

January 1980.

Registered for posting as
a periodical - Category BSecretary 384-0939
Treasurer 447-2418

Failure is instructive
The person who really thinks
learns quite as much from his
failures as from his successes

John Dewey

TWILIGHT December 19th 1979 at McGillivray Oval conducted by the
University Club

	100m	200m	6 miles
M35			
B. Oliver	13.1	27.2	
G. Wall			33m 22.6s
M40			
E. Maslen			33m 24.9s
M45			
J. Whittam			38m 58.3s
M. Berry			39m 42.2s
M50			
A. Tyson			39m 02.2s
M60			
C. Bould			43m 36.2s

Thursday 20th December: Time Trials Seventh meeting at
McCallum Park at 5pm
Events 800m and shot with David Carr organising.

Time Trials VII		800m	Points		Wt.	Shot		Points	
		Time				Dist	Pts.	Total	Prog.
W55	V. TYson	4:28.7	296		-	nil	nil	Meet	Total
W45	N. Berry	4:24.2	20	3.6k	5.11	267		296	605
W40	D. Whittam	3:41.0	328	3.6k	8.82**	803		237	1317
W30	J. Pearton	3:17.4	431	3.6k	5.27	45		1131	4213
	J. Stone	3:22.8	366	3.6k	-	nil		471	2042
	V. Prescott	3:51.7	20	3.6k	-	nil		366	2120
M60	C. Bould	3:05.2	578	4.5k	-	nil		20	1257
M55	A. Wright	2:56.0	508	5.5k	7.41*	337		578	2793
M50	A. Tyson	2:51.7	500	5.5k	6.90	126		845	5775
	D. Butcher	2:44.2	590	5.5k	6.52	73		626	1931
	D. Stone	2:40.2	638	5.5k	7.68	235		663	3251
M45	D. Moffett	2:31.9	677	5.5k	-	nil		873	873
	D. Carr	2:13.2	902**	5.5k	8.12	177		677	677
	E. Pearton	2:42.0	556	5.5k	5.87	20		1079	8495
	J. Whittam	2:44.0	532	5.5k	7.62	37		576	3709
	R. Shand	nil	nil	5.5k	8.05	147		619	4023
	R. Hayres	2:32.2	662	5.5k	7.30	42		147	390
	M. Berry	2:52.5	430	5.5k	-	nil		704	5290
M40	A. Fergie	3:00.8	270	5.5k	10.87	472		430	2985
	D. Caplin	2:12.8	846	5.5k	8.08	81		742	3120
M35	D. Crowther	2:24.0	676	5.5k	7.66	20		927	5126
	B. Oliver	2:31.7	519	5.5k	-	nil		696	3423
	F. Smith	one lap only -	-	-	-	nil		519	3066
								nil	nil

**Best Performance for event

*Personal Best this season

Bill Chapman and Alec Cummings are equal with 463 points at 51st
position and Jim Hosking and Denis Butcher are separated by 1 point
at 11th and 12th position.

The Current Positions are:-

Men

1. D. Carr (M45) 8495
2. A. Wright (M55) 5775
3. R. Hayres (M45) 5290

Women

1. D. Whittam (W40) 4213
2. J. Stone (W30) 2120
3. J. Pearton (W30) 2042

M35, M40 and M45 competitors had points adjusted - underweight implement

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Saturday 22nd December 1979 A restricted programme at Perry Lakes with track events only as a stage had been erected in the centre of the arena for the scout jamboree. A hot day with a max of 37.1deg C at 3.20pm.

	60	100	200	1500	2k steeple
M35 J. Gold	7.4	11.8	24.0		
B. Oliver	8.2	12.7	25.1		
M40 E. Maslen					7:29.0
D. Caplin				4:26.1	
C. Spare				5:00.0	
M45 D. Carr			25.1	4:30.7	
B. Buchanan				5:17.0	
M60 J. Gilmour				4:30.0	

The heat was obviously conducive to record breaking as David Carr broke his own M45 200m record by 0.3sec and John Gilmour broke the WORLD RECORD for M60 1500m by 1.3 sec. Joe Gold equalled the M35 record for 60m and now holds it jointly with Peter Gare.

'Personel Best this season' runs were produced by Bernie Oliver in the 200m, Dave Carr and Charles Spare in the 1500m and Joe Gold in the 60m and 100m.

In the 3000m the following lap times were recorded with Charles Spare recording another personal best this season

M35 D. Crowther	36	85	79	81	84	85	86	85	= 10m 11s
M40 E. Maslen	37	85	79	81	81	81	82	77	= 9m 56s
M40 C. Spare	39	83	85	84	87	91	91	89	= 10m 49s

Jo Stone (W30) has transferred from University Ladies Amateur Athletic Club to Veterans and now becomes our third women member to be registered with the Association, the others being Val Prescott (W35) and Dorothy Whittam (W40)

Sunday 23rd December Second Annual Xmas Gift Race at McCallum

All competitors brought a gift valued around \$2.00 which was pooled before the race. Bruce Buchanan was organising this year and as is the perogative of the organisor decreed that the winner had first choice, last had second choice, second had third choice etc. Being the festive season members and families were permitted to race, John Gilmour being forced to retire with a hamstring muscle twinge. Bruce Buchanan was on roster and was assisted by John Maddison and Ann Smith. The results:- in order of finishing were as below with 1978 times in brackets.

1	D Caplin	M40	18m10s	33	R Kemp	M40	24.10	(21.38)
			(17.50)					
2	M. Smith	M45	18.29	34	R Horsley	M65	24.30	(-)
3	F Smith	M35	18.45	35	A Lawrence	M50	24.34	(-)
4	D. Hoyer	M40	18.57	36	S Lockwood	M50	24.42	(24.02)
5	D Crowther	M35	19.11	37	G. Noordyk	M55	25.08	(24.27)
6	R Sammells	M40	19.47	38	M Stone	M35	25.11	(-)
7	W Carter	M40	19.51	39	F Usher	M55	25.27	(?)
8	E Pearton	M45	20.06	40	J Stone	W30	26.17	(-)
9	D Carr	M45	20.09	41	D. Walker	M45	26.48	(-)
10	B Danby	M35	20.11	42	L Brown	W30	27.05	(29.28)
	M Crowther	INV	20.26	43	J Shillington	W35	27.39	(-)
11	R Shand	M45	20.41	44	R Johnstone	M35	28.16	(22.29)
12	J Hosking	M35	20.45		S Danby	INV	28.32	(-)
13	G. Price	M40	20.49	45	J Pearton	W30	28.37	(28.41)
14	B Buchanan	M45	20.56	46	L Butcher	W45	28.37	(-)
15	R Spark	M40	21.06	47	R Savage	M45	29.58	(-)
16	M Johnson	M40	21.11	48	P Illorens	M60	30.46	(-)
17	R Hayres	M45	21.11	49	N Berry	W45	35.11	(-)
18	D Moffett	M45	21.34		C Bertoncin	INV	35.49	(-)
19	D Hough	M45	21.42	50	D. Whittam	W40	39.14	(-)
20	M Berry	M45	21.49	51	V Tyson	W55	41.17	(-)
20	A Tyson	M50	21.49		J Walker	INV	41.17	(-)
22	D Butcher	M50	21.50		C Stone	INV	42.31	(-)

Sunday 23rd December Contd:

22	D Butcher	M50	21.50	(-)	C Stone	INV	42.38
23	D Stone	M50	21.59	(-)	Conditions were hot with a strong Easterly blowing which probably accounts for the slower times this year, last years winning time being 17m28s. Most people (other than Frank Usher and Jō Walker) took longer this year. The events were concluded by 10am long before the mercury climbed to 28degC at 2.45pm.		
24	J Whittam	M45	22.05	(20.58)			
25	P Lennie	M50	22.21	(20.46)			
26	R Godkin	M55	22.34	(21.46)			
	J Stone jnr	INV	22.45	(-)			
27	J Barnes	M35	22.49	(-)			
28	W Weatherilt	M40	23.06	(-)			
29	M Moyle	M50	23.41	(-)			
30	C Bould	M60	23.49	(22.00)			
31	a Wright	M55	23.57	(-)			
32	D Jones	M50	24.08	(22.27)			

We welcome William Weatherilt (41) of lot 119, Cook St. Mt Helena to the club

~~Boxing Day Run at Lake Ischenaltia.~~ The start of our third annual run was delayed until 6.15pm while Rob Shand, Kevin Cameron and Don Caplin accurately measured the course and re-established the course at 7200m. In 1978 the distance was reduced to 6800 by a log across the bush track but in the intervening year a path had developed enabling us to get round it. Although the maximum temperature only reached 29degC the day was humid and windy. Derek Hoyer led the 27 starters from the gun to the finish and the results were as follows.

				6800 (1978 ref n17 5)	7200 (1977) (ref n159)
1	D Hoyer	M40	28m 23s	-	-
2	F Smith	M35	29m 03s	-	-
3	D Caplin	M40	29m 45s	25.59	27.38
4	D Crowther	M35	29m 55s	-	-
5	M Johnson	M40	30m 00s	24.54	-
6	D Carr	M45	30m 39s	26.06	30.04
7	R Sammells	M40	30m 40s	-	-
8	J Rowland	M40	31m 31s	-	-
9	J Hosking	M35	31m 38s	signpost	-
10	R Shand	M45	32.04s	25.07	26.16
11	B Robinson	M40	32m 11s	-	-
12	J Whittam	M45	32m 34s	29.38	-
13	D Hough	M45	32m 44s	-	30.31
14	B Buchanan	M45	32m 50s	timekeeper	-
15	A Tyson	M50	33m 16s	28.23	30.49
16	J Barnes	M35	34m 08s	-	-
17	M Berry	M45	34s 53s	28.41	31.56
18	D Butcher	M50	34.53s	-	-
19	W Weatherilt	M40	35m 09s	-	-
20	D Stone	M50	35m 11s	-	-
21	N Berry	W45	35m 43s	-	-
22	K Cameron	M35	35m 51s	38.05	32.09
23	M Stone	M35	39.56s	-	-
24	F Usher	M55	43.28s	-	36.29
25	J Stone	W30	43m 50s	-	-
26	L Butcher	W45	44m 24s	-	-
	V Tyson	W50	29m 50s for 2972m.	-	-

Times were taken by Cliff Bould assisted by while Phyl Bould and Dorothy Whittam acted as animated signposts at the bottom of the track. Bernie Oliver was on the sidelines and did not compete.

A cooling swim in the lake followed by a barbeque and refreshments in windy but cool conditions ended the outing in a pleasant social atmosphere

There were no Time Trials on Thursday December 27th 1979.

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The Royal Australian College of Surgeons is planning to hold a two day Seminar on Sporting Injuries in Adelaide on 21 and 22 August 1980, the organising Committee is seeking suitable contributions from all sporting bodies in the form of anyone interested in speaking at the seminar.

All communications direct to:- Prof J. Ludbrook Room 124, Eleanor Harrauld Buildings, Royal Adelaide Hospital S.A. 5000

World Veterans' Championships New Zealand Jan 1981.

Adiva has been received from Wal Sheppard, Secretary of the Aust Assoc of Veterans' Athletic Clubs that MB travel has been appointed by the New Zealand Organiser as sole Australian Agent for accommodation in Christchurch for the duration of the Championships.

Reservations have been made at first class hotels/motels plus some University accommodation. Tour packages are being prepared and will be circulated later. It will be possible to travel from Melbourne Sydney or Brisbane to Christchurch for about £400.00 which will include return economy air fare plus nine (9) days accommodation and all meals.

Anyone interested should contact Wal direct at 7th floor, Hothlyn House, 233 Collins St. Melbourne Vic. 3000

Dorothy Goodwin (W45) has left Perth and transferred to Sydney. She still intends to represent W.A. at the Championships at Adelaide in Easter 1980.

Jeff Joyce (M35) was asked by the Daily News for a collective noun for a group of runners. His answer - "An Asylum of Runners".

We thank Val Lishman of Bunbury and George Innes and family of Exmouth for the Xmas cards sent to the Club. Also Gloria and Ian Sutherland and family who are holidaying in the States "doing lots of talking and eating and a little running."

Sunday December 30th 1979

Programmed as a Relays day at McCallum with Mike Berry standing in on duty for Bob Hayres. After a little indecision among some of those present, the programmed event was adhered to and Dave Carr, Don Caplin Maurice Smith and Frank Smith chose teams of 8 from those assembled to run a 100m shuttle relay, each member running 4 times, to total 3200m. Dave Carrs team came in in 8min.32.55sec followed by Don Caplin's, M Smith's and F Smith's teams. Making up the teams were Carr, Butcher, Val Prescott, Noordyk, Lockwood, Jones, Barnes, Pollier, Nora Berry, Moyle, Godkin, Lorne Butcher, F Smith, Llorens, Tyson, Jill Pearton, Jo Stone, Kemp, M Smith, Pearton, Moffett, Sammells, Wright, Berry, Martin, Whittam, Bould, Caplin, Danby, Maddison, Derek and Jo Walker, M Johnson.

Dick Horsley acted as starter and timekeeper. Afterwards, some did a Harrison run and others went round the Bridges. Buchanan, Shand, Hosking, Tom Jones was there watching and so was Val Tyson. while Walker, Cummings, Chapman, Tyson and Sammells and Shand did some field events practice.

We welcome Garry Lynn (35) of Lot 32 Bromley Road Merne Hill (tel 2964859) to the club. Garry is moving to Adelaide until about May but intends running in W.A. colours in the Pre Vet events at the Track and Field Champs at Easter.

Monday December 31st 1979

The last run of the year is organised by the Marathon Club

The run is called McCabes Macabre Torture Trail Starting at Millington Reserve at Karrinyup and Consisting of a three lap undulating cross country and road run. Somewhat modified from the 1978 run, by going round the West side of St Marys School on the road rather than through the sand track on the East and having more lime-stone track than previously, the run was commenced at 6.20pm in 28DegC temperature after a very hot day but with a hot dry easterly wind still blowing.

There were 18 veterans among the 43 starters and 17 among the 40 finishers. The race was won in 33m 49.0sec.

Veterans results were:

Vet	Position	Race		
1	8	F Smith	M35	38m 41.4s
2	16	R Shand	M45	40m 54.6s
3	17	D Hough	M45	41m 04.2s
4	20	E Pearton	M45	41m 53.6s
5	23	B Robinson	M40	43m 26.2s
6	24	D Carr	M45	43m 36.2s
7	25	J Whittam	M45	43m 52.1s
8	26	J Butts	M45	44m 11.3s
9	27	a Tyson	M50	44m 11.3s
10	30	B Danby	M35	45m 31.0s
11	31	J Barnes	M35	46m 02.0s
12	35	R Horsley	M65	51m 10.7s
13	36	F Usher	M55	51m 34.1s
14	37	M Berry	M45	51m 34.4s
15	39	J Stone	W30	54m 51.0s
16	40	J Pearton	W30	60m 41.8s
-	-	N Berry	W45	49m 53.7s for 2 laps
-	-	D Crowther	M35	Pulled out after 2 laps (injured)

The 1978 results in Newsletter 75 are all about 10mins longer than this year which was not surprising as although the new bitumen and road sections introduced into the course made the 1979 course easier and faster it was only 5½ miles and not 6¼ !.

Thursday 3rd January: Time Trials Eighth Meeting at McCallum park at 6pm

Events: 800m walk, 100m and Javelin with Dick Horsley organising and Jeff Whittam assisting

Time Trials VIII	800m Walk time	Pts	100m time	Pts	Javelin 800g dist	Pts	total meet	Points prog total
W35								
V Tyson	5m36s	392	21.7	20	-	-	412	1017
W45								
N Berry	5m54.2s	328	19.2	20	10.22*	428	776	2093
W40								
D Whittam	5m49s	128	15.0	600	15.92	497**	1225	5438
W30								
J Pearton	5m10s	160	18.50	20	7.90	20	200	2242
L Brown	-	-	-	-	3nt	Nil	Nil	1799
J Stone	5m11s	152	18.69	20	-	-	172	2292
M65								
R Horsley	-	-	-	-	16.68*	407	407	4570
M55								
A Wright	5m13s	576	15.25	560	17.24	210	1346	7121
B Chapman	-	-	-	-	18.40	256	256	719
M50								
D Stone	4m12s	904**	14.2	460	25.12*	424	1788	2661
M Moyle	5m05s	480	14.1	680	-	-	1160	1160
S Lockwood	5m35.9s	232	14.3	640	-	-	872	3360
A Tyson	4m55s	560	16.8	140	21.06*	282	982	2913
m45								
A Cummings	4m19s	728	14.8	336	22.38*	251	1315	1778

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Thursday 3rd Jan Contd:-

M45	800mWalk		100m	Javelin800g	Points
D Walker	4m46s	512	13.3	740**	22.24 247 1499 3150
M Berry	5m06s	352	15.5*	300	- - 652 3637
E Pearton	4m42s	544	15.2*	360	12.86 20 924 4633
J Whittam	4m45s	520	16.4	120	19.10 153 793 4816
M40					
B Robinson	4m13s	696	14.4	420	22.62 191 1307 1307
D Caplin	4m40s	480	13.7	560	24.20 230 1270 6333
A Fergie	5m21s	162	13.7*	560	33.20 455 1177 4297
M35					
B Oliver	-	-	13.0	600	- - 600 3666
L KEYNES	-	-	15.8	40	21.48 37 77 77
J Hosking	4m57s	264	14.3	340	30.16* 206 810 4062
J Barnes	4m36s	432	13.6	480	- - 912 1558
INV					
J Walker	-	-	15.8	240	16.44 158 398 -

**Best performance for event *Personal best this season

Women and M65 had points adjusted for overweight javelin.

The Current Positions are:-

Men			Women		
1	D Carr	(M45)	8495	1	D Whittam (W40) 5438
2	A Wright	(M55)	7121	2	J Stone (W30) 2292
3	D Caplin	(M40)	6333	3	J Pearton (W30) 2242

Alex Cummings got ahead of Bill Chapman by competing the walk and 100 and Jim Hosking moved away from Dennis Butcher as the latter did not participate. Bob Hayres has dropped to 4th place among the men by going on holiday and has been overtaken by Don Caplin in the mens Section and Dorothy Whittam in the overall positioning.

The gap is narrowing between Jo and Jill and a keen tussle is developing between Lockwood (15) and Sammells (16), Henderson (23) and Kirkman (24) (20 points) both of whom have been absent for some weeks., and Mike Stone (59) and Terry Manford (58) (17 points). Dave Carr feels he has built up enough of a lead to take two weeks holiday.

The Time Trials series consists of 20 meetings every Thursday up to and including Thursday 27th March 1980

SUNDAY JANUARY 6TH 1980

The programmed event at McCallum was 3 laps to total 3015m. followed by field events with Fergie and Hoyer on roster. There were 40 starters at 8.30am and 19 minutes latter all were ready to do something else. Some competed in field events and others did a Bridges or Herison Island Run.

Results were:-

W45	L Butcher	15.47	(33)	M40	D Caplin	9.52	(1)
	N BERRY	18.41	(36)		W Carter	11.08	(7)
W35	E Crowther	6.02	(1 lap only)		J Maddison	11.55	(14)
	J Shillington	15.24	(32)		R Spark	12.18	(19)
	C Kirkman	17.39	(34)		W Weatherilt	12.35	(21)
W30	J Stone	14.08	(30)		G Moses	12.45	(23)
	J Pearton	17.39	(35)		J Pellier	13.13	(26)
M60	C Bould	12.32	(20)		R Kemp	12.03	(19)
M55	J Noordyk	13.24	(27)	M35	F Smith	10.25	(4)
M50	J Martin	11.51	(12)		D Crowther	10.34	(5)
	D Stone	11.52	(13)		S Foster	12.15	(20)
	D Butcher	11.58	(15)		Running by invitation		
	W Hughes	12.44	(22)		M Crowther	11.11	
	M Moyle	13.03	(25)		A Barr	11.21	
M45	M Smith	10.13	(3)		B Hanlon	14.04	
	R Shand	10.59	(6)		M K Tandon	14.36	

M45	E Pearton	11.32	(8)
	D Moffett	11.33	(9)
	B Buchanan	11.36	(10)
	J Whittam	11.40	(11)
	M Berry	11.59	(16)
	T Fry	12.58	(24)
	W McCabe	13.35	(28)
	A Cummings	14.03	(29)

We welcomed Steve Foster (37) of lot 37 Cardup Siding Road, Byford (tel 095-251556 and Ronald McBride (39) of 2 Sunset Crescent, Kalamunda (tel 2933298) to the club today. Ronald also registered with the Association through us and will be in action in Bunbury at the S.W. Championships. His results below indicate that he could be good with field events:

Field Event Results:

		5.5k Shot	1.5k Discuss	800g Javelin
M55	W Chapman	8.70*	22.97	21.72*
M50	D Stone	7.62	20.65	24.00**
M45	R Shand	8.23	22.91	30.20
	A Cummings	7.60	28.37	-
	J Whittam	7.35	20.07	19.36*
M40	R Fergie	11.26	29.69	32.22
	M de Souza	7.87	22.51	23.86
	W Weatherilt	8.17	21.19	24.10
	R Kemp	8.57	19.58	30.86
	D Caplin	8.15	22.43	28.00*
	D Hoyer	-	23.06	-
M35	R Mc Bride	9.35	21.77	28.52

*Personal best this season

**Age group best this season

A double check on the records listed on page 2 of Newsletter No 91 reveal that Dave Jones record of 20.98 for the M50 discuss still stands, the implement used by Stan Lockwood was 1k and not 1.5k. Similarly Bob Fergie still retains his M40 shot at 10.79m and M40 discus at 30.98m. The implements used in the listed performances were underweight

NATIONAL VETERANS ATHLETIC CHAMPIONSHIPS

Adelaide 4th-7th April 1980

Entry forms for Veterans and Pre Veterans Events are now available from the Secretary. All entry forms must be returned to Rob Shand (together with the correct payment) to enable him to ensure that they are in the hands of the S.A. Vets before 4pm on Saturday 8th March 1980. Closing date for W.A. will therefore be Tuesday 4th March Cost per event \$1. Dinner Subscription \$6.00 each
Anyone willing to assist in officiating please advise accordingly

We welcome Ross Williams (40) of P.O. Box 28 Geraldton (tel 211578) to the club not to be confused with Ross Williams (37) of South Perth who joined us on 7.10.79.

Ian Henderson birthday 5th January turned 40 and becomes a veteran M40
Bob Sammells birthday 6th January turned 43 and remains M40
Geoff Wall birthday 8th January turned 37 and remains M35
Mervyn Graham birthday 9th January turned 46 and remains M45
Ron McBride birthday 10th January turned 39 and remains M35

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Thursday 10th January 1980: Time Trials. Ninth meeting at McCallum Park at 6pm

Events 800m and Hammer with John Gilmour organising and Bob Johnstone assisting

Time Trials IX	800m time	points	dist	Hammer 4.5k points	total meet	Points prog total
W55						
V Tyson	4m20s*	160*	-	-	160	1177
W45						
N Berry	4m23s*	20	4.39	20	40	2133
W40						
D Whittam	3m45s	220	12.76	271	491	5929
W35						
V Prescott	3m28s	304	-	-	304	1561
W30						
J Pearton	3m26s	148	4.05	20	168	2410
J Stone	3m09s	352	-	-	352	2644
M60						
C Bould	3m00s*	640	-	-	640	3438
M55						
A Wright	3m01s	448	18.54	342	790	7911
M50						
S Stone	2m41s	628	17.76	222	850	3511
D Butcher	2m43s*	604	17.69	219	823	3935
A Tyson	2m45s	580	18.22	238	818	3731
M Moyle	2m46s	568	-	-	568	1728
W Hughes	2m43s	604	22.16	376	980	2011
M45						
J Whittam	2m43s	544	21.72	220	764	5580
E Pearton	2m34s*	664	12.59	20	684	5317
R Hayres	2m36s	628	21.12	199	827	6117
M Berry	2m45s	520	-	-	520	4157
D Moffett	2m25s*	760	-	-	760	1437
D Walker	2m59s	352	21.57	229	581	3734
A Cummings	-	-	32.27*	598	598	2376
M40						
B Robinson	2m32s	616	23.77	167	783	2090
D Caplin	2m13s**	844	22.21*	412	956	7289
A Fergie	3m02s	256	36.47	611**	867	5764
R Kemp	2m40s	520	21.98	104	624	624
M35						
L Keynes	3m28s	20	18.63	20	40	117
G Allen	2m33s	568	16.96	20	588	830
J Barnes	2m29s	616	-	-	616	2174
B Oliver	2m59s	256	-	-	256	3922

All Hammer throw points have been adjusted to allow for the use of an underweight implement

**Best performance for event

*Personal best this season

The Current Positions are:

Men

1 D Carr M45 (8495)
2 A Wright M55 (7911)
3 D Caplin M40 (7289)

Women

1 D whittam W40 (5929)
2 J Stone W30 (2644)
3 J Pearton W30 (2410)

New tussles have developed with the points changing with Dennis Butcher now having Bernie Oliver to contend with and Alan Tyson and Derek Walker equal on points. Bould and Crowthers separation of 15 points should make this interesting and the Lockwood/Sammels 20 point difference is still on. Barnes and Benetti are separated by 16 points and McCabe is 12 points ahead of Gloria Sutherland while Val Tyson is only 7 points behind Dave Sheppard

We welcomed Les Oakley (35) of 9 Cade Place, Greenwood (tel 4478843) and Neil Morfitt of Lot 35 Westfield Road Armadale (tel 3905076) to the club
Mrs Margaret Doggett came down to have a look at us and had a light jog with Nora Berry.

LIBRARY:- Stan Lockwood would like all members who have books out on loan to bring them to McCallum on any Sunday as soon as possible for checking and cataloguing.

Saturday 12th January 1980 Saw a return to Track and Field at Perry Lakes after the World Scout Jamboree. After some relatively cool days the temperature steadily climbed to 38degC at 3.10pm. Until the sea breeze came in. Results were:-

Track	100m	200m	1500m	3000m	3k steeple
M45					
B Buchanan			5m08.0*	11.13.0	
J Whittam					12.03.0
M40					
R Benetti	12.8				
B Robinson	13.8*			10.49.0	12.29.0
B Old	14.0	29.6*			
D Caplin			4.17.2	9.53	
D Hoyer			4.45.0	10.00	
C Spare			5.05.0	10.44*	
M35					
B Oliver	12.3*	25.8			
J Gold		23.7*			
P Gare		24.0			
R Calnan		26.0			
D Crowther				10.02*	

*Best this season (Crowther personal best)

Field	Hammer 5.5k	Javelin 800g	Discus 1.5k	Shot 5.5k
M45				
A Cummings	27.74	19.80	30.62*	8.05
R Shand		32.49*	27.56	9.12*
J Whittam		18.88	21.66	7.44
M40				
A Fergie	35.35	32.19	28.90	11.40
B Robinson	17.94	23.10*	21.06	9.09
R Benetti		28.18*		9.89
B Old		36.96	26.36	8.53
D Hoyer			24.22*	8.24

Bill McGuigan birthday 13th January

Sunday 13th January was the clubs second day on duty at Perry Lakes, this time for the Alcoa Big 6 meet. Joe Gold (M35) participated in the 400m Hurdles covering the distance in 63.8sec. Those who assisted in the afternoon with Hurdle moving and other labours necessary to keep the programme moving along were Buchanan, Caplin, Whittam, Walker, Wright, Robinson, Kirkman, Oliver, Tyson and Shand. and the club thanks them for giving up their time.

At McCallum on Sunday 13th January a Bridges run was held as a "guessing competition" with each competitor nominating their estimated time for the run and comparing it with their actual time. All watches were removed and the 37 veterans got off to a massed start soon after 8am followed by latecomers Hugh Kirkman, and Barry and Joan Slinger.

Results were as follows: with Ralph Godkin winning the day;

		nominated time	actual time	variation	finishing position
1	M55 R Godkin	43.00	43.00	-	26
2	M40 W Weatherilt	42.00	41.46	0.14	23

-10-

		nominated time	actual time	variation	finishing position
3	J Martin M50	41.30	41.11	0.19	20
4	M35 G Allen	36.30	36.53	0.23	7
5	M50 D Butcher	41.00	40.34	0.26	17
6	M35 M O'Rourke	37.10	36.41	0.29	6
7	M35 H Stoffers	34.00	34.37	0.37	3
8	M50 A Tyson	39.00	38.19	0.41	13
9	W30 Jo Stone	50.00	50.56	0.56	36
10	M40 W Hough	40.00	40.56	0.56	18
11	M45 T Fry	42.00	40.57	1.03	19
12	M50 D Jones	47.00	48.06	1.06	33
13	M35 F Smith	34.30	33.19	1.11	1
14	M50 D Stone	43.00	44.13	1.13	28
15	M40 R Kemp	44.00	42.39	1.21	24
16	M40 D Hoyer	35.00	33.39	1.21	2
17	M60 C Bould	43.00	41.32	1.28	22
18	M45 R Hayres	43.00	41.32	1.28	21
19	M50 F Usher	47.00	45.24	1.36	30
20	M50 W Hughes	43.00	44.37	1.37	29
21	M40 J Barnes	40.00	38.04	1.56	12
22	M45 J Whittam	45.00	43.01	1.59	27
23	W35 J Slinger	52.00	49.54	2.06	39
24	M35 M Loly	40.00	37.54	2.06	11
25	M40 D Caplin	40.00	37.50	2.10	9
26	M35 D Crowther	38.00	35.46	2.14	4
27	M50 S Lockwood	51.00	48.16	2.44	34
28	W L Butcher	54.00	51.10	2.50	37
29	M35 S Foster	43.00	40.06	2.54	16
30	M45 R Shand	41.00	37.52	3.08	10
31	M35 H Kirkman	37.00	33.38	3.22	15
32	M60 P Llorens	54.00	57.25	3.25	38
34	W30 J Pearton	54.00	50.22	3.38	35
35	M45 E Pearton	40.05	35.58	4.07	5
36	M40 J Pellier	50.00	45.41	4.19	31
37	M35 L Oakley	48.00	42.44	5.16	25
38	M35 N Murfitt	45.00	39.34	5.26	14
39	M40 G Moses	41.00	46.46	5.46	32
40	M45 B Buchanan	45.00	37.26	7.34	8
41	M35 B Slinger	42.00	49.54	7.54	41
	W35 J Slinger	42.00	49.54	7.54	41

Jo Stone and Phil Llorens both got lost but not together.

In the University of W.A. Athletic Clubs B.M.O'Sullivan Trophy-
 Quadrangular T and F Meeting at McGillivray Oval on Wednesday 16th
 January they threw the 5000m event open to all Registered Athletes.
 19 veterans were seen warming up but Berry, Butcher, Fergie, Oliver
 Pearton and Barnes did not participate in the event.
 The results:-

M50	A Tyson	19.41
	A Briffa	19.52
	W Hughes	20.52
M45	D Carr	17.38
	J Butts	17.58
	R Shand	18.07
	g Whittam	19.10
M40	D Hoyer	16.51
	E Maslen	16.39
M35	P Wall	15.45
	G Wall	16.29
	F Smith	17.28
	D Crowther	17.38

Although the sea "breeze" was well and truly in, running on the grass
 cinder track under floodlights was infinitely more pleasant than
 the searing heat of late afternoon at the Association runs. It was
 good to see Art Briffa back on the track for the first time since
 his Singapore successes but John Gilmour, who is going over East for

Vetrun 92

a months holiday (?) till the end of February is still on the sidelines with hamstring problems.

While on holiday in the South West David Carr was not idle in Athletic pursuits. He ran in an Albany Athletic Club Interclub meeting at Centennial Oval on 12th January in the following events:-
200m 29.9s 800m 2m20s 3000m 10m42s

The Albany Athletic Club has listed a series of records in the 40-44 45-49 and 50 and over Veteran Men and 30-34 35-39; 40-44 and 45-49 Womens age groups which are of interest to us especially as David now has his performances as inaugural records in the 45-49 group for those events.

EVENT	MEN					WOMEN	
	40/44	45/49	50+	30/34	35/39	40/44	45/49
60	7.81	-	9.4	-	-	-	11.2
100	12.6	-	15.41	14.2	-	14.1	18.3
200	25.5	29.9	32.6	31.8	-	31.3	40.04
400	58.3	-	75.34	-	91.0	63.6	99.00
800	2.14.6	2.20.0	2.51.4	3.02	-	2.49.2	-
1500	5.02.5	5.45.0*	5.41.0	7.07	-	5.58.0	-
3000	-	10.42.0	13.23	-	-	13.55	-
5000	-	-	23.35.7	-	-	-	-
100H	-	-	-	-	-	-	-
200H	-	40.0*	41.92	-	-	-	-
L.J.	-	-	3.72	-	3.45	4.27	-
H.J.	-	-	1.20	1.15	-	1.15	-
T.J.	-	-	8.85	-	-	8.15	-
S	-	-	-	6.55	6.50	8.96	5.12
D	18.00	-	18.6	-	19.30	20.30	14.05
	(2k)	-	-	-	-	-	-
J	-	-	-	15.31	-	-	11.30
				(600g-)			
All D Marr		All D Carr except * J McCaulay	All J McCaulay	L Gray 100 200 C Matt hews 800 1500 shot M Guynor HJ M Stawell Jav	All M Goymer	All D Anderson	All N Johnstone

The Albany Athletic Club have a programme of events each Saturday morning, usually at Centennial Oval starting at 9am on a programme 1 - 4 basis to complete about Noon and go through on the track until 8th March

On Sunday 6th April - King of the Stirlings - Bluff Knoll
On Sunday 13th April - Port to the Point Fun Run - Albany
On Sunday 26th April - Albany open C.C. Champs and W.A.M.C.
On Sunday 27th April - "Fallen Comrades race - Albany
Lions King of the Mountain - Albany

For further information contact Mr D Mair 10 Halifax st Albany WA6330

Any veterans competing in these events please advise Rob Shand of your results for inclusion the Newsletters and listing of any records etc.

Jeff Whittam has lost his stopwatch. It was used at the McCallum run on Sunday 13th January and has not been seen since. So if anyone has a spare stopwatch let Jeff have it back.

-12-

As it happens Dick Horsley has provided us with an updated list of Veterans Club womens records as at 30/12/79

EVENT	W30	W35	W40	W45	W55+
60	8.3 Prescott	7.4 Holland	-	-	-
100	13.7 Prescott	12.0 Holland	14.3 Whittam	13.8 Goodwin	-
200	29.8 Prescott	24.6 Holland	-	45.9 Berry	48.7 Tyson
400	75.5 Prescott	56.0 Holland	77.0 Whittam	69.9 Goodwin	104.0 Tyson
800	3.04.09 Stone	2.29.8 Holland	-	-	-
1500	6.14.9 Stone	5.27.9 Holland	-	8.14.9 Berry	-
*1mile	-	-	-	-	-
3000	13.33.0 Stone	-	-	-	-
5000	-	-	-	-	-
10000	46.47.7 Stone	50.17.0 Wall	-	-	-
S	7.30 Brown	9.04 Holland	8.74 Whittam	5.08 Berry	-
D	12.14 Pearton	27.48 Holland	18.75 Whittam	19.20 Goodwin	8.48 Tyson
J	13.64 Brown	19.64 Holland	17.76 Whittam	9.36 Berry	-
HJ	-	-	-	-	-
LJ	-	5.19 Holland	-	4.22 Goodwin	-
TJ	-	8.82 Holland	-	-	-
100H	-	-	-	-	-

No time for W50 listed.

Thursday 17th January 1980 Time Trials Tenth meeting
this week back at Perry Lakes but this time at the main stadium as
the warm up track was locked up for some unknown reason

Events: Discuss and "The old Mile" with Don Caplin organising and
Ray Benetti assisting. Mile times for 1979 are in newsletter 78.

Trials X	Discuss		time	Mile	Points	Points	
	Women 1.0k distance	Men 1.5k points				total	Prog meet total
W55	-	-	-	-	-	-	-
V Tyson	-	-	9.04	-	20	20	1137
W45	-	-	-	-	-	-	-
E Crowther	-	-	8.53	-	20	20	20
M Berry	13.76*	350	9.09	-	20	370	2503
L Butcher	10.58	223	7.39	-	346	569	569
W40	-	-	-	-	-	-	-
D Whittam	19.42*	497	8.48	-	20	517	6446
W35	-	-	-	-	-	-	-
C Kirkman	16.38	350	7.35	-	310	660	660
W30	-	-	-	-	-	-	-
J Stone	-	-	7.00	-	310	310	2954
J-pearton	14.60*	64	7.08	-	262	326	2736
M60	-	-	-	-	-	-	-
C Bould	-	-	6.39	-	646	646	4084
M55	-	-	-	-	-	-	-
A Wright	25.10	604**	6.26	-	514	1118	9029
M50	-	-	-	-	-	-	-
S Lockwood	21.00	315	6.20	-	460	775	4135
D Stone	20.82*	309	5.51	-	634	943	4454
D Butcher	19.64	267	5.47	-	658	925	4860
A Tyson	19.14	250	5.45	-	670	920	4651
W45	-	-	-	-	-	-	-
J Whittam	22.22	218	5.42	-	628	846	6426
E Pearton	14.60	20	5.33	-	682	702	6019
M Berry	-	-	6.03	-	502	502	4659
D Carr	21.40*	189	5.19	-	766	955	9450
R Shand	25.32	326	5.17	-	778	1104	1494
A Cummings	31.88*	556	6.57	-	178	734	3110
M40	-	-	-	-	-	-	-
R Benetti	26.92*	242	6.17	-	388	630	2788
D Caplin	21.50	88	4.40	-	970**	1058	8347
B Robinson	24.06	177	5.22	-	718	895	2985
A Fergie	33.56*	510	7.03	-	112	622	5786

Vetrun 92

Thursday 17th Jan time trials Contd:

	Discus		mile		Points	
	distance	Points	time	points	total meet	Prog total
M35						
L Keynes	22.00	20	7.17	20	40	157
B Danby	21.28	20	5.33	622	642	3114
G Allen	27.30*	116	5.43	562	678	1508
L Oakley	20.76	20	5.55	490	570	570
R McBride	23.24	20	5.42	568	588	588
H Kirkman	-	-	4.55	850	850	3358
D Crowther	-	-	5.10	760	760	4183
INV	-	-	-	-	-	-
J David	17.56	-	5.43	-	-	-

*Best this season

**Best event Performance

Points were adjusted in M40 and M45 Discus for Underweight implement.
Position at the end of Round 10 after 22 events are:

Men			Women		
1	D Carr	(M45) 9450points	1	D Whittam	(W40) 6446 points
2	A Wright	(M55) 9029points	2	J Stone	(W30) 2954 points
3	D Caplin	(M40) 8347points	3	J Pearton	(W30) 2736 points

Don Caplins Mile run was 30 points short of the 1000 mark

It is intended to hold a club track and field wind up on Thursday 27th March. After Time Trials 20, which will consist of the 10,000m, a BYO BBQ will be held at Perry Lakes near the YMCA Hall and thereafter the Hall will be used to show some slides which Mike Berry has taken and a film by Alan Merrett.
Our Patron Bill Hughes has offered to present the Patrons Trophies for mens and womens time trials and the relevant club Certificates and the Reg Briggs Trophy will also be presented
Make certain that you have no other functions on this evening (we will need lap scores anyway) and come along to congratulate the winners and farewell our members who are going to Adelaide for Easter.

Bev Wall Birthday 17th January, turned 40 and became W40.

Stan Lockwood The Librarian says that although the Library has few books in it, they are not circulating, so come on, 'MOOVE IT' and get those books around the club as soon as possible. While on the subject of Stan Lockwood, his discus throw on 17.1.80 of 21.00 was a new M50 Club record breaking Dave Jones previous record of 20.98 m

Corrections:

- C. Bould line 14 should be 22.08 (not 22.00)
- Note that at 22nd December, Jo Stone (from University) is the 4th woman member to transfer. Number 3 is Bev Wall.

Newsletter No. 93

February 1980

Registered for posting as
a periodical - Category BSecretary 384-0939
Treasurer 447-2418

What is fame?

The "advantage" of being known by people
of whom you yourself know nothing and for
whom you are as little.

Stanislas I.

The Club Newsletter is distributed to all financial members of the Club, to Secretaries of all E. States Clubs, and to the Veterans Athletic Association Secretary. It is also sent to financial members of our Club who are not in W.A., and to any veterans in Australia who are not members of the Club but pay \$2.50 for postage and handling costs per annum.

Just a reminder - if you cannot fulfil your ROSTER DUTIES please arrange for someone to take your place, because by not turning up you could jeopardise the event for 50 others. Don't leave it to the Secretary to find a substitute, but let him know if there is a change, so that he can adjust future rostering accordingly.

We thank Martin O'Rourke for typing Newsletter 92, and Bob Fergie for organising the duplicating.

Saw Jim Smith walking at McCallum about a week ago, so he is well on the mend and we believe back at work again - aiming for New Zealand in 1981 without doubt!

A.A.W.A. SHIELD COMPETITIONS held at Perry Lakes Stadium over two hot days provided competition in the John Winter Club Trophy (C.T.) for 23 veterans on Day 1, and 17 veterans on Day 2. A total of 25 veterans making up the team, 8 veterans competed for other teams. The results were:

DAY 1 Saturday, 19th January

TRACK	100m	110H	400m	1500m	3k	3k walk
M35 H. Kirkman	-	-	-	-	9.29	-
J. Gold	12.4	-	54.6	-	-	-
J. Barnes	13.7	-	-	-	-	-
D. Crowther	-	-	-	4.43	10.07	-
B. Oliver	12.6	-	-	-	-	-
R. Calnan	-	-	61.4	-	-	-
P. Wall	-	-	-	-	9.51	"Disqualified"
M40 J. Rowland	-	-	58.3	-	-	-
D. Caplin	-	-	-	4.19	w/d	-
C. Spare	-	-	-	-	10.38*	-
E. Maslen	-	-	-	-	-	?
A. Zemunik	-	-	-	5.20	10.26	-
D. Hoyer	-	-	-	4.34	9.47	-
M45 D. Carr	14.8	-	58.4	-	-	-
J. Davies	-	-	62.5*	-	-	-
D. Walker	w/d	w/d	-	-	-	-
B. Buchanan	-	-	-	5.04*	11.11*	-
R. Hayres	-	-	-	4.59*	-	-
E. Pearton	-	-	-	-	10.28	-
M. Smith	-	-	-	-	10.02	-
M50 A. Briffa	-	-	-	-	11.24	"Disqualified"
A. Tyson	-	-	-	5.04*	-	-
D. Jones	13.4	-	w/d	-	-	-
D. Stone	-	-	-	-	-	17:32.2
M60 C. Beald	-	-	-	-	12.27	-
M65 R. Horsley	-	-	-	-	-	17:44

2.

In the 4 x 400m Relay, Gold, Carr, Oliver and Caplin covered the 1600m in 3m 56s. This improves on the 4.02.9 run by Carr, O'Hare, Oliver and Caplin on 10.11.79. Don Stone won the walk, with Dick Horsley second.

FIELD	L.J.	800g Javelin	P.V.	5.5k shot
M35 R. Calnan	4.65	19.60	-	9.61
M40 J. Rowland	N.J.			
R. Fergie		33.66	2.00	11.25
R. Kemp		31.74*		8.85
E. Maslen			2.60	
B. Robinson	3.38			7.89
M45 D. Walker	4.16	w/d		w/d strained hamstring
A. Cummings		24.06*		8.37
R. Shand		30.72		8.53
M50 D. Stone		21.48	N.J.	

Points at the end of competition on DAY 1 were: Composite team (Rockingham, W.A. Harriers, Wanneroo, Kwinana and Midland) led with 292 points, followed by University 283, Bunbury 238, Veterans 203, Belmont 97, Karrinyup 52, Melville 47 and Swan Districts 36.

* Best this season

DAY 2. Sunday, 20th January

TRACK	400H	3000 S.C.	200	800	5000m
M35 H. Kirkman	-	10.25	-	-	17.14
P. Wall	-	-	-	-	16.26
J. Gold	66.5**	-	25.0	-	-
B. Oliver	78.2	-	26.6	-	-
D. Crowther	-	-	-	-	17.57
R. Calnan	-	-	27.0	-	-
R. McBride	-	-	26.2	2:31.4	-
J. Hosking	-	-	-	-	18.19
M40 D. Caplin	-	-	-	2:05.2*	17.25
C. Spare	-	14.27	-	2:31.3	18.57
A. Zemunik	-	-	-	2:20.9	18.54
B. Robinson	-	12.28	-	-	-
E. Maslen	-	10.43	-	-	-
M45 D. Carr	-	-	27.1	2:13.5	-
J. Davies	76.8	11.39**	-	-	-
R. Hayres	-	-	-	2:30.4	w/d
B. Buchanan	-	-	-	-	w/d
D. Walker	-	w/d	-	-	-
M50 D. Jones	-	-	27.0	-	-
A. Tyson	-	13.06	-	-	-
A. Briffa	-	-	-	-	19.47
M60 C. Bould	-	-	-	-	21.07

In the 4 x 100m Relay, Oliver, Carr, Jones and McBride covered the 400m in 51.0s. J. Barnes withdrew from the relay. Hugh Kirkman won the 3000m Steeplechase.

FIELD	H.J.	1.5k Discus	5.5k Hammer	T.J.
M35 R. Calnan		26.30		
J. Gold	1.35			
M40 R. Fergie	1.35	31.10	30.62	w/d
R. Kemp		28.60		
B. Robinson			21.12	w/d
J. Rowland				w/d

FIELD	H.J.	1.5k Discus	5.5k Hammer	T.J.
M45 A. Cummings	w/d	31.04	30.50	
R. Hayres			22.22 *	
R. Shand		26.28		
D. Walker			w/d	
M50 D. Jones		21.46		

* Best this season
 ** New Club record

Congratulations to John Davies for creating a new Club record for M45 3k steeple, breaking Jeff Whittam's record of 12:09.2 of 10.11.79.

Final Points Score (with first and second days points in brackets)

1. University	(283 + 288) = 571	2. Bunbury	(238+238) = 476
3. Composite	(292 + 168) = 460	4. Veterans	(203+215) = 418
5. Belmont	(97 + 25) = 122	6. Karrinyup	(52+ 50) = 102
7. Melville	(47 + 38) = 85	8. Swan Ds.	(36+ 24) = 60

Sunday, 20th January

The programmed event at McCallum was a 3 x Dave Jones run, with Jack Collins and Jerry Noordyk rostered for duty. Jack was unable to attend and arranged for Bob Hayres to take over while Bruce Buchanan stood in for an absent Jerry. Sixteen veterans participated, our smallest group for some time, probably due to the Shield Competitions and Marathon Club's 15k at Kings Park. Results of the run in hot and humid conditions were:

		LAP 1	LAP 2	LAP 3	TOTAL	Position
W45	L. Butcher	11.25	11.58	13.04	36.27	12
	N. Berry	13.22	14.43	-	28.05 for 2 laps	
W35	J. Shillington	11.24	11.35	11.59	34.58	11
	J. Slinger	10.48	11.44	-	22.32 for 2 laps	
M60	P. Llorens	12.42	13.46	-	26.28 for 2 laps	
M50	P. Lawrence	9.43	10.27	11.51	32.01	8
	M. Moyle	9.41	10.21	10.13	30.15	5
	S. Lockwood	10.49	10.43	11.16	32.48	9
M45	W. McCabe	8.47	9.21	9.34	28.22	1
	D. Moffett	9.41	9.41	9.24	28.46	2
	M. Berry	9.41	9.41	9.51	29.13	4
M40	R. Kemp	9.41	10.21	14.32	34.34	10
M35	L. Keynes	10.39	13.26	-	24.05 for 2 laps	
	L. Oakley	9.41	9.25	9.48	28.54	3
	J. David	9.43	10.19	10.18	30.20	6
	B. Slinger	9.43	10.59	10.53	31.35	7

Distances 2233m (1.38 miles) 4466m (2.76 miles) 6699m (4.14 miles)

Jim Martin and Ralph Godkin ran through McCallum from Nedlands and did not participate.

We welcome John David (34) of 9/9 Robin Place, Jolimont, and (W35) Barbara Leach of 98 Keightley Road, Shenton Park (381.4441) to the Club.

Les Oakley birthday 20th January turned 35 and becomes M 35
Dennis Horgan birthday 21st January turned 40 and becomes a Veteran M 40.

WORLD CHAMPIONSHIPS - Christchurch January 1981.

The information which all veterans on our list of members dated 30.11.79 have received from Wal Sheppard is NOT AN ENTRY FORM but is a registration form for "Travel to Christchurch". Entry forms will follow later. We have requested additional information for a package to include W.A. which has not been included in the MB travel advice. Anyone who did not get a circular and is interested can get one from Rob Shand.

4.

1980 WYALLA COUNTRY MARATHON CHAMPIONSHIP will commence at 9 a.m. on Sunday, 4th May. Entries close 15th April 1980. Entry forms from Rob Shand.

Mike and Nora Berry are off to New Zealand from 1st February to 24th February and we wish them a good holiday and hope that all that clean mountain air will "de-wheeze" Mike.

Bruce Buchanan will be away for about 6 weeks on a two part holiday, the first in Denmark W.A., and the second overseas in South East Asia. His duties as team manager will be taken over by the Committee.

Sunday, 20th January, 1980 In the early morning, with the temperature around the 24°C mark and the humidity high enough to cause sweating at the thought of the hills ahead, the conditions for the Marathon Club's 15k in Kings Park can only be described as "camel weather". 82 started and 52 finished the 3 lap course, the race being won in 50 minutes 23 seconds. Veteran times for the full course with 1979 times in brackets were:

Position		Time	1979
6	D. Hoyer	M40	54m05s
7	M. Smith	M45	55m05s
8	F. Smith	M35	55m21s
13	J. Joyce	M35	56m57s (56.45)
16	E. Pearton	M45	57m51s (61.47)
19	J. Davies	M45	58m16s (60.11)
22	R. Shand	M45	59m58s (70.39)
23	B. Robinson	M40	59m59s
25	M. O'Rourke	M40	60m10s (37.00 for 2 laps)
29	A. Tyson	M50	64m52s (62.22)
30	N. Morfitt	M35	64m53s
35	D. Butcher	M50	66m02s
36	S. Foster	M35	66m29s
39	W. Hough	M35	67m59s (21m50 for 5k)
40	J. Barnes	M35	68m48s
44	G. Moses	M40	73m47s (62.17)
45	A. Wright	M55	75m04s
48	J. Pellier	M40	77m12s
49	J. Stone	W30	78m36s
51	J. Pearton	W30	82m17s (83.17)
5k	C. Kirkman	W35	26m55s
5k	V. Tyson	W55	33m12s
	D. Crowther	M35	w/d at 10k no time (61m04s)
	P. Wall	M35	w/d at 10k no time
	H. Kirkman	M35	w/d at 10k no time
	G. Allen	M35	w/d no time

John Pellier won the spot prize

Wednesday, 23rd January After the mercury had reached 42.2°C at 1.05 p.m. it dropped to a cool 34.3°C at 6 p.m. when the 10,000m was run. Only 5 veterans competed and their times were:

D. Hoyer	M40	35m30s	and won the race
E. Maslen	M40	35m36s	and came second
A. Tyson	M50	41m04s	
D. Carr	M45	42m11s	
F. Usher	M50	w/d after 11 laps	

Earlier Dick Horsley completed a 2k walk in 11m11s.

Len Keynes birthday 23rd January turned 40 and becomes M 40

Lesley Brown birthday 23rd January turned 33 and remains W 30

Thursday, 24th January was a much cooler day with a maximum temperature of 34.5°C and a strong sea breeze blowing when the eleventh Time Trials were held.

THURSDAY, 24th January — TIME TRIALS — ELEVENTH MEETING — again at the Perry Lakes Main Stadium as the warm up track was again locked up.

Events 400m, 100m, Javelin with Bob Hayres organising and Val Prescott assisting, though further assistance from Phil Wall, Bob Fergie and Rob Shand was necessary for this well supported three event programme.

	TRIALS XI	400m Time	Points	100m Time	Points	Javelin(800g) Dist.	Points	Points Total	Prog. Total
								Mtg.	
<u>W55</u>									
V. Tyson	93.1*	20	18.06*	480	-	-	500	1637	
<u>W45</u>									
N. Berry	104.6*	20	19.04	20	10.96*	458**	498	3001	
<u>W40</u>									
B. Wall	90.00	20	18.07	20	-	-	40	40	
<u>W35</u>									
C. Kirkman	80.01	20	16.05	200	-	-	220	880	
<u>W30</u>									
J. Pearton	85.8*	20	17.06*	20	8.22*	20	60	2796	
V. Prescott	89.5	20	14.06	580	-	-	600	2161	
<u>M60</u>									
C. Bould	89.1	36	20.03	20	-	-	56	4140	
<u>M55</u>									
A. Wright	71.05*	540	15.01	580	19.73*	309	1429	10458	
<u>M50</u>									
D. Butcher	68.08*	448	14.07*	560	19.46	226	1234	6094	
S. Lockwood	68.2	472	13.04	892**	16.84*	134	1498	5633	
A. Tyson	69.0	440	15.00*	500	3/NT	nil	940	5591	
M. Moyle	70.00	400	13.04	820	-	-	1220	2948	
<u>M45</u>									
E. Pearton	68.02*	392	15.08*	240	14.19*	20	652	6671	
M. Berry	74.05	148	15.06*	280	-	-	428	5087	
D. Carr	53.00*	1000**	12.06*	880	20.54*	196	2076	11526	
R. Hayres	67.90	504	14.08*	440	22.68	260	1204	7321	
D. Moffett	-	-	14.00	600	-	-	600	2037	
R. Shand	-	-	-	-	28.84	445	445	1939	
<u>M40</u>									
R. Fergie	71.42	192	14.04	420	28.58	340	952	6738	
R. Benetti	67.05	340	12.06	780	3/NT	nil	1120	3908	
D. Caplin	57.01*	756	13.00*	700	25.9	273	1729	10076	
B. Robinson	60.04	624	13.03*	640	26.72*	293	1557	4542	
J. Barnes	63.40	464	13.02	560	20.57	20	1044	3218	
L. Keynes	77.6	20	15.02*	160	18.56	20	200	357	
<u>M35</u>									
R. McBride	60.00	600	12.03	740	26.74	169	1509	2097	
L. Oakley	63.3	468	13.04	520	19.88	20	1008	1518	
J. David	68.00	280	13.04	520	15.45	20	820	820	
B. Oliver	-	-	12.02*	760	-	-	760	4682	
G. Allen	-	-	14.00*	400	32.76	319	719	2287	
<u>INV (W45)</u>									
P. Carr	-	-	17.06	-	-	-	-	-	

Women's points score is adjusted for use of overweight javelin.

* Best this season

** Best Event Performance

David Carr gained a "thousand" for his 400m performance, and the current positions are:

<u>Men</u>			<u>Women</u>		
1.	D. Carr	(M45) 11526 points	1.	D. Whittam	(W40) 6446 points
2.	A. Wright	(M55) 10458 points	2.	N. Berry	(W45) 3001 points
3.	D. Caplin	(M40) 10076 points	3.	J. Stone	(W30) 2954 points

Val Tyson broke her own W.55 400m record by 10.9 secs and also created an inaurural 100m record of 18.06 sec. In the Javelin Nora Berry broke her own W 45 record for 800g implement by 1.6m.

James Barnes birthday 25th January, turned 37 and remains M35.

At a poorly attended Track & Field Meeting at Perry Lakes on Saturday, 26th January John Davies (M45) and Charles Spare (M40) ran the 5000m, the former in 18m04s and the latter in 18m49s. Others who participated were:

D. Carr	(M45)	800m in 2m13.5s
B. Oliver	(M35)	Time unknown.
R. Horsley	(M65)	Time unknown.

SOUTH WEST CHAMPIONSHIPS

Sunday 27th and Monday 28th January 1980, held at Payne Park, Bunbury in the hot and humid conditions that one expects for this meeting. This year the South West A.A.A. included events for Men 35, Men 45 and Women 30 in their programme, which resulted in a good response from veterans. In 47 events, 31 different veterans competed, setting a number of inaugural records, with Don Caplin breaking two previous M35 records, both his own, in the 800m and 1500m; Morrie Smith two M45 records in the 800m and 1500m, Rob Shand two M45 records in the Javelin and Shot, John Davies an M45 400m record, and Derek Walker an M45, 100m record; with the vets 4 x 400m relay team creating another record. (tel:098-221517)

We welcomed Brian Waldhuter (39) of P.O. Box 160, Katanning, and Joanne Walker of 61 Westfield Street, Maddington (tel: 459.5885) to the Club.

Most of the vets stayed on Saturday and Sunday nights at Peppermint Beach Caravan Park with Hayres, Shand, Carr (and son), Prescott (and daughter), Bev and Phil Wall (and family) Hoyer and Morrie Smith, Cummings (and family) and Whittans (and family) there on Saturday night, being joined some time after 10.30 p.m. by Bernie Oliver; and on Sunday morning by Lockwoods, Caplins, John Rowland and Hoskings. The Walkers and Jones camped at the oval, and others distributed themselves among Bunbury friends, motels, and other caravan parks.

The veterans' results are listed in the following pages, positions being shown where the information could be obtained.

VETERANS' RESULTS - SOUTH WEST CHAMPIONSHIPS - TRACK EVENTS

* Best this season
R Record
T Title holder
I Inner (3000m) track

100 METRES

<u>M35</u>	R	J. Reynolds	12.0	1977	<u>M45</u>	R	D. Jones	13.8	1979
	T	K. Cameron	13.4	1978		T	D. Jones	13.8	1979
1.	B. Oliver	(M35)		12.9	1.	D. Walker	(M45)	13.1	(R)
2.	R. Benetti	(M40)		13.6	2.	D. Jones	(M50)	13.4	
3.	R. Calnan	(M35)		13.7	3.	S. Lockwood	(M50)	13.8	
4.	P. Smith	(M40)		13.7	4.	D. Carr	(M45)	did not run	
5.	B. Robinson	(M40)		14.1					
6.	R. Fergie	(M40)		14.4					
7.	B. Old	(M40)		15.3					
	D. Walker	(M45)	did not run						
	R. McBride	(M35)	did not run						
	D. Carr	(M45)	did not run						

<u>W30</u>	R	W. Hunter	13.9	1976
	T	V. Prescott	15.1	1979

1. V. Prescott (W35) 15.1
2. R. Wijesundera (W30) 15.1
3. D. Whittan (W40) did not run

200 METRES

<u>M35</u>	R	D. Carr	24.9	1977
	T	K. Cameron	26.5	1978

<u>M45</u>	R	D. Jones	26.9	1979
	T	D. Jones	26.9	1979

Heats

B. Waldhuter	(M35)	27.4
R. McBride	(M35)	28.0
B. Oliver	(M35)	28.0
R. Benetti	(M40)	28.0
D. Carr	(M45)	28.1
R. Calnan	(M35)	28.2
B. Robinson	(M40)	29.1
R. Fergie	(M40)	30.2
B. Old	(M40)	30.8
P. Smith	(M40)	did not run

1. D. Walker (M45) 27.4 In.R
2. D. Jones (M50) 27.9
3. D. Carr (M45) 28.2
4. S. Lockwood (M50) 30.8

Finals

1. B. Oliver (M35) 26.3
2. R. McBride (M35) 26.9
3. B. Waldhuter (M35) 27.2
4. R. Benetti (M40) 27.4
5. R. Calnan (M35) 28.0
6. D. Carr (M45) no time

W30

R	V. Hunter	29.6	1976
T	R. Wijesundera	31.6	1978

1. V. Prescott (W35) 31.2*
2. D. Whittan (W40) 32.1
3. R. Wijesundera (W30) did not run

400 METRES

<u>M35</u>	R	D. Carr	55.7	1977
	T	K. Cameron	58.7	1978

<u>M45</u>	R	D. Jones	63.3	1979
	T	D. Jones	63.3	1979

1. D. Carr (M45) 58.0
2. B. Waldhuter (M35) 58.1
3. B. Robinson (M40) 61.4
4. R. Calnan (M35) 64.9
- R. McBride (M35) did not run
- B. Oliver (M35) did not run
- R. Benetti (M40) did not run

1. J. Davies (M45) 61.0 R
2. D. Jones (M50) 65.7
3. R. Hayres (M45) 66.4*
4. D. Carr (M45) 67.5
5. S. Lockwood (M50) 68.0
- D. Walker (M45) did not run

<u>W30</u>	R	V. Smith	73.4	1974
	T	V. Prescott	75.2	1979

1. V. Prescott (W35) 73.5
- D. Whittan (W40) did not run
- R. Wijesundera (W30) " " "

800 METRES

<u>M35</u>	R	D. Caplin	2.07.5	1979
	T	D. Caplin	2.07.5	1979

<u>M45</u>	R	R. Hayres	2.27.5	1979
	T	R. Hayres	2.27.5	1979

1. D. Caplin (M40) 2.05.6 R
2. B. Waldhuter (M35) 2.06.3
3. P. Wall (M35) 2.12.0
4. B. Robinson (M40) 2.17.4
- D. Carr (M45) did not run
- R. McBride (M35) did not run

1. M. Smith (M45) 2.14.3 R
2. D. Carr (M45) 2.17.1
3. J. Davies (M45) 2.17.2 *
4. R. Hayres (M45) 2.27.8 *
5. J. Whittan (M45) 2.38.1
6. S. Lockwood (M50) 2.44.6 *
- D. Walker (M45) did not run

800 METRES (Contd)

M35 R } Inaugural Event
T }

8.

R. Wijesundera (W30) 3.22.0
V. Prescott (W35) did not
run

1500 METRES

M35 R D. Caplin 4.30.2 1978
T D. Caplin 4.30.2 1978

M45 R R. Hayres 5.16.7 1979
T R. Hayres 5.16.7 1979

1. D. Caplin (M40) 4.19.1 R
2. P. Wall (M35) 4.23.7
3. H. Stoffers (M35) 4.32.5
4. D. Crowther (M35) 4.45.7
5. B. Waldhuter (M35) 4.54.4
6. B. Robinson (M40) 5.00.3
R. McBride (M35) did not run
J. Hosking (M35) did not run

1. M. Smith (M45) 4.37.0 R
2. J. Davies (M45) 4.54.4
3. R. Hayres (M45) 5.05.9
4. J. Whittam (M45) 5.18.9
5. A. Tyson (M50) 5.24.0
D. Walker (M45) did not run

HERB ELLIOTT OPEN MILE

D. Hoyer (M40) 4.56.0

3000 METRES (I)

R J. Langford 8.50.0 1973
T G. Lee 9.24.2 1979

H. Stoffers (M35) 10.01.0
F. Smith (M35) 10.06.0
D. Hoyer (M40) did not run
P. Wall (M35) did not run
D. Caplin (M40) did not run

10,000 METRESOPEN MEN

R S. Stingemore 30.02.6 1973
T R. Stevens 32.18.9 1978

F. Smith (M35) 36.02

M35 R } Inaugural Event
T }

1. P. Wall (M35) 33.55 I.R.
2. H. Stoffers (M35) 34.27
3. D. Hoyer (M40) 35.08
4. D. Crowther (M35) 37.58
5. B. Robinson (M40) 38.29
6. J. Hosking (M35) 39.20

M45 R } Inaugural Event
T }

1. M. Smith (M45) 36.13 IR
2. J. Davies (M45) 37.13 *
3. R. Shand (M45) 38.24
4. A. Tyson (M50) 39.44 *
J. Whittam (M45) w/d 13 laps
20.45
R. Hayres (M45) w/d 13 laps
20.45
A. Briffa (M50) did not run

110METRES HURDLES

M35 R T. Reynolds 16.2 1977
T P. Muller 20.8 1978

M45 R N. Goff 21.1 1979
T N. Goff 21.1 1979

2. P. Smith (M40) 20.8
3. B. Oliver (M35) 24.0
D. Walker (M45) did not run

1. D. Walker (M45) 21.2
J. Davies (M45) did not run
D. Jones (M50) did not run

100 METRES HURDLES WOMENShirley Strickland Open 100m Hurdles

R J. Watson 14.4 1972
T R. Gelle 16.3 1979

5. J. Walker (W30) 20.2

WALKS

3000 METRES

W30 R M. Bock 4.56.3 1974
T R. Wijesundera 5.33.0 1979
(R. Wijesundera (W30) 5.27.0)

3000 METRES

M35* R W. Smith 16.15.2 1974
T W. Smith 16.41.6 1978
A. Cummings (M45) 20.40.5
B. Robinson (M40) 22.14.3
P. Smith (M40) did not walk

*The above times include one extra lap (3000m)

RELAYS

4 x 400 M35

R Vets No. 2 4.20.8 1979
T Vets No. 2 4.20.8 1979
B. Robinson (M40) 59.0
D. Carr (M45) 61.0
D. Caplin (M40) 59.0
B. Oliver (M35) 62.0

4m0ls

(The Club record for this event is 3m56.0s on 19.1.80 by Gold, Carr, Oliver and Caplin)

4 x 100 M35

R N. Districts 52.5 1979
T N. Districts 52.5 1979
D. Walker (M45) B. Oliver (M35)
D. Jones (M50) D. Carr (M45)
R. Hayres (M45) B. Robinson (M40)
R. Benetti (M40) D. Caplin (M40)

53.0s

53.3s

(The Club record for this event is 51.0s on 19.1.80 by Oliver, Carr, Jones and McBride)

4 x 100 W30

R Bunbury 61.8 1979
T Bunbury 61.8 1979

Our team did not enter as some members had to leave

4 x 400 W 30

R) Inaugural Event
T)

D. Whittam (W40) 67.04
B. Wall (W40) 89.46
R. Wijesundera (W30) 94.60
V. Prescott (W35) 75.98

5.27.08

Inaugural Club Record

FIELD EVENTS

LONG JUMP

M35 R T. Reynolds 6.13 1977
T R. Calnan 5.30 1979

R. Calnan (M35) 5.33 *
P. Smith (M35) 4.98
B. Robinson (M40) 4.03*

M45 R N. Goff 5.12 1979
T N. Goff 5.12 1979

1. D. Walker (M45) 4.73*
2. D. Jones (M50) 4.53
3. S. Lockwood (M50) 4.04

W30 R K. Holland 5.17 1976
T R. Wijesundera 3.81 1979

R. Wijesundera (W30) 3.96
J. Walker (W30) 3.88

TRIPLE JUMP

W30 NO EVENT

TRIPLE JUMP

M35 R P. Muller 11.05 1979
T P. Muller 11.05 1979

NO EVENT

M45 R N. Goff 10.20 1979
T N. Goff 10.20 1979

1. D. Walker (M45) 9.58
2. A. Cummings (M45) 8.71
3. D. Jones (M50) 8.31

HIGH JUMP

M35 R T. Reynolds 1.50 1977
T P. Smith 1.35 1979

P. Smith (M40) 1.35
R. Fergie (M40) 1.30
B. Robinson (M40) 1.10

M45 R) Inaugural Event
T)

1. D. Walker (M45) 1.40 I.R.
(new M45 Club Record)
2. D. Jones (M50) 1.30
(new M50 Club Record)

W30 R D. Jarvis 1.32 1979
T D. Jarvis 1.32 1979

No Vet. Club competitors

JAVELIN

M35 800g R T. Reynolds 45.44 1977 M45 800g R D. Walker 26.16 1979
 T B. Old 35.18 1978 T D. Walker 26.16 1979

1. B. Old (M40) 36.93	1. R. Shand (M45) 33.92 * R
2. R. Fergie (M40) 32.96	2. D. Walker (M45) 32.72 *
3. R. Benetti (M40) 28.15	3. R. Hayres (M45) 25.12
4. D. Crowther (M35) 24.60	4. J. Whittam (M45) 20.92*
B. Robinson (M40) 24.50	D. Jones (M50) did not throw

Open

B. Old (M40) 38.20 *

W30 600g R W. Hunter 27.60 1976
 T R. Wijesundera 13.58 1979

2. D. Whittam (W40) 18.52
 R. Wijesundera (W30) 13.08

SHOT

M35 (12lb) 5.5k

R E. Niemanis 13.23 1979
 T E. Niemanis 13.23 1979

R. Fergie (M40) 11.35
 R. Calnan (M35) 9.68
 R. Benetti (M40) 9.42
 B. Robinson (M40) 9.22

M45 (12lb) 5.5k

R N. Goff 9.14 1979
 T N. Goff 9.14 1979

1. R. Shand (M45) 9.54 * R
 2. D. Walker (M45) 8.98 *
 3. A. Cummings (M45) 8.49
 4. D. Jones (M50) 8.41
 5. J. Whittam (M45) 7.77 *

Open (16lb) 7.25k

R. Fergie (M40) 9.53

W30 4.0k

R K. Holland 8.44 1976
 T D. Jarvis 7.97 1979

D. Whittam (W40) 8.00
 R. Wijesundera (30) 7.07

DISCUS

M35 1.5k

R E. Niemanis 40.40 1978
 T E. Niemanis 39.40 1979

A. Cummings (M45) 30.30
 R. Fergie (M40) 27.58
 B. Old (M40) 24.22
 R. Calnan (M35) 22.94
 B. Robinson (M40) 19.90
 P. Smith (M40) did not throw

M45 1.5k

R A. Cummings 30.44 1979
 T A. Cummings 30.44 1979

A. Cummings (M45) 28.84
 D. Walker (M45) 28.00
 R. Shand (M45) 24.82
 D. Jones (M50) 21.78
 J. Whittam (M45) 19.78
 A. Tyson (M50) 19.52 *

W30 1.0k

R K Holland 23.5 1976
 T R. Wijesundera 21.58 1979

D. Whittam (W40) 18.05
 R. Wijesundera (W30) 17.20

HAMMER

M35 (12 lbs) 5.5k

R E. Niemanis 47.90 1978
 T E. Niemanis 42.30 1979

R. Fergie (M40) 35.14
 B. Robinson (M40) 22.80

Open 16lb (7.25k)

R. Fergie (M40) 27.34

M45 (12 lb) 5.5k

R A. Cummings 34.56 1979
 T A. Cummings 34.56 1979

A. Cummings (M45) 31.40 *
 R. Hayres (M45) 21.66
 D. Walker (M45) 21.06
 J. Whittam (M45) 20.16 *
 D. Jones (M50) did not throw

The "Bishop of Bullsbrook" had a birthday on 28th January, turned 53 and remains M50. He also remains Paul Morrissey.

On 29th January, Ron Potter had a birthday and so did Jack D'ARCY. Ron turned 48 and remained M45 and Jack turned 57 and remains M55. Although Paul appears from the woods now and again we haven't seen much of Ron or of Jack and Gwen for quite some time.

Wal McCabe had a birthday on 31st January when he turned 49 and remains M45 for another year.

Alec Cummings has left Perth for about 4 months to go and assist in the rebuilding of Goldsworthy after the devastation of the last cyclone.

Val Lishman will be leaving W.A. until about July 1980 as he is taking part in an Australian Army expedition to climb Mt. Gauri Shankur, 40 miles from Everest - don't some people find interesting ways to keep fit!

WEDNESDAY, 30th JANUARY 1980 - a poorly attended twilight meeting at Perry Lakes as the meeting was not advertised - saw only 4 veterans in action and Dick Horsley officiating. The results were as follows:

100m	B. Oliver	(M35)	12.6
400m	D. Carr	(M45)	56.8
1500m	A. Tyson	(M50)	5m07.0s
5000m	B. Oliver	(M35)	19m47s
	C. Bould	(M60)	21m22s

Jim Hasking birthday 1st February turned 37 and remains M35
 Geoff Price " 2nd February turned 45 and alters to M45
 Brian Egan " 2nd February turned 50 and alters to M50

Brian is living in Canberra and we have not heard much news from him lately, nor have we seen any mention in the Canberra Vets newsletter.

Thursday, 31st January 1980 Time trials. Twelfth meeting at

Events 200m and 1500m with Cliff Bould organising and John Maddison assisting.

TIME TRIALS		200m		1500m		Points	
XII		Time	Points	Time	Points	Total mtg.	Prog. total
W55	V. Tyson	41.8*R	120	7.40.8R	305	425	2062
W40	B. Wall	40.6	20	6.20.9R	605	625	665
W35	C. Kirkman	-	-	6.49.6	432	432	1312
W30	J. Pearton	38.4*	20	6.18.3*	590	610	3406
M60	C. Bould	46.2	20	6.03.0	712	732	4872
M55	A. Wright	31.9	510	5.55.2*	579	1089	11547
M50	A. Tyson	31.0	500	5.01.5*	811	1311	6902
	R. de Gruchy	29.7	630	6.54.5	133	763	763
	S. Lockwood	29.7	630	6.05.1	429	1059	6692
	M. Moyle	30.5	550	5.45.3	548	1098	4046
M45	J. Whittam	33.3*	170	5.17.8	653	823	7249
	E. Pearton	32.5	250	5.02.5	745	995	7666
	R. Hayres	30.1*	490	5.03.0	742	1232	8553
	D. Carr	27.0	800**	4.40.9	875	1675	13201
M40	R. Benetti	w/d	-	-	-	nil	3908
	I. Henderson	27.8	620	w/d	-	620	3148
	D. Caplin	28.3	570	4.22.4	956**	1526	11602
	R. Fergie	30.6	340	6.23.4	230	570	7308
	L. Keynes	33.1	90	6.37.1	148	238	597
	B. Robinson	33.8	20	5.25.2	579	599	5741
	R. Samnells	-	-	5.05.4	498	698	4038
M35	L. Oakley	28.6	440	5.32.5	505	945	2463
	D. Crowther	31.4	160	4.46.3	782	942	5125
	J. David	29.4	360	5.32.0	508	868	1688
	J. Allen	29.4	360	4.57.6	714	1074	3361
	P. Wall	-	-	4.26.6	900	900	2752
INV.	P. Carr (W45)	39.8	-	-	-	-	-
	*Best this season			** Best Event performance			

Inaugural Club records were created by Val Tyson in the W55 1500m and by Bev Wall in the W40 1500m. Val also broke her 200m record by nearly 9 seconds. Don Caplin and Phil Wall ran excellent 1500m races, and David Carr a good 200m. Len Keynes ran a personal best by getting under the 7 minutes in the 1500m for the first time, and some are close to getting under the 5 minutes. Ian Henderson is back, but obviously still having hamstring troubles.

Some position changes have occurred and after holding Don Caplin off for 11 rounds, Andy Wright has eventually had to give up his 2nd position in the Men's Competition. In the Women's Competition, Jill Pearton has taken a lead over Nora Berry.

Men				Women			
1.	D. Carr	(M45)	13201	1.	D. Whittam	(W40)	6446
2.	D. Caplin	(M40)	11602	2.	J. Pearton	(W30)	3406
3.	A. Wright	(M55)	11547	3.	N. Berry	(W45)	3001
4.	R. Hayres	(M45)	8553	4.	J. Stone	(W30)	2954

SATURDAY, 2nd February 1980 Track and Field at Perry Lakes with a Day 6 programme on a hot afternoon. Results were:

TRACK	100m	200m	400m	800m	1500m	3000m	3k steeple
<u>M35</u>							
B. Oliver	12.4	25.2	-	-	-	-	-
R. Calnan	12.9	25.8	-	-	-	-	-
D. Crowther	-	-	-	-	4.33.0 *	-	-
P. Wall	-	-	-	-	-	9.08.4*	-
P. Gare	-	24.0	-	-	-	-	-
<u>M40</u>							
D. Caplin	-	-	-	2.04.8*	4.15sR*	-	-
D. Hoyer	-	29.6	-	2.26.0	4.32.0	-	-
<u>M45</u>							
D. Carr	13.2	25.6	56.8	2.10.0	-	-	-
M. Smith	-	-	-	2.12.0	-	-	-
J. Davies	-	-	-	-	4.50.0	-	11.14.2
J. Whittam	-	-	-	-	-	-	w/d 2½ laps
<u>M50</u>							
A. Briffa	-	-	-	2.43.0	-	-	-

In the 3000m walk, Dick Horsley (M65) covered the distance in 16m55.1s which was his best this season.

In the 4 x 200m relay, Oliver, Carr, Fergie and Caplin created an inaugural club record for this event with a time of 1m48.1s.

FIELD	Hammer 5.5kg	Javelin 800g	Shot 5.5k	Discus 1.5k
<u>M40</u> R. Fergie	31.86	21.08	10.93	29.66
B. Robinson	-	24.26	8.01	21.10
<u>M45</u> A. Cumming	29.50	23.58	8.47	29.26
J. Whittam	-	19.70	7.38	22.40

* Best this season R Club Record

Don Caplin produced two great runs at this meeting, his 800m being only 0.7s outside the State M40 record; and his 1500m which equals the State M40 record, which he now jointly holds with Ted Maslen who ran the same time on 9.4.77. Derek Crowther's 1500m was a personal best.

Although Newsletter 91 listed shot for this time trial, it was inadvertently omitted from the detailed programme. This event will now be added to Time Trial 19 on 20th March 1980, in conjunction with 400m and Hammer.

Joe Shepherd birthday 3rd February when he turned 73 years young. He always appears at the Fremantle Fun Run and sometimes at Rockingham.

Sunday, 3rd February was a group run day from McCallum to Kings Park and back, with Bruce Buchanan on duty and Wes Carter assisting. Taking part in the 13k run were 44 club members: Les Oakley, Bruce Buchanan, John Davies, Graham Moses, Stan Lockwood, Mitch Loly, John Maddison, Wes Carter, Frank Smith, Hugh Kirkman, Dick Horsley, Jim Martin, Dalton Moffatt, Bob Sammells, Dennis Butcher, Verna Butcher, Jill Pearton, Dave Carr, Len Keynes, Phil Llorens, Brian Hanks, Cliff Bould, Jeff Whittam, Steve Foster, John Pellier, Bill Wetheilt, Barbara Leach, Derek Crowther, Ray Lawrence, Gerry Noordyk, Gloria Sutherland, Alan Tyson, Ian Sutherland, Morrie Smith, Frank Usher, Davy Jones, Jim Hosking, Maurice Johnson, Don Caplin, Andy King, Alec Cummings, Roy Kemp, Ralph Godkin and Colleen Kirkman.

Bernie Oliver and John Rowland did sprint training. Fay Fairbanks (visitor) & Lesley Brown McCallum laps. Paul Morrissey did a little of everything.

Also in the run by invitation were Alan Barr, Tom Macalister, and at McCallum Marian Petersen.

Mitch Loly displayed a handsome trophy for 1st over 30 in the Esperance King of the Mountain - about 2k (No times given).

The day was finished off with some members indulging in discus throwing:

1k	L. Brown	(W30)	15.55	(New Club W30 Record)
	P. Llorens	(M60)	24.36	
1.5k	J. Whittam	(M45)	22.54	
	A. Wright	(M55)	22.52	
	H. De Souza	(M40)	21.56	
	R. Fergie	(M40)	28.92	
	J. Martin	(M50)	19.78	(Best this season)
2.0k	A. Cummings	(M45)	23.97	

Andy Wright birthday 4th February turned 59 and remains M55

Alan Tyson birthday 6th February turned 55 and alters to M55

Janet King birthday 7th February turned 38 and remains W35

Val Prescott " 8th February turned 36 and remains W35

Tuesday, 5th February 5k at Big Six Meeting at McGillivray Oval - University as hosts.

		Time	H'cap	Actual Time
E. Pearton	M45	21.18	3.00	18.18
J. Martin	M50	21.35	2.15	19.20
D. Caplin	M40	21.41	5.40	16.01
D. Hoyer	M40	21.57	5.40	16.17
A. Tyson	M50	22.00	3.00	19.00
T. Maslen	M40	22.02	5.20	16.42
F. Smith	M35	22.09	5.15	16.54
D. Carr	M45	22.14	4.45	17.29
C. Bould	M60	22.18	1.00	21.18
J. Butts	M45	22.25	4.30	17.55
R. Godkin	M55	22.30	1.30	21.00
W. McCabe	M45	22.39	3.00	19.39
*D. Butcher	M50	22.40	2.45	19.55
M. Johnson	M40	22.46	4.45	18.01
*B. Oliver	M35	23.20	3.40	19.40
J. Whittam	M45	23.28	3.40	19.48

* Times adjusted after incorrect lap count

Don Caplin fastest. Phil Wall ran 15.14 in Bix Six 5k.

University Club conducted meeting smoothly. Tom Reynolds commentated most events. Some sponsorship was received. A mobile bar operated until 10 p.m. A good night.

14.

SUNDAY, 27th January programmed as a "members' own training" day at McCallum saw Mike Berry, Nora Berry, Dick Horsley, Cliff Bould, Merv Moyle, Bruce Buchanan, Eric Pearton, Jill Pearton, Colleen Kirkman, Hugh Kirkman, Phil Llorens, Len Keynes, John David, Ian and Gloria Sutherland - all Round the Bridges.

THURSDAY, 7th February 1980 TIME TRIALS THIRTEENTH MEETING at Perry Lakes Stadium at 6 p.m.

Events 3000m, 400m and Hammer, with Bob Hayres (specially imported from Yanchep Holiday Village) organising, and Jim Hosking assisting.

TIME TRIALS XIII	3000m Time	Point	400m Time	Points	Hammer 5.5k Dist.	Points	Points Total Mtg.	Prog. Total
W55								
V. Tyson	-	-	93.7	20	-	-	20	2082
W45								
L. Butcher	15.30R	280	90.6	20	-	-	300	869
W40								
B. Wall	13.15R	625	84.6	20	-	-	685	1310
D. Whittam	-	-	-	-	10.22R	241	241	6687
W30								
J. Pearton	14.09	403	86.6	20	5.73R	20	443	3849
INV								
P. Carr	-	-	102.4	-	-	-	-	-
M65								
R. Horsley	12.45.4	845	-	-	15.21	349	1149	5764
M60								
C. Bould	12.22.9	751	-	-	-	-	751	5623
M55								
A. Wright	12.45.4	505	69.9*	604	17.85	314	1423	12970
A. Tyson	10.59.3	823	67.9*	684	16.67	267	1774	8676
M50								
D. Butcher	11.27.3*	649	69.3	428	15.18	112	1189	7171
M. Moyle	12.17.1	499	67.4*	504	-	-	1003	5049
J. de Gruchy	-	-	70.03	400	-	-	400	1163
M45								
R. Shand	10.08.9	823	-	-	-	-	823	2762
J. Whittam	11.30.3	580	75.1	156	19.20	112	848	8097
W. McCabe	w/d	nil	-	-	-	-	nil	1392
D. Carr	10.18	796	57.6	816**	19.81	134	1746	14947
A. Cummings	-	-	71.1	252	28.31	431**	683	3793
R. Hayres	-	-	65.1*	516	20.40	154	670	9223
M40								
D. Hoye	9.36.7	889	66.7	372	3W.T.	nil	1261	1261
D. Caplin	*9.29.5**	910	57.9	784	18.66	20	1714	13316
M. Johnson	10.19*	763	-	-	-	-	763	1496
B. Robinson	10.26.4*	742	61.1	596	20.01	35	1373	6514
J. Rowland	w/d	nil	-	-	22.27*	114	114	1077
H. de Souza	-	-	71.0	200	16.30	20	220	786
I. Henderson	-	-	60.2	632	-	-	632	3780
M35								
H. Kirkman	9.23*	901	-	-	-	-	901	4259
F. Smith	9.55*	805	-	-	-	-	805	805
D. Crowther	9.57*	799	-	-	-	-	799	5924
G. Allen	10.27	709	-	-	16.10	20	729	4090
J. Hosking	10.37.6*	676	63.1	476	18.6	20	1172	5924
L. Oakley	11.42	484	62.9	484	15.42	20	988	3451
J. David	12.04.1	418	66.6*	336	-	-	754	2442
J. Barnes	11.50	450	63.0	480	-	-	930	4148

** Best performance for event * Personal Best this season
R Club age record

Note Points for M35-M45 have been adjusted for underweight hammer
Points for M65 and women have been adjusted for overweight hammer.

Positions at end of Round 13 after 30 events are:

Men

1.	D. Carr	(M45)	14974 pts
2.	D. Caplin	(M40)	13316 pts
3.	A. Wright	(M55)	12970 pts
4.	R. Hayres	(M45)	9223 pts

Women

1.	D. Whittam	(W40)	6687 pts
2.	J. Pearton	(W30)	3849 pts
3.	N. Berry	(W45)	3001 pts
4.	J. Stone	(W30)	2954 pts

In time trials 11 on 24.1.80, Len Keynes' points were calculated on his being M35, however he turned 40 on 23rd January so his points adjustments are: 400m remain at 20, 100m increase from 160 to 260, and Javelin from 26 to 89; increasing his total points by 169 to 764.

SATURDAY, 9th February 1980 Track and Field at Perry Lakes. Day 1 programme. After a very hot morning when the temperature reached 37.1°C at 11.45 a.m., a strong sea breeze came in and though it cooled things down, it became very humid. Many good senior performances were unacceptable as records, due to the strength of the wind's assistance. The results were:

TRACK		60m	100m	200m	400m	800m	2k	5k
								steeple
M35	J. Gold	--	--	23.7	56.0	--	--	--
	P. Gare	--	--	--	53.4	--	--	--
	B. Oliver	8.4	12.8	25.7	--	--	--	--
	R. Calnan	8.4	--	26.5	--	--	--	--
M40	A. Zemunik	--	--	--	--	--	--	18.09.0
	D. Caplin	--	--	--	56.0	2.08.0	--	--
	D. Hoyer	--	--	--	--	--	--	16.28.0
	E. Maslen	--	--	--	--	--	6.45.0	17.09.0
	B. Robinson	--	--	--	--	--	7.25.0	--
M45	D. Carr	--	--	25.8	55.7	2.17.0	--	--
	D. Walker	8.3	13.1	25.9	--	--	--	--
	M. Smith	--	--	28.1	--	2.12.0	--	--
	J. Davies	--	--	--	--	2.16.2	D.N.F.	p/o 4½laps
M50	A. Briffa	--	--	--	--	2.43.2	--	--
M55	A. Tyson	--	--	--	--	--	8.16.0	--

FIELD		Hammer		Javelin	Discus	L.J.	Shot
		7.25k	5.5k	800g	1.5k		5.5k
M40	B. Robinson	--	23.22	29.30	--	--	--
	R. Fergie	25.30	--	--	28.12	--	11.13
	D. Hoyer	--	--	--	23.44	--	--
	R. Benetti	--	--	--	23.20	--	9.14
M45	R. Shand	--	--	33.94	27.74	--	8.50
	D. Walker	--	--	--	--	5.06	8.81

In the women's events Kath Holland, coming back from a calf injury, ran 400m in 67.5s, pushed the 1k shot 7.75m and spun the 1.0k discus 25.3m.

SUNDAY, 10th February The mystery of a "New course from McCallum" brought 32 inquisitive vets to McCallum on a cool Sunday morning when the maximum temperature of 25.3°C was reached at 9.20 a.m. The new course, mapped out by Rob Shand and Bob Hayres and measured by Doreen, Stan and Dog Lockwood, incorporated the Northern Section of the Cliff Bould course on Heirisson Island, across the Causeway on the North footpath, and around Charles Paterson Park between the Great Eastern Highway and the River - a distance of 6.3k (3.9 miles). Due to the single slab width footpath across the causeway, the participants were divided into three groups to reduce the possibility of having to pass. Results are tabulated in order of finishing in age groups.

Rob Shand was committee man on duty, assisted by Hugh Kirkman. David Carr and Ray Benetti timed and recorded.

Don Caplin was training on his own, as were Derek and Jo Walker, and later Bob Hayres and Alan and Val Tyson came down after their Beach Run with the Marathon Club.

16.

Name	Heat	Time	O/all Pos.	Name	Heat	Time	O/vall Pos
W30 J. Pearton	1	34.48	22	M45 M. Smith	3	22.35	2
G. Sutherland	1	34.54	23	R. Shand	3	23.32	3
W35 C. Kirkman	1	35.21	28	J. Whittam	3	26.29	20
W45 L. Butcher	1	35.03	25	M40 R. Sammells	3	24.46	5
M65 R. Horsley	1	35.05	26	W. Weatherilt	2	27.28	11
M60 V. Anderson	1	27.50	16	M35 H. Kirkman	3	21.01	1
P. Llorens	1	35.00	24	B. Danby	3	24.32	4
C. Bould	1	35.05	26	N. Morfitt	2	25.51	6
M55 R. Godkin	1	27.45	14	L. Oakley	2	26.37	7
A. Wright	1	28.18	17	S. Foster	2	26.50	9
F. Usher	1	29.06	19	J. David	2	27.03	10
G. Noordyk	2	29.39	21	C. Ansell	2	27.44	13
M50 J. Martin	2	26.37	8				
M. Moyle	2	27.32	12				
D. Jones	1	27.50	15				
S. Lockwood	2	29.03	18				

Running with us by invitation were: Marion Peterson (35.21), Simon Danby (36.08), Simon Lockwood (29.39) and A. Peterson (29.49)

Some shot and javelin training took place before the rain started to fall about 10.30 a.m., and McCallum was soon deserted except for the Tysons doing laps in the drizzle.

At the MARATHON CLUB'S 15k Beach Run from Mullaloo to Sorrento and back, which replaced the 15k run in Kings Park for the Wally Cairns trophy, the handicap event was won by Jim Barnes (M35) with Alan Tyson second. 19 members of the Club were among the 63 competitors as follows: (winner J. Langford 41m40s).

4.	P. Wall	M35	42.58
9.	H. Stoffers	M35	44.47
10.	G. Wall	M35	45.17
11.	D. Hoyer	M40	45.42
15.	F. Smith	M35	47.00
22.	D. Crowther	M35	48.54
23.	J. Davies	M45	49.35
24.	B. Robinson	M40	49.35
28.	A. Tyson	M55	50.32
29.	M. Johnson	M40	50.38
32.	M. Loly	M35	51.29
34.	D. Hough	M45	51.54
36.	G. Allen	M35	52.03
37.	J. Barnes	M35	52.27
46.	G. Price	M45	54.06
47.	R. Hayres	M45	54.11
50.	W. Hughes	M50	55.43
53.	D. Butcher	M50	56.11
55.	G. Moses	M35	58.59

We welcome Dr. John McKechnie (53) of 159 Calais Road, Wembley Downs (telephone 341.1593) to the Club and look forward to him running with us.

We thank DOREEN LOCKWOOD for typing this newsletter.

THE ANNUAL GENERAL MEETING OF THE W.A. VETERANS ATHLETIC CLUB WILL BE HELD AT MCCALLUM (under the trees) ON SUNDAY MARCH 30th AT 8 am SHARP, FOLLOWED BY A SHUTTLE RELAY. PLEASE ALL ATTEND. NOMINATIONS FOR OFFICE BEARERS (name, office nominated for, ie President, Secretary, Treasurer, Assist. Secy, Committee) AND ALL NOTICES OF MOTION ARE TO BE LODGED WITH THE SECRETARY BEFORE NOON ON SUNDAY 16th MARCH 1980. MAKE CERTAIN YOU HAVE A COPY OF THE CONSTITUTION BEFORE THE AGM COPIES ARE AVAILABLE AT 50c EACH

Newsletter No. 94
Registered for posting as
a periodical - Category B

March 1980
Secretary 3840939
Treasurer 4472418

Women should love their husbands less
and try to understand them more.
Men should love their wives more
and try to understand them less.

"very good" Indian Proverb.

DONT FORGET

The TRACK AND FIELD WIND UP EVENING on 27th March at the Y.M.C.A. Hall at Perry Lakes.

The programme is:

- 6 p.m.-7 p.m. - Time Trials 20 (Final) 10,000 m.
- 7 p.m. - 7.30 p.m. - Shower and change. Shower at Perry Lakes or at Y.M.C.A.
- 7.30 p.m. - 8.30 p.m. - B.Y.O. BBQ and refreshments.
- 8.30 - Film of Veterans at Hannover and some slides. A Merrett 15 mins
- Presentation of Reg Briggs Trophy for the most improved veteran by Reg Briggs.
- Presentation of Patrons Trophies to the male and female winners of the Time Trials points for age competition by Bill Hughes.
- Film - "Gold is Forever" on Derek Claytons Marathon training. 26 mins.

Evening should be over by 9.30-10 p.m. and we hope that as many as possible will attend the evening.

DON'T FORGET

The ANNUAL GENERAL MEETING at McCallum at 8 a.m. on Sunday 30th March and before coming to the meeting give consideration to the following points in bringing up subjects for discussion and in nominating for positions on the committee.

When we started, it did not matter that we seldom saw the treasurer; he had little to collect, count or pay. Most events were runs of three or five times around McCallum Park. Administration was simple.

We grew and policy changed. The administration of the club has become much more complex. Membership could reach 300 in 1982. Careful planning is required if we are to cater for the needs of members and potential members.

Members can make their influence felt in several ways: being available to fill an elected position, nominating a suitable person, and letting the committee know their requirements, complaints, preferences or dislikes.

THE COMMITTEE:

At present, all Committee members are rostered to conduct programmed events (notice, equipment, venue, conduct of events, recording and the compilation of results.)

Most committee members also have set tasks - secretary, treasurer, equipment officer, stationing and so on. Individual committee members may be asked to conduct a fund-raising venture, or a 24 hour relay, or take responsibility for conducting the National Veterans Championships.

It is important that committee members be familiar with the athletic scene in W.A. and with the veteran movement in Australia. They should know their fellow members, including those who are members of other clubs, and they should be available frequently; the job takes time, and has to be done well.

We look forward to a constructive meeting under the trees on Sunday 30th.

2.

FORTHCOMING EVENTS ON THE CALENDAR: April 20th, M.C. QUANTAS 20k includes vet. handicap events - see page 9. April 27th. Sutherlands run & BYO BBQ, 17 Millington Street
May 4 - The Walliston Wallop ARDROSS.

June 1 - Cliff Bould Trophy - McCallum

June 8 - Daves Dianella Dash

June 15 - Peoples Marathon

June 29 - Club Cross Country Championships - Jorgenson Park

July 20 - Vets $\frac{1}{2}$ Marathon - McCallum

July 27 - Batterhams Bush Bash - Bicton

Aug. 17 - Hough Happy Hour - Dianella

Aug. 31 - South West $\frac{1}{2}$ Marathon - Boyanup-Capel

Sept. 7 - Mar Club Bridges Fun Run - McCallum

Sept. 14 - State Marathon - Herne Hill

Oct. 19 - Bill Hughes Run - Attadale

ERRATA FROM N.L. 93

(a) In the M.C. 13k Beach Run on Sunday 10th February there were two M Johnsons. The M Johnson listed in 29th place in 50m 38 was not ours. "Puff the Magic Dragon" ran 13 sec faster and got in front of Alan Tyson in 50m 25s.

(b) South West Champs 10k m35 Jim Hoskings time should be 38m 20s not 39m 20s.

(c) South West Champs. Womens 4 x 400 relay - Dorothy Whittam says her time should be 77.04 not 67.04, but off whose time do we take the 10 secs? Individual times in relays are only approximate as long as the overall time is correct - which it is.

AUSTRALIAN TRACK AND FIELD CHAMPIONSHIPS - ADELAIDE - EASTER 1980:

Entries have now closed for the Championships and the Secretary received forms from 13 members of the club. These have been forwarded to Adelaide. Entries are detailed on p15

The following qualifying standards for medals will apply, and, apart from these standards the number of competitors is taken into account, not the number of entrants. These have been set by the A.A.V.A.C.

4 or more competitors - Medals are awarded for 3 places regardless of whether standards are reached.

3 competitors - 1st and 2nd are awarded medals but the 3rd competitor must achieve the standard.

2 competitors - 1st is awarded a medal but the 2nd competitor must achieve the standard.

1 competitor - must achieve standard to be awarded medal.

These rules are not designed to deter people from competing but to make sure that every medal winner is worthy of the honour.

Qualifying standards for womens events have not been received from Adelaide but if finalised in time will be circulated among members and then listed in a future newsletter.

NOTE: The standards which we have set and which must be achieved to (possibly) obtain assistance from the A.A. of W.A. are much higher than these and are based on getting a place in the last two Australian Championships. Obtaining our standards is not necessary to enable you to compete at Adelaide.

QUALIFYING STANDARDS - MEN

	35	40	45	50	55	60	65	70 + Over
EVENTS	PRE-V	1A	1B	2A	2B	3A	3B	4
100	12.3	12.8	13.3	13.8	14.5	15.5	16.7	17.9
200	26.2	26.7	27.5	28.5	29.8	31.5	33.8	36.5
400	58.5	59.5	61.5	63.5	66.0	70.0	74.0	79.0
800	2.10	2.15	2.20	2.30	2.40	2.50	3.00	3.10
1500	4.40	4.50	5.00	5.10	5.20	5.45	6.15	6.50
5000	17.10	18.20	19.20	20.30	21.40	23.00	24.30	26.00
10000	36.00	38.00	40.00	42.00	44.00	46.50	49.50	52.00
S/C	11.40	11.40	12.20					
110H	19.00	20.00	21.00	23.00	25.00			
400 H	66.0	69.5	74.0	79.5	85.5			
3 K.W.	16.30	17.0	17.30	18.0	18.30	19.15	20.15	21.45
5 K.W.	27.55	28.45	29.30	30.25	31.15	32.45	34.45	37.00
LONG	5.60	5.30	5.00	4.75	4.50	4.20	3.90	3.60
HIGH	1.55	1.50	1.45	1.40	1.35	1.30	1.20	1.10
TRIPLE	11.00	10.50	10.00	9.50	9.00	8.50	8.00	7.50
POLE	3.50	3.20	2.85	2.50	2.15	1.85	1.55	
SHOT	10.80	10.00	9.50	10.00	9.50	10.00	9.50	9.00
DISCUS	31.00	28.5	26.5	28.5	26.5	28.00	26.00	23.50
JAVELIN	38.00	35.00	33.00	31.00	29.00	32.00	30.00	28.00
HAMMER	33.00	30.00	28.00	30.00	27.00	24.00	21.00	18.00

P.V. RECORDS

Peter Gare has drawn our attention to some errors in recently advised P.V. records and we thank him for this information.

60m.

Peter had a time of 7.2 on 3:1:76 which had been recorded in NL 48 but not brought into the record lists. In NL 92 we recorded that Joe Gold had equalled the record of 7.4 which was incorrect.

The record is ----- P Gare 7.2.

400m. hurdles

Peter had a time of 60.1 on 12:3:78 which had been recorded in NL 62 but had not been brought into the record lists. In NL 91 we recorded that Joe Gold had set an inaugural record of 65.7 for this event which is incorrect.

The record is therefore P Gare 60.1.

Our apologies to Joe Gold for these revisions.

In Discus in Time Trials X

In NL 92 Jill Pearton broke Lesley Browns w30 record and Nora Berry broke her own w45 record.

All Mile Times

run on 17:1:80 are inaugural records as follows:

w30	J Stone	7m00s
w35	C Kirkman	7m35s
w40	D Whittam	8m48s
w45	E Crowther	8m53s
w50	V Tyson	9m04s

THURSDAY 14th FEBRUARY 1980:

Time Trials fourteenth meeting at Perry Lakes warm up track at 6 p.m.

EVENTS:

10,000m with Bob Sammells organising and John Rowland assisting.

TIME TRIALS XIV		10,000m TIME	POINT	TOTAL MEET	POINTS PROGRESSIVE TOTAL
w45	L Butcher	51:39 (R)	426	ALL	1295
w30	J Pearton	49:12*	393		4242
	G Sutherland	52:51*	174		1554
M60	C Bould	43:06*	804	TOTAL	6427
M55	A Tyson	38:30*	950		9626
	F Usher	44:26	596		596
M50	W Hughes	44:24	526	MEETING	2537
M45	R Shand	36:48	912		3674
	J Butts	37:26	874		2700
	D Hough	38:19	821	POINTS	821
	D Carr	38:50*	790		15737
	R Hayres	39:23*	757		9980
	G Price	39:42	738	ARE	738
	J Whittam	41:07	653		8750
M40	D Hoyer	34:18	997**		2258
	J Rowland	10:24(w/d after)	nil	AS	1077
	D Caplin	35:14(7 laps)	941		14257
	M Johnson	36:34*	861		2357
	R Spark	41:16	579	FOR	1644
M35	F Smith	35:40*	870		1675
	D Crowther	36:18*	832		6756
	J Hosking	37:16*	774	10,000m	6008
	B Danby	37:36	754		3868
	G Allen	38:20	710		4800
	K Cameron	44:55	315	POINTS	2643
	L Oakley	41:44	506		3957
	J David	41:58	492		2934
INV.	P Hughes	37:30			
	M Crowther	39:16			

** Best performance for event

* Personal best this season

Congratulations to Lorna Butcher in creating a W45 1000m record where none existed previously.

Valentines Day lap scorers who assisted Bob Sammells as time keeper were Dorothy Whittam, Eric Pearton (injured ankle) Maureen Hayres, Denis Butcher, Val Tyson, Dick Horsley, Ann Smith, Lesley Brown and M s Danby.

The current positions show Don Caplin getting closer to Dave Carr and Allan Tyson getting the advantage of going into a new age group by pressing Bob Hayres for 4th place. Women's positions are unchanged.

MEN

1. D Carr (M45) 15737 points
2. D Caplin (M40) 14257 points
3. A Wright (M55) 12970 points
4. R Hayres (M45) 9980 points
5. A Tyson (M55) 9626 points

WOMEN

1. D Whittam (W40) 6687 points
2. J Pearton (W30) 4242 points
3. N Berry (W45) 3001 points
4. J Stone (W30) 2954 points
5. V Prescott (W30) 2161 points

IF YOU CHANGE YOUR ADDRESS PLEASE LET US KNOW. WE HAVE BEEN HAVING NEWS-LETTERS RETURNED TO US RECENTLY.

NOTE:

Phil & Bev Wall - now live at 53 Cleveland Street, Dianella - telephone 2751988
 Ray Lawrence - Unit 5, 69 Shakespeare Avenue, Yokine, 6060 - telephone 2754029
 Basil Worner - 10/48 Cunningham Terrace, Daglish, 6008 -
 Andy Wright - telephone number is 4479141

BIRTHDAYS:

Val Lishman birthday 14 February 1980 - turned 50 and becomes M50

Saturday 16th February

A.A. of W.A. STATE CHAMPIONSHIPS at Perry Lakes Stadium.

Day 1: Some veterans competed in open events and others in Veterans (over 35) Mens Invitation Events, as follows:-

	400m	3k walk	5000m	1500 m	100m	shot 5.5k
	OPEN	OPEN	OPEN	VETS	VETS	VETS
M35 P Gare	53.3	-	-	-	-	-
P Wall	-	-	15:34*	-	-	-
G Wall	-	-	DNR	-	-	-
F Smith	-	-	16:55	-	-	-
B Oliver	-	-	-	-	13.2	-
J Gold	-	-	-	-	12.4	-
J Hosking	-	-	-	4:49.0*	-	-
R Calnan	-	-	-	-	13.6	9.50
M40 R Benetti	-	-	-	-	DNR	DNP
D Caplin	-	-	-	4:15.1	-	-
A Zemunik	-	-	18:14	4:35.6*	-	-
D Hoye	-	-	16:32	-	-	-
C Spare	-	-	-	4:56*	-	-
E Maslen	-	-	17:35	-	-	-
M45 D Carr	-	-	-	4:33*	13.7	7.64*
R Hayres	-	-	-	5:00	-	-
R Shand	-	-	-	4:48	-	9.03
J Whittam	-	-	-	5:14	-	7.54
M Smith	-	-	-	4:24.6* (R)	-	-
D Walker	-	-	-	-	13.5	9.49*
W McCabe	-	-	DNR	-	-	-
J Leonhardt	-	-	-	-	14.0	-
M50 A Briffa	-	-	w/d 3k 11:45	-	-	-
M55 A Tyson	-	-	-	5:17	-	-
M65 R Horsley	-	16:54*	-	-	-	-

* BEST THIS SEASON

KATH HOLLAND did not run in the open womens 800m but ran in the 4 x 200m relay.

JOHN LEONHARDT (47) came down from Geraldton and ran by invitation in the Vets 100m. He will probably join the club later.

MORRIE SMITH broke his own M45 1500m record by 2.3 seconds with his second place in the run.

SUNDAY 17th FEBRUARY: A sunny and warm day in which the temperature rapidly rose to 33°C by 11:30 a.m. as cyclone Enid crossed the North West coast near Wallal. The three cyclones in the past five weeks have been responsible for some difficult running weather in Perth.

Nevertheless 37 Veterans turned out to run the 5.2k Cliff Bould course on Heirisson Island and were divided into three groups by Don Caplin and Morrie Smith who were on duty.

Results as follows on next page.

6.

		Clock Time	h/cap mins	adj; time	position
M60	V Anderson	26:18	3	23:18	20
	P Llorens	28:09	0	28:09	33
	C Bould	31:56	3	28:56	34
M55	A Tyson	23:50	3	20:50	6
	R Godkin	25:05	3	22:05	15
	A Wright	26:10	3	23:10	19
	F Usher	28:13	3	25:13	28
M50	J Martin	24:20	3	21:20	11
	M Moyle	25:00	3	22:00	14
	R Lawrence	26:27	3	23:27	21
	D Butcher	30:39	6	24:39	27
M45	R Hayres	23:15	3	20:15	4
	D Moffett	24:24	3	21:24	12
	D Walker	26:02	3	23:02	18
	D Carr	28:59	5	23:59	23
	R Shand	29:01	5	24:01	24
	J Whittam	29:04	5	24:04	25
M40	R Spark	23:52	3	20:52	7
	J Maddison	24:00	3	21:00	9
	W Weatherill	25:17	3	22:17	16
	R Sammells	25:22	5	20:22	5
	G Moses	25:45	3	22:45	17
	L Keynes	27:25	0	27:25	32
	M Johnson	29:04	5	24:04	25
M35	M Loly	23:56	3	20:56	8
	D Crowther	24:08	5	19:08	1
	B Darby	24:09	5	19:09	2
	A Morfitt	24:10	5	19:10	3
	S Foster	24:25	3	21:25	13
	J David	26:18	5	21:18	10
	I Sutherland	26:49	3	23:49	22
W55	V Tyson	30:11	0	30:11	36
W45	L Butcher	27:22	0	27:22	31
W35	C Kirkman	28:56	0	28:56	34
	E Crowther	36:45	0	36:45	37
W30	J Pearton	25:15	0	25:15	29
	G Sutherland	27:17	0	27:17	30

Three visitors ran with the club.

After the run members dispersed to various other activities, some to run the course again once or twice and others to do some field event training.

JIM COVENTRY - birthday 21st February, turned 48 and remains M45.
We don't see enough of Jim these days and hope that the cooler weather will bring this once very regular member down again.

LOST STOLEN OR JOGGED OFF.

JEFF WHITTAMS WATCH is still missing, someone must have it and he would like to have it back to keep him company in the forthcoming orienteering season.

THE CLUBS TAPE AND FIELD EVENTS MARKER DISCS disappeared after a recent Time Trials from behind Don Caplin's car. Anyone knowing anything about them please contact DON CAPLIN.

FOR SALE ONE PAIR SIZE 9 ADIDAS SUPERUN TRAINING FLATS. ONCE WORN FOR A SHORT JOG ONLY. SMELL AS NEW. CONTACT WINSTON HOUGH.

THURSDAY 21st FEBRUARY 1980 - TIME TRIALS - Fifteenth meeting at Perry Lakes warm up track at 6p
EVENTS: 800m 200m & Shot, with Dick Horsley on duty and Barrie Robinson assisting.

TIME TRIALS XV		800m		200m		SHOT		POINTS	
		time	points	time	points	distance	points	total meet	progressive total
W55	V Tyson	3:46.1* (R)	447	41.5 (R)	20	-	-	467	2549
W45	L Butcher	3:31.0 (R)	488	38.8 (R)	20	-	-	508	1803
W35	V Prescott	3:20.0*	364	30.9	510	-	-	874	3035
W30	J Pearton	3:14.0*	436	39.8	20	5.14	20	476	4718
	G Sutherland	3:23.5*	322	43.9*	20	-	-	344	1898
	L Brown	-	-	-	-	5.74	43	43	1842
INV	P Carr	-	-	38.3	-	-	-	-	-
M65	R Horsley	-	-	-	-	6.81*	322	322	6086
M60	C Bould	2:57.8*	666	41.2*	20	-	-	686	7113
M55	A Wright	2:49.8	582	32.0	500	7.59*	382	1464	14434
	A Tyson	2:29.5*	826	31.0	600	7.20*	327	1753	11379
M50	R deGruchy	3:01.0	388	29.7	630	-	-	1018	2181
M45	D Carr	2:09.0*	**952	26.5	**850	7.16	42	1844	17581
	J Butts	2:24.6	765	30.6	440	8.16	182	1387	4087
	R Hayres	2:28.4	719	30.8	420	7.29	60	1199	11179
	J Whittam	2:33.9*	653	32.5*	250	7.69	116	1019	9769
	D Moffett	2:21.8*	798	26.7	830	-	-	1628	3665
	R Shand	-	-	-	-	8.64	249	249	3923
M40	D Caplin	2:07	916	27.1*	690	8.64*	179	1785	16042
	R Sammells	2:27.1	675	29.7*	430	7.36	20	1125	5163
	B Robinson	2:19.7*	764	27.8*	620	8.87	211	1595	8009
	L Keynes	3:00.0*	280	35.2	20	-	-	300	1064
	A Fergie	2:51.1*	387	30.5	350	11.28	**549	1286	8594
	R Spark	2:33.5	588	31.4	260	-	-	848	2492
	H de Souza	-	-	28.1	590	8.06*	98	688	1474
	R Benetti	-	-	-	-	10.14*	389	389	4294
M35	G Allen	2:22.1*	699	29.5	350	10.06	308	1357	6157
	K Cameron	2:22.0*	700	-	-	8.29*	60	760	3403
	J David	2:32.0	580	28.4*	460	8.92	148	1188	4122
	B Oliver	-	-	25.7	730	-	-	730	5412
	L Oakley	2:24.5	670	28.7	430	7.18	20	1120	5077
	J Hosking	2:17.6*	753	29.3	370	7.95	20	1143	7151

In the Shot points for M40 and M45 have been adjusted to compensate for the use of an under-weight implement. All other age groups used correct weight shots.

* Best this season

** Best performance for event

R Club age record

The current positions show that Alan Tyson has pushed further ahead and has overtaken Bob Hayres, but the margin is still close. In the womens events Val Prescott has moved up from 5th to 3rd by overtaking Nora Berry and Jo Stone neither of whom have competed for some weeks.

MEN

1. D Carr (M45) 17581 points
2. D Caplin (M40) 16042 points
3. A Wright (M55) 14434 points
4. A Tyson (M55) 11379 points
5. R Hayres (M45) 11179 points

WOMEN

1. D Whittam (W40) 6687
2. J Pearton (W30) 4718
3. V Prescott (W30) 3035
4. N Berry (W45) 3001
5. J Stone (W30) 2954

The performances of Caplin & Carr in the 800m look good with the Australian Vet. Champs in Adelaide coming up in 5 weeks.

Val Tyson again broke her own W55 Club record for the 800m, this time by 33.9 secs. Lorna Butcher broke Nora Berrys W45 Club record by 52secs in her first run over the distance. Again in the 200m this pair did it again with new club age group records.

8.

SATURDAY 23rd FEBRUARY ---- SECOND DAY OF STATE TRACK & FIELD CHAMPIONSHIPS in which there were two Vets Invitation Events and Vets participated in 5 Championship events with the following results:

	200	OPEN CHAMPIONSHIP EVENTS				VETS INV: EVENTS	
		800	3k steeple	5k walk	10k	400	Discus 1.5k
M35 P Gare	24.9	2:12.0					
B Waldhuter						55.7	
J Gold						54.5*	
R Calnan							28.54
P Wall					W/D 5k 15:56		
M40 E Maslin			10:25.6		34:52.2*		
D Caplin						56.6*	
A Zemunile						61.3	
A Fergie							31.22
B Old							28.11
C Spare					38:39.6		
D Hoyer					34:32.6		
M45 J Whittam						68.6*	23.03
D Carr						56.0	
M Smith						59.7	
R Shand							28.06
M50 A Briffa					W/D 8k 27.38		
M55 A Tyson						65.1*	17.93*
M65 R Horsley				29:15.6			

SUNDAY 24th FEBRUARY ---- THIRD AND FINAL DAY OF STATE TRACK & FIELD CHAMPIONSHIPS in which there were three Vets Invitation events and Vets participated in 4 Championship events as listed below. At 2 p.m. the temperature was 32 C.

OPEN CHAMPIONSHIP EVENTS					VETS INVITATION EVENTS		
	Womens 400	1500	100	Discus	200	800	Javelin
M35							
P Gare				did not participate	did not run		
J Gold					25.9	2:41.6	
B Oliver					26.8		did not throw
R Calnan					did not run	2:07.7	
B Waldhuten							
M40							
D Hoyer		did not run					
B Old							36.66
R Benetti					did not run		did not throw
D Caplin						2:02.2* (R)	
A Zemunik		4:35.8				2:18.1*	
R Fergie							33.58
M45							
D Carr					26.7	2:10.7	
R Hayres						2:24.2	did not throw
R Shand						did not run	32.82
J Whittam						2:33.4*	19.58
M55							
A Tyson						2:26.5*	
W35							
K Holland	60.06						

*Best this season

As usual there were a large number of athletes who entered but did not run or throw.

Don Caplin created a new M45 - 800m Club record by breaking his own record of 15:4.79 by nearly 2 seconds.

Earlier in the day at McCallum 31 veterans and 1 visitor turned out for a Parlauf relay over the Dave Jones course and made up four teams who came in in the following order.

RUNNING BLUES		ROLLING GREENS		SILVER HARES		DUSKY DASHES	
Bob Sammells		Bob Hayres		Jeff Whittam		Don Caplin	
Brian Hanks		Derek Crowther		Maurice Smith		Derek Hoyer	
Les Oakley		Neil Morfitt		Alan Tyson		Frank Smith	
Ian Sutherland		John David		David Jones		Jim Martin	
Dennis Batterham		Frank Usher		Derek Walker		Jacqui Shillington	
Peter Rust (INV)		Denys Butcher		Cliff Bould		Jill Pearton	
Brian Danby		Ralph Godkin		Gloria Sutherland		Stan Mofjeld	
Wes Carter		Dick Horsley		Val Tyson		Lorna Butcher	
LAPS:							
1.	6.33	6.33	6.33	6.33	7.22	7.22	7.17
2.	13.22	6.49	13.51	7.18	14.52	7.30	17.09
3.	20.24	7.02	-	7.34	22.22	7.30	24.32
4.	27.39	7.15	28.59	7.34	30.00	7.38	34.23
5.	34.53	7.14	36.08	7.09	37.31	7.31	43.47
6.	42.11	7.18	43.25	7.17	45.03	7.32	52.54

David Carr was the committee man in charge with Andy Wright assisting and time keeping. The total race involved 6 times round the course totalling 13398m.

A 1000m race was run for the three interested children.

We welcome Stan Mofjeld (45) of 154 Mill Point Road, South Perth to the Club.

MARATHON CLUB - Would anyone interested in assisting the Marathon Club in their Bridges Fun Run, or in the Peoples Marathon please contact Jeff Joyce on 3210291 (W) or 4478545(H). Dates of these events are - 15th June for the Marathon and 7th September for the Fun Run.

Bob Harrison has advised with reference to the Quantas 20k at Gnangarra on 20th April that there will be veterans trophies as follows:-

Open Handicap, Trophy for Veteran on handicap (over 40)

First Veteran over 40 across the line

Trophy for the oldest runner.

WORLD VETERAN CHAMPIONSHIPS ---- NEW ZEALAND

Track and Field 7th-14th January 1980 ---- Christchurch.

All members of the club as at 30:11:1979 would have received a circular dated 14:1:1980 from Wal Sheppard, (Aust Assoc of V.A.C. Sec.) providing costs for the air fare ex Melbourne, Sydney or Brisbane and accommodation costs.

We wrote to Wal Sheppard pointing out that a large number of W.A. Vets had indicated they were interested in going and we required an "add-on package" from Perth, and we have been advised that a Perth-Melbourne-Christchurch-Melbourne-Perth fare of \$248.00 is the most economical as an addition to an international flight.

So -- add 248.00 dollars to the ex Melbourne costs for the range of accommodation provided in the circular.

Your attention is drawn to a cancellation fee of 50% if the cancellation is made within 21 days of departure.

ROAD RACES 10k and 25k ---- 3rd-4th January ---- Palmerston North (150k North of Wellington.)

Provided that a minimum of 15 travel together from Melbourne-Wellington-Christchurch-Melbourne, the fares quoted in the circular would increase by \$4.00. If less than 15 travelled the fare would increase by \$33.00. Separate Wellington-Christchurch fare is \$38.00.

10.

ACCOMMODATION - costs would be approximately \$20.00 per day Bed and Breakfast.

TOURS - are as advised in the circular.

LEVY - The \$25.00 levy imposed by the N.Z. organisers is for maps and transportation from airport to accommodation and back to the airport for departure Christchurch.

YOUR REGISTRATION - should be sent direct to Wal Sheppard as soon as possible and if you wish to go to Wellington please add this to your form.

GENERAL INFORMATION -

Events will be run from early morning to late evening.

Competitors must confirm entry one hour before start. Consideration is being given to allowing confirmation of early events on the preceeding night.

Stadium is 8k from the city centre. Special buses will run from the city centre and Universities.

Cross-country starts from and finishes just outside the Stadium.

Marathon and Road Walks follow a flat course along the River Avon, but start and finish at the Stadium.

Walking events proposed are:

ROAD - 20k men - 10k women

TRACK - 5k men and women

General Assembly Meeting Wednesday 7th January - 9 a.m.

ENTRIES CLOSE 3 NOVEMBER 80 - ENTRY BOOKS SHOULD BE AVAILABLE BY EASTER*****

OTHER WORLD ASSOCIATION OR VETERAN ATHLETIC CLUB INFORMATION

European Championships, August 6th-10th, 1980

The Finnish veteran athletes are organising the second European Championships in Helsinki on August 6th-10th, 1980. The address of the president of the organisation is:

Pekka Kautto
Finnish Periodical Publishers Association
Mannerheimintie 18A
00100 Helsinki 10, Finland

IGAL championships in roadrunning 1980

The IGAL will hold their championships in roadrunning in Glasgow on August 23rd-24th, 1980. The address is:

The Organisers, 1980 World Veteran Events
Scottish Amateur Athletic Association
16 Royal Crescent
Glasgow G3 7 SL
Scotland

WAVA World Championships in Decathlon and Heptathlon 1980 cancelled

The first WAVA championships in decathlon (men) and heptathlon (women) which were planned to take place in Stuttgart have been cancelled. The German Athletic Federation has informed us that it has been impossible to find proper time for the championships.

We are now waiting for an invitation from our veteran friends in England and Loughborough College for 1982.

Tony Conner birthday 27 February, turned 40 and becomes a veteran at M40. We have not seen much of Tony for some months now.

Gary Lynn (M35) our "Man in Adelaide" has been getting in some competition with the S.A. Vets in preparation for Easter. He won 880 yds and 440 yds in 2:12.7 and 59.2 secs respectively and came 2nd in the 220 yds in 27.4 secs in the Pre Vet Championships.

We welcome Fay Fairbanks (45) of 106 Boundary Road, St James (tel. 3615046) and Stan Mofjeld (44) of 154 Mill Point Road, South Perth to the club on 17th and 24th February respectively.

THURSDAY 28th FEBRUARY 1980 ---- TIME TRIALS ---- SIXTEENTH.

Meeting at Perry Lakes Warm Up Track.

EVENTS: 5000m and Hammer with Cliff Bould organising and Stan Lockwood assisting. In the 5k Dick Horsley took over the timekeeping and his lap times were loud and clear.

TIME TRIALS XV1	5000m		HAMMER		POINTS	
	Time	Points	Distance	Points	TOTAL MEETING	Prog. TOTAL
W55 V Tyson	28:00 (R)	100	-	-	100	2649
W45 L Butcher	24:48 (R)	304	-	-	304	2107
N Berry	-	-	5.40	84	84	3085
W40 D Whittam	-	-	10.31	106	106	6787
W35 J Pearton	23:06 (R)	358	6.93	33	391	5109
M55 A Wright	21:49	422	18.15	326	748	15182
A Tyson	18:16*	848	16.30	252	1100	12479
F Usher	21:51	418	-	-	418	1014
M50 W Hughes	20:39	502	-	-	502	3039
M45 R Shand	17:17*	846	-	-	846	4769
D Carr	18:04	752	19.65	20	772	18353
G Price	18:44	672	-	-	672	1410
R Hayres	18:48	664	19.95	130	794	11973
J Whittam	18:50*	660	19.54	114	774	10443
M Berry	20:24	472	-	-	472	5559
E Pearton	21:15	370	9.78	20	390	8056
M40 D Hoyer	16:16	908**	-	-	908	3166
D Caplin	16:34	872	19.05	20	892	16954
M Johnson	17:20	780	-	-	780	3137
R Sammells	18:08	684	-	-	684	5847
B Robinson	18:10	680	21.37	83	763	8772
R Spark	19:21	522	-	-	522	3014
A Fergie	-	-	31.28	430**	430	8979
M35 F Smith	16:41*	828	-	-	828	2485
D Crowther	17:15*	760	-	-	760	7516
J Hosking	17:32*	726	17.30	20	746	7897
B Danby	18:06	658	-	-	658	4526
G Allen	18:16	638	16.28	20	658	7279
N Morfitt	18:27	616	-	-	616	616
L Oakley	19:03	544	14:50	20	564	5641
J David	19:45	460	13.73	20	480	4602
K Cameron	20:01	428	17.67	20	448	3851
S Mofjeld	23:23	54	13.80	20	74	74

** Best performance for event

* Best this season

R Club age record

Our thanks to scorers Dorothy Whittam, Denys Butcher, Nora Berry, Lesley Brown, Bob Fergie, Val Prescott and Eric Pearton.

Also to Pat Carr who listed the finishing order of runners. Ann Smith, Enid Crowther and Fay Fairbanks, were in the stands observing the efforts of the participants.

The points for all womens performances in the hammer have been adjusted in consideration of the overweight implement used.

G Allen's total score has been amended as points had been omitted from the results of Time Trials X1 in the 400m when he ran 63.4 for 464 points.

12.

LAP TIMES FOR 5000 metres:

	$\frac{1}{2}$	1	2	3	4	5	6	7	8	9	10	11	12	Total
D Hoyer	41	76	77	77	80	79	79	81	75	84	81	80	76	16:16
D Caplin		NO		LAP		TIMES			RECORDED					16:34
F Smith		NO		LAP		TIMES			RECORDED					16:41
D Crowther	40	77	81	81	82	86	84	87	85	83	86	86	77	17:15
R Shand	44	80	82	82	81	84	86	83	87	84	85	85	74	17:17
M Johnson		NO		LAP		TIMES			RECORDED					17:20
J Hosking	40	83	83	81	83	85	87	86	86	89	86	90	73	17:32
D Carr	40	79	85	82	85	88	89	91	87	89	95	88	86	18:04
B Danby	40	82	87	93	91	87	90	89	90	89	86	86	76	18:06
R Sammells	43	82	85	84	88	87	89	88	88	90	89	88	87	18:08
B Robinson	43	84	84	91	83	89	89	89	89	90	89	88	82	18:10
A Tyson	38	82	87	88	88	90	91	90	91	90	92	90	79	18:16
G Allen	43	86	86	88	90	88	89	90	88	90	89	90	79	18:16
M Morfitt	48	85	86	89	90	91	92	84	92	89	92	82	87	18:27
G Price		NO		LAP		TIMES			RECORDED					18:44
R Hayres	40	91	87	87	90	90	93	96	93	91	96	92	82	18:48
G Whittam	43	85	87	87	90	88	92	92	93	95	94	94	90	18:50
L Oakley	43	90	85	90	92	92	95	93	95	97	98	92	81	19:03
R Spark	38	82	84	88	94	99	94	97	99	100	98	100	88	19:21
J David	48	92	90	95	95	99	101	102	90	94	95	95	89	19:45
K Cameron	44	86	87	90	96	97	100	102	102	103	103	96	95	20:01
M Berry	48	92	90	97	97	100	102	100	102	101	100	101	94	20:24
W Hughes	46	95	98	99	99	98	100	101	101	102	102	105	93	20:39
E Pearton	57	95	107	107	105	108	116	95	96	103	91	105	90	21:15
A Wright	48	100	100	100	98	102	103	106	109	114	113	110	106	21:49
F Usher	52	105	105	104	103	102	106	106	103	113	105	106	101	22:51
J Pearton	51	106	109	111	111	114	111	112	113	114	114	114	106	23:06
S Mofjeld	49	106	108	110	112	116	116	116	116	117	115	115	107	23:23
L Butcher	54	111	116	114	118	119	123	121	122	122	120	129	119	24:48
V Tyson	69	141	142	136	138	134	135	134	134	132	135	127	123	28:00

Bob Harrison and R Parker ran by invitation, their times being 17:15 and 23:30 respectively.

The positions at the end of round 16 with four rounds and another 9 events to go is unchanged in the mens competition but Nora Berry, returning invigorated from her holiday regained her third place from Val Prescott.

MEN

1. D Carr (M45) 18353
2. D Caplin (M40) 16954
3. A Wright (M55) 15182
4. A Tyson (M55) 12479
5. R Hayres (M45) 11973

WOMEN

1. D Whittam (W40) 6787
2. J Pearton (W30) 5109
3. N Berry (W45) 3085
4. V Prescott (W35) 3035
5. J Stone (W30) 2954

SATURDAY 1st March Summer "officially ended" with an average temperature but at 6.00 a.m. when the minimum of 19.8°C was recorded a 22 mile training run was well on its way. Hayres, David, Weatherill, Hough and Butcher completed the full distance. Godkin called it a day at Nedlands, Usher went to the Brewery and Moyle finished the run after riding for one section.

Jill Pearton and Gloria Sutherland withdrew at the Brewery. Lorna Butcher also participated.

Because of the 20 mile at Wanneroo on 16th there will be no run on the 15th. The next one will be at 6.00 a.m. from McCallum on 29th March, and then each fortnight thereafter. (On 1st March Bette Usher, Iris Godkin and Eric Pearton were water carriers.

At PERRY LAKES a much modified programme of track and field was staged in conjunction with the State Decathlon and Pentathlon Championships with results as follows.

		100m	400m	800m	1500m	3k s/c	3k w	3000m	discus	shot
M35	R Calnan	12.7							26.38	9.99
	B Oliver	12.5			4:43.0			10.08		
	D Crowther									
M40	E Maslen					10:46.4		10.07		
	D Hoyer				4:32.0					
	D Caplin				4:12.0*(R)					
M45	S Whittam					11:58.2			23.16	7.84*
	D Carr	12.8	55.9					11:09		
	M Smith				4:26.0					
M50	A Briffa			2:39.0	5:20.0					
M65	R Horsley						16:54.0			
W35	K Holland		61.1							7.81
	V Prescott	14.4								

* Best this season
R Club age record

A 100m race was also run but no official timing was carried out, Gare won by six metres from Oliver who was two metres ahead of Carr. In the womens event Val Prescott did about 29.3.

Don Caplin broke his own M40-1500m record with a great run in an exciting race and was just behind the winner Ian Gibbons of University who won in 4:11.5secs.

ON SUNDAY 2nd MARCH our programmed Pentathlon Championships had to be cancelled as the Swan River Pageant was in full swing and the track required for the 200m and 1500m was blocked by ice cream vans. The event has been rescheduled for Sunday April 6th, over the Easter weekend as there is no other available date in the tight programme. About 40 participated in various activities at McCallum and a pack jog was organised to Kings Park and back.

GEORGE INNES birthday 3rd March, turned 45 and became M45. Still in Exmouth and according to a recent letter is still running.

GEORGE ATZEMIS birthday 4th March turned 40 and became a veteran M40. He is no doubt getting fit for the City to Surf Fun Run.

FRANK SMITH birthday 6th March, turned 38 remains M35.

GILES HARFORD birthday 6th March turned 47 and remains M45. Giles has had a knee injury for some time and we would like to hear how he is progressing.

Jo Stone birthday 6th March, turned 35 and became W35. Jo has been unwell for the past few weeks and we hope she is now on the road to recovery.

Some of our members have been involved in the Annual AUSSI STATE SWIMMING. Jack Collins (M65) who had a hip injury with which he persevered for 2 years and gave up active running for swimming won the 65-69 50m breaststroke in 54.87secs and the 100m breaststroke in 2m14.62s.

Adrian McDermott (M35) won the 50m backstroke in record time of 34.92sec and the 100m backstroke in 1:17.93sec, also a record.

Similarly, unusually protracted efforts like marathon running need more careful preparation, especially in summer. Finally, teams competing abroad in hot climates will need salt supplements, especially if they are to participate in the early days of their acclimatisation, as it takes at least ten days to become acclimatised.

Drugs have an occasional place in the management of cramps. As in the management of the night cramps in old people, local warmth and massage may play a symptomatic role and this is often helped by a relaxant such as Valium.

We thank RALPH GODKIN for providing this article on CRAMPS, which we feel will be most interesting to most members who have experienced the "feeling" at some time or other.

LORNA BUTCHER birthday 9th March turned 50 & becomes W.50
CLIFF BOULD birthday 12th March turned 64 & remains M.60
WILLIAM WEATHERILT birthday 13th March turned 42 & remains M40
ADRIAN McDERMOTT birthday 14th March turned 40 & becomes a veteran M.40 in good time for the Championships in Adelaide at Easter.

ENTRIES FOR THE AUSTRALIAN VETERANS CHAMPIONSHIPS in Adelaide at Easter, made through the Club are:

M.65	Dick Horsley	800 1500 5000 3Kwalk 5Kwalk Discus.
M.55	Alan Tyson .	400 1500 5000 10000 Discus steeple 10K cross country
M.55	Andy Wright	100 400 5000 Discus 10K cross country.
M.50	Art Briffa	1500 5000 10000 10K cross country.
M.50	Reg deGruchy	100 200 400 800 Long Jump
M.45	John Davies	800 1500 5000 10000 400H Steeple 10K cross country
M.45	Morrie Smith	1500 5000 10000 10K cross country
M.45	David Carr	100 200 400 800 5000 10K cross country
M.40	Don Caplin	800 1500 5000 10K cross country
M.40	Derek Hoyer	1500 5000 10000 Steeple 10K cross country.
M.40	Adrian McDermott	200 400
M.35	Bernie Oliver	100 200
W.40	Kath Holland	100 200 400 800 400H.
M.60	John Gilmour has also entered but directly through Adelaide and will presumably be running 800.1500.5000.10000 though we have not seen him in action on the track since before Xmas.	
W.45	Dorothy Goodwin, now in Sydney and Garry Lynn, M.35 in Adelaide have indicated that they would be running but have not entered ythrough the club.	

OUR BEST WISHES TO ALL OUR REPRESENTATIVES FOR GOOD COMPETITION AND EVERY SUCCESS, WHETHER IT BE PLACES IN THEIR EVENTS, PERSONAL BESTS OR MORE IMPORTANTLY THE ENJOYMENT OF MEETING AND COMPETING WITH OTHER VETERANS AT THE CHAMPIONSHIPS IN ADELAIDE.

We thank BETTE USHER for typing pages 1 to 14 and the top of this page and to VAL TYSON who we understand was co-opted for a 2 hour checking session.

The

Most of this page was typed as a two finger exercise by the Secretary-E & OE.

Newsletter No. 95

APRIL 1980

Registered for posting as
a periodical - Category BSecretary 384 0939
Treasurer 447 2418

"IF ALL THE YEAR WERE PLAYING HOLIDAY
TO SPORT WOULD BE AS TEDIOUS AS TO WORK"

Shakespeare

Members are advised that 1980 subscriptions are now due:

Subscription for 1980 shall be:

Joining subscription (which includes annual subscription)

single	\$12.50
married couple	\$18.50

Annual subscriptions:

single	\$10.00
married couple	\$15.00

Some members who joined late in 1979 will have paid either a reduced subscription up till 31st March, 1980, or a full years subscription (\$9). They should see the treasurer to ascertain the correct amount due to ensure they are financial for 1980.

Members who are unfinancial shall not received the club newsletter, nor shall they be eligible for handicaps in handicaps events or for prizes or awards in any certificate or trophy runs.

Members who remain unfinancial for months shall be considered to have resigned from the Club and will be required to pay a joining subscription should they wish to rejoin. The filling in of an "Application for Membership" form does not automatically entitle the applicant to club membership. The application will be considered by the committee and be accepted or rejected. Confirmation will require the signatures of two committee members and advice of acceptance as a club member as soon as the joining subscription has been paid will be posted on the club notice board.

CITY TO SURF FUN RUN:

This event is becomg to big for the club to time and participate and to get the results of all members. If you run would you please let the Secretary have your results as soon as possible after the event for inclusion in the next newsletter.

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How well do you know other members of the club? Do you know the names of those who run with you (or behind or in front of you) on club runs? If you don't know them do you or they have (and wear) a name tag?

Get your name tag from Don Caplin and wear it. Make an effort to get to know the name of your fellow runner.

Get Newsletter No. 96 which will be devoted completely to personalities in the club.

Show you are proud of your club by advertising it with a car sticker. Get yours from the Secretary for \$1.00.

THURSDAY 6TH MARCH 1980

Time trials, Seventeenth Meeting at Perry Lakes warm up track.

Events

1500m, 100m and Javelin with Don Caplin organising and Denys Butcher assisting. The results of the three event programme which, with the nights closing in, ended in the dark and only two throws possible in the javelin event were:-

	1500 m		100 m		JAVELIN		POINTS	
	TIME	POINTS	TIME	POINTS	DISTCE.	POINTS	TOTAL MEETING	PROGRESS TOTAL
W58 V. Tyson	7:45	460	19:1	180	5:96R	188	828	3477
W45 L. Butcher	6:40	580	17:2	260	-	-	840	2947
N. Berry	8:52	20	19:4	20	9:77	251	291	3376
W40 D. Whittam	8:21	20	-	-	17:43	489**	509	7296
W35 V. Prescott	-	-	14:6	580	-	-	580	3615
W30 G. Sutherland	6:43	442	20:0*	20	3xNF	NIL	462	2360
L. Brown	7:07	298	17:7	20	-	-	318	2160
M65 R. Horsley	5:46	994	-	-	-	-	994	7080
M60 C. Bould	5:51	784	-	-	-	-	784	7897
V. Anderson	5:53	772	-	-	-	-	772	772
M55 F. Usher	5:52	598	-	-	-	-	598	1612
A. Wright	5:48*	622	15:4	520	20:60*	344	1486	16668
A. Tyson	5:00*	910	14:7	660	12:70	28	1598	14077
M50 R. de Gruchy	6:36*	244	14:1	680	-	-	924	3105
D. Butcher	5:15	730	17:1	80	19:21	217	1027	8198
M45 M. Berry	5:33*	562	15:6	280	-	-	842	6401
D. Carr	4:33	922	12:98	804**	19:15	155	1881	20234
R. Shand	4:44*	856	-	-	30:13	484	1340	6109
J. Whittam	5:07*	718	15:8*	240	18:57	137	1095	11538

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contd.

M40	R. Kemp	5:31	544	-	-	28.79	345	889	
	A. Fergie	6:28	202	13.9	520	34.24	481	1203	10182
	R. Samuels	4:56	724	-	-	14.31	20	744	6591
	D. Caplin	4:15	1000**	13.7	560	24.00	225	1785	18739
	H. de Sodza	-	-	13.0	700	24.81*	270	970	2444
	D. Hoyer	4:32	898	-	-	-	-	898	4064
	K. Basley	5:22	598	-	-	-	-	598	598
	J. Barnes	4:55	760	13.7	560	-	-	1320	1513
	B. Robinson	4:45	820	13.6	580	29.89	372	1772	10544
M35	J. David	5:06	664	-	-	-	-	664	5266
	G. Allen	4:46	724	14.3	340	34.15	354	1418	8697
	D. Crowther	4:34	856	-	-	-	-	856	8372
	L. Oakley	4:57*	718	13.9	420	-	-	1138	6779
	J. Hosking	4:37*	838	-	-	13.77	20	858	8755
	N. Morfitt	4:40	820	12.8	640	-	-	1460	2076
	B. Oliver	-	-	12.5	700	-	-	700	6112
INV	P. Carr W45	-	-	17.64	-	-	-	-	-
	R. Parker M40	6:04	-	13.8	-	29.29	-	-	-

** best performance for event

* best this season

R club age record

Val Anderson, in his first turn out in these events ran well in the 1500 m to be only 2 seconds behind Cliff Bould, both in the same age group. Don Caplins run in the 1500 m is the fourth "ton" in points, others being Gilmours only run with us (1207) Horsley (1092) and Carr (1000). Dave Carr is keeping his total just ahead of Don Caplin each week and the points situation is:

MEN				WOMEN			
1.	D. Carr	M45	20234	1.	D. Whittam	W40	7296
2.	D. Caplin	M40	18739	2.	J. Pearton	W30	5109
3.	A. Wright	M55	16663	3.	V. Prescott	W35	3615
4.	A. Tyson	M55	14077	4.	V. Tyson	W55	3477
5.	R. Hayres	M45	11973	5.	N. Berry	W45	3376

There have been some changes in the womens table with Val Prescott moving up to 3rd place with Val Tyson close behind her, thus relegating Nora Berry from 3rd to 5th place. Even with Jill Pearton overseas and not taking any further part if the competition some good performances will be required to oust her from her position. Val Tysons javelin throw was with an implement twice as heavy as she should have been using, nevertheless, it is an inaugural club record, which she should easily break when the club purchases 400 g and 600 g javelins in the near future.

Womens javelin points have been adjusted for overweight implement.

SATURDAY 8TH MARCH:

Track and field at Perry Lakes as the season draws to a close there was a good turn out of veterans both in participation on the arena and in assistance with

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equipment as it was the clubs final day on duty but it was the same group who turned out to fulfill the clubs responsibilities every time. Competing is difficult enough but competing and moving hurdles etc distracts from the quality of performance. Caplin, Carr, Wright, Hayres, Whittam, Robinson, Tyson, Shand, Walker and D. Jones assisted. Others who were there and did not assist made their own choice.

Results were:

TRACK	60m	100m	200m	400m	1500m	3000m	2K steeple
M35 P. Gare			23:8*	53:1			
A. McDermott			24:8				
R. Calnan		13:5	26:4				
J. Gold	7.6		23:6*				
B. Oliver		12:8	25:1*				
B. Waldhuter			25:5*	55:9	4:44*		
M40 E. Maslen						10:11	6:48.4
A. Zemanik					4:42		
M45 D. Carr		13:4	25:7	55:8	4:54 (laps 58.80.81.75)		
D. Walker		13:1	26:2*				
J. Whittam					5:16 (laps 59.86.86.85)		
R. Shand					4:45 (laps 57.78.79.81)		
B. Buchanan					5:10 (laps 59.83.86.82)		
M. Smith					4:26.2 (laps 51.71.73.71)		
M50 A. Briffa					5:17*		
D. Stone							9:10.2
D. Jones		14:2	27:4				
M55 A. Tyson							8:13.8
W35 K. Holland		13:2	26:3				
V. Prescott		14:9	29:8*				

TRACK & FIELD	2K walk	110 Hds. 99.6 cm	SHOT 5.5K	DISCUS 1.5K	HIGH JUMP	
M45 D. Walker		21:26R			1:40	Deek Walker equalled his own M45 high jump record, and broke his own 110m hurdles record by 0.2 seconds.
R. Shand			88:29	28:06		
D. Whittam			7:41	21:40		
M50 D. Stone	11:51 (lap times 1:57+2:17 + 2:31+2:31+2:35)					
M65 R. Horsley	10:49.2* (lap times 2:05+2:09+2:13+2:12+2:10)					
W35 K. Holland			8:36 (K)	26:80 (1K)		

* best this season
R club age record

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SUNDAY 9TH MARCH 1980 - FLOREAT RUN

This course has not been used since 7th January, 1979 (ref NLTS) though this year the 7.3k included slightly less beach at the end. Run as an open handicap with Bob Hayres organising and Bill Hughes assisting there were 42 competitors compared with the 18 competitors in 1979 when the winning time was 27m 08s by Keith Beamont (of whom we have seen little lately though it is reported that he has been seen in Kings Park in the gathering dusk being followed by a fire engine).

The results were:

NAME	GROUP	FINISHG. POSIT.	FINISHING TIME	HANDICAP (TIME 0)	ACTUAL TIME	ACTUAL POSITION
H. Kirkman	M35	3	38:23	13:00	25:23	1 First M35
F. Smith	M35	1	37:57	12:05	25:52	2
D. Caplin	M40	22	40:35	13:30	27:05	3 First M40
D. Crowther	M35	6	39:02	11:35	27:27	4
R. Shand	M45	8	39:11	11:35	27:36	5 First M45
B. Danby	M35	27	41:18	13:00	28:18	6
G. Allen	M35	12	39:40	10:55	28:45	7
N. Morfitt	M35	19	40:20	11:15	29:05	8
J. Barnes	M35	2	38:06	9:00	29:06	9
W. Carter	M40	16	40:08	10:45	29:23	10
R. Sammells	M40	23	40:55	11:15	29:40	11
J. Hosking	M35	24	40:56	11:15	29:41	12
J. David	M35	13	39:45	10:00	29:45	13
A. Tyson	M55	11	39:37	9:45	29:52	14 First M55
J. Martin	M50	4	38:35	8:30	30:05	15 First M50
L. Oakley	M35	14	39:52	9:45	30:07	16
B. Buchanan	M45	18	40:19	10:00	30:19	17
D. Butcher	M50	5	38:55	8:15	30:40	18
W. Hough	M35	28	41:29	10:45	30:44	19
J. Whittam	M45	10	39:29	8:15	31:14	20
S. Foster	M35	26	41:10	9:45	31:25	21
W. Weatheritt	M40	17	40:14	8:15	31:59	22
D. Carr	M45	32	43:38	11:15	32:23	23
M. Berry	M45	21	40:29	7:30	32:59	24
R. Godkin	M55	7	39:07	6:00	33:07	25
A. Wright	M55	20	40:21	5:15	35:06	26
V. Kailis	M35	35	44:53	9:45	35:07	27
D. Jones	M50	30	43:03	7:30	35:33	28
J. Pillier	M40	15	40:07	4:30	35:37	29
C. Ansell	M35	31	43:13	7:30	35:43	30
F. Usher	M55	25	41:00	5:15	35:45	31
R. Lawrence	M50	33	43:46	7:30	36:16	32
R. Horsley	M65	29	42:19	6:00	36:19	33 First M65
I. Sutherland	M40	38	46:21	9:45	36:36	34
D. Stone	M50	36	45:42	7:30	38:12	35
P. Lorens	M60	34	43:50	3:45	40:05	36 First M60
A. Leggatt	M60	37	45:48	5:15	40:33	37
V. Tyson	W55	41	50:08	90	50:08	38 First women
N. Berry	W45	42	50:45	90	50:45	39
INVITED COMPETITOR						
F. Deanus	M40	39	46:24	5:15	41:09	
Dusci	?	40	46:31	10:55	35:36	.../6

After the efforts of the 8am start many descended to the beach for a cooling swim in the ocean but were bombarded by large pieces of limestone in the water which made entering and leaving the surf hazardous. Bob Sammells did the course again with Bob Hayres doing it for the first time while many moved over to Perry Lakes to find that Cliff Bould and Phil Lennie had already hit the barbeque after their training run in the park. We were joined by Mike and Jo Stone for the first time since her car accident in January from which she is recovering slowly.

THURSDAY 13TH MARCH 1980

Time trials. Eighteenth meeting at Perry Lakes warm up track.

Events 5000m and Discus with Dick Horsley organising and Frank Usher assisting.

The results were:-

TIME TRIALS XVIII	5000m		DISCUS		POINTS	
	TIME	POINTS	DISTANCE	POINTS	total meeting	progr total
W55 V. Tyson	DID NOT FINISH			-	-	3477
W50 L. Butcher	25:00.2R	660		-	-	3607
W45 N. Berry	39:44.9	20	13:20	276	296	3672
W40 D. Whittam	31:51.6	20	18.51	501	521	7817
W30 L. Brown	-	-	15.02	81	81	2241
G. Sutherland	24:25.1	200	-	-	200	2560
M65 R. Horsley	-	-	24.86	595**	595	7675
M60 C. Bould	21:19.0	602	-	-	602	8499
M55 A. Tyson	18:31.0	818	18.26	330	1148	15225
A. Wright	21:28.6*	462	21.70	532	994	17662
M50 D. Stone	21:33.1	394	-	-	394	4848
M45 R. Shand	17:24.7	830	26.85	380	1210	7319
D. Carr	17:54.6	770	16.74	20	790	21024
R. Hayres	19:28.2	584	17.90*	66	650	12623
M. Berry	20:15.3	490	-	-	490	6891
J. Whittam	18:53.0	654	21.14	180	834	12372
G. Price	18:42.0*	676	-	-	676	2086
D. Moffett	19:42.1	556	-	-	556	4221
M40 D. Caplin	16:56.4	828	20.83	64	892	19631
R. Sammells	18:18.0	664	-	-	664	7255
D. Hoyer	16:02.9*	934**	-	-	934	4998
R. Fergie	23:31.7	36	30.42	400	436	10618
I. Sutherland	20:38.0	384	-	-	384	2157
B. Robinson	17:57.0*	706	21.19	77	783	11337
J. Rowland	DID NOT FINISH		-	-	-	1077

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contd.

M35 P. Wallis	15:57.6	916	-	-	914	3666
F. Smith	16:31.8*	846	-	-	846	3331
N. Morfitt	18:07.5*	654	-	-	-	2730
K. Cameron	19:40.0*	470	24.67	23	493	4344
J. David	18:41.0*	528	-	-	528	5794
G. Allen	18:29.0	588	24.54	20	608	9305
INV G. Aitken	18:33.0	-	-	-	-	-

** best performance for event

* best this season

R Club age record

Points have been adjusted for the use of an underweight (1.5k) implement in the M35, M40 and M45 group. The women and men 65 used the correct 1k discus.

Lap scores for the 5k were Bette Usher, Val Prescott, Pat Carr, Frank Usher, Lesley Brown and R. Spark.

The points situation remains as previously with the men but Nora Berry has struck back and regained 4th place while Lorna Butcher has ousted Val Tyson and moved into 5th place.

MEN

1. D. Carr	M45	21024
2. D. Caplin	M40	19631
3. A. Wright	M55	17662
4. A. Tyson	M55	15225
5. R. Hayres	M45	12623

WOMEN

1. D. Whittam	W40	7817
2. J. Pearton	W30	5109
3. V. Prescott	W35	3615
4. N. Berry	W45	3672
5. L. Butcher	W50	3607

NOTE:

Ian Sutherland has been competing under a "handicap" of being assessed as an M35 instead of an M40. His points have, therefore, been adjusted as follows:-

T.T.1. 100m from 160 to 260
 300m from 415 to 445
 Jav from 20 to 142

T.T.2. 400m from 224 to 264
 Discus from 20 to 20

T.T.3. 800m from 550 to 586
 Shot from 20 to 56

His T.T. XVIII points and his total are now correct.

SATURDAY 15TH MARCH

What was intended to be the penultimate track and field meeting at Perry Lakes apparently turned out to be the final meeting of the season "because nobody had told the Association what they wanted on the final day" - which was programmed for relays - but then the Association did not tell the athletes what they had planned for the relays. Under difficult conditions of a lack of officials (but also the number of athletes with whom they had to contend was also down) a final amended type day 4 programme was held under extremely trying 37°C and humid conditions.

The results were:-

FIELD & TRACK	JAVELIN 800g	DISCUS 1.5k	SHOT 5.5k	LONG JUMP	3000 m WALK	3000 m STEEPLE
M55 A. Tyson						12:09.0
M50 D. Stone					17:38.4	
M45 J. Whittam R. Shand	21.48* 30.76	22.00 27.52	7.89* 9.11		12:02.	12:02.0
M40 E. Maslen D. Hoyer						11:00.8 10:17.4
M35 R. Calnan				5.15		
TRACK	60m	100m	200m	400m	800m	1500m
M50 A. Briffa					2:40.3	5:20.6
M45 D. Carr M. Smith				56.2	2:08.8* 2:10.0*	
M40 D. Caplin A. McDermott A. Zemonik			25.5		2:04.0	4:39.0
M35 P. Gare J. Gold B. Oliver R. Calnan		12.8 12.9	24.5 24.6 25.9	52.1*		
W35 V. Prescott K. Holland	9.1 8.2		30.6 26.7			

In the 3000m run in cooler conditions at 4pm but with the usual accompanying sea gale. Caplin, Shand and Zemonik battled their way round the 7½ laps as follows:-

CAPLIN (M40) 37 78 76 79 75 78 80 73 = 9m 36s
 SHAND (M45) 40 78 80 82 82 83 85 79 = 10m 09s
 ZEMONIK (M40) 38 79 82 82 84 89 85 85 = 10m 24s

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SUNDAY 16TH MARCH 1980

A small group gathered at McCallum at 8am for a Two Dave Jones Course with Jeff Whittam organising and being assisted by Ray Lawrence. Dick Horsley won the open handicap and the results in finishing were:

NAME IN FINISHING ORDER	GROUP	LAP 1	LAP 2	CLOCK TIME	OFF AT TIME	ACTUAL TIME	ACT. POS.		PREV.	BEST
R. Horsley	M65	9:48	9:41	23:29	4.00	19:29	5		18:11	4.3.76
R. Shand	M45	7:59	7:49	23:33	7.45	15:48	1	PB	15:49	4.3.76
S. Lockwood	M50	10:16	10:24	23:40	3.00	20:40	8	PB	22:10	15.2.76
C. Bould	M60	9:48	10:05	23:53	4:00	19:53	6		19:24	9.12.79
D. Mollett	M45	8:37	9:06	24:13	6.30	17:43	3	PB	18:24	9.12.79
J. Martin	M50	8:48	9:09	24:37	6:40	17:57	4	PB	18:30	9.12.79
D. Caplin	M40	7:56	7:55	24:51	9:00	15:51	2		15:38	9.12.79
D. Jones	M50	9:54	10:42	25:36	5:00	20:36	7		18:53	4.6.78
P. Llorens	M60	12:00	12:37	27:07	2:30	24:37	10	PB	26:28	20.1.80
D. Carr	M45	10:38	11:57	30:05	7:30	22:35	9		16:05	27.6.76
D. Whittam	W40	15:37	withdrew		GO	-	-	-	-	-
INVITED										
F. Dearus	M40	11:12	11:49	26:01	3.00	23.01	-	-	-	-

Five "personal bests" in this event, two of them have been standing from 1976 by Shand and Lockwood.

While John Gilmour was training under the trees with John Rowland, Jeff Whittam and Ray Lawrence had a run on Heirisson Island. Bernie Oliver was putting in some hard sprint training and Tom Jones was doing his bit to keep fit and Fay Fairbanks was also jogging.

Some discus was thrown but the heat and humidity soon put an end to that as Phil Llorens threw the 1k 23.8m and then 1.5k 19:48m, Jeff Whittam threw the 1.5k 20:03m and Rob Shand threw it 26:5m. Gerry Moordye had been seen on a bridge run which Don Caplin had done before racing at McCallum.

Earlier in the morning the Marathon Club held their annual Laurie Potters 20 mile trophy run at Wanneroo with a 10 mile time trial and 5 mile for joggers, but no results have been received from members or from the Marathon Club. When these are to hand they will be published.

THURSDAY 20TH MARCH 1980

Time trials Nineteenth Meeting at Perry Lakes warm up track and the semi final evening of competition in this track and field season.

EVENTS: Shot, Hammer and 400m with David Carr organising and Ralph Godkin assisting. The two throws were handled concurrently to get through the three event programme the results of which were:

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TIME TRIALS XIX	SHOT		HAMMER		400 m		POINTS	
	distance	points	distance	points	time	points	total meetg.	progress total
W55 V. Tyson	-	-	-	-	93.2	20	20	3497
W50 L. Butcher	-	-	-	-	84.8R	220	220	3827
W45 N. Berry	4.60	108	6.73	104	103.8*	20	232	3904
W40 D. Whittam	6.97	445	10.13	237	-	-	682	8499
W35 V. Prescott	-	-	-	-	76.8	128	128	3743
M55 A. Tyson	7.21*	329	17.35*	294	67.4	704	1327	16552
A. Wright	7.38	353	18.07	323	72.3	508	1184	18846
F. Usher	-	-	-	-	75.5	380	380	1992
M50 D. Stone	7.60	244	15.99	129	70.1	396	760	5608
R. de Gruchy	-	-	-	-	69.5*	420	420	3235
M45 J. Whittam	7.20	48	17.86	45	70.1	316	409	12781
R. Hayres	7.53*	90	18.84	79	67.0	440	609	13232
R. Shand	8.46	224	-	-	-	-	224	7543
D. Carr	7.22	50	16.77	20	59.0	760	830	21854
M. Berry	-	-	-	-	75.5	100	100	6991
D. Moffett	-	-	-	-	59.2	752	752	4973
M40 D. Caplin	8.08	101	18.82	20	53.3*	908**	1029	20660
H. de Souza	8.02	92	14.91	20	76.3	20	132	2576
B. Robinson	9.21*	259	20.74	26	62.0	560	845	12182
A. Fergie	10.99	508**	30.86	415**	69.2*	272	1195	11813
R. Sammells	-	-	-	-	65.0*	440	440	7695
M35 L. Oakley	-	-	-	-	60.4*	584	584	7363
G. Allen	9.32	204	15.33	20	65.2	392	616	10921
J. Barnes	9.12	176	-	-	63.8	448	624	3638
INVITED								
M G. Aitken	-	-	-	-	64.3	-	-	-
W M. Podmore	-	-	-	-	93.2	-	-	-

** best performance for event

* best this season

R Club age record

Men used the 5.5k shot and points have been adjusted for underweight use for M35 - M45. Ladies used the correct weight shot. In the Hammer, adjustment has been made for the underweight 5.5k weight for men M35-45 and for overweight for women. A double adjustment has been made for W50 and over.

The points situation indicates that it will be difficult for anyone to catch the leaders in each group. However, although the mens order has remained the same as last week, Nora Berry and Lorna Butcher have pushed Val Prescott from 3rd to 5th position.

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MEN

1. D. Carr M45	21854	1. D. Whittam W40	8499
2. D. Caplin M40	20660	2. J. Pearton W30	5109
3. A. Wright M55	18846	3. N. Berry W45	3904
4. A. Tyson M55	16552	4. L. Butcher W50	3827
5. R. Hayres M45	13232	5. V. Prescott W35	3743

With the 10,000m to go, a good run from Lorna would give her 3rd place.

Mitchell LOLY Birthday 20th March turned 40 and became a veteran M40.
 Robert SHAND Birthday 20th March turned 48 and remains M45.
 Don CAPLIN Birthday 22nd March turned 41 and remains M40.
 John MADDISON Birthday 22nd March turned 42 and remains M40.
 Alex CUMMINGS Birthday 23rd March turned 49 and remains M45.

SUNDAY 23RD MARCH 1980 was our second "away run" for the month when the MID PARK TRACKS run was held in Kings Park. The 7½k course on bitumen road and paths was typical of the hilly terrain of the Park. The winner of the open handicap was Barry Slinger (who must of been continuing his training as we have not seen him for some time).

Results in finishing order were:-

		CLOCK TIME	HANDICAP (TIME OFF)	ACTUAL TIME	ACTUAL POSITION
1. B. Slinger	M35	35:55	5:15	31:40	20
2. J. David	M35	38:21	10:00	28:21	8
3. M. Moyle	M50	38:35	5:15	33:20	26
4. J. Pellier	M40	38:40	4:30	34:10	28
5. G. Moses	M40	38:51	8:15	30:36	18
6. D. Crowther	M35	38:55	11:35	27:20	5
7. B. Danby	M35	39:01	11:15	27:46	6
8. D. Butcher	M50	39:12	9:00	30:12	15
9. R. Hayres	M45	39:19	9:45	29:34	11
10. J. Barnes	M35	39:27	11:15	28:12	7
11. M. Smith	M45	39:29	12:45	26:44	3
12. F. Smith	M35	39:36	13:00	26:35	2
13. R. Sammells	M40	39:42	11:15	28:27	9
14. R. Godkin	M55	39:45	6:45	33:00	24
15. L. Oakley	M35	39:47	9:45	30:02	14
16. D. Carr	M45	39:54	11:15	28:39	10
17. F. Usher	M55	40:03	5:15	34:48	29
18. H. Kirkman	M35	40:40	14:00	26:10	1
19. D. Stone	M50	40:12	7:30	32:42	23
20. S. Foster	M35	40:14	9:45	30:29	17
21. D. Caplin	M40	40:17	13:30	26:47	4
22. A. Tyson	M55	40:26	10:40	29:46	13
23. D. Moffett	M45	40:27	10:00	30:27	16
24. B. Weatheritt	M40	40:31	8:15	32:16	22
25. D. Jones	M50	40:39	7:30	33:09	25
26. R. Spark	M	40:51	9:45	31:06	19
27. L. Butcher	W50	40:53	2:15	38:38	34
28. J. Maddison	M40	40:53	11:15	29:38	12
29. J. Slinger	W35	41:03	3:45	37:18	33
30. R. Lawrence	M50	42:02	6:45	35:17	31

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contd.

31. G. Sutherland	W30	42:29	3:45	38:44	36
32. I. Sutherland	M40	42:39	9:00	33:29	27
33. W. Hughes	M50	42:42	6:45	35:57	32
34. P. Llorens	M60	44:47	3:45	42:02	37
35. B. Buchanan	M45	44:59	10:00	34:59	30
36. B. Thomsett	M35	45:25	6:45	38:40	35
37. V. Tyson	W55	45:49	GO	45:49	38
38. W. Berry	W45	46:31	GO	46:31	39
39. M. Berry/M. Buck	M45	50:12	GO	50:12	40
40. E. Crowther	W35	50:43	GO	50:43	41
<u>Running by invitation</u>					
Jim Arrowsmith	M35	41:31	11:15	30:19	-

Weather was warm and sunny, ideal for the run and enjoyed by many who stayed on for a barbeque and discussion over a late breakfast.

The run was organised by Rob Shand injured with a scalded foot from making tea (should stick to Swan Gold) with Jeff Whittam assisting. Cliff Bould did some light training and assisted by handing out finishing cards.

Phil Lennir	Birth 24th March turned 55 and changes from M50 to M55.
Phil Llorens	Birthday 26th March turned 64 and changes from M60 to M65 to join Jack Collins and Dick Horsley.
Jim Smith	Birthday 28th March turned 46 and remains M45.
Brian Hanks	Birthday 28th March turned 45 and changes from M40 to M45.
Garry Lynn	Birthday 30th March turned 36 and remains the Vet at M35.
Kath Holland	Birthday 31st March turned 40 and became W40.

The Marathon Clubs "Wanneroo 20" for the Laurie Potter Trophy was held on Sunday 16th March in conjunction with a 10 mile time trial and 5 mile joggers event; all out and back courses this year starting at 6.18 am. There were 129 entries with 19 runners not completing their respective events obviously due to the humid and oppressive conditions in the temperature range of 27° - 32°c during the main event.

The results were:-

WANNEROO 20

6.	M. Smith	M45	2hr00-37	- 46 completed the distance
7.	F. Smith	M35	2hr00-53	
9.	H. Stoffers	M35	2hr03-28	
11.	J. Joyce	M35	2hr06-26	
15.	B. Robinson	M40	2hr11-39	
16.	J. Davies	M45	2hr11-53	
21.	G. Allen	M35	2hr19-07	
25.	M. Johnson	M40	2hr21-55	
26.	S. David	M35	2hr24-48	
27.	A. Tyson	M55	2hr25-29	
29.	M. O'Rourke	M35	2hr28-06	
32.	T. King	M40	2hr30-39	
35.	S. Foster	M35	2hr33-23	
38.	W. Hough	M35	2hr38-48	
41.	R. Spark	M40	2hr45-51	
43.	W. Weatheritt	M40	2hr47-16	

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TIME TRIAL 10

2.	K. Beament	M35	58m15	
4.	D. Crowther	M35	62.22	
5.	B. Danby	M35	63.48	
7.	R. Sammells	M40	64.33	
8.	G. Price	M45	66.17	- 25 completed
12.	D. Hough	M45	67.10	the distance
16.	J. Maddison	M40	68.39	
19.	D. Sheppard	M35	69.15	
20.	G. Moses	M40	71.02	
24.	R. Godkin	M55	75.17	

JOGGERS 5

13.	V. Tyson	W55	53.44	
14.	N. Berry	W45	54.14	- 18 completed
18.	M. Loly	M45	75.01	the distance

Many runners felt the effects of the heat and the humidity on the return leg and many felt that water should have been available at 5k intervals rather than at 5.10 and 15 miles. After all the organisers do take an entry fee and should provide at least the equivalent of that provided for the marathon especially when they open their races to the general public and inexperienced runners.

1980 SUBSCRIPTIONS ARE DUE ON 1ST APRIL 1980

Joining subscription (includes name tag, car sticker and club history)

single \$12.50 couple \$18.50

Annual Subscription:

single \$10.00 couple \$15.00

Members who are not financial will not receive the newsletter and will not be eligible for entry into Certificate or Handicap races.

Please forward your subscriptions to the treasurer (Bob Sammells) at 5 McInness Court, Greenwood, 6024, or pay him at club functions as soon as possible. Phone him on 447 2418 if you have any queries.

Newsletter No. 96
Registered for posting as
a periodical - Category B

Secretary 3840939
Treasurer 4472418

To everything there is a season
and a time to every purpose

Ecclesiastes 3:1

THURSDAY 27th MARCH 1980 --- TIME TRIALS --- TWENTIETH ---meeting at Perry Lakes, scheduled for the warm up track but as the back straight was flooded the event was held at the main stadium, a fitting venue for the FINAL EVENT.

EVENT - 10000m with John Gilmour organising and Frank Smith assisting with 12 lap scorers for the 41 participants in the race which started at 6.15 p.m. and ended with the aid of a spotlight provided by Don Stone.

Run in ideal cool conditions with no wind, though a little humid - the results were:

TIME	TRIALS	10,000m	Points	overall position
XX		Time		
w50	L Butcher	51m27s* (R)	508	32
w45	N Berry	61m01s	20	33
w30	G Sutherland	51m01s*	284	31
m60	C Bould	43m54s	756	28
	V Anderson	WITHDREW AFTER ELEVEN LAPS IN 16m42s		
m55	A Tyson	35m53s	927	14
	A Merrett	39m34s	886	17
	R Godkin	43m22s	658	27
	F Usher	44m50s	570	29
	A Wright	41m28s	762	24
m50	D Dutcher	36m05s	845	16
	W Hughes	42m23s*	647	25
	R deGruchy	WITHDREW AFTER FIFTEEN LAPS IN 27m06s		
m45	D Hough	37m28s*	872	7
	D Carr	37m32s*	868	8
	G Price	39m02s*	768	15
	B Buchanan	39m57s	723	19
	R Haynes	40m21s	699	20
	J Whittam	40m52s*	666	23
	W McCabe	43m10s	530	26
	B Werner	WITHDREW AFTER FOURTEEN LAPS NO TIME AVAILABLE		
m40	D Hoya	33m25s	1050**	1
	M Johnson	35m45s*	910	3
	D Caplin	35m54s	901	4
	B Robinson	37m45s*	790	9
	R Sammelle	37m53s	781	11
	J Maddison	38m16s	759	13
	R Spark	40m38s	617	22
	S Mofjeld	48m52s	123	30
m35	H Stoffers	34m50s	920	2
	H Kirkman	36m15s	835	5
	D Crowther	36m47s	803	6
	B Danby	37m47s	743	10
	J Hosking	37m54s	736	12
	L Oakley	39m40s*	610	18
	W Hough	40m30s	580	21

2.

w35	G Allen	WITHDREW	AFTER FIFTEEN LAPS -- NO TIME AVAILABLE
	J David	"	" TEN " - in 15m14s
	D Sheppard	"	" " - NO TIME AVAILABLE

m50 D Stone 67m02s - Walked the distance: no points table formulated for this walking distance.

INVITATION

	R Harrison	33m56s
	K Anderson	34m08s
	M Crowther	38m29s
	W Pidgeon	39m28s

Lorna Butcher created a new w50 club record with her run of 51m27s.

- * Best this season
- ** Highest number of points for event

Following the race members, participants and families gathered at the barbeque area to the south of the Y.M.C.A. Hockey Hall at Perry Lakes for a barbeque meal and then assembled in the Hall at 8:30 p.m. for the presentation of the Reg Briggs Trophy and Patrons Trophies.

A short film was shown by Alan Merrett which included some footage of the Veterans Championships in Hannover and featured John Gilmour, Cliff Bould and Alan Merrett.

Following this the presentations commenced.

NOTICE

MARATHON TRAINING

None men and four women turned out at 6:00 a.m. on Saturday 26th April to look over (and complete) the new marathon course. The next (and last) run will be on Saturday 10th May, starting at 7.00 a.m. from P.C.C. Car Park (No.1) opposite the Concert Hall. (In Terrace Road.)

Gunga Din - alias Bette Usher kept up the water supply.

N.B. Please note the new starting time and place.

TRACK & FIELD TIME TRIALS were first instigated on a much smaller scale in 1978/79 season with 15 events and the first winner was Ross Holland whose name had been engraved on the first plaque on the mens trophy.

This years time trials of 45 events were designed to provide as even competition as possible for sprinters, distance runners and field event competitors and to that end each event was programmed 4 times with the exception of the 3k. 5k. 10k., in which time permitted only two of each event to be run. A mile run was substituted for one of the 1500m and an 800m walk was included to test reaction, which was good.

The 20 week programme commenced on 8th November at Perry Lakes for the first 5 weeks, then moved to McCallum for 4 weeks before returning to Perry Lakes for the last 11 weeks.

A total of 73 men and 12 women participated which is most encouraging in that it indicates that a club track and field championship may be feasible next season, if the interest is still shown or increases.

Many veterans found new events to interest them and the trials gave the opportunity to many to try themselves out without fear of ridicule, and we feel that this in itself is worthwhile.

A points for age table, based on a decathlon scoring table was devised by Bob Fergie who worked out the points each week and a results board brought up to date each week so that positions and points could be seen. Many new "potentials" emerged and three mens records and nearly all the womens club records were established.

Before the club patron Bill Hughes presented the certificates and trophies he was welcomed by those present and thanked for donating the two Patrons Trophies for this competition to the following winners.

THIRD PLACE: WOMEN
LORNA BUTCHER Before the last event, Nora Berry was 77 points ahead of Lorna Butcher who was 84 points ahead of Val Prescott so the third place was really in contest, but a good 10k by Lorna clinched the third position and marked her as an up and coming distance runner, with a new club W50 10K record.

THIRD PLACE: MEN
ANDY WRIGHT Early tussles between Stan Lockwood, Bob Hayres, Dick Horsley, Alan Tyson and Andy Wright provided interesting competition over the first 7 weeks until Alan gained in points by getting older and moving into an older age group, but Andy held on and won through to secure his third place.

SECOND PLACE: WOMEN
JILL PEARTON Jill Peartons early high points scoring placed her in second position about half way through the competition. She was so confident of not being ousted from the position that she packed her bags at the end of February and took husband Eric overseas for a holiday. Jills certificate will be held until she returns from overseas.

SECOND PLACE: MEN
DON CAPLIN Second place was not settled until well after halfway through the competition when Andy Wright, who had held on for 6 weeks was eventually nudged out by Don Caplin as he stormed through a 4m 22s 1500 metres.

FIRST PLACE: WOMEN
DOROTHY WHITTAM Dorothy held this position right from the first time trial and was never really challenged. She has emerged as the dominant woman in all field events as well as having the womens best points score in 100m and 400m.

FIRST PLACE: MEN
DAVID CARR Like Dorothy, David Carr took the leading position right from the start and was confident enough to go on leave (or was it secret training?) for two weeks at the beginning of January. Don has been getting closer each week but David just kept out of reach and Dons only chance was to persuade David not to run in the 10k tonight and then to turn in a 31m 15s performance.

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The final prize of the evening was presented for the most consistent attendance throughout the 20 weeks for 45 events.

Two people each competed in 42 of the 45 events so Jeff Whittam and Don Caplin were each presented with a travel bag by the secretary.

In conclusion the secretary expressed the clubs thanks to Reg Briggs and Bill Hughes for presenting the trophies and thank all those who participated and assisted to make this track and field season so successful.

Bill Hughes then indulged himself as patron in making a personal presentation to Cliff Bould with a heart shaped trophy engraved "Mr Big Heart."

Following the presentations the film "Gold is Forever" dealing with Derek Claytons Marathon running at Munich was shown and enjoyed by all.

The evening concluded with a vote of thanks to Dick Horsley for making the necessary arrangements for the hall and Basil Worner for trying to persuade the Perry Lakes ground staff not to water the warm up track, and being 3/4 successful!, to Alan Merrett for his film and Mike Berry for his slides of the winners, projected on a screen during the prizegiving and finally to Jim Hosking for organising the audio visual delights of the evenings entertainment.

Technical details of Time Trials Competition.
Overall best points scores for various events

event	men	women
100m	D Jones) 940 D Carr)	D Whittam 640
200m	D Carr 850	V Prescott 560
400m	D Carr 1000	D Whittam 320
800m	D Carr 952	L Butcher 488
1500m	R Horsley 1092	J Stone 660
Mile	D Caplin 970	L Butcher 346
3k	J Gilmour 1207	B Wall 625
5k	D Hoyer 934	L Butcher 660
10k	D Hoyer 1050	L Butcher 508
Javelin	R Shand 484	D Whittam 497
Discus	R Horsley 825	D Whittam 501
Shot	R Briggs 644	D Whittam 803
Hammer	R Fergie 611	D Whittam 271
800m Walk	D Stone 904	V Tyson 392

The points for age scoring table makes these points scores directly comparable.

As the points scoring table has been devised so that all mens and womens age groups can be compared, the FINAL POINTS SCORES are listed in Age Groups as follows: (Next page)

group	name	total points	no. events	av points per event	highest points score	FINAL POSITION		
						MEN	WOMEN	O/ALL
w55	V Tyson	3497	20	174.85	480		6	46
w50	L Butcher	4335	13	333.46	660		3	33
w45	N Berry	3924	34	115.41	458		4	37
w40	D Whittam	8499	24	354.12	803		1	14
	B Wall	1310	6	218.34	625		11	64
w35	E Crowther	20	1	20	20		12	83
	V Prescott	3743	11	340.27	580		5	40
	C Kirkman	1312	5	262.40	432		10	63
w30	J Pearton	5109	35	145.97	506		2	28
	L Brown	2241	12	186.75	511		9	54
	G Sutherland	2934	18	163.00	515		8	49
	J Stone	2954	14	211.00	660		7	48
m70	R Briggs	1714	3	571.34	644	50		59
m65	R Horsley	7675	14	548.21	1092	17		18
m60	C Bould	9255	18	514.17	850	11		11
	V Anderson	772	2	386.0	772	62		73
	J Gilmour	1207	1	1207.0	1207	55		66
m55	A Wright	19300	41	470.73	785	3		3
	A Tyson	17479	37	472.41	950	4		4
	R Godkin	658	1	658.0	658	65		76
	F Usher	2562	5	512.4	598	45		53
	A Merrett	886	1	886.0	886	60		71
	B Chapman	719	2	359.50	463	64		75
m50	D Jones	1235	2	617.50	940	54		65
	D Butcher	9043	22	411.05	845	13		13
	R deGruchy	3525	9	391.67	680	40		45
	S Lockwood	6692	16	418.25	892	19		20
	D Stone	5608	13	431.38	904	25		26
	A Briffa	nil	1	?	nil	72		84
	M Moyle	5049	9	561.00	820	28		30
	W Hughes	3686	7	526.57	660	37		42
	R Lawrence	2057	4	514.25	695	48		57
m45	B Buchanan	723	1	723.00	723	63		74
	D Carr	22722	40	568.05	1000	1		1
	A Cummings	3793	10	379.30	728	34		38
	R Hayres	13931	33	422.15	760	5		5
	D Hough	1673	2	836.50	872	51		60
	W McCabe	1922	5	384.40	676	49		58
	E Pearton	8056	27	298.37	745	15		16
	R Shand	7543	14	538.78	912	18		19
	B Worner	nil	1	?	nil	73		85
	D Walker	3731	9	411.56	740	36		41
	J Butts	4087	7	583.85	874	32		35
	J Whittam	13447	42	320.17	718	6		6
	D Moffett	4973	7	710.43	830	29		31
	G Price	2854	4	713.50	768	42		50
	M Berry	6691	22	364.14	575	20		21
m40	K Baseley	598	1	598.00	598	66		77
	D Caplin	21561	42	513.36	1000	2		2
	R Fergie	11213	32	350.41	611	8		8
	D Hoyer	6048	7	864.00	1050	23		24
	M Johnson	4047	5	809.40	910	33		36
	T Manford	364	1	364.00	364	68		79
	J Rowland	1077	5	215.40	833	57		68
	R Sammells	8476	20	423.80	781	14		15
	J Maddison	1519	2	759.50	760	52		61
	R Benetti	4294	13	330.31	780	31		34
	R Kemp	1513	4	378.25	544	53		62
	B Robinson	12972	29	447.31	820	7		7

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group	name	total points	no. events	av points per event	highest points score	FINAL POSITION		
						MEN	WOMEN	O/ALL
m40	R Spark	3631	8	453.87	675	39		44
	H de Souza	2576	11	234.18	700	44		52
	I Henderson	3780	8	472.5	790	35		39
	L Keynes	1064	13	81.85	280	58		69
	S Moffjeld	177	3	59.00	123	71		82
	I Sutherland	2157	8	269.63	586	46		55
m35	J Barnes	6092	13	468.61	760	22		23
	K Cameron	4344	13	334.15	700	30		32
	D Crowther	9175	17	539.70	856	12		12
	J Hosking	9491	24	395.45	838	10		10
	W Hough	580	1	580.00	580	67		78
	B Oliver	6112	12	509.34	760	21		22
	D Sheppard	1124	4	281.00	784	56		61
	F Smith	3331	4	832.75	870	41		47
	H Stoffers	920	1	920.0	920	59		70
	G Wall	884	1	884.0	884	61		72
	P Wall	3666	4	916.50	938	38		43
	H Kirkman	5094	5	1018.80	901	27		29
	M Stone	350	3	116.67	250	69		80
	G Allen	9921	28	354.32	724	9		9
	R McBride	2097	5	419.4	740	47		56
	L Oakley	7973	20	398.65	719	16		17
	J David	5794	16	362.13	664	24		25
	N Morfitt	2730	4	682.50	820	43		51
	B Thomsett	180	1	180.00	180	70		81
	B Danby	5269	10	526.90	754	26		27

*****HIGHEST SCORES FOR SINGLE EVENT*****

1. J Gilmour (m60) 1207 3k (WORLD RECORD)
2. R Horsley (m65) 1092 1500m
3. D Hoyer (m40) 1050 10k
4. D Carr (m45) 1000 400m
- D Caplin (m40) 1000 1500m

*****MOST CONSISTENT ATTENDANCE*****

1. J Whittam (m45) 42 out of 45 possible
- D Caplin (m40) 42 out of 45 possible
3. A Wright (m55) 41 out of 45 possible.

"WAFFLES" has returned to give us some of the background to the winners of the trophies.

The winner of the first Time Trials series in the 1978/79 Track and Field season was ROSS HOLLAND whose name is engraved on the first shield of the Patrons Trophy for men, although at that time there was no trophy: nor were there any women competitors and the Trials were on a much smaller basis however, winner he was and these are his "statistics."

ROSS HOLLAND was born on Boxing Day 1937 in Perth W.A., making him 42 on his last birthday.

Height - 1.829m

Weight - 76.2 kg.

Married - Wife Kath, and has one daughter 17 years old.

Lives in Lynwood and is a school teacher. Joined the club on 19 June, 1977.

Both Ross and Kath were living in Manjimup and were involved in little athletics in the South West.

It was at a cross country meeting in the South West that they got word of the W.A. Vets Club, and joined in June 1977. Ross has no athletics background apart from School Athletics however he has played hockey for many years and continues to play today.

A lot of the Sunday McCallum members would not know Ross however, anyone who has competed at Perry Lakes would certainly have seen him in action, not on the track but "behind the scenes" as one of that important breed called an official. He enjoys this involvement and without doubt more people of Ross's calibre and enthusiasm at Perry Lakes would be an asset.

Ross enjoys the sprints and throwing events next and his all round ability won him the first time trials. He considers that this was his best achievement since joining the Vets. He does not train excessively and consists of runs with his wife Kath over 2000-3000 metres, sprint work and various exercises in between. He feels that this is sufficient to keep him fit so that he can still enjoy what he does without it becoming too much of a grind. In his association with Little Athletics, and in his capacity as an official in senior athletics, Ross feels that, by watching others performing he has picked up considerable knowledge especially in field events and has been able to develop his own style and technique.

Diet - No food fads - eats anything

Drink - Anything

Ross feels that the benefits of the club are in meeting other people and that the social side of the club is good. He found participation in the time trials stimulating and was disappointed that other commitments precluded his defending his title in the 79/80 season.

His future goal is to remain fit and his advice to new members is to train regularly but not to over do it.

WOMENS TROPHY WINNER

DOROTHY WHITTAM was born on 10th July 1936 in Bradford, Yorkshire, England, making her 43 on her last birthday.

Height - 1.701 m.

Weight - 73.028 kg.

Married - Husband Jeff and has three children. Lives in Wembley and occupies herself when not running with house duties etc!!

Dorothy tells us that it took some time to "squeeze" the weight out of her and she emphasizes that she has lost over 3 kg., since she joined the club on 6th April, 1979, when after following Jeff around for quite some time (Jeff joined on 19th March, 1978!) she decided that "if you can't beat 'em, join 'em. Jeff is a top man on Orienteering and Dorothy had previously participated in this sport. She was interested in Athletics at school and considers javelin to be her best event, however, her relay leg in the

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in the South West Championships was a very satisfying run to her. Her training schedule believe it or not was her performance at the Thursday night time trials! - how good would she be if she trained?

Diet - All food and she says she loves it.

Dorothys future goal is to beat Val Prescott over 400m - looks like we have the match of the 80's coming up here and we have noticed Dorothy doing more distance training these days.

Her advice to new members is to gradually build up and not to be frightened to walk when attempting a longer run.

MENS TROPHY WINNER

DAVID CARR was born on 15th June, 1932 at Harvey in W.A. making him 47 at his last birthday.

Height - 1.752 m.

Weight - 63 kg.

Married - wife Pat - 3 children, Terri, Peta and Christopher.

Lives in Dianella and is a school teacher at Rossmoyne Senior High School.

After learning through a TV interview that a veteran athletic club was going to be started, he was at the first get together at McCallum Park in 1974. David started up the newsletter, with No.1 coming out in July 1974.

David has always been interested in running from school days; this interest, he claims, being due mainly to not getting a look in with the Football or Cricket teams. After leaving school there was a brief period with Old Haleans Athletic Club and Don Keane, who became a champion walker.

He then joined the Navy with some inter-service competition where he came under the influence of Frank McCafferty, also in the Navy and stationed at Nowra Naval Airbase.

David has moved around quite a bit and New Guinea was his base for another period where, once again, his involvement in running was to the fore, this time as President of the District Athletic Association in the Eastern Highlands. Twelve months on Nauru Island followed where some fellow got a few bodies together and someone said "let's run" - so David ran. The one time Australian Steeplechase Champion and now a top performing veteran in Victoria was the leader of the pack and was none other than Robbie Morgan-Morris.

His summer training consists of one hour runs and speed work three times a week. His favourite distance is 400 metres. Despite his sprinting talents, David considers his best achievement to be his 1979 Marathon completed in under 3 hours with a typical sprint to finish the last 400m. His training for this event was 2 hour runs at 9 mins/mile pace.

In field events David prefers the throws - they don't go far, but he enjoys it.

Diet - nothing special, but avoids sugar straight, and takes plenty of carbohydrate. David finds the benefits from running hard to define, although he sees his contemporaries fading away through ill health and unfitness. He knows he is well ahead on this score.

His advice to new members is to keep in touch with other members, and to get involved in the Club and to keep the Club foundation strong.

WOMENS COMPETITION - SECOND PLACE

JILL PEARTON was born on 5th August, 1947 in Geraldton W.A., making her 32 on her last birthday.

Height - 1.65 m

Weight - 56.25 kg.

Married - husband Eric and works with the Advisory Service of the Education Department with a special interest in school libraries. Lives in Mount Claremont.

After the 1978 City to Surf Fun Run Gwen Darcey, one of the few woman vets at that time, said to Jill Pearton the spectator, that she should be in it. According to "Waffles", Jill at this stage was a very cuddly 66 kg., and taking up the challenge she joined the vets on 1st May, 1978. With a lot of encouragement from Eric and a lot of good humoured urging from the male members of the club, a gradual, but remarkable improvement came her way. From an inexperienced beginner Jill went on to run not one, but two Marathons in 1979 after no more than 12 months training - no more the spectator on the side lines, Jill will now run whenever there is running to be done.

Jill prefers the 400m, 800m and 5k as she runs these at a reasonable pace and feels part of the race whereas while the longer distances are an achievement she does not just find these so exhilarating. Her training schedule is to do 5k at least 6 days a week in summer building up to 50-60k during winter all at a steady pace of 6 mins/km.

In the field events she seems to be having little success in the throws- she is prepared to keep trying.

Diet - 90% vegetarian with an occasional wine with meals. Jill has decided that water is better than anything else on long runs.

Jill feels that the greatest benefit she has gained from running is a loss in weight from which she has achieved a feeling of well being, and an ability to do more without stress. She enjoys the companionship and is pleased that more ladies are running with the club.

Jills future goal is to show improvement sufficient to enter most events and to do well.

Her advice to new members: Whatever you do, do not get depressed when you feel all the aches and pains - slow down and keep going as the end result is well worth the early discomfort. Do your running the way you want to and you'll get there.

Jill has certainly proved that this can be done.

MENS COMPETITION -SECOND PLACE

DON CAPLIN was born on 22nd March 1939 in Perth, making him 41 on his last birthday.

Height - 1.829m

Weight - 76.2 kg.

Married - wife Jan, children, Neil 12 and Jennifer 10. Lives in Karrinyup and works as an Industrial Officer with the Commonwealth.

Don had seen the Vets in action at the National Championships at Perry Lakes at Easter 1977, however he did not get around to joining until after the first Marathon Club Bridges Fun Run. He was the recipient of one of the many letters sent out by the Club. Seen sitting on the fence at McCallum one Sunday morning in August 1977, he was swept up by a group of Vets warming up and from then on became an active member of the Club.

Don played Australian Rules Football with Wembley Amateurs for 13 seasons and made the State side with Wembley in 1967. Well aware of the need to keep fit, he did a lot of beach running and played B Grade tennis. With this background it only took some concentration on his running to bring out some very good performances.

His favourite distances are 800m and 1500m, and he achieved two sub 3 hour Marathons in 1979.

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Don's training distance is between 6 and 8 miles per day on grass and road and includes surges of 800 and 1500m at a fast pace. On Saturday mornings he includes an occasional 20 mile run but prior to the track season he puts in some "hills" work.

Diet is general with no food fads. He enjoys a few beers and although he sees little benefit in the "Staminade type" drinks, he does drink it after a run. He eats as much dried fruit as possible.

Unlike a lot of members who joined the Vets to get fit or to get away from something, Don has always been above average in fitness and the benefits gained from running with the Vets have not been so much in his improved fitness but on being able to continue in a Club atmosphere as he did for many years in Club Football.

Advice to new members - take it slowly and run within yourself. Don't get discouraged when an older runner has the call on you - he only got there by perseverance.

WOMENS COMPETITION - THIRD PLACE

LORNA BUTCHER was born on 9th March, 1930 in Scotland, making her 50 at her last birthday.

Height - 1.7m

Weight - 60.2 kg.

Married - to Denys, with 5 children - 4 boys and 1 girl. Lives in Bicton and is a physiotherapist.

Lorna joined the Vets on 5th August 1979, and has shown a considerable improvement in her running in a fairly short time. Before the running "bug" bit her, Lorna was playing squash a couple of times a week and felt her game was slipping possibly due to a lack of fitness. Since she has been running she has found that her squash games are not so hard to keep up with and with a training schedule like hers its not surprising that continued performance on her runs will result. She trains with husband Denys three times a week over 11 1/2k., plays squash twice a week and has another two days of running over 8k with the odd 100m push included in the run.

To get the 10k event under control is Lornas aim as she feels this distance is a good event to show fitness. Her times have come down in recent runs from 64mins to 51mins. Lorna also found the 100m and 200m runs at the recent time trials very enjoyable and feels she is now more confident to run on the track than before. Lorna is another Vet who has been "brought out" by the Thursday night meetings and her introduction to field events presented a new challenge which she hopes to meet during the next track season.

Since running has started Lorna has cut down on meat but has not dropped it completely. She also eats plenty of vegetables and fruit. She enjoys a glass of wine and will continue to do so but is not a strong believer in the Staminade type of drink, although she has a drink occasionally.

Lorna has experienced a loss of about 6.3k in weight and has developed a much more positive feeling about things in general, and feels much healthier and fitter.

Her future aim is to run the Marathon and finish without any undue problems.

Lorna's advice to new members - start slowly and don't be put off by the early aches and pains.

MENS COMPETITION - THIRD PLACE

ANDY WRIGHT was born on 4th February, 1921 in Dunstable England, making him 59 at his last birthday. He arrived in Perth from U.K., in July 1979.

Height - 1.8m

Weight - 69.85 kg.

Widower- with one daughter and two grandchildren, the eldest being 17 years old. Lives in Carine and is an Engineering Inspector.

Vetrun 96

Andy was a spectator at the Cross Country championships at Perry Lakes in 1979, and was interested to see veteran runners competing. He sought out Rob Shand and on 9th September 1979 another name was added to the membership list. Andy had done some jogging and "way back" in his twenties he did compete in Athletics. We all sensed that there was some athletic background as Andy has taken to our activities with a certain amount of class.

Andy likes long distance running however in the time trials he found the 400 and 800m distances very exciting and on Cliff Boulds advice intends doing some faster training to improve his speed. He claims that he has not started a run he has not finished although he felt like stopping many a time - we all know how you felt.

In field events, the Discus is high on Andys training list and he puts in a few throws a week. On two occasions he has thrown 30m, however hasn't managed to reproduce this distance at the time trials.

Andys training during summer is over 4 or 5 days a week and he has recently added a 12 mile Saturday morning run to build up his miles. Two evening sessions include sprint work which he hopes will pay dividends later.

Diet - Eats everything in moderation and though rarely drinks he sometimes has a beer or wine. Drinks water only during runs.

He feels that his main benefit from running is that he is obviously much fitter and is more mentally alert. His future goal is to throw the discus 30m with some of us around to see it.

His advice to new members - is "Don't get discouraged if you are at the rear of the field - if you try too hard too soon you won't go on - take it steady."

THE REG BRIGGS TROPHY

The trophy is awarded annually to the "most improved veteran athlete," the award being governed by the following conditions:

1. The trophy will be a perpetual trophy awarded annually about the time of the A.G.M.
2. Male Veterans are to be 40 years of age and Females 35 years of age or older for a substantial part of the year in which the trophy is awarded before being eligible.
3. The Veteran is to be a fully paid up member of the club.
4. The Veteran is to have had at least two years membership and has improved in his or her third year.
5. Frequent participation in Veteran Club events could be an important consideration in some circumstances, but the judges are to apply some latitude in this condition - (e.g. a persons employment may preclude full involvement.)

JUDGES REPORT

The judges this year advised that consideration was given to the following points, not necessarily in order of importance.

1. ELIGIBILITY:

This is related to the conditions laid down for the award of the trophy which require full veteran status for a minimum of three years.

2. ASSESSMENT OF VARYING FACTORS:

Which have to be considered and weighed against each other.

- (a) Achievement - very high achievement in a single, or group of related events against a lower level of improvement in a wide range of events.
- (b) Ability to Improve - the percentage improvement at a low level of performance is far easier than the same improvement by a veteran

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who is at a very high level of performance.

(c) Age Group

A younger veteran has far more potential to improve than an older member to whom simply maintaining a previous years level may, in real terms, be an improvement in standard.

3. CONSIDERATION OF COMPARABLE RESULTS:

Only, which eliminates performances in other states and overseas.

4. IMPROVEMENT:

Is to be consistent and sustained and not just a "one off" situation.

NOMINATIONS

From members and committee were examined by the judges in terms of the conditions and 12 veterans were selected after the preliminary screening. These in alphabetical order were:

M Berry
C Bould
D Caplin
D Carr
J Gilmour
R Hayres
D Hoyer
E Pearton
M Smith
A Tyson
J Whittam
D Walker

Summer and winter performances for all these nominations for the last two years, were compared and to ascertain the consistency of performance results over the last three seasons 77-78, 78-79, 79-80, were examined. Once the levels of performance were assessed in terms of the ability to improve a short list of 4 was made, again in alphabetical order.

D Caplin
D Hoyer
E Pearton
A Tyson

The eventual selection was a veteran who has shown steady improvement over the last two years and particularly in this last season. The veteran has recorded faster times in all events from track sprints to the marathon and had improved considerably in the field events over the last 20 weeks of time trials. This improvement was in addition to his already high level of performance for his age group. This across the board elevation of standards could not be matched by any other veteran in the club.

Reg Briggs was then asked to announce the winner and present the trophy to

A L A N T Y S O N

The inaugural winner of the Reg Briggs Trophy in 1979 was :

Bob Fergie who was born on 3rd July, 1935 at Romford, England, making him 44 on his last birthday.

Height - 1.7m.

Weight - 68 kg.

Married - to Edna and has four daughters aged 11 - 18 years. He works as a Medical Technologist at Sir Charles Gardner Hospital, and is our assistant Secretary.

Bob was an official at the South West Championships in January 1976 where he saw some vets competing and after a number of enquiries was directed to Rob Shand and "joined the vets". With his four girls coming through Little Athletics Bob spends a lot of time with them and is an official, walk judge and administrator for the Hammersley District of the movement. Bob had had no previous experience in athletics

however he played Rugby for Cottesloe and a team from Royal Perth Hospital until he was 35 years old.

Running has not been Bob's strong point although he worked at it throughout two seasons to show considerable improvement in speed and distance in the time trials.

In the field events however Bob shows great application and continues to improve and it was his efforts in the field and his improvement on the track that won him the inaugural award of the Reg Briggs trophy.

Bob says that receiving this trophy was one of the highlights of his veterans career.

The hammer and shot are his first choice of field events with some 10m plus shot putts to his credit. His training consists of practice on all field events and some (about 24 km per week) of running with his major goal to complete the Decathlon.

Diet consists of any good food and exercise increases his appetite. He drinks in moderation and prefers beer or wine.

The major benefits he has derived from being involved in the veterans club is a feeling of well being and some pleasant associations through our social events. He feels that instead of being an "also ran" he has something to look forward to.

His advice to new members is to take the opportunity to try some of the other events outside of distance running and they may be surprised at how quickly they can adapt.

Take all aspects at an easy pace and enjoy what you do.

This year's Reg Briggs Trophy recipient was:

ALAN TYSON was born on 6th February, 1925 at Broken Hill making him 55 years young.

Height - 5'9"

Weight - 70 kg.

Married - wife Valerie - 3 children, 1 girl, 2 boys. He works with the Commonwealth, and lives at Floreat Park.

Alan was a beach jogger until he happened to visit Perry Lakes Stadium during Easter 1977 when the Australian Veterans Championships were in progress.

Alan was impressed with the action and decided to join the Veterans Club. He visited our Headquarters at McCallum one following Sunday and was quickly signed up by our then Treasurer, Jack Collins.

The distance runs were Alan's cup of tea and he took to them with determination, showing steady improvement. However, it was a temporary job transfer to Victoria that really lifted Alan's performance, including his first Marathon in 3 hours 19 minutes. He chalked up in excess of 500 miles during his short stay in Victoria (I didn't ask him how he found time to work) and came back to W.A. full of running.

Any distance from 10 miles up is Alan's favourite run and he is not overkeen on the fast work.

Training consists of 6 days a week, 10 miles a day at steady pace.

A race a week when it's on the programme.

Diet - light on meat, lots of fruit, fruit juice and vegies. Supplements with Sustagen and sips Staminade. Prefers white wine to beer. Took up tea drinking since running.

Alan spent many years working down mines in Broken Hill and developed bronchial trouble. Since running this has improved dramatically to the point where it is seldom a problem.

He has a sub 3 hour marathon to his credit and one long range objective is to run in one of the "Big Ones" overseas - maybe the Boston Marathon.

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Advice to new members moving from "jogging" to "running" is to take it slow and build it gradually (sound advice.)

Alan can be seen training most afternoons at Perry Lakes on the grass and road, however don't be surprised if you see him getting in some miles on Fremantle Wharf during lunch breaks. He obviously likes variety in his training venues, and this had paid off with his incredible improvement in all events this year.

ERRATA FROM NEWSLETTER 95:

Members who remain unfinancial for 2 months will be considered to have resigned from the club.

- P2 - w58 should read w55!!!
- P3 - H de Sodza should read H de Souza.
- P4 - Deek Walker should read Derek Walker.
Rob Shands Shot must be a universal record at 88.29 m., and D Whittam is in the wrong group. Amend 88.29 to 8.29 and D Whittam to J Whittam.
- P5 - Newsletter reference to the Floreat Run on 7.1.79 should be NL75.
- P6 - Cliff Bould and Phil Lennie must have had a bad run at Perry Lakes on 9th March to have taken it out on the barbeque.
- P8 - Results of Saturday, 15th March, show Jeff Whittam having done a 3k walk in 12.02 - Dick Horsley could not have been a walk judge that day as Jeff would obviously have been considered to have "lifted more than somewhat" - delete this result from the records.
- P10 - Two Dave Jones on 16.3.80. Substitute D Moffett for D Mollett, also Gerry Noordyk for Gerry Moordye.
- P12 - Mid Parks Run on 23.3.80 - 26th - R Spark is m40.
- P13 - Birthdays - Phil Lennie had a birthday on 24th March.
Garry Lynn turned 36 and remains pre vet at m35.

Registration with the Athletic Association of W.A. -- for the season 1.4.80 - 31.3.81 is now due and has been increased to \$15.00 for senior man or woman. Forms are available from the Secretary and must be returned completed and with the correct fee to him. Any cheques to be made out to A.Aof W.A.

The first association winter race is on Saturday 3rd May and you MUST be registered to run in this event. Details and maps of courses are available in the Associations Winter Handbook, from the Secretary of the Association at the cost of \$1.00

The course of the PEOPLES MARATHON has been altered again. Frank Usher has a copy of the revised course so those going on his fortnightly training runs will be on the right course. A map will be put up on the club notice board for those interested. Copies of a 600mm x 360mm map are available on order from the secretary at \$1.00 each.

The 1980 Australian Veterans Track and Field Championships were held in Adelaide at Easter and results will be in the next Newsletter. Our 11 representatives brought back a very creditable 12 Gold, 9 Silver and 10 Bronze medals.

The 1981 Championships will be in Brisbane at Easter 1981 and the 1982 Championships will be in PERTH at Easter 1982.

We will obviously be looking for a lot of participants, a lot of help and sponsorship:

1979/80 Track and Field Season points scores have now been received from the Association as follows on page 15.

AGGREGATE POINTS

Melville	531	1
N.District	468	2
Karrinyup	425½	3
Swan District	423	4
Belmont	414	5
Canning District	369½	6
Rockingham	250	7
Dale	221	8
Kwinana	166	9
University	149	10
Midland	132½	11
Wanneroo	101	12
Veterans	88	13
W.A. Harriers	74½	14

SENIOR/JUNIOR POINTS

Melville	180	1
N.District	167	2
University	149	3
Swan District	135	4
Karrinyup	129½	5
Canning District	131	6
Belmont	116½	7
Rockingham	103	8
Veterans	88	9
Midland	71½	10
Dale	38	11
W.A. Harriers	26½	12
Kwinana	7	13
Albany	6	14

These are total points for all grades in senior, junior, juvenile and sub junior.

WE WELCOME:

Pat Carr - (wife of David) (48) of 37 Malba Crescent Dianella, and William Taylor (41) of 60 Gladstone Avenue South Perth, tel. 3671217 to the club, both joining on 1.4.80. Bill Taylor was a member some time back and has had a couple of years rest before rejoining us this year.

We also welcome Christine Harland (30) of 13 Erring Place Willeton -(tel 4574903) She has run with the vets in the E. States and joined us on 1.4.80.

SUNDAY 25TH MAY 1980 - Marathon Clubs Half Marathon at Darlington is being organised by Kevin Basely who advises and requests of Veterans and others as follows:

1. NO CARS TO BE PARKED anywhere but on the Darlington oval, as cars parked on the road or near the start could receive a local Authority parking ticket. Change rooms and toilets will be available at the oval.
2. Intending competitors should be at the oval by 8:30 a.m. for a 9 a.m. start to enable entries to be taken.
3. Veterans are welcome to socialise at the Baseley Residence at 38 Brook Road, Darlington after the race. The hosts will provide soup and salads, visitors to provide their own food and drink, and please bring their own drinking vessels, plates, and eating utensils. Our hosts residence is to be respected and any children are to be controlled.

SUNDAY 4TH MAY 1980 - The Walliston Wallop.

The wines to be bottled will be:

Angoves: 1973 Rose, 1978 Moselle and 1975 Tawny Port. Bottles will be sold to members at \$1.50 per bottle and so that sales can be made easier would members who wish to reserve their purchase please return the advance order forms which have been distributed on Wednesday night runs and return these with payment to Bob Hayres at Unit 3, 9 York Street, South Perth (tel 3675404) or give your order forms to him as soon as possible. Remember most of the wine was sold within a week last year.

The A.A.W.A. has agreed to incorporate Veterans age group sections in all senior runs this winter season. We will run with the seniors but our results will be separated at the end of the race - i.e. instead of coming 30th overall you could be 3rd in your age group. However, to participate you must be registered with the association.

This is a great breakthrough in athletics in W.A. so back your committee up by registering and competing and making the season worthwhile.

We thank Fergies Forces for typing and duplicating Newsletter No.95 and the Butcher family for assisting in the collation and addressing.

We thank Bette Usher for typing this newsletter, and if she may, Bette thanks Valerie Tyson for helping to check the above.