subscriptions, singlets, tee shirts, badges etc.
Committee	Don Caplin	(40)	See him for name badges and equipment matters as he is also the Armourer.
	Dick Morsley	(35)	See him for information on statistics, records etc.
	Bob Hayres	(45)	See him for any social matter

Committee Cont:-

Committee

John Gilmour (M60)	See him about training, coaching, overseas trips and World Record breaking.
Cliff Bould (M60)	See him about your injuries.
Bruce Buchanan (M45)	Team Manager. Give all results to him and see him about general club runs.
ex. officio members Stan Lockwood (M50)	See him about borrowing books as he is the librarian.
Val Prescott (M35)	See her about womens affairs and A.A. of W.A. matters related to women.

LIBRARY

Books and magazines are available from the boot of Stan Lockwood's VW (UGP 996) at McCallum. You can borrow or return books at any time during a normal Sunday morning meeting. Do not slam the hood as it is self-locking.

All books will be numbered. Please ensure that you record the date and your name at the appropriate column and page in the 'blue book' when borrowing, and the date only when returning. Books currently out are not numbered. Please return them to Stan Lockwood personally so that they can be recorded and indexed.

Magazines and items not numbered are not recorded in or out. For the benefit of all members you should not retain them for an undue length of time. Keep them circulating.

The following books have been out for a long time - please return as soon as possible:

Title	Date out	Borrowed by
Hints on Athletic Injuries	10.10.78	B. Robinson
Sports Injuries	22.10.79	D. Carr
Athletics (Cerutti)	26.11.78	B. Oliver
Exercises for Runners	30.4.78	Ogilvie
Food for Fitness	20.3.78	Berry
GUIDE TO Distance Running	8.7.79	Warren
Run Gently, Run long	?	?
Jog, Run, Race	19.3.78	G. Darcy
Fitness after Forty	10.10.79	Robinson
Keep your heart running	22.7.79	?
Live Longer Now	19.3.78	J. Darcy
Running after Forty	?	?
Beyond Jogging	?	?
Van Aaken Method (3 copies)	8.7.79	Warren
	8.7.79	Rutty
	13.2.79	W. Tough
How They Train	27.7.79	Tyson
Dr. Sheehan on Running	20.3.79	D. Tough

Three new additions to the library are:-

The Complete Book of Running	James F. Fick
The Complete Woman Runner	Editors of Runners World Magazine
Women's Running	Dr. Joan Ulliot

CLUB LIBRARY BOOKS

Age of the Runner	
Aerobics by Cooper	
Hints on Athletic Injuries	Bould
Interval Training	Costes
Sports Injuries, etc.	Colson
Athletics	Cerutti
The New Aerobics	Cooper
Dr. Sheehan on Running	
Exercises for Runners	

Food for Fitness	Frederick
The Running Body	Pitt
The Complete Book of Running	
Guide to Distance Running	
Comput. Running Training Programmes	Gardner and Purdy
Biorhythms Sports Forecasting	Gittelsohn
The Long Run Solution	Henderson
Run Gently, Run Long	Henderson
Jog, Run, Race	Henderson
Fitness after Forty	Higdon
Light on Jog	Iyengar
Keep Your Heart Running	Kiell
Live Longer Now	Jack Darcy
The Modern Olympic Games	Meze
Non Runners	
The Olympic Games, 1948-72	
Running After Forty	
Complete Weight Training Book	Reynolds
Running for Life	
The Complete Women Runner	Runner's World
The Running Foot Doctor	Subotnick
Beyond Jogging	Spino
The Complete Runner	
Women's Running	Dr. Joan Ulliot
Van Aaken Method (4 copies)	Van Aaken
Sports Organiser's Handbook	Winckles
How They Train	Wilt
Veteran Athletic Club Newsletters (3 volumes)	

Stan Lockwood
Librarian

DECEMBER BIRTHDAYS.

Noel Goff	Birthday 12th Dec	turned 59 and remained	M55
Stewart Brandon	Birthday 12th Dec	turned 42 and remained	M40
Nora Berry	Birthday 17th Dec	turned 50 and remains	W 50
Cam. Ansell	Birthday 17th Dec	turned 37 and remained	M35
Dick Horsley	Birthday 21st Dec	turned 67 and remained	M65
Jack Collins	Birthday 24th Dec	turned 68 and remained	M65
Laura Ratty	Birthday 25th Dec	turned 31 and remained	W30
Ross Holland	Birthday 26th Dec	turned 42 and remained	M40
Dalton Moffett	Birthday 28th Dec	turned 49 and remained	M45
Derek Crowther	Birthday 29th Dec	turned 38 and remained	M35
Barry Slinger	Birthday 29th Dec	turned 40 and becomes a true VET	M40.

WE THANK MARTIN O'ROURKE FOR TYPING THIS
NEWSLETTER

REMEMBER THAT THE CLUB ANNUAL GENERAL MEETING WILL BE ON THE LAST SUNDAY
IN MARCH i.e. SUNDAY 30th. NOW IS THE TIME TO BE THINKING ABOUT YOUR
CLUBS FUTURE, ABOUT WHAT YOU WANT IN THE CLUB AND WHO YOU WANT TO BE IN
THE COMMITTEE, WHAT YOU WANT TO BE DISCUSSED AT THE MEETING AND ANY OTHER
ITEM YOU WISH TO BE AIDED, DISCUSSED OR ARGUED ABOUT. REMEMBER THAT THIS IS
YOUR OPPORTUNITY TO HAVE YOUR SAY.

LIST OF FINANCIAL MEMBERS AS AT 30.11.79.

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

NAME	GROUP	ADDRESS	HOME PHONE NO.
ALLEN, Gerald	M35	1 Dreyer Road, ROLEYSTONE 6111.	397 5657
ANDERSON, Val	M60	39 Gregory Street, BELMONT 6104.	277 6102
ANSELL, Campbell	M35	165 Broome Street, COTTESLOE 6011.	384 8718
ATZEMIS, George	M35	215 Main Street, OSBORNE PARK 6017.	341 5526
BASELEY, Kevin	M40	38 Brook Road, DARLINGTON 6070.	299 6641
BARNES, James	M35	5 Tremlett Street, THORNLIE 6108.	459 2617
BATTERHAM, Denis	M45	96 View Terrace, BICTON 6157.	339 3499
BEAMENT, Keith	M35	5 Felstead Crescent, HAMERSLEY 6022.	447 3419
BEECHAM, Bruce	M35	5/85 Herdsman Parade, WEMBLEY 6014.	-
BENETTI, Raymond	M40	5 Ackland Way, COTTESLOE 6011.	384 1093
BERRY, Mike	M45	47 Normanby Road, INGLEWOOD 6052	271 9268
BERRY, Nora	W45	47 Normanby Road, INGLEWOOD 6052	271 9268
BOULD, Cliff (Cttee & Life Member)	M60	5 Halse Crescent, MELVILLE HEIGHTS 6156	330 4614
BRANDON, Stewart	M40	41 Irvine Street, PEPPERMINT GROVE 6011.	383 1672
BRIFFA, Arthur	M50	233 Mill Point Road, SOUTH PERTH 6151.	322 5754 W.
BRIGGS, Reg (Hon. Member)	M70	1 Bantry Road, FLOREAT PARK 6014.	387 2819
BROWN, Lesley	W30	474 Riverton Drive, RIVERTON, 6155.	457 5405
BUCHANAN, Bruce (Team Manager)	M45	10/11 Airlie Street, PEPPERMINT GROVE 6011	384 8379
BUTCHER, Denys	M50	18 Clive Street, BICTON, 6157.	339 1039
BUTCHER, Lorna	W45	18 Clive Street, BICTON, 6157.	339 1039
BUTTS, John	M45	17 Shelton Street, WAIKIKI, 6169.	271 355
CALNAN, Ross	M35	11 Rosewood Avenue, WOODLANDS 6018.	446 7732
CAMERON, Kevin	M35	27 Casserley Avenue, GIRRAWHEEN 6064	-
CAPLIN, Donald (Committee)	M40	35 Somerton Road, KARRINYUP 6018	341 1623
CARR, David (President, Life Member)	M45	37 Malba Crescent, DIANELLA 6062.	276 2885
CARROLL, John	M50	33 Melville Beach Road, APPLECROSS 6153	364 5025
CARTER, Wes	M40	17 Lamond Street, MELVILLE 6156	337 3055 W
CHAPMAN, William	M55	80 Gardiner Street, BELMONT 6104	277 7518
COLLINS, Jack (Life Member)	M65	100 Birkdale Street, FLOREAT PARK 6014.	387 3002
CONNER, Anthony	M35	Flat 5, 20/4th Avenue, MAYLANDS 6051.	272 3365
COVENTRY, Jim	M45	Lot 3, Corfield Street, GOSNELLS 6110.	398 2572
CROFT, Roy	M35	47 Mandfield Way, PARMELIA 6167.	419 3394
CROWTHER, Derek	M35	8 Regency Drive, THORNLIE 6108.	277 1355 W
CROWTHER, Enid	W35	8 Regency Drive, THORNLIE 6108.	-
CUMMINGS, Alec	M45	63 Treave Street, CLOVERDALE 6105.	-
DANBY, Brian	M35	Pinaroo Valley Memorial Park, Whitford Avenue, PADBURY 6025.	401 4956
DARCEY, Jack	M55	4 Kelvin Road, DUNCRAIG 6023.	447 4552
DARCEY, Gwen	W45	4 Kelvin Road, DUNCRAIG 6023.	447 4552
DAVIES, John	M45	Lot 1, Lion Street, SAWYERS VALLEY 6074.	295 1494
de GRUCHY, R.	M50	9 Recreation Drive, SHOALWATER BAY 6168.	325 0211 W
DYBALL, John	M35	65 McCabe Street, MOSMAN PARK 6012.	384 8810
de SOUZA, Hilary	M40	49 Cabine Way, GREENWOOD 6024.	-

-2-

NAME	GROUP	ADDRESS	HOME PHONE NO.
FERGIE, Robert (Asst. Secretary)	M40	18 Turnbull Way, TRIGG, 6020.	447 6898
FERMANIS, Theo	M45	338 The Boulevard, CITY BEACH 6015.	385 8046
FRY, Tim	M45	25 Saunders Street, SWANBOURNE 6010.	384 9304
GALLAGHER, Peter	M35	4 Challenger Drive, CITY BEACH 6015.	385 8319
GARE, Peter	M35	31 Daglish Street, WEMBLEY 6014.	381 2003
GIBBENS, Michael	M35	Cadiz Street, CERVANTES 6511.	095 457050
GILMOUR, John (Committee & Life Mbr.)	M60	144 Mill Point Road, SOUTH PERTH 6151.	367 6429
GLEDHILL, Walter	M50	51 Thornlie Avenue, THORNLIE 6108.	459 4453
GODKIN, Ralph	M55	90 Tyrell Street, NEDLANDS 6009.	386 5348
GOFF, Noel	M55	16 Vermont Street, NOLLAMARA 6061.	349 0304
GOLD, Joseph	M35	67 Shannon Road, TURANA 6061.	276 5405
GOODWIN, Dorothy	W45	Unit 15, Tranby on Swan, 12 Well Street, MAYLANDS, 6051.	-
GRAFFIN, Raymond	M40	2/182 South Terrace, FREMANTLE 6160	335 9795
GRAHAM, Keith	M40	29 Keane Street, PEPPERMINT GROVE 6011.	384 5685
GRAHAM, Mervyn	M45	44 Jameson Street, MOSMAN PARK 6012.	384 9507
GREGSON, Gordon	M55	5 Beach Street, MOSMAN PARK 6012	384 6595
HANKS, Brian	M40	5 Acacia Court, Acacia Avenue, PARKWOOD 6155.	457 2364
HARFORD, Giles	M45	6 Ruth Street, COMO 6152.	450 4748
HARRISON, Richard	M40	31 Lisle Street, MOUNT CLAREMONT 6010.	384 8882
HAYRES, Robert (Committee)	M45	Unit 3/9 York Street, SOUTH PERTH 6151.	367 5404
HENDERSON, Ian	M35	2 Broome Street, SOUTH PERTH 6151.	367 7695
HEWITT, Joseph	M50	14 Marshal Avenue, Kew, VICTORIA 3101.	-
HOLLAND, Ross	M40	35 Clovelly Crescent, LYNWOOD 6155.	458 5495
HOLLAND, Kathleen	W35	35 Clovelly Crescent, LYNWOOD 6155.	458 5495
HORGAN, Dennis	M35	336 Saunders Street, MOSMAN PARK 6012.	384 3507
HORSLEY, Richard (Committee & Life Mbr.)	M65	69A Marlow Street, WEMBLEY 6014.	387 6805
HOSKING, Jim	M35	474 Riverton Drive, RIVERTON 6155.	457 5405
HOUGH, David	M45	19 Conto Avenue, DIANELLA 6062.	276 8465
HOUGH, Winston	M35	27 Condor Circle, BURRENDAH	457 2382
HOUGH, Jan	W35	27 Condor Circle, BURRENDAH	457 2382
HOYE, Derek	M40	Lot 48 Outtrim Road, GLEN FORREST 6071.	09 2988661
HUGHES, John	M40	21 Bindaring Parade, PEPPERMINT GROVE 6011.	325 3052 W
HUGHES, William (Patron)	M50	8 Brown Street, ATTADALE 6156.	330 2352
HUNT, Alan	M35	78 Sixth Avenue, MAYLANDS 6051,	271 7852
INNES, George	M40	P.O. Box 147, EXMOUTH 6707.	095 721195
JENNINGS, Edward	M40	61 Lockhart Street, COMO 6152.	450 3040
JOHNSON, Maurice	M40	14 Caladenia Road, WALLISTON 6076.	291 6719
JOHNSTONE, Robert	M35	12 Hallin Court, ARDROSS 6153.	364 7370
JOHNSTONE, Allison	W30	12 Hallin Court, ARDROSS 6153 .	364 7370
JONES, David	M50	14 Northampton Street, VICTORIA PARK 6100.	361 4621
JONES, Thomas (Hon. Member)	M70	55 Gresham Street, VICTORIA PARK 6100.	-
JOYCE, Jeff	M35	46 Kurrajong Place, GREENWOOD 6024.	447 8545
JUNNER, Colin	M55	34 Dundas Road, INGLEWOOD 6052.	272 1991
KAILIS, Victor	M35	25 Leach Street, MARMION 6020.	447 2876
KELLY, Frank	M35	14 Mardella Street, COOLBINIA 6050.	444 5681
KEMP, Roy	M40	126 Healey Road, HAMILTON HILL 6163.	337 2886
KEYNES, Leonard	M35	18 Oriana Street, BELMONT 6104.	277 3516
KING, Anthony	M40	46 Kings Park Road, WEST PERTH 6005.	322 5055
KING, Jan	W35	7 Neville Road, DALKEITH 6009.	386 5621
KIRKMAN, Hugh	M35	29 Carrick Street, WOODLANDS 6018.	447 1388
KIRKMAN, Colleen	W35	29 Carrick Street, WOODLANDS 6018.	447 1388
KIRKEBY, Gordon	M35	78 High Street, SORRENTO 6020.	447 2071

Vetrun 91

NAME	GROUP	ADDRESS	HOME PHONE NO.
LAWRENCE, Ray	M50	Unit 5/16 Shakespeare Avenue, YOKINE.	447 9267
LEGGATT, Arthur	M60	19 Salisbury Street, DAYSWATER 6053.	271 3858
LENNIE, Phillip	M50	125 Colin Road, WEMBLEY DOWNS 6019,	341 3196
LENTON, Stanley	M40	9 Riverside Road, EAST FREMANTLE 6158.	339 3430
LISHAMN, Val	M45	14 Spencer Street, BUNBURY 6230.	097 211333
LLORENS, Philip	M60	13 Silky Oak Lane, WILLETTON 6155.	457 2993
LOCKWOOD, Stan	M50	19 Coleby Street, BALCATTA 6021.	349 3692
LOLY, Mitchell	M35	7 Gosforth Court, SAFETY BAY 6169.	095 272771
MACDERMOTT, Adrian	M35	38 Saunders Street, MOSMAN PARK 6012.	384 1992
MADDISON, John	M40	38 Ardagh Street, MORLEY 6062.	275 4827
MANFORD, Terry	M40	9 Chesson Street, DIANELLA 6062.	349 6469
MARTIN, Jim	M50	27 Neville Road, DALKEITH 6009.	386 7558
MARTIN, Ray	M55	Unit 6/70 Stanley Street, SCARBOROUGH 6019.	341 7465
MASLEN, Edward	M40	31 Roebuck Drive, MANNING 6152.	450 4561 W
McCABE, Walter	M45	37 Sackville Terrace, SCARBOROUGH 6019	381 9419 W
McGUIGAN, William	M35	96 Ninth Avenue, MAYLANDS 6051.	384 1022 W
MERRETT, Alan	M55	86 Manning Street, SCARBOROUGH 6019.	341 1724
MERRICK, Desmond	M40	8 Graham Street, SPEARWOOD 6163.	418 3752
MOFFETT, Dalton	M45	34 Mount View Terrace, MOUNT PLEASANT 6153.	364 3415
MORGAN, Garnett	M55	3 Benwee Street, FLOREAT PARK 6014.	387 4975
MORRISSEY, Paul	M50	Catering Officers' Mess, RAAF PEARCE 6085.	-
MOSES, Graham	M40	26 Blanehard Road, SWAN VIEW 6056.	294 2392
MOYLE, Mervyn	M50	43 Ellam Street, BENTLEY 6102.	361 9414
MURPHY, Eamon	M40	16 Bedford Street, EAST FREMANTLE 6158.	339 3280
NOORDYK, Gerry	M55	30 Almondbury Road, MOUNT LAWLEY 6050.	271 7542
OGILVIE, Mike	M40	10 Edwards Road, HIGH WYCOMBE 6057.	454 6062
O'HARE, Anthony	M40	39 Caporn Street, BULLSDROOK EAST 6084,	-
O'HARE	W	39 Caporn Street, BULLSDROOK EAST 6084.	-
OLD, Bryan	M40	17 Strettle Road, MAHOGANY CREEK 6072.	298 8291
OLIVER, Bernard	M35	Swan Garden Caravan Park, 2 Toodyay Road, MIDLAND 6056,	-
O'ROURKE, Martin	M35	Lot 585 Parry Avenue, BULLCREEK 6153.	332 3672
PAYNE, June	W40	49A Reserve Street, WEMBLEY 6014.	-
PAXMAN, Brian	M45	10 Bray Place, CURTIN, A.C.T. 2605.	-
PEARTON, Eric	M45	43 Lisle Street, MOUNT CLAREMONT 6010.	384 1794
PEARTON, Jill	W30	43 Lisle Street, MOUNT CLAREMONT 6010.	384 1794
PELLIER, John	M40	39 Lynstead Street, BECKENHAM 6017.	458 8784
POTTER, Ronald	M45	87 Park Road, KENWICK 6107.	-
PRESCOTT, Valerie	W35	3 Melville Street, CLAREMONT 6010.	384 8585
PRICE, Geoffrey	M40	36 Williamstown Road, DOUBLEVIEW 6018.	446 1868
ROBERTS, Robert	M55	60 Paramatta Road, DOUBLEVIEW 6018.	446 1550
ROBINSON, Barrie	M40	217 Houston Street, MOUNT HELENA 6555.	095 721038
ROWLAND, John	M40	Flat 31/40 Mount Street, PERTH 6000.	-
RUTTY, Terry	M40	United Kingdom address unknown	-
RUTTY, Laura	W35	" " " "	-
SAMMELLS, Robert (Treasurer)	M40	5 McIness Court, GREENWOOD 6024.	447 2418
SAVAGE, Richard	M45	4 Brown Street, BYFORD 6201.	095 251360
SHAND, Robert (Secretary)	M45	24 Mann Street, COTTESLOE 6011.	384 0939
SHEPHERD, Joe (Hon. Member)	M70	41 Cowcher Way, MEDINA 6167.	419 3783
SHEPHERD, William	M40	15 Condor Circle, WILLETTON 6155.	457 5413

NAME	GROUP	ADDRESS	HOME PHONE NO.
SHEPPARD, David	M35	22 Banine Road, KOONGAMIA 6056.	095 711200
SHILLINGTON, Jacqui	W35	4/1 Park Road, CRAWLEY 6009.	386 4359
SLINGER, Barrie	M35	28 Florence Road, NEDLANDS 6009.	386 7727
SLINGER, Jean	W35	28 Florence Road, NEDLANDS 6009.	386 7727
SLYTH, Paul	M35	89 Rosewood Avenue, WOODLANDS 6018.	446 4436
SMITH, Alan	M50	59 Cleopatra Street, PALMYRA 6157.	339 4324
SMITH, Frank	M35	Forrestfield Caravan Park, Hawtin Road, FORRESTFIELD 6058.	-
SMITH, Jim	M45	63 Redcliffe Street, CANNINGTON 6107.	451 5492
SMITH, Maurice	M45	34 Henley Road, MOUNT PLEASANT 6153.	-
SMITH, Philip	M40	23 Dunstan Street, BUNBURY 6230.	097 211586
SPARE, Charles	M40	9 Rinaldo Crescent, COOLBELLUP 6163.	337 6687
SPARK, Richard	M40	82 Smyth Road, NEDLANDS 6009.	386 4829
SPENCER, John	M40	7 Cunningham Street, APPLECROSS 6153.	364 7939
STOFFERS, Hank	M35	P.O. Eaton (BUNBURY) 6232.	-
STONE, Michael	M35	33 Gummon Way, GIRRAWHEEN 6064.	342 4489
STONE, Jo	W30	33 Gummon Way, GIRRAWHEEN 6064.	342 4489
SUTHERLAND, Ian	M35	17 Millington Street, ARDROSS 6153.	364 5145
SUTHERLAND, Gloria	W30	17 Millington Street, ARDROSS 6153.	364 5145
THOMAS, Noel	M45	22 Mitcham Street, WEMBLEY DOWNS 6019.	446 8160
THOMSETT, Barrie	M35	30A Paine Court, KARRINYUP 6018.	446 8442
TURNER, Alister	M40	10 Knutsford Street, SWANBOURNE 6010.	384 3342
TURNER, Diane	W35	10 Knutsford Street, SWANBOURNE 6010.	384 3342
TYSON, Allan	M50	26 Turriff Road, FLOREAT PARK 6014.	387 3722
TYSON, Val	W55	26 Turriff Road, FLOREAT PARK 6014.	387 3722
USHER, Frank	M55	22 Turriff Road, FLOREAT PARK 6014.	387 5594
WALKER, Derek	M45	61 Westfield Street, MADDINGTON 6109.	459 5885
WALL, Bev	W35	109 Normandy Road, INGLEWOOD 6052.	271 0547
WALL, Phil	M35	109 Normandy Road, INGLEWOOD 6052.	271 0547
WALL, Geoff	M35	26 Kweda Way, NOLLAMARA 6061.	349 4503
WARREN, Morris	M35	11 Wittering Crescent, DALGA 6061.	446 6033 W
WATSON, Bradley	M40	E. States address unknown	-
WESTLAKE, Gordon	M50	30 Owston Street, MOSMAN PARK 6012.	384 3011
WESTON, Don	M40	9 Ferndale Crescent, FREMANTLE 6155.	-
WHITTAM, Jeffrey	M45	49 Holland Street, WEMBLEY 6014.	-
WHITTAM, Dorothy	W40	49 Holland Street, WEMBLEY 6014.	-
WILLIAMS, Peter	M35	12 Ozone Parade, COTTESLOE 6011.	384 3416
WILLIAMS, Ross	M35	Unit 12/58 Coode Street, SOUTH PERTH 6151.	367 8027
WINNING, Garry	M40	19 Queensville Avenue, LYNWOOD 6155.	451 2997
WRIGHT, Andrew	M55	23 Brillee Street, CARINE 6020.	381 5041
WORNER, Basil	M45	11/24 Cunnigham Terrace, DAGLISH 6008.	387 4517 W
ZEINONILE, Andy	M40	5 Warren Street, HILTON 6163.	337 1018