

WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

Newsletter No. 97

May 1980

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Secretary 384.0939
Treasurer 447.2418

The chains of habit are generally too small to be
felt until they are too strong to be broken.

Samuel Johnson

The Singapore Masters Championships will take place on June 20th,
21st and 22nd in Singapore.

The British Veterans Championships (Track and Field) will be held
at Hendon in England on 12th and 13th July, followed by the
European Veterans Championships from 6th to 10th August at Helsinki.
Later in August, the XIII Annual World Championships of the Inter-
national Association of Veteran Distance Runners takes place in
Glasgow, Scotland, with 10k road on 23rd, and Marathon on 24th.

For entry forms for all these meetings, contact ART BRIFFA on
322.5754 during office hours only.

Jaqui Shillington, birthday 5th April turned 38 and remains W35
Walter Gledhill birthday 5th April turned 53 and remains M50
Raymond Graffin birthday 5th April turned 52 and remains M50

We have not seen much of the two men in this group lately, and hope
that 1980 will see them in action with us.

After being postponed once, and rescheduled to Sunday, 6th
April for the Easter weekend, the Club Pentathlon Championship
attracted 18 veterans, although others were at McCallum doing
their own running, including a Bridges run by Buchanan, Bould,
Davies, Crowther and Sammells among others. Tom Jones competed
against the "Pentathlons" with a 24.1s 100m. Bob Fergie was
the Committee man on duty, assisted by John Maddison.

As the circular track was not clearly marked, and still very
rough, it was decided to change the 200m event to 100m. The
morning was cool but warmed up in time for the 1500m. The first
heat of the 100m gave such fast times that the track was measured
by order of the stewards, and found to be 10m short. The heat
was re-run at the end, and it was uncertain whether J. Whittam,
Robinson, de Souza and Stone were nicely warmed up or worn out!

Points were awarded on a points for age basis, as with the
recent time trials and the results of the day were as follows:
(shown overleaf)

Wednesday, 9th April 1980 saw the first of our informal Group Jogs
in Kings Park, organised by Rob Shand and Jim Barnes. This was
intended to be a group run in which the rear runner kept coming
to the front, but three faster runners decided to go it alone and
broke the group up. Those present were Sammells, Caplin, Sutherland
I & G, Hayres, David, Oakley, Berrys M & N, Crowther E & D, Rowland,
Kirkman and F. Smith. Whittam J & D and Lorna Butcher arrived late
and Andy Wright and Tim Fry had completed their training earlier.

Morris Johnson birthday 9th April turned 43 and remains M 40
Tom Jones born 11.4.1893, turned 87 and is still going strong. All
the best to you from the Club, Tom. We like to see you down at
McCallum.

David Jones birthday 12th April, turned 54 and remains a long
way behind Tom as an M50.

Bob Johnstone birthday 12th April turned 38 and remains M35.

Name	Age Gde	Long Jump		Javelin		100m		Discus		1500m		Total Points	Place
		Dist.	Points	Dist.	Points	Time	Points	Dist.	Points	Time	Points		
V. Tyson	W55	2.69	1174**	7.60	270	20.02	20	13.16	398	8.43.5	109	1971	1
D. Whittam	W40	3.00	500	15.24	408	15.82	440	18.60	355	8.43.0	20	1723	2
L. Butcher	W45	2.37	336	10.82	293	16.51	400	11.90	177	6.59.0	466	1672	3
D. Stone	M50	4.05	575	22.60	336	13.91	720	19.76	252	5.36.0	604	2487	1
P. Lorens	M60	3.43	660	16.58	323	16.53	500	22.84	514	7.08.0	322	2319	2
D. Jones	M50	4.05	575	14.78	62	13.73	760**	21.72	320	5.45.0	550	2267	3
B. Robinson	M40	3.60	40	30.36	384	13.70	560	23.96	314	4.47.0*	808**	2106	4
R. Fergie	M40	4.14	256	29.92	373	13.92	520	29.88	520**	6.08.0	322	1991	5
K. Cameron	M35	4.63*	252	40.89*	522**	13.24	450	22.78	97	5.11.0	634	1955	6
R. Lawrence	M50	4.45	775	17.32	151	14.32	640	16.42	135	-	-	1701	7
J. Whittam	M45	3.77	268	19.56	167	15.70	260	21.84	324	5.25.0	610	1629	8
M. de Souza	M40	3.86	144	25.96	274	12.97*	700	21.02	211	-	-	1329	9
M. Moyle	M50	3.80	450	14.28	45	14.52	600	-	-	-	-	1095	10
D. Shepherd	M35	4.03	20	18.06	20	14.38	320	19.42	20	5.08.0	652	1032	11
D. Butcher	M50	3.69	395	15.64	92	16.04	300	15.56	105	6.59.0	106	998	12
W. Weatherill	M40	3.60	40	28.30	333	15.38	220	22.24	253	-	-	846	13
J. Barnes	M35	3.92	20	17.84	20	13.97	400	20.36	20	-	-	460	14
B. Hanks	M45	3.28	72	-	-	-	-	-	-	-	-	72	15

* Best for event ** Highest points for event
Congratulations to Val Tyson in winning the Women's section, and to Don Stone in taking out the Men's title. Kevin Cameron's Javelin throw was something to be seen to be believed as the 800g spear travelled nearly 41 metres. He must have a secret training method!

In the City to Surf Fun Run on Sunday, 13th April, there were 4500 starters at the re-revised start at Newspaper House. A revised course through Perry Lakes was intended, but the leading runners went on last year's course before being re-directed onto the correct course. Even so, it is felt that the course is short. While Val Prescott and Rob Shand waited at the finish to get as many times as possible, they saw Bill Carter who is not running at 70+ years, but is doing a lot of golf, and still going strong. The race was won by Clive Hicks of University in 38 minutes 34 seconds, and the first veteran in was Jeffrey Joyce who was celebrating his 40th birthday in the run. Barbara Leach was the first veteran woman (over 35) to finish. The veteran results are as follows (see overleaf).

Graham Moses birthday 14th April turned 41 and remains M 40
Reg de Gruchy birthday 14th April turned 54 and remains M 50
Steve Foster birthday 15th April turned 38 and remains M 35

Veterans Results - City to Surf 1980

Age/Name/Number		Time		Age/Name/Number		Time	
		1980	Prev.			1980	Prev.
<u>M40</u>				<u>M55</u>			
32	J. Joyce	42.38	43.42(79)	144	A. Tyson	46.38	50.18(78)
37	D. Caplin	42.50	46.02(78)	898	M. Roberts	54.58	57.00(79)
50	E. Maslen	43.56	44.07(79)	1016	A. Wright	55.50	-
91	M. Johnson	45.18	-	1050	F. Usher	56.02	56.02(78)
115	A. Zemunik	45.54	-	1113	G. Noordyk	56.26	58.27(79)
116	R. Sammells	45.56	46.13(79)	1697	G. Morgan	60.40	58.41(75)
128	B. Robinson	46.16	-	2773	J. Darcey	73.02	78.30(79)
164	T. Manford	47.08	51.53(79)	<u>M60</u>			
194	C. Spare	47.46	48.16(79)	985	J. Anderson	55.38	-
198	J. Maddison	47.50	-	1096	C. Bould	56.20	53.27(79)
208	D. Sheppard	48.00	45.58(79)	3324	A. Leggett	86.44	-
220	M. Loly	48.06	-	<u>W35</u>			
245	A. King	48.28	-	501	B. Leach	51.44	-
266	W. Carter	48.46	50.32(78)	1291	D. Turner	57.34	-
280	R. Spark	48.56	-	1599	J. Slinger	59.48	-
297	R. Graffin	49.04	-	1867	J. Shillington	62.10	-
362	J. Spencer	50.04	-	<u>W40</u>			
395	I. Henderson	50.34	-	3195	D. Whittam	83.04	-
406	J. Rowland	50.40	-	<u>W45</u>			
523	I. Sutherland	51.54	51.47(79)	2775	G. Darcey	73.04	-
544	G. Atzemis	52.04	52.02(79)	<u>W50</u>			
620	W. Weatherill	52.44	-	1786	L. Butcher	61.28	-
640	E. Murphy	52.54	53.19(79)	<u>W55</u>			
649	K. Baseley	52.58	-	2934	V. Tyson	76.02	-
989	J. Pellie	55.40	-	Pre-Veteran Results Are:			
1144	R. Kemp	56.40	57.17(79)	<u>W30</u>			
1279	A. Turner	57.30	-	1775	G. Sutherland	61.22	61.59(79)
1394	K. Graham	58.20	-	2182	A. Johnstone	65.16	68.49(79)
1577	R. Fergie	59.38	78.19(78)	<u>M35</u>			
2390	S. Brandon	67.34	-	14	P. Wall	40.48	39.55(78)
2645	J. Hughes	70.48	-	25	H. Kirkman	42.12	44.02(79)
300	S. Lenton	49.03	-	28	F. Smith	42.30	-
<u>M45</u>				39	K. Beament	43.04	41.57(79)
42	M. Smith	43.10	44.00(79)	77	B. Danby	44.54	-
59	J. Davies	44.18	48.24(79)	86	D. Crowther	45.06	47.53(79)
110	D. Carr	45.98	49.54(76)	93	J. David	45.24	-
119	D. Hough	46.00	44.36(78)	121	G. Allen	46.04	-
133	J. Butts	46.24	45.00(76)	126	N. Morfitt	46.10	-
262	B. Buchanan	48.40	56.42(78)	143	J. Barnes	46.38	-
314	G. Price	49.20	47.39(78)	152	M. O'Rourke	46.52	45.55(78)
359	R. Hayres	50.02	49.12(78)	167	J. Hosking	47.16	-
410	J. Whittam	50.42	48.57(79)	298	W. Hough	49.04	57.01(79)
440	W. McCabe	51.04	50.15(78)	348	G. Wall	49.50	41.57(78)
530	D. Moffett	51.59	-	396	B. Slinger	50.36	-
533	G. Harford	52.00	61.46(79)	417	S. Foster	50.46	-
575	T. Fry	52.20	-	424	L. Oakley	50.52	-
1207	D. Batterham	57.04	57.12(78)	437	B. Beecham	51.02	-
1464	T. Fermanis	58.50	-	486	R. Croft	51.35	-
2441	R. Savage	68.16	-	600	V. Kailis	52.36	55.50(79)
2596	S. Mofjeld	70.14	-	612	F. Kelly	52.40	-
Mike Berry ran with a blind runner in a time of 66min 10sec.				627	R. Johnstone	52.46	-
<u>M50</u>				851	G. Kirkeby	54.34	-
264	D. Butcher	48.42	-	1033	J. Dyball	55.56	-
318	A. Briffa	49.22	-	1334	M. Gibbens	57.56	-
694	W. Hughes	53.24	52.25(78)	1505	D. Horgan	59.08	59.10(79)
1001	D. Jones	55.46	59.03(76)	1856	J. Gold	62.06	-
1008	M. Moyle	55.48	55.29(78)	2002	B. Thomsett	63.32	-
1211	P. Morrissey	57.06	53.57(78)	2358	C. Ansell	67.10	-
1392	S. Lockwood	58.20	58.35(79)				
1491	R. Lawrence	59.02	62.06(79)				
1965	J. Carroll	63.12	-				
2017	G. Westlake	63.40	62.00(79)				

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On Wednesday, 16th April, those people that David Carr and Barrie Slinger missed, but Enid Crowther, Nora Berry, Val Tyson and Dorothy Whittam saw in Kings Park in the gathering dusk were not a group of dirty old men running in the rain, but a group of sexy senior citizens having a cold shower - Hayres, Usher, Crowther, Whittam, Wright, Berry, Shand and Rowland, joined later by Alan Tyson while Danby, Kirkman and David did an 8 mile run.

Gloria Sutherland birthday 18th April turned 35 and became a Veteran W35

David Hough birthday 18th April turned 48 and remained M45

Charles Spare birthday 19th April turned 41 and remained M40

Bill Chapman birthday 19th April turned 56 and remained M55

We haven't seen much of Bill at McCallum lately - field events are still on after runs for those who want them.

On Sunday, 20th April a small group gathered at McCallum in preference to running in the Marathon Club's fixture, and trained over the Bridges course - Don Stone, Ralph Godkin, Val Anderson, Phil Llorens and Dalton Moffett covering the course once; while Bill Hughes continued around for a second time. Merv Moyle, Bruce Buchanan ran the Heirisson Island course. Fay Fairbanks has a broken toe, so having got to square 1½ will have to go back to square one again.

Meanwhile, at the Lake Gngangara Picnic Area the Marathon Club were holding their Qantas sponsored 20k event, which included the Qantas trophy for the open handicap, trophy for the first veteran, and first on handicap. There was also a 10k event with similar trophies. The veterans results, as supplied by the Marathon Club statistician for the 20k event were:

Race Place	Age Group	Name	Elapsed Time	Corrected Time	Revised Place	
10	M40	D. Hoye	1.12.48	1.05.28	13	(First
17	M60	J. Gilmour	1.15.54	1.10.14	34	(Vet o/40
18	M45	M. Smith	1.16.00	1.07.40	20	
19	M40	D. Caplin	1.17.21	1.08.41	28	
25	M45	J. Davies	1.19.33	1.06.53	15	
33	M40	M. Johnson	1.21.30	-	-	
34	M40	B. Robinson	1.21.37	1.08.37	27	
43	M50	D. Butcher	1.25.34	1.07.14	18	
46	M40	R. Sammells	1.25.56	1.11.56	37	
51	M40	R. Spark	1.26.32	1.07.12	17	
56	M40	M. Loly	1.27.42	1.13.02	39	
62	M40	B. Hanks	1.28.47	-	-	
67	M45	G. Price	1.29.43	-	-	
68	M55	A. Tyson	1.29.44	1.14.44	41	
74	M40	W. Weatherill	1.33.08	1.04.27	9	
78	M45	T. Fry	1.33.13	-	-	
77	M40	R. Spark	1.34.08	-	-	
87	M40	J. Pellier	1.36.22	1.04.02	8	
91	M60	C. Bould	1.37.35	-	-	
92	M55	A. Wright	1.38.26	1.02.26	5	
95	M50	S. Lockwood	1.40.04	1.10.04	33	
97	M45	D. Carr	1.43.10	1.30.10	44	
98	M55	F. Usher	1.43.56	1.14.56	42	
101	W50	L. Butcher	1.50.03	0.59.58	2	3rd woman
107	W35	G. Sutherland	1.56.17	1.11.17	36	4th woman
PV 20	M35	F. Smith	1.17.37	1.09.57	32	
26	M35	D. Crowther	1.19.56	1.07.56	23	
36	M35	J. David	1.21.55	-	-	
39	M35	J. Barnes	1.24.02	1.07.02	16	
40	M35	D. Shepherd	1.24.07	1.08.07	24	
42	M35	G. Allen	1.24.57	1.09.17	29	
44	M35	B. Danby	1.25.36	-	-	
64	M35	W. Hough	1.28.53	-	3	
66	M35	L. Oakley	1.29.40	-	-	
16	M35	K. Beament	1.15.52	-	-	

In the 10k event Veterans' results were:

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2	M35	N. Morfitt	37.35	
7	M40	J. Maddison	39.57	First Veteran
9	M35	B. Oliver	42.02	
29	W30	J. Stone	56.05	
36	M30	A. Leggatt	51.29	First on handicap
39	W35	C. Kirkman	53.04	
46	M45	D. Hough	54.28	
50	W55	V. Tyson	60.15	

Pre-Veterans

9	M35	B. Oliver	42.02
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Cliff Bould was awarded the "oldest to finish" in the 20k event
The Marathon Club have advised that in order to be eligible for trophies or prizes, you must be a financial member of the Club at the time of closing of entries or, if no pre-event entries are required, then before the commencement of the race. Your co-operation will greatly assist them in the smooth running of their monthly events.

They have also produced a newsletter, edited by Rod Easdown. Congratulations to them in becoming the second club in W.A. to go into print.

Stan Mofjeld birthday 20th April turned 45 and changed to M45
John Davies birthday 21st April turned 46 and remains M45

On Wednesday, 23rd April, under the guidance of Bob Sammells and Richard Spark, a 7 mile course of about 55 minutes plus duration was organised down the bitumen path, up the Broadwalk to turn right and down Lovekin Drive to the 2/28 Battalion Memorial, and up Forrest Drive to the Lookout Tower before going right down the Broadwalk to the Adventure Playground and back up to the Tower. A short jogging pause, and then along Forrest Drive, Fraser Avenue and Kings Park Road to the slabs and back to the start. Those who survived were Maddison, Leggatt, Berry M and N, Whittam J and D, Tyson A and V, Thomasett, Morfitt, Oakley, David, Wright, Fry, Kirkman, Frank Smith and Sammells. Richard Spark knew the course, so went home early! Non survivors shall remain lost in the park

Friday, 25th April (ANZAC Day) the Marathon Club held their Fallen Comrades Race at Albany, starting at the Albany High School with a sealed handicap over a 10k course of two laps. Veterans results were:

Name	Group	Lap 1	Lap 2	Total	Overall H/cap Place	H/cap Time	H/cap Pl.
J. Davies	M45	20.20	21.38	41.58	11	37.48	13
A. Zemunik	M40	20.40	21.49	42.29	12	37.21	11
B. Robinson	M40	21.45	21.50	43.35	15	37.15	9
D. Butcher	M50	22.33	25.32	48.05	22	39.05	21
<u>Pre-Veterans All M35</u>							
P. Wall		18.36	19.55	38.31	3	36.41	6
H. Stoffers		19.35	20.49	40.24	8	38.34	18
D. Crowther		20.27	21.55	42.22	13	37.57	15
G. Allen		21.24	22.41	44.05	16	38.25	17
W. Hough		22.04	23.13	45.17	17	37.17	10

Trophies were provided in 10 year age groups with:

Denis Butcher winning the over 50
 John Davies winning the over 40
 Phil Wall winning the over 30

As if that were not enough, the same athletes participated on Saturday, 26th April, in the LIONS KING OF THE MOUNTAIN, a simple matter of dashing 1300 metres uphill on a bitumen road, and up steps along Apex Drive to reach the top of Mount Clarence. No wonder the horses on the statue look surprised and exhausted.

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John Davies won the over 45 group with 5.38 and 14th overall pos.
 Andy Zemunik won the over 40 group with 5.12 and 9th overall pos.
 Hank Stoffers won the over 30 group with 5.08 and 8th overall pos.
 Barrie Robinson covered the distance in 5.16 and 10th overall pos.
 Gerry Allen covered the distance in 5.36 and 12th overall pos.

We thank Averill and Barrie Robinson for collecting these results for us.

Road Walks at Albany Wharf No Veterans participated.

Two Smiths had birthdays on 26th April, Morrie Smith turned 46 and remains M45, and Alan Smith turned 41 and remains M40. We see a lot of Morrie, but haven't seen anything of Alan for a long time - what about some "appearances", Alan?

Sunday, 27th April, was Sutherlands Run at Applecross; an 8.39 km run on bitumen which involved crossing of Riseley Street and twice over Canning Highway, to be directed by Jack Carroll up a cruel climb up to the lookout at Wireless Hill Park, about 1½ km from the finish - but all in all considered to be a good run. The race started in brilliant sunshine at 9.45 a.m. with 38 competitors and three visitors. The open handicap was won by John Spencer, Joan Slinger was the first woman home, and the results were:

Veterans		Time in	Pos.	Handicap	Actual Time	Scratch Position
<u>M40</u>						
J. Spencer		42.18	1	8.15	34.03	13
D. Caplin		42.28	2	13.00	29.28	2
K. Baseley		43.25	5	6.45	36.40	15
D. Hoyer		43.34	7	13.30	30.14	4
R. Sammells		44.25	13	11.15	33.10	12
W. Weatherilt		45.01	17	8.15	36.46	16
J. Pellier		45.25	19	6.45	38.40	21
R. Holland		59.05	38	8.15	50.50	33
<u>M45</u>						
M. Smith		43.38	8	13.00	30.38	5
D. Carr		44.06	10	11.15	32.51	8
R. Shand		44.39	14	11.35	33.04	11
M. Berry		45.32	21	7.30	38.02	18
D. Moffett		46.05	24	10.00	45.05	30
<u>M50</u>						
W. Hughes		43.32	6	6.45	36.47	17
D. Jones		47.24	28	7.30	39.45	23
R. Lawrence		47.43	30	5.15	42.28	25
<u>M55</u>						
R. Godkin		46.00	23	6.45	39.15	22
A. Tyson		47.23	28	10.55	36.30	14
F. Usher		48.36	33	5.15	43.21	27
<u>M60</u>						
C. Bould		47.47	31	5.15	42.32	26
<u>M65</u>						
P. Llorens		49.26	35	2.15	47.09	32
<u>Women</u>						
J. Slinger	W35	44.22	12	3.45	40.37	24
E. Crowther	W35	55.08	37	go	55.08	35
D. Whittam	W40	59.44	39	go	59.44	36
N. Berry	W45	52.37	36	go	52.37	34
L. Butcher	W50	46.13	25	2.15	43.58	29
V. Tyson	W55	69.22	40	go	69.22	37
<u>Pre-Veterans Women</u>						
A. Johnstone	W30	46.15	26	go	46.15	31
J. Stone	W30	47.12	27	3.45	43.27	28

	Time in	Pos.	Handicap	Actual Time	Scratch Pos.
<u>Men M35</u>					
F. Smith	42.53	3	13.00	29.53	3
H. Kirkman	43.12	4	14.00	29.12	1
J. Barnes	44.00	9	11.45	32.15	6
D. Sheppard	44.06	11	11.15	32.51	9
D. Crowther	44.40	15	12.15	32.25	7
J. David	45.25	20	12.30	32.55	10
R. Johnstone	45.47	22	7.30	38.17	19
B. Slinger	48.22	32	9.45	38.37	20
<u>Visitors</u>					
C. Leaman	44.50	16	13.00	31.50	-
R. Walsh	45.08	18	11.15	33.53	-
M. Tapper W30	48.55	34	1.30	47.25	-

Bruce Buchanan also ran, but ran with Cliff and was not credited with a handicap time. Dave Sheppard and John David went off late. Jim Barnes continues to improve and must be clocking up the miles in training, while Bill Hughes is returning to form -- or had a good day.

The girls were out in force with improved runs by Alison Johnstone and Nora Berry. The "terrible Tysons" were in trouble when Val injured her arm on the rear vision mirror of a parked car after going only 20 metres. On hearing of her accident, Alan rushed to recover her wrist watch from the road -- and then ran off in the wrong direction. Val showed courage in continuing her run, and would have to consider the run could have been done faster.

The Sutherlands put on a wonderful spread after the run, and as families gathered to socialise in the glorious weather, "Puff the Magic Dragon" was down from his lair preparing the participants for the Wallop next weekend. Batterhams came after the run and joined in the festivities.

Our thanks to Gloria and Ian for their hospitality, a good course and a great day.

A break from results now as a new correspondent, "Chortist", makes a few projections, while "Waffles" has a short rest.

At the recent Sutherlands Run, 27.5% of the field were women, and in the future we can expect no quarter from them. Mobs have always been numerically superior, but have had difficulty in keeping it up. Entry has been a simple matter, but it is the men who are more likely to withdraw, leaving the women with a firm base and therefore a greater potential in the "W" section of the total (W + M) Index. This does not deny male expansion, but does indicate greater relative female participation. To sum up, "Chortist" sees the ladies as likely to reap benefit from a bullish situation, while the men will exhibit a relatively bearish profile.

If a graph be drawn with W as a percentage of W + M on the vertical axis against time on the horizontal axis, the Male line forms a constant incline from 0% in 1973, 70% in 1980 and a projected 80% in 1985. However, the Female line is a gentle curve, flat at first at 0% in 1973, rising to 30% in 1980, and then steepening to cross the Male line to show clearly the W30-W50 group on top about 1982 and reacting to the earlier inputs of M35-65.

NEXT Newsletter - The market chart and its application to fell running.

Change of address Bryan Old has moved to 45 Parker St., Bassendean.

Three birthdays finish April off, being Tony King who turned 41 and remains M40, Joe Gold who turned 36 and remains a pre-veteran, and Joe Hewitt, who turned 52 and remains M50, but moved over to Melbourne some time back.

"Waffles" has returned to give us some background to our hosts The Sutherlands.

Gloria was born in Wellington, N.S.W. on 13th April, 1945, and grew to an elevation of 1.71m above ground level and was 4 kg heavier when she started running then the 61.7 kg that she now weighs. We all enjoyed her hospitality in Ardross where she, Ian and her two children aged 7 and 9 years live. She is a family planning nurse.

Gloria's story of how she came to join the Veterans Club is one with some serious overtones. Husband Ian, himself a keen member of our club, was having a serious problem with a tumor in the leg and the constant wong of how this was going to turn out put a great strain on her and she was not coping very well - nerves were bad and health suffered. This brought on smoking to excess and finally heart palpitations which required tablets to keep in check.

Gloria's doctor suggested she got out of the house occasionally and also mentioned Dr Coopers Book on Aerobics. After reading the book the message got through and Gloria got out onto the park to take her first ever run by setting her two young children down in the middle and continued her jog around them.

The change in Gloria was incredible and slowly as her self confidence returned, the problems affecting her at the time (which were very real) did not cause her to break up as she was able to get right on top of the situation. During this period, running became more important until she became "hooked" sufficiently to enter and complete the City to Surf Fun Run on 16th April and then to join the Vets Club on 14th May, 1978.

Gloria loves to run L.S.D. and switches off during these training sessions which have resulted in her finishing a half marathon (point Walter) and a Rockingham 10 miler, both of which pleased her greatly - she even got in a sprint (with Alan Tyson encouragement) at the finish of the 10 mile race.

The Marathon is Gloria's ultimate goal and she has set her sights on finishing the 1980 People's Marathon - "Waffles" will take bets that she will finish. Her current training is all for this event and consists of 3 weeks of 40 miles/week then increasing to 45 miles for the next 3 weeks, running on a minimum of road and maximum of grass to avoid injury.

Field events do not interest Gloria.

Diet - since taking up running her diet has changed to vegetarian resulting in a greater interest in cooking and experimenting.

Drink - White wine and champagne (which will no doubt be "popped" after the marathon).

Benefits from running: from what you have read you will see there has been a complete change of lifestyle - she has become physically fit, no longer supports the tobacco or the pharmaceutical pill companies and you now see a confident, normal attractive lady runner.

To new members: Gloria suggests that you should not worry about what others may think when you take off on your first jog. Forget about how you look as others don't really care so why should you. Get out and do it and only good can come of it.

To other members: Gloria says "take note Veterans, spare a thought for the slower runners now and then and your encouragement will not go unrewarded". To Gloria, the best of luck in the Marathon and future health and fitness.

- 9 -

Ian was also born in N.S.W. but on 27th October, 1939, elevated himself to 1.78m above ground level and reached 73kg before starting to run after which he dropped down to 66.7 kg. Ian works with the Commonwealth Government in the Australian Survey Office which takes him away to the bush on occasions.

Being married to Gloria and somewhat responsible for her involvement in running Ian took some persuading by her to join the vets on 18th June, 1978 after she kept telling him of the bunch of people who ran around McCallum Park most Sundays. Ian says he was a bit sceptical at first but went along to Batterhams Bush Bash for his first social run - two things he remembers were "Dog Pound Hill" (vividly) and the dry retching at the finish! Like all the tough parts of running they are over quickly and Ian recovered to enjoy the hospitality for the rest of the day.

Ian enjoys all runs from 800m upward and considers his best efforts to date were the half marathon at Point Walter and the Veterans Round the Bridges Half Marathon, both in 1979.

Like Gloria, Ians training is basically L.S.D. however, he realises some fast work is necessary to improve his speed and he intends working on this, but he makes the point that for him running does not take precedence over the other things that he likes to do and feels strongly that life should be a mixture of activities. He considers field events are fun and not to be taken seriously.

Diet: Food in moderation and admits to finding Glorias vegetarian dishes interesting and appetising.

Drink: in moderation preferably wine.

Benefits from running: Ian feels the discipline of having to get motivated is a benefit and that running which he really enjoys has changed his attitude towards life.

Like Gloria his current aim is to run and finish the Peoples Marathon for no other reason than it is a long run. He would like to be able to keep running for the rest of his life and feels that the W.A. Vets will be part of that life.

His advise to new members is not to be put off by other runners going past no matter what their age, to keep running and the perseverance will pay off "in the long run". Don't get hooked on the stop watch; running is to be enjoyed, its a fun thing for relaxation to be enjoyed for many years to come with gentle exercise as part of every runners programme.

Sunday, 30th April In the absence of duty members Buchanan and Danby, Rob Shand led a group of 9 on an 8k run which included the "Garden Route" and slabs - Hayres, Crowther, Maddison, David, Oakley, Usher, Fry and Batterham, followed by Whittam, Wright, and Thomsett. A further group consisted of D. Whittam, Berry N and M, Tyson V and A and Enid Crowther. This is the second time the duty members have failed to turn up, SO READ YOUR PROGRAMME, and if you can't make it, make other arrangements.

John Gilmour birthday 3rd May turned 61 and remains M 60
John McKechnie birthday 3rd May turned 54 and remains M 50. We have not seen John since he joined in February, and hope that he will come out and run with us soon.

Saturday, 3rd May saw the start of the Cross Country season with the Lord Mayor's Trophy cross country at Trinity Playing Fields, Manning. Run again this year in warm, dry, sunny conditions, the course was altered to eliminate running through the rubbish dump at the east end by increasing the number of circuits around the playing fields at the start to one at 300m and two at 1500m, then out into Clontarf and twice round their river paddock before returning to Trinity playing fields at 8000m; however someone decided that the race was not long enough, and added another 1500m circuit before the finish.

There were no handicaps, no Lord Mayor's Trophy was presented, and the course was too long - all a good start to the cross country season.

The Veterans results were as follows with times shown as total times for each distance:

Name	Age Group	1800m	3300m	8000m	8000m 28.4.79	9500m
Kirkman	35	7.24	12.45	28.48	-	34.21
Hoye	40	7.37	13.04	29.04	32.34	34.33
F. Smith	35	7.36	13.08	29.21	42.40	35.06
Beament	35	7.26	12.57	29.30	-	35.16
Maslen	40	7.52	13.24	29.54	30.56	35.49
M. Smith	45	7.44	13.24	30.01	-	36.00
Crowther	35	7.46	13.44	30.55	35.00	37.05
M. Johnson	40	8.06	13.50	31.15	-	37.25
Joyce	40	8.12	14.15	31.30	32.46	37.35
Shand	45	8.27	14.24	31.54	32.36	38.03
Zemunik	40	8.06	14.16	32.00	-	38.08
Barnes	35	8.19	14.13	31.58	-	38.20
Carr	45	8.30	14.28	32.31	36.16	38.42
Spare	40	8.50	14.58	33.06	-	39.29
Wall	35	7.53	13.52	32.33	-	39.30
O'Rourke	35	8.42	14.58	33.18	35.59	39.53
Shepherd	35	8.24	14.37	33.08	33.57	39.58
Whittam	45	8.39	14.51	33.32	35.08	40.09
Rowland	40	8.50	15.14	34.17	36.45	40.45
Tyson	55	8.50	15.29	34.23	36.42	40.55
Basley	40	8.44	15.24	34.28	-	41.27
Spark	40	8.50	15.36	35.09	-	42.13
Jennings	40	9.02	15.44	35.33	-	42.45
Wright	55	10.02	17.26	39.29	-	46.59
Briffa	50	8.30	Pulled out		34.41	-

Insurance

Many members have questioned the cover provided by the 50c premium paid (if desired) with the A.A. of W.A. Registration. The cover is as follows:

11.

Registered Members of the A.A. of W.A. only whilst participating in competition or in attendance at an organised venue for the purpose of competing or acting as an official including:

- i. athletic training.
- ii. travelling to and from any organised venue.
- iii. flying as passengers when incidental to travelling to or from venue or practising.

There is an age limit of 65 years.

The Benefits for seniors (i.e. 16 years and over) are:

- i. Death, loss of sight of one or two eyes
loss of one or more limbs or permanent total
disablement by accident\$2,000.00
- ii. Temporary total disablement, by accident
(per week) \$20.00
- iii. Medical expenses for each and every
accident \$200.00
- iv. Excess of any amount recoverable under any
Hospital, Medical, Friendly Society or
similar scheme. Excess each and every
claim \$5.00

These Benefits are now offered through the Club by Minet Australia Ltd. for all members not registered with the A.A.W.A. for an annual premium of \$1.00 and any member under 65 who wishes to avail himself of this Insurance should see the Secretary.

We welcome Maxine Tapper of 51 Dunkley Avenue, Applecross, telephone 364.7893, to the W30 group. She ran as a visitor at the Sutherlands run, and joined the club at the Wallop on 4th May 1980.

We also welcome the following:

Robin Johnson of 249 Cambridge Street, Wembley, tel: 3871631 to the M45 group, who joined us on 8th May 1980.

Change of Address

Wes Carter to 11 Kirby Way, Samson, W.A. 6163. Tel: 3378434.

Secretary

As from 30th May 1980, members will no longer be able to contact the Secretary on 321.2251.

The only number for contacting him will be 384.0939, and the only address (apart from McCallum) will be 24 Mann Street, Cottesloe, 6011.

Transfers

Keith Beament M35 transferred from Veterans to Swan Districts
Martin O'Rourke M40 " " " " Canning Districts
Graham Moses M40 " " Midland to Veterans
Robin Johnson M45 " " Karrinyup to Veterans

Walkers

Jim Smith M45 and Don Stone M50 covered the 12k course at Kewdale on May 3rd in 70 minutes 55 seconds and 76 minutes 45 seconds respectively.

FEMALE RESPONSE PLEASE "Chortist"s" prediction of a bullish situation has certainly not been borne out by the response to our circular to the female members of the club, which has been poor and weak. We would like some positive response, please, as soon as possible.

AUSTRALIAN VETERANS TRACK & FIELD CHAMPIONSHIPS - ADELAIDE -
EASTER 1980

We are now able to bring these results to you and though late are included for your reference and information. Brian Paxman of ACT wrote to say how glad he was to meet the "Sandgroper brigade from the Swan River Settlement" and commented that anyone who won medals in the M40 and M45 groups had to perform heroically. The weather and track were perfect and the conditions put people in the right mood for an enjoyable and satisfying weekend.

Our congratulations to those of our members who gained places and won medals, to those who performed well enough to obtain personal bests and, of course, to those who participated. We also extend congratulations to the South Australian Veterans on conducting a successful meeting and note that it will be our turn in 1982.

The results are as follows:

COMPETITOR	W45	W40	M65	M60	M55	M55	M50	M45	M45	M45	M40	M40	M35	M50
EVENT	D. Goodwin	K. Holland	R. Horsley	J. Gilmour	A. Wright	A. Tyson	R. de Gruchy	D. Carr	M. Smith	J. Davies	D. Caplin	D. Hoyer	B. Oliver	B. Paxman
80m														
Hur F	13.6													
	(1)													
400m														
Hur F										66.6				
										(2)				
100m														
H	-	-						13.5	13.0				12.7	
								(4)	(2)				(4)	
100m	13.9	13.1			15.6			13.5	12.8					
F	(1)	(1)			(6)			(8)	(4)					
200m	-	-												
H													25.5	
													(4)	
200m	28.6	26.9						28.2	27.0					
F	(1)	(1)						(7)	(4)				24.8	27.2
													(6)	(5)
400m	-	-												
H									69.9					
									(4)					
400m	-	59.3			70.9	64.8	64.9	55.3						60.4
F		(1)			(8)	(5)	(5)	(3)						(4)
800m	-	2:34.0	2:18.2				2:50.3	2:08.1	2:24.8	2:02.3			2:15.2	
F		(1)	(1)				(8)	(3)	(9)	(2)			(3)	
1500m														
H									4:41.5	4:28.9				
									(1)	(4)				
1500m		5:42.0	4:41.8	4:55.9					4:25.4	4:14.0				
F		(2)	(1)	(2)					(3)	(3)				

COMPETITOR	M65	M60	M55	M55	M50	M45	M45	M45	M40	13. M40
EVENT	R. Horsley	J. Gilmour	A. Wright	A. Tyson	R. de Gruchy	D. Carr	M. Smith	J. Davies	D. Caplin	D. Hoyer
5000m		16:52.6	21:53.0	18:01.4				18:03.9		16:26.2
F No.1		(1)	(15)	(3)				(5)*		(6)
F No.2							17:04.0			
							(4)*			
10 000m		35:10.8		37:19.0			35:00.0			35:10.0
F		(1)		(2)			(4)			(8)
3000m	16:36.0									
Walk F	(1)									
5000m										
Walk F	28:36.0									
	(1)									
Discus	25:22		24.08							
	(3)		(3)							
L.J.					4:28					
					(3)					
Cross										
Country				38.47		39.56	36.30		34.55	35.17
10 000m				(4)		(21)	(6)		(5)	(8)

*The M45 5000m was run in two finals due to the large number of entries. M. Smith would have been 4th overall, and John Davies 14th overall.

Dorothy Goodwin was supposedly running for W.A., but was listed in the results as running for N.S.W.

Brian Paxman, running for A.C.T., was a financial member of our Club, so his results have been included.

Both Dorothy and Brian, being domiciled in the Eastern States, have resigned from the W.A. Vets.

Brian also says that he thinks he saw BRAD WATSON shortly before the finish of the Nike Marathon (held the week after Adelaide) and he looked as if he would be well under 3 hours at that stage. Brian was not running, but did not manage to catch up with Brad at the end.

The Walliston Wallop on Sunday, 4th May was the Club's second wine bottling day. Ambitiously programmed to bottle a rose, a moselle and a port, only the first two were successfully completed, and the port left to be done quietly at a later date. The hilly run which Morris had organised last year did not deter the group of Veterans who lined up, 46 in all, the first setting off shortly after 9.45 a.m. on an open handicap basis. Derek Hoyer again romped across the finishing line as comfortably as he did in last year's win. Maureen Hayres again assisted at the start, but as Bob Sammells decided to run this year she was assisted by husband Bob (i.e. Bob Hayres). Unfortunately, being unused to the digital watch, and not realising that at 60 minutes it reverts back to 0 and starts again, Bob did not record any times after 60 minutes. He wishes to have his profound apology recorded, and advises that in future any rostered members make certain that they know how to work all the equipment before coming on duty.

The results have accordingly been tabulated in finishing order with details included where possible, and for the two open handicap races are as shown overleaf:

LADIES

Fin. Pos.	Name	Group	Finishing Time	Handicap	Actual Time	Actual Position
1	G. Sutherland	W30	71.39	16.30	55.09	1
2	L. Butcher	W50	72.17	16.30	55.47	2
3	E. Crowther	W35	74.05	5.00	69.05	7
4	V. Prescott	W35	70.20	5.00	65.20	5
5	M. Tapper	W30	76.40	14.00	62.40	4
6	N. Berry	W45	76.45	8.30	68.15	6
7	V. Tyson	W55	77.50	8.30	69.20	8
8	J. Stone	W30	81.30	19.00	62.30	3
9	D. Whittam	W40	82.40	00	82.40	9

MEN

Fin. Pos.	Name	Group	Time in	Handicap	Actual Time
1	D. Hoye	M40	58.30	22.00	36.20
2	G. Allen	M35	58.40	17.30	41.10
3	F. Smith	M35	58.54	21.20	37.34
4	L. Oakley	M35	59.05	16.00	43.05
5	D. Sheppard	M35	59.25	18.20	41.05
6	D. Carr	M45	59.32	18.20	41.12
7	D. Caplin	M40	59.32	21.30	38.02
8	A. Wright	M55	59.44	8.30	51.14
9	R. Spark	M40	59.48	16.00	43.48
10	M. Smith	M45	59.51	21.20	38.31
11	B. Robinson	M40	59.52	18.00	41.52
12	F. Usher	M55	59.53	7.30	52.23
13	J. Barnes	M35	60.06	19.10	40.56
14	R. Sammells	M40			
15	G. Noordyk	M55			
16	H. Kirkman	M35			
17	A. Tyson	M55			
18	W. Carter	M40			
19	R. Shand	M45			
20	J. Davies	M45			
21	D. Hough	M45			
22	I. Sutherland	M40			
23	M. Johnson	M40			
24	M. Berry	M45			
25	R. Lawrence	M50			
26	R. Godkin	M55			
27	J. Pellier	M40			
28	J. Maddison	M40			
29	B. Weatherill	M40			
30	G. Moses	M40			
31	D. Jones	M50			
32	D. Butcher	M50			
33	B. Buchanan	M45			
34	D. Crowther	M35			
35	J. Whittam	M45			

NO TIMES AVAILABLE

Awards for the run, presented by Dave Carr, were raffle tickets to support the Army Alpine Association Mt. Gauri Shankar Expedition in which one of our members, Dr. Val Lishman, was a participant.

Recipients of the ten \$1 tickets were the first three place getters in each race:

Men: Derek Hoye, Gerry Allen and Frank Smith

Women: Gloria Sutherland, Lorna Butcher and Enid Crowther

The Hostess with the Mostess: Rose Johnson

The finishing card assistant: Mark Crowther

The best joke during the run (unpublishable): Bob Sammell

A Great Help in the Kitchen: Mrs. Vera Hoye who is out from UK on holiday

15:

Some WALLOP WINE is still available at \$1.50 per bottle for rose, moselle or port. This wine is produced by Angoves Vineyards and was not surreptitiously fermented and trampled by wellworn Nikes, Dunlops or Adidas by us in the hills! Ring Bob Hayres at home on 367.5404 or at work on 271.7900 and place your orders with him. No wine will be sold on credit.

Jim Martin birthday 6th May turned 55 and alters from M50 to M55
Mike Ogilvie birthday 9th May turned 41 and remains M40.
 We have not seen Mike for quite some time, and hope he is still training.

Wednesday, 7th May with Denys Butcher in charge but absent, and Barrie Slinger on duty, a group of 22 assembled in Kings Park for the group jog. Usher, Spark, Jennings, Crowthers, Smith F., Tysons, Berrys, and Whittams. Batterham, Carter, Slinger, Denby, Leggatt, Maddison, McCabe, Thomsett and Wright all started off together, were joined halfway round by Shand and all finished the 7½k run at varying times in the gathering darkness. The course was Saw Avenue, May Drive to Lovekin turning into Forrest Drive at the Memorial and climbing up the hill to the Native Wildflower Gardens to the Rotunda, on to Fraser Avenue, along Kings Park Road to the slabs and back to May Drive and Saw Avenue.

Saturday, 10th May State 16k Road Championships at WAIT starting at 3 p.m.; this year for the first time in two years in dry conditions with not a cloud in sight. Though it was sunny, the temperature was around the 18°C mark and the breeze cool. A huge field of 73 starters crowded the line, then had to make way for Don Stone to walk through on one of the laps of his 18k race.

The race was won in 47m19s for the 9.9419 miles with the first 43 runners coming in under 60 minutes. There were many personal best runs in the day and too many good times to list separately. Charles Spare had a good run and with his gradual build up over an injury free track season was due for a breakthrough. Cliff Bould's sub 70 minute time was an excellent performance. John Gilmour led all the Vets in with a personal best time of 54m36s. The veterans results were collected by John Maddison and are listed below with previous known runs on this course as members of the Club.

Group	Pos.	Name	1st lap	2nd lap	Total Time	Best time this course
M60	20	J. Gilmour	26.50	27.46	54.36	-
	70	C. Bould	34.26	34.58	69.24	-
M55	Nil					
M50	73	D. Jones	34.48	38.01	72.49	-
M45	23	M. Smith	26.55	28.47	55.42	57.18 (78)
	50	R. Shand	30.27	30.29	60.56	57.44 (79)
M40	27	D. Caplin	27.20	28.43	56.03	57.54 (79)
	30	D. Hoyer	27.27	29.40	57.07	56.14 (79)
	38	M. Johnson	28.32	29.18	57.50	-
	36	J. Joyce	29.15	29.17	58.32	56.29 (79)
	39	A. Zemunik	29.15	29.48	59.03	-
	43	B. Robinson	29.51	29.57	59.48	63.56 (79)
	46	E. Maslen	30.03	30.25	60.28	-
	48	C. Spare	30.27	30.11	60.38	-
	49	R. Sammells	30.25	30.17	60.42	-
	58	J. Rowland	31.36	31.47	63.23	-
	60	J. Spencer	31.07	32.47	63.54	-
	67	G. Moses	34.09	33.31	67.40	-
	72	E. Jennings	34.20	37.05	71.25	-
PRE VETS						
M35	21	F. Smith	26.50	27.49	54.39	59.18 (79)
	22	K. Beament	26.51	28.02	54.53	56.59 (79)
	31	D. Crowther	27.27	30.06	57.33	60.38 (79)
	40	J. Barnes	28.58	30.21	59.19	-
	55	M. O'Rourke	31.02	31.52	62.54	61.57 (79)
		D. Sheppard	38.27	withdrew		59.31 (78)

In the teams competition, the first three competitors of a club to complete the course are deemed "A" grade, the next three "B" grade, the next three "C" grade and the rest (any number) "D" grade.

Counting for us in

A grade - Caplin, Crowther, Barnes gave us 6th place & 1 pt
 B grade - Robinson, Spare, Sammells " " 5th place & 2 pts
 C grade - Shand, Rowland, Spencer " " 4th place & 3 pts
 D grade - Moses, Bould, Jennings, Jones " 2nd place & 5 pts

Veterans running for other clubs (and presumably against us) in this event would be graded as follows:

A grade - Hoye, Zemunik
 B grade - Gilmour, F. Smith, Beament, M. Smith, M. Johnson
 C grade - Joyce, O'Rourke
 D grade - Maslen

Meanwhile, Don Stone (M50), covering the walkers 18k course in 114m 43s at W.A.I.T., encouraged the runners at the end of the first lap and apparently received some choice comments in return. Come! Come! by then the runners should have had little breath left to choose their comments - perhaps that's what he meant!

On Sunday, 11th May Don Caplin and Derek Crowther were at McCallum to organise the 2 Bridges and Cliff Bould Course run of 14.4k and had the 39 participants all lined up shortly after 8 a.m. for a mass start. Knowing that the handicapper was away on holiday, Bruce Buchanan shot away at the start and was not caught until the very last sprint for home. The results are tabulated below in age groups.

WOMEN

Group	Name	Time	Bridges Position	Finish Time	Overall Position
W30	M. Tapper	57.20	30	91.35	25
	G. Sutherland	57.20	30	91.35	25
W35	E. Crowther	61.00	33)	withdrew after Bridges	
	V. Prescott	74.00	35)		
W50	L. Butcher	57.20	30)		
W55	V. Tyson	61.00	33)		

MEN

M60	V. Anderson	41.42	16	66.36	17
	A. Leggatt	47.20	23	76.53	24
M55	C. Rould	Late start		91.55	29
	A. Tyson	39.50	7	81.49	29
	R. Godkin	41.40	15	67.11	18
	G. Noordyk	48.20	28	73.39	21
	F. Usher	48.07	27	withdrew	
	A. Wright	48.50	29	withdrew	
M50	D. Butcher	38.52	6	60.42	5
	S. Lockwood	43.30	20	67.50	19
	D. Jones	43.36	21	69.10	20
	R. Lawrence	47.34	24	73.39	21
	M. Moyle	43.05	19	withdrew	
M45	B. Buchanan	37.05	1	58.46	2
	M. Smith	38.07	3	60.22	3
	R. Shand	39.52	9	62.30	11
	D. Moffett	39.52	9	62.30	11
	M. Berry	39.59	11	62.30	11
	R. Hayres	47.35	25	withdrew	

Group	Name	Time	Position	Finish	Overall
		Bridges		Time	Position
M40	M. Loly	38.41	5	60.45	6
	R. Sammells	39.52	8	60.45	6
	J. Maddison	40.00	13	61.30	8
	R. Spark	42.09	18	64.38	15
	J. Pellier	41.47	17	65.20	16
	W. Weatherilt	47.34	26	74.00	23
	W. Carter	46.55	22	withdrew	
M35	B. Danby	37.36	2	58.35	1
	F. Smith	38.30	4	60.22	3
	J. Barnes	40.00	12	62.26	10
	S. Foster	40.30	14	63.48	14
INV	M. Crowther	38.06	-	59.43	-
	C. Leman	38.08	-	60.22	-

Some veterans, in the final long training run for the Marathon had run the full 26 mile course on the Saturday morning which is possibly responsible for the withdrawals of Hayres, Usher and others after the Bridges section.

After the run we welcomed Cary Nathan (35) of 9 James Street, Shenton Park, telephone 381.5937, to the Club.

On Wednesday 14th the informal group jog was organised by Jeff Whittam starting at Saw Avenue went straight onto the slabs to Kings Park Road and Fraser Avenue, turning at the Karri Log down May Drive to the circle and then onto the bitumen path leading to Lovekin Drive which was crossed and then onto the native trail, where a fork divided the group, the leading runners going left and ending up on Forrest Drive near the tower, while the others continued (as intended) across the Broadwalk and down to the bottom of Forrest Drive. The final section of the course, 8k in length, was up the bitumen path back to Saw Avenue. A "roll call" was not taken and those present have not been listed.

Ray Lawrence birthday 15th May turned 52 and remains M50
Peter Gare birthday 21st May turned 40 and becomes a veteran M40
Peter Gallagher " 22nd May turned 39 and remains M35
Denys Butcher birthday 22nd May turned 53 and remains M50
Roy Kemp birthday 23rd May turned 41 and remains M40
Val Tyson birthday 23rd May turned 57 and remains W55
Denis Batterham " 25th May turned 48 and remains M45

The Club Cross Country Championships will be held at Jorgensen Park Kalamunda on Sunday, 29th June commencing at 10.00 a.m. This will be an AGE GROUP OPEN COMPETITION and will be a CERTIFICATE RUN with entry \$1.00. Please have entries and fee to the Secretary by Sunday, 22nd June.

A light lunch will be provided by the Club; B.B.Q. facilities will be available: bring your own drinks.

The Annual General Meeting of the A.A. of W.A. will be held at the Conference Room on the Ground Floor of Perry Lakes Stadium on Monday 14th July, 1980 at 7.30 p.m. All registered athletes should attend if possible.

We thank Bob Fergie for organising the typing and duplicating of Pages 8 and 9 and Doreen Lockwood for typing the remainder.

PROGRAMME JUNE 1980

V : VETERANS EVENTS OPEN TO ALL CLUB MEMBERS
 MC : MARATHON CLUB EVENTS
 A : ATHLETIC ASSOCIATION OF W.A. EVENTS. INTENDING COMPETITORS MUST BE REGISTERED WITH THE ASSOCIATION THROUGH THE CLUB SECRETARY (COST \$15.00). COMPETITORS SHOULD ALSO PURCHASE A PROGRAMME

THE CLUB MEMBERS ON ROSTER ARE SHOWN IN BRACKETS AFTER THE EVENT. NAME IS THE MEMBER RESPONSIBLE FOR ORGANISING THE RUN & SECOND NAMED MEMBER IS TO ASSIST IF UNAVAILABLE MAKE ALTERNATIVE ARRANGEMENTS & ADVISE SECRETARY. MEMBER RESPONSIBLE TO FORWARD RESULTS TO SECRETARY AS SOON AS POSSIBLE AFTER THE EVENT.

CERTIFICATE RUNS ARE NOTED ON THE PROGRAMME. AN ENTRY FEE OF 50c WILL BE CHARGED FOR THESE EVENTS AND CERTIFICATES WILL BE AWARDED AS DETAILED.

RUNS UNSUITABLE FOR CHILDREN ARE NOTED WITH THE LETTERS UC. NOTE 8AM START AT MCCALLUM. FIELD EVENT IMPLEMENTS AVAILABLE AFTER RUNS IF REQUIRED.

WEDNESDAY 4 V	INFORMAL GROUP JOG	5.30pm	KINGS PARK (Women Members.)
A.	SCRATCH TRACK RACE (MEN & WOMEN)	5.0K 5.30pm.	TOMPKINS PARK)
SUNDAY 8 A.	SOUTH WEST CROSS COUNTRY CHAMPS	10K. 12.00	TRIGWELLS FARM DONNYBROOK
	Includes over 44 men, over 35 men senior men 'A' & 'B' Grades 4K over 34 women 3K		
V	3X DAVE JONES COURSE	OPEN H'CAP 6.6K 8.00am	MCCALLUM. (LOCKWOOD. USHER.)
WEDNESDAY 11 V	INFORMAL GROUP JOG.	5.30pm	KINGS PARK (CARR. CARTER)
SATURDAY 14 A	KARRINYUP CROSS COUNTRY	8K. 3.00pm.	CHURCHLANDS
SUNDAY 15 MC.	PEOPLES MARATHON.	42K. 7.00am.	LANGLEY PARK.
WEDNESDAY 18 V	INFORMAL GROUP JOG.	5.30pm	KINGS PARK (FERGIE. THOMSETT)
SATURDAY 21 A	CROSS COUNTRY CHAMPIONSHIPS.	8K 2.00pm	KINGS PARK
SUNDAY 22 V	DAVES DIANELLA DASH	5.7K 9.30am	37 MALBA CRESCENT DIRNELLA (D. CARR)
UC	B.Y.O. B.B.Q.		
WEDNESDAY 25 V	INFORMAL GROUP JOG.	5.30pm	KINGS PARK (BUTCHER. SMITH F.)
SATURDAY 28 A	GEORGE SKEELS MEMORIAL TROPHY	5K 4.00pm	PERRY LAKES
	CLUB IS ON ROSTER DUTY FOR THIS RUN.		
SUNDAY 29 V	CLUB CROSS COUNTRY CHAMPIONSHIPS		JORGENSEN PARK KALAMUNDA.
	AGE GROUP OPEN COMPETITION. CERTIFICATES TO 1st. 2nd. 3rd in EACH AGE GROUP ENTRIES BY 22 JUNE WITH \$1.00 ENTRY FEE.	8K 10:00am.	LIGHT LUNCH. B.B.Q. Avail B.Y.O. DRINKS (SEE N.L. 97)

PROGRAMME JULY 1980

WEDNESDAY 2 V	INFORMAL GROUP JOG.	5.30pm.	KINGS PARK (CADLIN. LAWRENCE)
SATURDAY 5 A	ROAD CHAMPIONSHIP	10K 2.00pm.	W.A.I.T.
SUNDAY 6 V	3X DAVE JONES + 1 CLIFF BOULD	12K 8.00am	MCCALLUM
WEDNESDAY 9 V	INFORMAL GROUP JOG	5.30pm	(BUCHANAN. OAKLEY)
SATURDAY 12 A	CANNING 4x5000m RELAYS	1.30pm.	KINGS PARK (SHAND. GODKIN.)
SUNDAY 13 V	BRIDGES RUN.	10K 8.00am	MCCALLUM
MC.	FOUNDERS 10	9.00am.	(SAMMELS. FRY.) SOUTHERN RIVER RD SOUTH GOSNELLS
WEDNESDAY 16 V	INFORMAL GROUP JOG.	5.30pm	KINGS PARK (CARR. HUGHES W.)
SATURDAY 19 A	STATE CROSS COUNTRY CHAMPS	10K 3.30pm	PERRY LAKES
SUNDAY 20 V	BATTERHAMS BUSH BASH		86 VIEW TERRACE BICTON (D. BATTERHAM)
UC			
WEDNESDAY 23 V	INFORMAL GROUP JOG.	5.30pm	KINGS PARK (WHITTAM. HORSLEY)
SUNDAY 27 A	SOUTH WEST HALF MARATHON	21K 1.00pm.	BOYANUP TAVERN.
	10,000M. ROAD RUN. Women over 25yrs	10K 1.30pm	ELGIN HALL
	10,000M ROAD RUN MEN OVER 35yrs	10K 1.30pm	ELGIN HALL
	MEN OVER 45yrs	10K 1.30pm	ELGIN HALL
V	PATERSON PARK RUN	6.3K. 8.00am.	MCCALLUM
V	AUSTRALIAN VETERANS MARATHON IN SOUTH AUSTRALIA		(BUCHANAN. MCYLE)

Newsletter No. 98

June 1980

Registered for posting as
a periodical - Category BSecretary 384 0939
Treasurer 447 2418"Beer makes you feel the way you
ought to feel without beer" -

Henry Lawson

(but) "The more waist, the less speed" -

Oliver Herford

SUNDAY 18TH MAY. PREMANTLE TO PERTH RELAY

This year we have fewer registered members than we had last year making the selection of teams more difficult. Under the organisation of Don Caplin, we fielded two teams, one in C Grade and the other in D Grade running as follows:

C GRADE		LEG & DISTANCE		D GRADE
D. Caplin (M40)	10.54	1 3.5k	x	D. Butcher (M50)
D. Crowther (M35)	10.35	2 3.0k	x	R. Spark (M40)
J. Rowland (M40)	x	3 1.0k	3.52	B. Oliver (M35)
R. Hayres (M45)	x	4 2.0k	8.29	G. Noordyk (M55)
R. Sammells (M40)	x	5 3.0k	x	W. Hughes (M50)
G. Moses (M40)	x	6 2.0k	x	J. Barnes (M35)
D. Sheppard (M35)	7.04	7 2.0k	11.07	J. Whittam (M45)

58m 11s Total Time 62m 09s

56m 11s 1979 61m 57s

57m 14s 1978 67m 02s

Spaces marked x no time available. Officials L. Butcher, D. Whittam, D. Stone and B. Robinson.

Change of address Jeff Joyce now lives at 3 Argyll Place DUNCRAIG 6023. His telephone number remains 447 8545.

Alan Tyson will be at Tattersals Hotel, TOWNSVILLE until about the end of July.

WEDNESDAY 21ST MAY the informal group jog was organised by Rob Shand, (with John Rowland absent) and consisted of 2 x 4k laps over the state 8k cross country course. An added section at the beginning from Saw Avenue down May Drive to the Broadwalk brought the distance up to 5 miles. Participating were Thomsett, Batterham, Usher, Crowther, Whittam, Berry and Shand and Alan Merrett who shot away in the sandy section in the first lap and wasn't seen again. Hugh Kirkman in canine like sheepdog fashion kept the mob together as he ran about half as much again while the girls Berry, Crowther, Whittam, Marion Peterson and grass widow Tyson (Alan is off to Queensland again) refused to tackle the sand and organised their own course. The second lap of sand in darkness was an interesting change! Wal McCabe was seen before the run but did not join in.

.../2

SATURDAY 24TH MAY

The City of Stirling Championship held earlier than normal this year resulted in a "dry water jump" (the scene of the Kevin Cameron toe chopping incident) and a slightly different course this year but still over 10k of difficult country.

The senior event was a straight championship with veterans performing as below. Those representing the Club are marked *

PLACE	NAME	GROUP	TIME	LAST YEAR
12	D. Foye	M40	37m 10s	36m 54s
13	H. Kirkman	M35	37m 12s	-
14	K. Beament	M35	37m 18s	37m 08s
15	M. Smith	M45	37m 18s	-
16	E. Maslen	M40	38m 35s	38m 16s
18	A. Zemunik	M40	39m 12s	-
20	D. Crowther *	M35	39m 24s	-
24	R. Shand *	M45	40m 03s	-
27	D. Sheppard *	M35	40m 16s	-
33	A. Merrett		42m 32s	-
34	J. Rowland *	M40	42m 33s	-
36	J. Whittam *	M45	42m 55s	-
39	A. Briffa	M50	43m 45s	43m 38s (1978)
	B. Oliver *	M35	withdrew	

Frank Smith and Don Caplin were spectators and Dave Carr, having returned from 2 weeks holiday in the North West ran from home, watched and then ran back.

We welcome the following NEW MEMBERS.

Dr Morland Ellis SMITH (42) of 20 Buntine Road, Wembley Downs (tel. 446 2493) who joined us on 22nd May and we have not seen down at McCallum yet. Earlier in May Richard and Betty DAVIES (both 44) of 20 Canna Way, Ardrross (tel. 364 5387) and also John SUTTLE (43) of 76 Glenelg Street, Mt Pleasant (tel. 364 6630) joined us on the 18th May.

Terrence HARGREAVES (41) of 59 Shepherd Street, Hilton (tel. 337 5216) joined us on 30th May and to get June off to a good start we welcomed three new members in Roger WALSH (37) of 36 Carrick Street, Woodlands (tel. 446 8248) and Lorraine (38) and Leon (36) DUSCI who live next door at 34 Carrick Street, Woodlands (tel. 446 4812). It would appear that Hugh Kirkman who lives at 29 Carrick Street, has been having some athletic influence on his neighbourhood. Also Colleen MILBOURNE (32) of 14 Rodinga Close, Rossmoyne (tel. 457 7095).

We regret to advise the following RESIGNATIONS. John Dyball, Dorothy Goodwin and Brian Paxman both living in the Eastern States, Gordon Gregson, Jan King, Des Merrick, Stan Mofjeld (returning to U.S.A.), Phil Smith (Bunbury) though he wishes to keep in contact through the newsletter, Ross Williams (South Perth) Garry Winning.

We also regret to advise that the following were UNFINANCIAL at 30.5.80.

Keith Beament	Merv Graham	Paul Morrissey	Don Weston
Bruce Beecham	Joe Hewitt	Mike Ogilvie	Peter Williams
Tony Conner	Frank Kelly	June Payne	
Alec Cummings	Len Keynes	Richard Savage	
Joe Gold	Gordon Kirkely	Walter Shepherd	
Ray Graffin	Garry Lynn (Adelaide)	Allen Smith	
	Ron McBride	Geoff Webb	

SUNDAY 25TH MAY saw a small gathering of veterans at McCallum who decided that a jog would be preferable to the programmed event and so a social run was enjoyed in the 13°C clear atmosphere.

Shand, Lawrence, Bould and Moyle did a 14.4k bridges and Cliff Bould course, Buchanan, Nathan and Kirkman did the bridges section with Marion Peterson, Leon and Lorraine Dusci. Jim Coventry came down to pay his subs and do some light training to ease an injured calf muscle and Stan Lockwood arrived later to ease a throbbing head!!.

Meanwhile, up in Darlington the remainder of the club were thrashing themselves in the Marathon Clubs Half Marathon which 127 runners completed. Veterans results were:-

					Most recent Darlington Run
8	D. Hoyer	M40	73m 54s	75.25	(79)
10	P. Wall	M35	75m 29s	76.20	(78)
12	F. Smith	M35	75m 44s	-	
15	G. Wall	M35	76m 41s	80.11	(78)
16	J. Gilmour	M60	77m 03s	74.44	(78)
17	M. Smith	M45	77m 16s	78.23	(79)
21	J. Joyce	M40	79m 14s	78.02	(78)
22	D. Caplin	M40	79m 36s	76.41	(79)
30	D. Crowther	M35	82m 40s	96.20	(79)
32	J. Barnes	M35	83m 04s	93.45	(79)
34	J. Davies	M45	83m 26s	-	
35	R. Sammells	M40	83m 34s	83.06	(79)
40	B. Robinson	M40	84m 47s	-	
41	J. Butts	M45	85m 05s	80.06	(79)
43	M. Johnson	M40	85m 22s	-	
46	B. Danby	M35	85m 59s	-	
53	B. Hanks	M40	87m 20s	-	
54	D. Butcher	M50	87m 51s	-	
55	M. O'Rourke	M35	87m 55s	-	
57	D. Shepherd	M35	88m 10s	95.23	(79)
63	R. Spark	M40	89m 21s	-	
64	C. Junner	M55	89m 26s	84.42	(78)
67	R. Hayres	M45	90m 08s	89.38	(79)
69	G. Price	M45	91m 04s	87.22	(79)
82	D. Hough	M45	93m 16s	85.19	(78)
83	T. Fry	M45	93m 19s	-	
87	N. Moffett	M45	94m 02s	-	
95	G. Moses	M40	95m 15s	89.31	(79)
97	W. Weatherilt	M40	95m 32s	-	
98	W. Hough	M35	95m 34s	-	
102	W. Hughes	M50	95m 35s	104.00	(78)
106	D. Carr	M45	97m 44s	82.40	(79)
110	J. Pellier	M40	98m 49s	-	
118	A. Wright	M55	101m 16s	-	
129	F. Usher	M55	104m 52s	-	
133	G. Noordyk	M55	108m 25s	-	
142	G. Sutherland	W30	114m 07s	-	
150	S. Lockwood	M50	127m 05s	-	

SUNDAY 25TH MAY in the afternoon in the STATE WALKING CHAMPIONSHIPS at Canning Vale over 30k Jim Smith (M45) came third in 3h 05m 52s and Don Store (M50) fourth in 3h 27m 00s. Don had never walked more than 18k before so his effort is most commendable. Jim looks as if he is getting back into action again.

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On WEDNESDAY 28TH MAY 1980, the group jog in Kings Park was organised by Buchanan, who did not run, and John Rowland standing in for Alan Tyson who has moved over to Queensland for a short time. John planned an 8k course from Saw Avenue up May Drive to the Karle log and along Fraser Avenue to the main entrance to the park and then back again onto Lovelock Drive to turn off down Forrest Drive to meet Lovelock Drive again at the 2/28 Memorial and continue round into May Avenue past the picnic area back to Saw Avenue. Cam Ansell, Rob Shand, John Rowland, Andy Wright, Frank Usher, Denis Batterham and Mike Berry formed the mob looked after by a sheepdogging Hugh Kirkman. Enid Crowther was the only female present and she and Derek ran a course together.

Roger WALSH birthday 30th turned 37 and remains M35.

SATURDAY 31ST MAY STATE 8K CROSS COUNTRY CHAMPIONSHIPS at Grove Park Gold Course at Little Grove Hilary a field of 35 finished the course with Veterans performances recorded as follows.

12th	P. Wall	(M35)	29m 59s
14th	G. Wall	(M35)	30m 13s
22nd	J. Joyce	(M40)	32m 22s
34th	G. Moses	(M40)*	36m 27s

Being a championship event and a teams competition we scored nil in all grades, our only Club representative being Graham Moses. Progressive points show as 7th in A Grade with 1 point, 6th in B Grade with 2 points, 5th in C Grade with 3 points and 2nd in D Grade with 5 points.

In Derek Moyes run he broke the course record for the fastest first lap as well as the overall time. Previous results were:

	<u>LAP 1</u>		<u>LAP 2</u>		<u>TOTAL TIME</u>	
1978	19:10	Caplin	19:01	Caplin	38:11	Caplin (M35)
1979	17:53	Kirkman	18:37	Kirkman	36:36	Kirkman (M35)
1980	17:49	Moyes	15:31	Caplin (M40)	32:21	Moyes (M40)

Our thanks to members on duty Bob Sarmolis and Mike Berry.

On SUNDAY 2ND JUNE the Williston Football Club held a 10km Fun Run which was not particularly well publicised, however, 7 veterans paid their \$2.00 entry fee, signed their amateur declaration form and started off at 9 a.m. The run was won by Derek Joye (M40) in a time of 38m 06s, followed closely by Frank Smith (M35) in 38m 40s. Jim Barnes was 5th in 42m 13s followed in 6th place by David Sheppard in 42m 35s. Gerry Allen was 12th in 43m 39s and Winston Hough 20th in 45m 47s.

On WEDNESDAY 4TH JUNE the Melville Club held their annual 5k Scratch Track Race at Torrens Park at 8.45 p.m. under floodlights on a soggy track after two days of heavy rain. No rain fell during the race but it was cold and windy. Results were:

D. Caplin	(M40)	16m 45s - 1st veteran
D. Moyes	(M40)	16m 46s
E. Maslen	(M40)	17m 06s
A. Zarnick	(M40)	17m 13s
R. Shand	(M45)	17m 55s - 2nd veteran
D. Crowther	(M35)	18m 20s - 3rd veteran
D. Sheppard	(M35)	18m 25s
R. Sarmolis	(M40)	18m 28s
R. Haynes	(M45)	19m 45s
D. Stone	(M50)	20m 00s
N. Hughes	(M50)	20m 35.2s

Don Caplin won the Veterans Trophy, the award being made by the Melville Club to the first representative of the Club to cross the line. Our thanks to Melville for organising the race and to those who turned out to lap score on such a foul night.

The informal group jog on that night (scheduled to be organised by women members) attracted few participants and no "roll call" was forwarded. We have since found out that Usher, Batterham, Gockin, Rowland and McCabe were there. The course they took was "in the park"!

Perhaps the women were frightened off by the article in The West Australian of Wednesday June 11th headed Women Joggers Warned, which is repeated here as the advice is considered important.

The Chief of the CIB, Supt. John Wiley, warned women not to jog in lonely places.

A 19 year old woman jogger was attacked at Whitfords beach about 6pm on Monday.

She was grabbed by a man, who was wearing white football shorts, and forced on to the sand. The attacker fled into the sandhills when a man came to her aid.

Female joggers would be well advised to either run earlier in the day or in the company of other people.

The Whitfords attack was the second on a female jogger in six weeks. On April 30 a naked man armed with a long knife raped a woman jogger on the Melville Senior High School oval. He held the 20cm knife to the woman's throat and threatened to kill her if she resisted.

- "Jog with a friend - then shower with a friend - togetherness"

Kevin Cameron birthday 6th June turned 40 and became a veteran M40.

John David birthday 6th June turned 35 and remains M35.

Colleen Kirkman birthday 3th June turned 37 and remains W35.

Changes of address:

Stanley Lenton now lives at 64 Blackwall Reach Parade, Bicton, 6157.

Tony King to 19 John Street, Cottesloe, 6011.

SUNDAY 8TH JUNE the South West Cross Country championships held annually at Trigwells farm near Donnybrook provided a muddy rain soaked course in which Bernie Oliver apparently revelled by coming 5th in the Veterans over 35 mens 4k in 16m 20s. Charlie Spare (M40) came 6th in 16m 21s and our new member Terrence Hargreaves (M40) came 10th in 16m 57s. In the 10k mens B Grade, Ted Masler (M40) came 3rd in 38m 52s. Charlie Spare ran again covering the distance in 42m 16s and Graham Moses ran it in 42m 30s. Andy Zemunik (M40) was there but did not run nor did Barrie Robinson who forwarded the results to us. It is curious to note that the West Australian results included all age groups, mens and womens, boys and girls but somehow the Veterans results were those cut out of the report (again!)

NOTE:

HOUGH'S HAPPY HOUR will be held at Perry Lakes on August 17th with a start of a run in the hills at 9 a.m. from the barbeque area to the south of the Y.M.C.A. Hall. The course is as yet of unknown direction or length but will be hilly and cross country followed by a breakfast supplied by the Club for participants consisting of sausages, roll and butter, orange juice and fresh fruit. As you will have to cook your own, bring your own utensils for cooking and eating and if you don't like the breakfast, or want anything else you will have to bring it yourself.

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VETERANS NATIONAL MARATHON will be held at the West Lakes circuit in Adelaide on 27th July, 1980. Nomination forms from Secretary, with fee \$3.00, entries to be in by July 8th, 1980. There will be three races as follows:

Race 1.	A.A.W. Marathon
Race 2.	Pre Vets Marathon Men and Women
Race 3.	Veterans Marathon Men and Women

Race 2 starts 10 minutes after race 1 and race 3, 10 minutes after race 2 BUT winners of age groups will be declared on fastest times irrespective of the event in which precludes competition within a race e.g. you could win your age group in race 3 only to find you are second because someone in race 1 has run 1 second faster in a different race, probably pulled along by better competition. We consider this UNFAIR and should not be encouraged and your committees objection has been notified in writing to the Secretary of the Australian Association of Veterans Athletic Clubs.

SUNDAY 1ST JUNE the Cliff Bould Trophy day was, like last year sunny but cold. The race was run this year as an open handicap and was won by Derek Walker and he was presented with the perpetual trophy by Cliff Bould. Certificate winners were:

Derek Walker	(M45)	handicap winner
Val Anderson	(M60)	second place
Cliff Bould	(M60)	third place
Derek Hoyer	(M40)	fastest time and course record.

Previous winners were:

Noel Thomas	(M45)	1978
Bruce Buchanan	(M45)	1979

There were 42 starts and 2 visitors.

The results were:

	1ST LAP	2ND LAP	FIN. POS.	ACTUAL TIME	H'CAP	ADJ. TIME	O/ALL POS.	PREVIOUS BEST TIME
W30								
C. Harland	28.10	withdrew	-	41.10	13.00	28.10	-	-
M. Tapper	28.31	27.29	29	65.00	9.00	56.00	39	-
W35								
C. Sutherland	27.33	28.23	38	67.56	12.00	55.56	38	61.25 (78)
L. Dusci	30.35	withdrew	-	43.35	13.00	30.35	-	-
F. Crowther	32.00	35.33	42	71.33	4.00	67.33	42	35.08 1 lap
W50								
L. Butcher	27.31	38.16	33	65.47	12.00	53.47	36	-
N. Derry	31.34	34.05	41	70.39	5.00	65.39	41	-
M65								
P. Llorens	29.00	30.32	35	66.32	8.00	59.32	40	-
M60								
V. Anderson	23.21	22.43	2	60.04	14.00	46.04	21	45.51 (78)
C. Bould	23.45	23.27	3	60.12	13.00	47.12	26	46.06 (79)
A. Leggatt	27.25	withdrew	-	39.25	12.00	27.25	-	-

contd.

M55

F. Usher	23.55	24.50	6	61.45	13.00	48.45	33	50.36 (79)
R. Godkin	22.41	23.26	14	62.27	16.20	46.07	22	44.56 (79)
A. Wright	23.29	24.26	20	62.55	15.00	47.55	29	-

M50

D. Stone	21.17	22.53	4	61.10	17.00	44.10	17	-
S. Lockwood	24.09	24.14	12	62.23	14.00	49.23	30	-
D. Jones	24.07	25.41	34	66.07	16.20	49.47	35	50.31 (78)

M45

D. Walker	23.14	24.37	1	59.51	12.00	47.51	27	-
R. Shand	19.49	19.28	7	61.47	22.30	39.17	9	-
M. Smith	19.32	18.40	15	62.32	24.20	38.12	4	38.01 (79)
B. Buchanan	20.45	21.44	19	62.49	20.20	42.29	13	43.28 (79)
D. Carr	20.51	20.56	24	64.07	22.20	41.47	12	42.04 (78)
R. Hayres	21.38	22.18	26	64.16	20.20	43.56	15	43.11 (78)
D. Moffett	21.38	22.18	27	64.16	20.20	43.56	15	-
M. Berry	20.38	23.40	28	64.38	17.30	47.08	25	-
N. Thomas	21.11	24.19	36	67.30	22.00	45.30	19	44.40 (78)

M40

M. Warren	22.45	23.53	5	61.42	15.00	45.42	20	48.37 (79)
D. Hove	17.49	18.32	9	62.01	25.40	36.21	1	38.24 (79)
M. Johnson	19.05	19.52	11	62.17	23.20	38.57	8	-
D. Caplin	19.23	18.31	13	62.24	24.30	37.54	3	36.49 (79)
D. Sheppard	19.48	20.33	18	62.41	22.20	40.21	11	40.11 (78)
J. Pellier	23.12	24.41	21	63.13	16.20	46.53	24	-
J. Maddison	21.11	22.04	30	65.15	22.00	43.15	14	40.54 (79)
W. Weatherill	22.06	23.14	31	65.20	20.00	45.20	18	-
R. Kemp	23.11	25.20	37	67.31	19.00	48.31	31	-
R. Spark	20.57	withdrew	-	28.27	7.30	20.57	-	-

M35

D. Crowther	18.57	19.40	8	61.57	23.20	38.17	6	40.51 (79)
B. Darby	19.08	19.48	10	62.16	23.20	38.56	7	-
F. Smith	18.44	19.32	16	62.36	24.20	38.16	5	38.34 (79)
H. Kirkman	18.12	18.47	17	62.39	25.40	36.59	2	36.36 (79)
L. Dusci	24.32	25.03	22	63.26	14.00	49.26	34	-
J. Barnes	19.45	20.32	23	63.27	23.10	40.17	10	44.02 (79)
C. Ansell	24.38	23.15	25	64.13	16.20	47.53	28	-
R. Johnstone	24.03	24.32	32	65.35	17.00	48.35	32	46.15 (78)
R. Walsh	22.03	24.11	39	68.39	22.20	46.19	23	-
C. Nathan	26.22	27.09	40	70.31	17.00	53.31	37	-

INVITATION

M. Peterson	26.19	26.42	-	-	-	53.01	-	-
A. Ansell	28.35	withdrew	-	-	-	28.35	-	-

On SUNDAY 8TH JUNE the two venues for running were well separated - one being at McCallum where a 3 x Dave Jones course open handicap was held (being the more important event of course!) and the other in the mire of the South West At Trigwells, 12 km South West of Donnybrook. 35 veterans chose not to travel South and showed their preference for the 6.6 local course and ran with 8 invited runners among whom was Hugh Kirkmans father over from Victoria.

FINISHING POSITION	CLOCK TIME	HANDICAP	ACTUAL TIME	OVERALL POSITION
W30				
C. Harland	36.28	1.30	34.58	26
G. Sutherland	39.31	2.30	37.01	30
J. Pearson	39.31	2.30	37.01	30
M. Tapper	-	completed 2 laps		
W35				
E. Crowther	37.47	Go	37.47	32
W45				
M. Berry	39.06	Go	39.06	33
W50				
L. Butcher	34.37	1.30	33.07	27
W55				
V. Tyson	41.31	Go	41.31	34
W60				
C. Bould	32.50	4.00	28.50	21
P. Llorens	36.27	Go	36.27	29
M55				
R. Godkin	33.03	4.30	28.33	20
G. Noordyk	33.10	3.00	30.10	24
A. Wright	33.23	4.00	29.23	23
M50				
D. Butcher	32.43	6.40	26.03	11
V. Hughes	32.46	5.40	27.06	13
R. Lawrence	33.12	3.00	30.12	25
J. Martin	34.21	6.40	27.41	15
D. Jones	35.13	4.40	30.33	26
W45				
R. Shand	31.55	8.10	23.45	3
D. Carr	32.15	7.40	24.35	8
M. Smith	32.16	8.40	23.36	2
D. Walker	32.28	4.00	28.28	19
D. Moffett	33.40	6.40	27.00	12
M40				
M. Johnson	31.59	8.10	23.49	4
R. Spark	32.02	7.05	24.57	9
J. Bellier	32.34	4.30	28.04	16
D. Caplin	32.40	8.50	23.50	5
W. Weatherill	34.54	6.30	28.24	18
R. Samuels	34.55	7.30	27.25	14
R. Kemp	34.26	5.30	28.56	22
W35				
H. Kilham	31.44	9.20	22.24	1
D. Crowther	32.20	8.30	23.50	5
B. Dandy	32.38	8.30	24.08	7
J. Barnes	33.46	8.05	25.41	10
M. Warren	31.05	3.00	28.05	18

.../9

contd.

INVITATION

Mike Davis	2	31.40	4.00	27.40
Paul Hughes	4	31.49	7.40	24.09
Dick Kirkman	12	32.30	4.00	28.30
Thomas O'Reilly	23	33.25	3.00	30.25
Colleen Heinzman	25	33.42	6.40	27.02
Mark Crowther	27	34.00	7.40	26.20
Colleen Milbourne	30	34.36	1.30	33.06
Jeanette Tomlinson	35	35.38	Go	35.38

The informal group jog at Kings Park on WEDNESDAY 11TH JUNE once again had no duty members present so a course was organised by Jeff Whittam covering 8k along Saw Avenue and through the pines to the grass along Thomas Street for a short distance before turning onto a sand track through to Park Road. At the top of Park Road the route turned up through the middle of the park on the slabs, across the green belt and on to the circle on May Drive. Here the group split. Whittam, Fry, Batterham and Berry turned onto the road and returned to the start via Lovekin Drive; White, Rowland, Crowther, Oakley and Shand continued on the slabs to eventually cover 10k. A tight group of women being Tyson, Whittam, Berry and Crowther, defended by Dog Berry ran their own course and were waiting at the finish.

On SATURDAY 14TH JUNE the field for the new cross country course at Churchlands was small due to the Peoples Marathon on the following day. The 2 lap 8k course included bush tracks, uphill and downhill sand tracks and flatgrass; the only section which could have been difficult in a tight finish was the U turn about 100m from the end. The following are the veterans results in a race won in 26m 35.2s.

9th	N. Kirkman	M35	28m 27.8s
13th	E. Maslen	M40	30m 13.6s
16th	R. Shand	M45	30m 26.6s *
27th	A. Briffa	M50	33m 36.6s
28th	J. Rowland	M40	33m 46.8s
30th	G. Moses	M40	35m 07.4s *

* running for the Club.

RUNNING IS CLAIMED TO SLOW AGEING, SPEED UP THINKING

Long-distance running slows down the ageing process and makes you think faster, claims Professor Appenzeller of the New Mexico Medical School in Mexico. He has been conducting tests for some years and found that running increases certain hormone levels and speeds up electrical brain impulses.

"It doesn't matter whether the runner is a winner, or takes twice as long to finish the distance, the improvements in hormone and brain impulses are the same".

The professor measures electrical impulses in the brain. Runners' rates are faster after a 30k run than non-runners and this faster rate continues for at least 2½ hours.

"This suggests runners think faster than non-runners. Long-distance running is the key to fitness, brain-power and youthfulness". .../10

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The hormones found to increase with running are the ones known to be low in depression patients.

"Hormonal levels 600 percent above normal were recorded in all research participants," he said.

"As hormones are known to be low in depression sufferers, it follows that an increase gives balance".

On WEDNESDAY 18TH JUNE, Jeff Whittam took over in place of Bob Fergie and Barry Thomsett and organised Mike and Nora Berry, Derek and Enid Crowther, himself and Dorothy, Frank Usher and a returned John David in to a run. Early starters were "not often seen with the Club lately" veterans, Bob Hayres and Bernie Slinger. While John Maddison and Rob Shand looking well dressed in non participating lounge suits (quite unsuitable) dropped in on their way to where - no doubt some most important committee meeting!.

Jo Walker birthday 19th June turned 25 and remains pre vet.
 Ralph Gockin birthday 9th turned 60 and becomes M60
 David Carr " 15th turned 46 and remains M45
 Col Junner " 16th turned 53 and remains M55
 Bernie Thomsett " 17th turned 49 and becomes a veteran in the M40 group.

On SATURDAY 21ST JUNE the traditional 8k cross country was run in Kings Park in cold and windy conditions and in pouring rain, 12mm of which is reported to have fallen between 1pm and 5pm that afternoon. The senior mens race was at 2.45pm. Veterans who participated for the Club over the 2 lap course were:

Rob Shand	M45	16.08 + 15.56	= 32.04
Derek Crowther	M35	16.04 + 16.45	= 32.49
Bill Hughes	M50	18.21 + 18.45	= 37.06
David Carr	M45	18.45 + 18.22	= 37.07
Derek Walker	M45	18.33 + 19.15	= 37.48

Veterans competing for other Clubs were:

Hugh Kirkman	M35	15.33 + 14.46	= 30.19
Morni Smith	M45	15.32 + 15.58	= 31.30
Morris Johnson	M40	15.53 + 16.28	= 32.21
Martin O'Rourke	M35	17.04 + 17.40	= 34.44
Alan Merrett	M55	17.14 + 17.57	= 35.11
Ted Maslen	M40	15.20 withdrew with damaged bare feet.	

Our thanks to Bruce Buchanan and Graham Moses for obtaining these results in difficult conditions by using a cursive script on soggy paper with a pen that would not write.

Richard Davies birthday 21st turned 45 and alters from a short term in M40 to M45.

SUNDAY 22ND JUNE the weather had not improved much for DAVES DIANELLA DASH and though it was dry at the start of the race the runners were delayed at the halfway mark as they turned into the bush section of the run. 48 participated this year and the results of the open handicap in finishing order were:

H'CAP POS.	GROUP	NAME	TIME IN	H'CAP	ACTUAL	ACTUAL POS.
1	W55	Val Tyson	36.51	2.00	34.51	42
2	W45	Dorothy Whittam	37.00	Go	37.00	44
3	M45	Rob Shand	37.10	17.00	20.10	3
4	M35	Frank Smith	37.42	18.05	19.37	1
5	M40	Richard Spark	37.49	16.00	21.49	6
6	M50	Bill Hughes	37.58	14.10	23.48	18
7	M50	Denys Butcher	38.02	15.10	22.52	12
8	M65	Phil Llorens	off course			
9	M35	Hugh Kirkman	38.11	18.30	19.41	2
10	W35	Jo Stone	38.12	9.00	29.12	28
11	W30	Jill Pearton	38.14	8.30	29.44	39
12	M40	John Pellier	38.17	13.45	24.22	20
13	M40	Eddie Farr (Vis)	38.20	15.10	23.10	Vis
14	M45	Bob Hayres	38.23	15.00	23.23	16
15	M35	Jim Barnes	38.26	16.30	21.56	8
16	M45	Dalton Mophett	38.23	15.10	23.17	14
17	W50	Lorna Butcher	38.29	9.30	28.59	36
18	M45	Derek Walker	38.33	13.30	25.03	27
19	M35	Roger Walsh	38.34	15.30	23.04	13
20	M45	David Carr	38.37	16.45	21.52	7
21	M40	Maurice Warren	38.38	14.00	24.38	23
22	W50	Nora Berry	38.40	4.00	34.40	42
23	M40	Brian Hanks	38.47	15.10	23.37	17
24	M40	Barrie Robinson	38.48	16.30	22.18	9
25	M40	Ian Sutherland	38.54	14.00	24.54	25
26	M50	Ray Lawrence	38.58	12.00	26.58	33
27	M35	Gerry Allen	39.05	16.45	22.20	10
28	W30	Gloria Sutherland	39.09	9.15	29.54	40
29	M40	Bob Sammells	39.16	16.30	22.46	11
30	M40	Don Caplin	39.18	18.20	20.58	4
31	M35	Derek Crowther	39.20	17.50	21.30	5
32	M55	Andy Wright	39.28	13.30	25.58	33
33	M40	Graeme Moses	39.28	15.00	24.28	22
34	M35	John David	39.47	16.30	23.17	14
35	M40	Barry Slinger	39.52	15.00	24.52	24
36	M40	Kevin Cameron	39.59	14.10	25.49	30
37	M45	Mike Berry	40.02	15.00	25.02	26
38	M45	Jeff Whittam	40.04	16.00	24.04	19
39	M40	Bill Wetherilt	40.11	15.00	25.11	29
40	M50	David Jones	40.36	13.50	26.46	32
41	M45	David Hough	41.07	16.45	24.22	20
42	M35	Winston Hough	41.14	16.05	25.09	28
43	M55	Frank Usher	41.33	13.00	28.33	35
44	W30	Jan Parr (Vis)	42.29	9.00	33.29	Vis
45	M40	Bob King (Vis)	42.30	16.00	36.30	Vis
46	M40	David Branson	42.32	15.10	27.22	34
47	M60	Cliff Bould	42.33	13.30	29.08	37
48	W30	Maxine Tapper	44.38	9.00	35.38	44
		Bob Faulkner	started but withdrew			

Although the course was clearly marked with arrows and flags Phil Llorens, Frank Usher and Enid Crowther managed to go off course.

Bob King a visitor from Broome joined in the run.

David Carr comments:

"Frank Smith is in great form and seemed unaffected by his marathon.

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He brought off an unusual double: his second place (male) award was given to the wrong person and then the second-fastest runner was given fastest time. Ever the gentleman Frank did not stop smiling. How else can we beat him?"

After the run many stayed on to barbeque and relax and we thank Pat and David for their hospitality and organisation.

We welcomed David BRANSON (44) of 17 Kingfisher Loop Willetton, (tel. 457 7143) and Robert FAULKNER (36) of 20 Hepburn Way, Balga (tel. 342 2429) to the Club in this their first run with us. We also welcome Barry MURVARD (36) of 32 Williams Road Armadale (no phone).

WEDNESDAY 25TH JUNE again taken over by Jeff Whittam in the absence of rostered members Dony's Butcher and Frank Smith saw Mike and Nora Berry, Derek and Enid Crowther, Jeff and Dorothy Whittam, Val Tyson, Frank Usher, John David, Bob Haynes and Dave Bronson get away ahead of late arrival Jim Barnes for an undisclosed run. Rob Shand and Tim Fry passed through there later as part of longer training runs.

Gwen Darcy birthday 27th turned 51 and remains W50.

SATURDAY 28TH JUNE was the Clubs duty day for the Winter Season by organising the George Skeds Memorial trophy at Kings Park. Brought out a rescuing group of helpers in Bruce Buchanan, Don Caplin, Richard Spark, Andy Wright, Don Caplin, Dick Horsley, Dorothy and Jeff Whittam and Graham Moses, with Dave Carr doing most of the rest of the organisation. It was also our responsibility to do the handicapping which involved the handicapper (who shall remain nameless to protect his future) in dealing with many people he did not know - not a good idea and requires some re thinking by the Association next year. Off loading the organisation of races onto the Clubs is acceptable but handicapping should be the Associations affair even if they have to pay one out of the sponsorship money!

The field for this event is usually small as the course is a testing one and not for the faint hearted of which there were obviously many as only 45 fronted up at the line in fine and pleasant conditions - many veterans may have been "saving" themselves for the Club C.C. Champs on the Sunday of course!

The results of the 4 stout hearted veterans who did compete were:

Derek Hoya	M40	20m 31s
Martin O'Rourke	M35	22m 46s
Jeff Whittam	M45	23m 07s
Derek Walker	M45	25m 21s

SUNDAY 29TH JUNE downed grey and pouring with rain which is traditional weather for the Berrys day at Kalamunda - this year for the Club Cross Country Championships - a three lap course over the old Kalamunda Golf Course covering a total of 3.4k. The heavy rain provided excellent cross country conditions with flowing streams and boggy swamps as a contrast to the drier hills and stony paths of the higher leads.

Two open championship races were organised to reduce the field of 43 to manageable size. The first at 10am with 17 competitors was for women and men 50+ run in pouring rain. The following were the results in the various age groups.

W30

1.	J. Stone	7	14.39	+	14.56	+	14.55	=	44.30	47.09
2.	G. Sutherland	10	15.09	+	15.45	+	15.43	=	46.37	-
3.	L. Brown	11	15.22	+	16.29	+	16.51	=	48.42	-
4.	J. Pearton	-	15.40	withdrew						

M. Tapper did not run

W35

1.	E. Crowther	12	17.05	+	18.47	+	18.32	=	54.24	-
2.	V. Prescott	15	18.59	+	20.59	+	24.18	=	64.06	44.10 for 2 laps
3.	J. Slinger	-	14.12	+	14.19	+	14.01	=	42.32	

(J. Slinger ran in race 2 and was therefore not eligible for this age group trophy)

W40

1.	D. Whittam	-	17.59		withdrew					21.02 for 1 lap
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W45

1.	N. Berry	13	17.50	+	18.39	+	18.45	=	55.14	63.56
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W50

1.	L. Butcher	8	14.38	+	15.13	+	14.52	=	44.43	-
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W55

1.	V. Tyson	14	18.04	+	18.58	+	18.38	=	55.40	-
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M50

1.	W. Hughes	2	12.51	+	12.40	+	13.54	=	39.25	-
2.	S. Lockwood	3	13.17	+	13.20	+	13.05	=	39.43	-
3.	R. Lawrence	6	13.46	+	14.32	+	15.11	=	43.29	-

A. Briffa, R. de Gruchy did not run

M55

1.	A. Merrett	1	11.54	+	10.55	+	12.18	=	35.07	-
2.	A. Wright	4	13.21	+	13.59	+	14.02	=	41.22	-
3.	F. Usher	5	13.49	+	14.28	+	16.59	=	42.16	44.43

M60

1.	A. Leggatt	9	14.48	+	15.39	+	16.01	=	46.28	46.37
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M65

R. Horsley did not run.

In the second race at 11 am the contestants were in the M35, M40 and M45 groups and was run in drizzle and even some sun (briefly) - the results were:

M45

1.	M. Smith	5	10.24	+	10.51	+	10.51	=	32.06	-
2.	R. Shand	6	10.42	+	10.50	+	10.41	=	32.13	34.40
3.	D. Carr	8	11.16	+	11.43	+	11.46	=	34.41	34.21
4.	E. Pearton	11	11.45	+	11.44	+	11.46	=	35.15	-
5.	J. Whittam	15	11.34	+	12.20		12.27	=	36.21	36.10
6.	D. Hough	18	13.07	+	12.33	+	12.10	=	37.50	-
7.	W. Mitchell	22	12.38	+	13.48	+	14.05	=	40.31	-
8.	D. Walker	23	-	+	26.05	+	15.04	=	41.09	-
	M. Berry	-	12.42	+	13.06		withdrew		-	-
	W. McCabe		started late and ran two laps in 12m09 + 12m56 for a time of 25m05s							
	R. Hayres		did not run							

M40

1.	D. Hoyer	1	9.56	+	10.13	+	10.21	=	30.30	31.55
2.	D. Caplin	4	10.28	+	10.50	+	10.53	=	32.01	32.08
3.	R. Spark	10	11.16	+	11.48	+	11.45	=	34.49	-
4.	C. Spare	12	11.32	+	12.09	+	12.07	=	35.48	-
5.	G. Moses	17	12.14	+	12.53	+	12.34	=	37.41	-
6.	J. Pellier	19	12.14	+	12.55	+	12.54	=	38.03	-
7.	B. Slinger	20	12.21	+	13.10	+	12.50	=	38.21	-
8.	M. Warren	21	12.27	+	13.31	+	13.32	=	39.25	-

.../14

contd.

9. J. Suttle 25 14.38 + 16.18 + 16.33 = 47.29 -

R. Davies, B. Robinson, R. Sammells, W. Weatherilt did not run.

M35

1. H. Kirkman	2	9.46	+	10.35	+	10.36	=	30.57	-
2. F. Smith	3	9.53	+	10.38	+	10.49	=	31.20	32.24
3. D. Crowther	7	10.25	+	11.17	+	11.08	=	32.50	-
4. J. Hosking	9	11.18	+	11.56	+	11.32	=	34.46	-
5. R. Walsh	13	11.37	+	12.23	+	12.11	=	36.11	-
6. J. David	14	11.53	+	12.31	+	11.49	=	36.13	-
7. R. Croft	16	12.35	+	11.56	+	12.28	=	36.59	-

R. Faulkner did not run

After the run a most enormous spread was laid out in the Club house and lunch was laid on at Noon followed by a video of the 1500m and 10k in the 1980 Australian National T & F Champs and a continuous slide show of various members which caused some cheers and amusement.

Out thanks go to those who stood in the pouring rain to take times and record places - John Maddison, Cliff Bould, Bob Sammells and Mike Berry who, after officiating the first race took part in the second. Also to Morry Johnson for collecting up the flags at the end of the run and to Jim Hosking for providing the video equipment and to the "HAYREY WINO" flogging his red and white wallop. The greatest thanks must go to Mike and Nora Berry for the wonderful organisation and the amount of work that they and their helpers put in the preparation and on the day. Nora has asked that all the helpers be thanked through the newsletter and writes to say:

"The excellent selection of hot dishes were created by Lorna Butcher, Enid Crowther, Pat Carr, Maureen Hayres, Rita Hoyer, Jill Pearton, Val Prescott, Marion Shand, Val Tyson and Dorothy Whittam. Quiches by Gloria Sutherland. Delicious sweets made by Rose Johnson, Ruby Maddison, Jo Stone and Bette Usher. A special thanks to all the ladies who helped in the kitchen, including Phyllis Bould, Clare Stone and the two Prescott girls, all who offered their help on the day.

Nora Berry".

Those who were there enjoyed a memorable day at this our first cross country championships, those who went early missed a good meal, those who could not find the venue, buy a road map and those who entered and did not manage to participate for various reasons (including staying in bed) well, try next year.

We welcomed Willie MITCHELL (46) of 62 Royal Street Kenwick (tel. 459 3609) to the Club in this his first run with us. We also welcome Robert BRYCE (49) of FMB Croyden Road Poleystone (tel. 397 5360) and who is looking for someone in the hills to run with.

ASSOCIATION REGISTRATION

Numbers can be collected from the Association Officials at the Cross Country meeting. Please remember not two minutes before the start.

Alternatively, forms can be obtained from the Secretary and returned to him together with a cheque made out to "A.A. of W.A." This will then be forwarded to the Association Registrar (Jack Buck). Numbers will then be available for collection from Bucks Autoelectrics, 346 Barker Road, Subiaco. Athletes to arrange for collection of their own numbers.

Newsletter No. 99

August 1980

Registered for posting as
a periodical - Category B.Secretary: 384-0939
Treasurer: 447-2418

THE WINNER

Dont worry about the constant winner
Be Happy in your class
If you are Fourth, when last time you came Fifth then

YOU ARE A WINNER.

Joe Shepherd (Hon. Member)
June 1980.

NEWSLETTERS. - You will have noticed that Newsletter No. 98 which was posted out to all members had computerised address labels to tell the postman where to deliver your anxiously awaited club correspondence. This service did not "just happen" and the long hours of programming the computer at the Uni of W.A. was carried out by a rejoined member, none other than Barry Adamson who typing all the addresses into the computer files over two full weekends, to produce over 200 mailing address tags for each newsletter issue and will be producing periodic members lists. Thanks Barry for all your efforts and welcome to the club.

Barry who lives at 41, Prospect Cres, Kalamunda (Tel:293-1342) is 43 years old and was previously a member in 1977/78.

Another two athletes who were previously members of the club in 1977/78 and both participated as pre-vets in the Australian Veterans Championships in Perth, and who have rejoined the club are:-

ALVIN WILLIS (40) of 19, Charnwood St. Morley 6062.

Tel: 277-2222 and BOB HARRISON (38) of 27 Broadway, Embleton.

Two other members have joined to swell our ranks are:-

MARION PETERSON (37) of 30 Carrick St, Woodlands, 6018

Tel: 446-5489 and WILLIAM MONKS (44) of 6, Millimumui Way, Mullaloo, 6025 (Tel:401-6171)

(You will have to watch that road name on the computer Barry)

WEDNESDAY 2nd July 1980. Heading the list of those who took part in the informal group jog in Kings Park were the Berry's and their dog leading the Whittams, Crowthers, David, Branson, Val Tyson and Don Caplin (on roster but where was Ray Lawrence, also on roster) Frank Usher was there to but doing his own training and did not follow the group at 5.30p.m. up the slab path on the "friendship course", along Kings Park Road through the main entrance, past the restaurant and through the Botanical Gardens along the slabs to the lookout tower and down the Broadwalk past a fit looking Basil Warner going the other way. The run continued around the lake, back up the Broadwalk to the bitumen path to the starting point. The run was approx 7km and took 35 mins. The men and the dog went in one group and the ladies Cont..

in another.

You will note in the August/September programmes that nobody has been rostered for these informal group jogs. This is because apart from a few reliable regulars, others either did not organise anyone to take their place or just did not bother to turn up. The committee tries to get as many members as possible involved in organising as well as participating as the success of the club lies in participation in all aspects by all. Unfortunately all clubs have parasites who take out more than they put in, but fortunately there are others who put more into it than they get out of it - for a time and when they give up or step aside to let new blood come in, one can only hope the new blood is there to take over and continue to build on the solid foundations laid in the first four years of the clubs life.

Bob Fergie birthday 3rd July turned 45 and moved from M40 to M45 so you middle aged field events men watch out this coming T&F season.

SATURDAY 5th July STATE 10K ROAD CHAMPIONSHIPS.

held over the 10k course used for the Womens National Championships at W.A.I.T. in 1979, consisting of two large laps of 3.5k and one smaller lap of 3.0k. As this is the first run over this course there are no previous results but veterans performed as below.

Those running for the club are marked with an asterisk.

GROUP	NAME	LAP 1 3.5k	LAP 2 3.5k	LAP 3 3.0k	TOTAL 10k
M60	J. Gilmour	11.50	12.10	10.21	34.21
	*C. Bould	14.40	15.00	12.51	42.31
	(Johns time was 44sec faster than his time last year at Bolton U.K. when he claimed the world 60-64 years title 3min 33sec from American John Oleson)				
M50	*W. Hughes	13.35	15.03	12.42	41.20
	A. Briffa	13.24	Withdrew	-	-
	*D. Butcher	13.16	14.30	12.17	40.03
M45	M. Smith	11.43	12.17	10.19	34.19
	*J. Whittam	13.48	15.34	12.35	40.57
	*D. Walker	14.40	15.00	withdrew	-
M40	D. Hoyer	11.58	13.01	10.47	35.46
	M. Johnson	12.13	12.46	10.50	35.49
	*J. Spencer	13.04	14.26	11.12	38.42
	*R. Spark	13.06	13.54	11.32	38.32
	*C. Spare	13.15	13.22	11.27	38.04
M35	F. Smith	11.27	12.08	10.25	34.00
	H. Kirkman	11.42	12.23	?	34 ?
	D. Crowther	12.13	12.57	10.57	36.07
	M. O'Rourke	12.49	13.34	11.27	37.50
	J. David	13.25	14.21	11.31	39.17
	B. Oliver	13.45	withdrew	-	-

William Shepherd Birthday 5th July turned 41 and remained M40

cont..

SUNDAY 6th July A long run at McCallum on a cool dry day with
the combination of 3 x Dave Jones course followed by a 1 x Cliff
Bould course to give a total of 12.0k, was organised by Bruce
Buchanan on duty (with rostered assistant absent!)

The run was on an open basis giving the handicapper a respite
from a recently heavy calculating schedule. The results were:

GROUP	NAME	LAP1 DJ2.2k	LAP2 DJ2.2k	LAP3 DJ2.4k	LAP4 CB5.2k	TOTAL	O/ALL POSITIONS
W55	V. Tyson	13.01	13.39	14.42	35.44	77.06	41
W.50	L. Butcher	11.07	11.08	10.53	26.45	59.53	35
W.45	N. Berry	12.19	13.41	13.20	with drew	39.20 for 3DJ	
W.35	J. Slinger	11.07	11.03	10.34	25.31	58.15	33
	M. Petersen	11.10	11.17	11.30	26.08	60.05	36
	J. Shillington	11.55	11.31	11.10	26.06	61.42	37
	E. Crowther	11.44	12.44	13.11	W/drew	37.39 for 3DJ	
W.30	J. Stone	11.10	11.05	10.53	26.45	59.53	34
	J. Pearton	11.10	11.42	12.10	29.06	64.08	38
	L. Brown	11.36	12.00	12.23	30.54	66.53	40
M.65	R. Horsley	9.57	10.36	10.04	24.30	55.07	28
	P.L. Lorens	11.41	12.13	12.24	30.32	66.50	39
M.60	C. Bould	11.05	10.57	10.27	25.29	57.58	31
M.55	J. Martin	9.12	9.30	9.33	23.19	51.34	15
	A. Wright	10.11	10.14	10.08	23.58	54.31	24
M.50	D. Butcher	9.02	8.57	9.03	21.49	48.51	12
	S. Lockwood	10.10	10.15	10.00	24.11	54.46	26
	W. Hughes	9.58	10.11	9.15	25.52	55.16	29
	R. Lawrence	9.52	10.43	10.13	26.22	57.10	30
M.45	R. Haynes	9.26	9.26	9.27	22.34	50.53	13
	D. Moffett	9.02	8.57	9.35	23.51	51.25	14
	D. Walker	9.25	9.42	9.46	23.25	52.18	18
	W. Mitchell	9.20	9.22	9.40	24.01	52.23	19
	M. Berry	10.15	10.08	10.10	24.00	54.33	25
	R. Shand	9.40	9.12	9.27	26.46	55.05	27
M.40	D. Caplin	7.43	8.00	8.02	19.42	43.27	3
	D. Hoyer	7.55	7.45	8.18	20.37	44.37	4
	A. Willis	8.07	8.23	8.24	19.54	44.48	6
	R. Spark	8.20	8.49	8.57	21.37	47.43	9
	J. Pellier	9.19	9.27	9.48	23.19	51.53	16
	W. Weatherilt	9.19	9.27	9.48	23.29	52.03	17
	G. Moses	10.15	10.08	10.07	22.21	52.51	20
	D. Branson	9.19	9.31	10.31	24.16	53.37	21
	B. Adamson	9.30	9.52	9.58	24.34	53.54	22
	R. Kemp	9.19	8.54	9.21	25.40	54.14	23
	W. Monks	9.27	9.29	8.47	W/drew	27.34 for 3 DJ	
M.35	H. Kirkman	7.40	7.47	7.42	19.02	42.11	1
	B. Harrison	7.39	8.03	8.02	19.28	43.12	2
	B. Danby	8.22	8.17	8.17	19.41	44.27	5
	D. Crowther	8.24	8.14	8.25	19.29	45.32	7
	J. Hosking	8.14	8.42	8.16	21.11	46.23	8
	R. Walsh	8.51	8.59	9.06	21.44	48.40	10
	J. David	9.02	8.57	9.03	21.38	48.40	11
	R. Faulkner	9.54	10.37	11.56	25.59	58.26	32
	Ed. Parr	9.02	8.57	9.03	21.49	48.51	-
INV.	Taylor	10.04	10.26	10.10	24.25	55.05	-
	Jan Brown	11.10	11.18	12.22	29.18	64.08	-

4.

Jim Barnes, Alex Cummings (back from the N.W.) and David Coe joined in.

Mike Berry celebrated his 49th birthday after the run with a couple of beers in the sun. He remains M.45 for another year.

Derek Walker Birthday 7th July turned 48 and remains M.45

Ed Jennings Birthday 8th July turned 41 and remains M.40 and unseen for some time.

INFORMAL GROUP JOG. In Kings Park on Wednesday 9th July again saw rostered members not appearing on duty but Bob Haynes, Frank Usher Denis Batterham, Barry Thomsett and Jeff Whittam were there to be joined during the run by Neil Morfitt. The Crowthers were there too but did not run

Gordon Kirkeby Birthday 9th July turned 38 and remains M.35 and too has remained unseen for quite some time now.

Dorothy Whittam Birthday 12th July turned 44 and remains W.40

John Butts Birthday 11th July turned 46 and remains M.45

Joan Slinger Birthday 12th July turned 39 and remains W.35

SATURDAY 12th July Canning Relays at McCallum using our Cliff Bould Course on Hierison Island took place on a Shocking Saturday afternoon but that was no excuse for the club being unable to field even one team in the 4 x 5000m relay and the three members who did go down to the waterlogged park had to be satisfied with their inclusion in a composite team to get a run. Derek Crowther ran 18m23sec, David Carr 19m 13 sec and Jeff Whittam 20mins 03sec. Together with D. Scott of Midland who ran 19mins 03sec the teams total time was 77m 39s. Where were the rest of the clubs registered members? It seems ridiculous that people join a running club and then spend so much time running on their own that they cannot find time to run with the club!

SUNDAY 13th July Saw a continuation of the cold showery weather but 19 members braved the conditions to participate in a club run at McCallum, and 36 in a Marathon Club run at Southern River in Gosnells, 3 on Saturday and 55 on Sunday!

AT McCULLUM at 8 a.m. under the organisation of Bob Sammells the 19 members were organised into two packs, one going in each direction and keeping to the roads due to the wet conditions included Phil Llorens Barry Adamson, Stan Lenton, Morris Warren, Roger Walsh, Bob Faulkner, Bruce Buchanan, Merve Moyle, Ray Lawrence, Bill Monks, Gloria and Ian Sutherland, Roy Kemp, Jim Martin, Gerry Noordyk, Bill Weatherilt, Bob Johnstone and Bob Sammells. Then Dave Carr arrived and found no one to run with so went home. Stan Lockwood arrived with the club library and eye patch but could only walk.

AT GOSNELLS at 9.00a.m. the Marathon club held their Founders Ten Mile Road Race, this year on a new course starting at the corner of Bullfinch Road and Southern River road in Gosnells in cool conditions with some light drizzle in a temperature of 12°C. Among the 94 entries Veterans performed well with the following results: cont.....

<u>MEN</u>				<u>1979</u>	<u>1978</u>
M. 45	M. Berry	19	34m 13s	29.25	-
	D. Walker	22	35m 07s		
	D. Batterham	23	35m 08s		
M. 40	D. Caplin	1	26m 51s	27.23	27.37
	R. Spark	8	29m 44s	31.12	
	R. Sammells	12	30m 48s	29.08	29.16
	B. Slinger	14	31m 32s	33.26	
	J. Pellier	16	32m 04s		
	W. Weatherilt	18	33m 07s		
M. 35	F. Smith	3	27m 31s		
	D. Crowther	4	27m 35s		
	B. Danby	5	27m 52s		
	J. David	9	29m 46s		
	N. Morfitt	13	31m 28s		
	B. Thomsett	26	36m 47s		
Invitation M. Crowther			29m 48		

Pat Carr, Jo Walker and Denis Butcher assisted with recording and time keeping.

COURSE RECORDS.1980.CURRENT

W. 30	J. Stone	38.39 (79)	-	Remains J. Stone	38.39
W. 35	B. Wall	40.41 (78)	-	J. Slinger	35.37
W. 40	Nil.		-	J. Pellier	51.10 (New Record)
W. 45	N. Berry	50.53 (79)	-	Remains N. Berry	50.53
W. 50	Nil		-	L. Butcher	37.21 (New Record)
W. 55	Nil		-	V. Tyson	49.25 (" ")
M. 65	R. Horsley	33.06 (78)	-	Remains	
M. 60	C. Bould	35.47 (78)	-	C. Bould	35.33
M. 55	V. Anderson	32.46 (78)	-	Remains V. Anderson	32.46
M. 50	A. Tyson	30.26 (78)	-	Remains A. Tyson	30.26
M. 45	M. Smith	27.59 (79)	-	M. Smith	27.21
M. 40	D. Caplin	27.23 (79)	-	D. Caplin	26.51
M. 35	D. Caplin	27.37 (78)	-	F. Smith	27.31

Overall course record D. Caplin 27.23 (79) - D Caplin 26.51
 In the W. 35 group both runners broke the previous record and new records were created in three womens age groups one by Joan Pellier (40) who we welcomed to the club that morning. Cliff is running well at the moment and broke his own record, and in the M45 group Morrie Smith broke the previous record while Rob Shand equalled it. Don Caplin broke the M.40 record as well as the course record and Frank Smith and Derek Crowther were both under Dons M.35 record which had stood since 1978.

Families gathered in the back garden out of the cold wind to enjoy a barbeque lunch and we thank Denis and Linley Batterham for their hospitality again this year.

When Rob Shand was up in Exmouth last month running with George Innes, he met G.I. Gary Cragun (43) who is the U.S. Navy Chaplain at the Navy Base in Exmouth and who intends to run in the State Marathon this year. We welcome him to the club and look forward to meeting him when he comes down in September.

PLEASE NOTE ALL THOSE WHO INTEND RUNNING THE STATE MARATHON AT HERNE HILL are required to provide their own assistant who may supply the competitor with drinks and sponging at the given feed and sponging stations, as laid down in the I.A.A.F. Handbook so all those not running please volunteer to help those who are.

COMMENT It is to be hoped that this requirement by the A.A.W.A. does not cause excessive traffic on the course as a runners assistant with bucket, sponge and "feed" races him to the next feed or sponge station to be ready in good time to assist. Why change the system which has worked perfectly well previously with stations manned (sorry personed!:) by "rostered volunteers", and keep the road traffic to belligerent locals and weary runners.

cont...

8.

The mind boggles at the thought of everyone in the Peoples Marathon having an assistant rally ahead!

As at 31.7.80 the following members are registered with the A.A. of W.A. and can participate in all events prefixed by A in the programme.

WOMEN. W.35 B. Leach, V. Prescott.
W.40 D. Whittam

MEN. M.35 J. Barnes, D. Crowther, R. Croft, J. David, J. Gold, J. Hosking, R. Johnstone, B. Oliver, H. Stoffers, D. Sheppard.
M.40 F. Branson, D. Caplin, G. Cragun, E. Jennings, W. Monks, G. Moses, J. Pellier, B. Robinson, J. Rowland, R. Spark, R. Sammells, C. Spare.
M.45 B. Buchanan, M. Berry, R. Bryce, D. Carr, J. Davies, T. Fry, R. Fergie, R. Hayres, R. Johnson, R. Shand, J. Whittam, D. Walker.
M.50 D. Butcher, R. Bryce, W. Hughes, D. Jones, S. Lockwood, D. Stone.
M.55 G. Noordyke, A. Tyson, A. Wright.
M.60 C. Bould

Anyone wishing to register to run in the Association events for the remainder of the winter season, and in the forthcoming Track and Field season starting in October, should contact the Secretary.

Gary Lynn (36) has now returned from Adelaide to Lot 32, Bromley Road, Herne Hill and we hope to see him down at McCallum once he settles in in W.A. Those who went to Adelaide at Easter will remember him for his assistance at the Australiaon Veterans' Track and Field Championships.

JOGGING TO RUIN

A jogger has to have great faith in himself these days if he wants to rise above all the negative things people are saying about the sport. Dire warnings have been given about heart attacks if you're not fit, heat stroke, something called 'Joggers' Kidney' and even, in the case of one jogger, incipient frostbite to the genitals from morning vigils.

Now, to add emotional upset to injury, the experts are saying jogging can ruin your marriage. "It worries me that it is such a lonely sport," says Dr. Eric Trimmer, editor of a Visual Dictionary of Sex. "If the jogger wore bright clothes and went out twice a week just larking about with other joggers, that would be all right. But I never see anyone looking happy, just grimly determined. Those who fall so obsessively for a craze are shutting out their wives or taking their minds off marital problems. But their problems won't go away."

It seems four types of joggers fall into the danger category:

The escapist, who goes jogging to free himself of job and family ties. He could quickly find himself running into the divorce courts.

The disciplinarian, who may already have sex problems, and takes up the sport in the hope of looking more trim so he'll seem more virile. Although he punishes his body, his wife will probably ignore him, say the experts.

The health freak who has a feminine interest in his body and is just a little too narcissistic for most women. To him, jogging is a necessary medicine.

The neurotic introvert - possibly the worst of all, because jogging has become an end in itself. His body has become a machine, jogging along with fanatical regularity. And anything to upset the routine could throw the machine out of balance, putting him in an even more unreasonable state.

Anyone for tennis?

Is anyone game to categorize Veteran Club regular joggers?

Somewhat out of sequence but better late than never the report on the Peoples Marathon was delayed until the final results could be obtained from the Marathon Club.

It is doubtful however, if many of those who finished the Peoples Marathon on Sunday 15th June were thinking too well around 11 - 11.30 a.m., but the 64 veterans who did cover the new course appeared in most cases to be satisfied with their performances.

Frank Smith (M35) came in 8th in 2 hrs 35 m 27s, followed by Maurice Smith (M45) in veterans tops in 2h 41m 14s who finished in 12th position, head back and arms high saying "Oh hell" as a man in red sprinted past him in the last few metres. John Gilmour (M30) in the vets yellow singlet and yellow striped black pants came in 15th position in 2h 43m 06s looking greyer than the sky but nevertheless finishing a really great run. Hank Stofflers (M35) looked good in his veteran outfit striding out to finish 18th in 2h 48m 26s.

Don Caplin (M40) resplendent in Vets state togs and with a fixed grin on his face strode easily to the finish in 2h 52m 03s and in 22nd place which was the same position as last year - as the announcer said "another years training and improvement". Not far behind and with a good run, bare chested Barrie Robinson (M40) strode in with arms high in 23rd place in 2h 52m 52s. Another bare chested veteran but this one saying "coo" at the finish, John Davies (M45) came in 27 place in 2h 56m 27s to be followed by a grim bearded Morry Johnson (M40) running in Canning District Colours in 28th place in 2h 57m 09s.

8 veterans broke the 3 hour barrier out of 34 in the race.

Gerry Allen (M35) only just missed out by 30 sec. but carried his veterans togs over the line in good racing form to outrun the man in green for 36th place in 3hr 00m 30s. Charles Spare (M40) in vets togs and head band ran in easily 41st position in 3hr 01m 55s and had enough energy left to pose for his photograph (or was he having words with the photographer?). Brian Hanks (M40) in vets vest and red pants looked very tired as he following in - in 49th position in 3h 04m 20s with Richard Spark (M40) not far behind determinedly dashing bare chested for the finish in 3h 05m 11s in 52nd place to get away from Jim Barnes (M35) who in white hat and coles T shirt was only 5sec behind him in 53rd place and 3h 05m 16s. Martin O'Rourke (M35) in blue top and yellow shorts, with head down and eyes up finished in 55th place in 3h 06m 04s, two places ahead of Richard Harrison (M40) (who appears only in Marathons and adverts!). A few "others" got into the picture to fill the next few places ahead of David Sheppard (M35) in white top and green shorts producing a 3h 10m 00s marathon for 64th place and showing good knee lift and pace and looking well controlled. Bare breasted Butcher (Derys of course) (M30) leaning well over with effort and looking drawn (and probably feeling quartered too) managed 71st position in a good 3h 15 14m 35s to be following in 77th position by Steve Foster (M35) in white top and yellow pants looking very tired on unresponding legs. In 80th position in 3h 15m 44s Jim Hosking (M35) in vets togs ran easily past two tired competitors to finish. Andy Zemanik (M40) in vets togs, just running in to finish with no visible strain in 84th position in 3h 16m 07s ahead of Eric Pearton (M45) whose 3h 16m 42s for 87th position with face drawn and eyes shut produced a creditable performance having not been long back from a European holiday. Tim Fry (M45) in vets togs and headband ran in easily in 3h 18m 46s for 98th position. Over 100 had finished when Bob Sammells (M40) came into view and looked serious as he finished with someone close on his trail in 104th position in 3h 20m 20s and that someone in 106th place was Roger Walsh (M35) in 3hr 20m 58s. Looking puffed, bare chested John Spencer (M40) ran 3h 22m 41s for 112th place and the 120th position was occupied by the first woman to finish a time of 3h 24m 23s. Barbra Leach joined the Club on 20th January, 1980, and wrote to the Club about 3 weeks before the event saying that "as she was injured she did not think she would run". We put her on to Cliff, and the results speak for themselves. Twelve place later a serious looking Winston Hough (M35) showed good form in getting in - in 124th position in 3h 35m 09s one place ahead of John Pellier (M40) in 3h 35m 12s, both wearing veterans singlets as he strode in against the wind, cheeks blown out with puffing and hair and singlet streaming out behind him.

- 10 -

Ray Graffin (M40) came in in 127th position in 3h 35m 17s. Brian Danby (M35) tight of shoulder and gritting his teeth against the wind which had increased a little pushed his veteran singlet across the line for 140th position in 3h 26m 45s with "stranger" Eamon Murphy (M40) finishing in 3h 27m 36s to take 147th position. 150 completed the distance in under 3h 30m 00s. Bill Hughes (M50) colourfully resplendent in Westwools yellow T shirt, red pants and a yellow hat appealing to the heavens for the race to end found it was all over a few seconds later when he crossed the line in 149th place in 3h 28m 43s to be followed two places later in 3h 30m 32s by David Hough (M45) in police blue and running easily in shoes (which he had put on just to finish in). Dave tells us that during the run he was carrying his shoes and had many offers to be relieved of them! Ian Sutherland (M40) in blue top and black shorts with fists clenched and head askew filled 154th place in 3h 31m 05s following in 161st place by Bob Hayres (M45) in yellow T shirt and black pants, with his arms swinging across his body and looking more as if he was finished an 800m rather than a 26 miler. Oh, by the way his time was 3h 33m 17s. Barrie Slinger (M40) was three places behind arriving in white pants in 3h 33m 50s and then a long gap until 185th place was filled by Morris Warren (M40) in Vets togs running in low with eyes shut in 3h 38m 45s. Diane Turner (W35) and Joan Slinger (W35) came in close together in 204 and 202nd places as Diane, in yellow top and black pants, with head bank and very determined but not quite catching Joan who, in vets togs showing a good arm swing crossed the line in 3h 41m 06s, just 2 seconds ahead of Diane.

Mitch Loly (M40) was in 211th place when he crossed the line very determined in 3h 43m 20s and was followed by Bob Johnstone (M35) for 213th place in 3h 43m 48s. A long gap to David Branson (M40) (who joined the Club on 20th June) in 229th position in 3h 46m 02s. Then came Frank Usher (M55) with knees and arms well up chasing a man in black to the finish for 235th place in 3h 47m 16s. Bruce Beecham (M35) came in in 3h 49m 06s in 240th place, Barry Adamson (M40) filled 254th place in 3h 52m 33s and in 263rd place our Librarian in black top and blue pants, arms high but knees low - Stan Lockwood (M50) did 3h 54m 18s following by Les Oakley (M35) moving easily to the finish in 3h 55m 06s in 265th place. Theo Fermanis (M40) in 271st place vobered the course in 3h 56m 12s. Then came Jacqui in red top and white pants and beaming all over her face as she laughed her way across the line to have 3h 56m 42s. 275th place against the name of Shillington (W35) in the record books. Basil Worner (M45) finished in 278th place in 3h 57m 08s and Vic Kallis (M35) in 279th place in 3h 58m 36s. Roy Croft (M35) in 287th place in vets togs and drawn face behind the beard was the first to go over 4 hours by recording 4h 00m 32s with George Atzemis (M40) in 4h 03m 05s in 294th place and Andy Wright (M55) finishing with a grin but determined that the bare chest behind him did not catch up and rob him of his 297th place in 4h 03m 18s. Lorna Butcher (W50) with arms low and hands clenched (relax!) and a faint smile was the 299th finisher in 4h 04m 21s to be followed 6 places later by Bill Weatherilt (M40) in 4h 06m 02s. Kevin Cameron (M40) with arms low, neckerchief streaming behind and tongue in cheek crossed the line in 4h 10m 03s in 314th place and then David Jones (M50) bent over in pain and following by Marshall Mike Berry took 321st place in 4h 13m 28s. Jo Stone (W35) with arms well up but grimacing finished in 4h 14m 13s in 328th place. John Hughes (M40) came in in 330th place in 4h 15m 54s and in 343rd and 344th places Gloria Sutherland (W35) and Gerry Noordyk (M55) came in laughing together.

Barry Munyard (M35) who joined us on 23.6.80 ran in 379th place in 4h 38m 41s.

31 women and 506 men entered the race. A total of 402 persons (people, bodies, humans) finished the whole distance, the last recorded time being 5h 05m 21s. Congratulations to the Marathon Club on a well organised run.

WEDNESDAY 23RD JULY:

Informal group jog in Kings Park on a wet and windy evening. Berrys, Crowthers and Jeff Whittam were joined by Joan Pellier, Barry Thomsett, Andy Wright, Alan Merrett and Frank Usher. A visitor Tony Denham joined in for a run - distance 8k time about 39 min. Rob Shand ran from Cottesloe but missed the group run so ran home - noticed few car stickers there were on the cars. Surely there can't be an objection to using the dub sticker while there are some "cunning running", "kiss a non smoker" some Aust T & F champs stickers (just hanging on) - come on - advertise your Club, that's what you get the stickers for.

SATURDAY 26TH:

With the reprogrammed Helena Vale relays run in shockingly wet and windy weather, once again we were unable to find fix members of the Club to make up a relay team in an event in which we have won our grade for the last three years. Caplin, Oliver, Pellier and David were there to run for the Club but did not get a run - NO COMMENT - but make certain you delete the run from your programme on 6th September, because it will be even less productive to turn up then!

SUNDAY 27TH JULY:

The South West Half Marathon from Boyanup Hotel to Eapel was won in a time of 1h 51m 01s but the first veteran to succeed in battling his way against a hard wind, which the runners had for most of the way, was

Barrie Robinson	M40 7th in	82m 07s
followed by		
Richard Spark	M40 10th in	84m 15s
Charles Spare	M40 14th	87m 42s
John Butts	M45 9th	82m 55s
Bob Bryce	M45 16th	89m 09s
Bob Hayres	M45	90m 23s
Graham Moses	M40	99m 06s ?
Andy Wright	M55	under 100 min?

Morris Johnston M40 withdrew after 10k.

Among the pre-veterans Hank Stoffers and Frank Smith pushed the winner by covering the distance in 77m 19s and 77m 55s to come 2nd and 3rd respectively.

Bob Harrison	5th	79m 51s
Derek Crowther	6th	81m 34s
Jim Hosking	11th	85m 04s
Martin O'Rourke	12th	85m 28s
Roy Croft		90m 32s

In the 10k for men 40 years and over, David Carr (M45) won in 37m 56s with Derek Walker (M45) second in 42m 23s and Phil Smith (M45) of Bunbury third in 46m 15s.

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At McCallum Bruce Buchanan and Stan Lockwood (standing in for Merv Moyle) organised a second Paterson Park Run over the k course first run on 10.2.80. The results in order of finishing were:

NAME	GROUP	TIME	FEB 80
Hugh Kirkham	M35	21.51	21.01
Don Caplin	M40	22.16	-
Brian Danby	M35	23.04	24.32
John Maddison	M40	23.54	-
Roger Walsh	M35	24.30	-
Bruce Buchanan	M45	25.17	-
John Pellier	M40	25.52	-
Bill Mitchell	M45	25.46	-
John David	M35	26.31	27.03
Dalton Moffatt	M45	26.31	-
Bob Faulkner	M35	27.12	-
Maurice Warren	M40	27.39	-
Gerry Noordyk	M55	29.08	29.39
Colleen Milbourne	W30	29.58	-
Marian Petersen	W35	30.19	-
Cliff Bould	M60	30.40	35.03
Lorna Butcher	W50	31.06	35.03
Arthur Leggatt	M60	31.19	-
Gloria Sutherland	W35	32.44	34.54
Chris Harland	W30	32.52	-
Phil Llorens	M60	33.21	35.00
Nora Berry	W45	36.17	-

Stan Lockwood will be unable to run for a while because of need to rest in order to overcome an eye problem.

At the same time as all the local activity was going on in Perth and the South West, our stalwart representatives were battling with wind and weather in the Australian Veterans Marathon Championships in Adelaide.

Jim Barnes has forwarded us a report on the championship and writes as follows:

"Five club members made the trip to West Lakes, South Australia to compete in this years marathon for Vets and Pre-Vets. In the week prior to the run conditions in Adelaide had been most pleasant, however, this was not to be on the morning of the event. Rain and a cold north wind had set in, and those of use who had been confident of achieving P.B. on this near perfectly flat course, had our spirits dampened somewhat before the start.

Once underway hopes for a fast time had risen, but this was to be short lived. At 4 km the course turned north directly into a head wind (Gerry Allen quotes, "the worst wind ever experienced, I felt I was moving like a novice jogger".)

Morrie Smith was sighted at 10 km leading with a group of 3. Allen Tyson and Denys Butcher heading a pack of 14 to about the 15 km mark. Jim Barnes being at the rear of this group. Gerry Allen running comfortably about a minute behind the main pack.

The inclement conditions continued for the duration of the marathon and it must be commended that the support and encouragement given by all organisers and spectators around the course was unsurpassable and a credit to South Australia. Regardless of the conditions all W.A. Vets plugged away. Morrie Smith finished in 2.51.13 which was slower than previous performances but a fantastic effort under the conditions, Jim Barnes recorded a P.B. 2.56.48., elated. Allen Tyson finished looking very fresh in 2.58.08, a performance he will long remember. A gallant Denys Butcher also recorded a P.B. of 3.07.37 which must only inflate his confidence to produce a sub 3 hr at Heme Hill in September.

Gerry Allens time of 3.08.19 was below his Peoples time, but is confident of a sub 3 hr in the Gold Coast Marathon in August.

Next year the National Vets Marathon will be held in Melbourne and it must be expressed, that we all strongly advocate that we wish that the current system of Medal Awards be discontinued. If a runner is selected for his state team, then he will only be eligible for that category. My personal view is that if he starts at a different time or is running with a higher standard of competition he is at a distinct advantage. How then can it be classified that he is running in the same race! Vets should be encouraged not discouraged.

Eastern States secretaries please note the comments of the competitors who were unanimous in their criticism of the way that the awards were made. We might as well run our Veterans Marathon Championships here in W.A. in our ideal weather conditions and claim the Gold medal for an Eastern States Championship run on the same day and at the same time.

** Australian Championship Marathon - Adelaide - W.A. Veterans breakdown times:-

	5	10	15	20	$\frac{1}{2}$	25	30	35	40	F
M. SMITH	18.40	38.30	57.47	76.50	1:21.03	1:35.48	1:56.27	2:18.15	2:41.95	2:51.13
(M45)	18.40	19.50	19.17	19.03	-	18.58	20.39	21.48	22.30	10.08
J. BATES	20.21	41.41	62.48	82.56	1:27.28	1:45.14	2:05.14	2:29.35	2:48.00	2:56.48
(M35)	20.21	21.20	21.07	20.08	-	22.18	20.00	24.21	18.25	08.48
A. TYSON	20.21	41.41	62.50	83.24	1:27.51	1:43.18	2:05.48	2:29.30	2:49.12	2:58.09
(M55)	20.21	21.20	21.09	20.34	-	19.54	22.30	23.42	19.42	08.56
G. ALLEN	21.05	43.13	62.50	86.24	1:31.09	1:47.49	2:11.15	2:37.35	2:58.45	3:08.19
(M35)	21.05	22.08	19.57	23.34	-	21.25	23.26	26.20	21.10	09.34
D. BUTCHER	20.19	41.41	62.56	83.24	1:29.20	1:46.15	2:10.06	2:35.10	2:57.18	3:07.37
(M50)	20.19	24.21	21.15	20.28	-	22.51	23.51	25.04	22.08	10.19

While in Townsville in May, June and July, Alan Tyson was not immobile with the head and humidity of the Queensland climate, in fact he was quite active as the following results show:

26.5.80	11 km Townsville Fun Run	39m 30s
15.6.80	10 km in Townsville	91m 05s
30.6.80	16.8 mls Sarina	1h 58m 00s
5.7.80	Half Marathon	1h 28m 00s

Saturday 12th July, Townsville Marathon (Alan ran half way). Allen comments that the course for this marathon was flat with one small rise and started at a shopping mall in the centre of the town. The route crossed a bridge at Ross Creek which it followed to a wharf and reclaimed area, back over the bridge to Flinders Street (the main street) along the Strand (sea front) and back over the bridge - this was done four times by 30 starters in windless conditions at about 22°C at 10 a.m. 20 finished the distance, the winner doing 2h 45m 00s. It appears from Alan that organisation was lacking - no arrows or markers or officials at corners, and even the turn around the point was unmanned. The police would apparently not

.../14

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organisers to return to United Kingdom to get ready for August 23rd when he will defend the 10 km title he won last year and then on August 24th make an all out bid to break 2h 40 min for the Marathon.

Stanlet Lewton birthday 16th August turned 40 and becomes a veteran M40.
 Jan Hough birthday 18th August turned 37 and remains W35.
 Tim Fry birthday 19th August turned 48 and remains M45.

The Clubs first newsletter was published on 1st July 1974 by David Carr, who continued as editor until 23rd April 1976 when his last publication was No. 34. Rob Shand took over then, his first effort being in April 1976 with a bumper 3 page effort (including a programme). Since then the Club has grown and with it the newsletter and secretarial responsibilities to the extent that the two are too much for one and require two to do them, SO after writing, editing and producing most of the newsletters for 4 years and 2 months being numbers 35 to 99 Rob Shand is bowing out with this bumper number which he has made you wait for - hoping that the wait is worth it. Rob will continue as Secretary and your new Newsletter Editor (note that this is an "hermaphroditic noun" so you libbers keep off!) will be Jill Pearton who you all know. "Waffle" wrote her up in Newsletter 96 after she gained second place in the womens section of the Time Trials last year. Jill was born on 5th August, 1947, at Geraldton., W.A. and joined the Vets on 1st May 1978. She is married to Eric and they live at 43 Lisle Street, Mt Claremont so any articles of interest for publication should be forwarded to her there. Her phone number is 384 1794.

VETERANS FUN RUN:

A fun run is being organised by the Club to let the older members of the Club and public run and be interested without being too self concious of their performances compared with other runners. The age limits will be over 35 for women and over 40 for men.

The run will be over 10 km and held at the Eastern end of Riberton Bridge at 5.00 p.m. on Sunday 12th October. Entry forms are enclosed with this newsletter. Help will be needed, so we ask all members to assist in this venture. The co-ordinator will be David Carr, who will need assistance in the distribution of pamphlets etc.

On the day 20 recorders and officials will be needed. (No age limit for these!) Extra forms will be available from:

David Carr	276 2885
Rob Shand	384 0939
Bob Fergie	447 6898
Jim Hoskins	457 5405

We thank Charlie Spare for organising his wife to type the first 8 pages of this newsletter and Bob Fergie for organising the rest; the Whittams for folding and addressing and the vets for their efforts in providing the results to keep all these people occupied in their spare time.

APPLICATION FORMS:

Details of the Club members have been placed on a computer file, for ease of access and to help in the issue of newsletters etc. To assist in updating our files, could you fill in the enclosed application form (even if you have done so before) and return to Rob Shand. Please tick the relevant boxes where applicable.

WINTER WIND-UP:

The W.A.A.A. winter wind-up for registered members will be at 6.00 p.m. on Saturday 4th October, at the Rugby Club Room, Perry Lakes warm up track. Refreshments will be provided (Clubs will be responsible for the supply of food - this is in hand).

PROGRAMME SEPTEMBER, 1980

V : VETERANS EVENTS OPEN TO ALL CLUB MEMBERS.
 MC : MARATHON CLUB EVENTS
 A : ATHLETIC ASSOCIATION OF W.A. EVENTS. INTENDING COMPETITORS
 MUST BE REGISTERED WITH THE ASSOCIATION THROUGH THE CLUB
 SECRETARY (COST \$15.00). COMPETITORS SHOULD ALSO PURCHASE
 A PROGRAMME

THE CLUB MEMBERS ON ROSTER ARE SHOWN IN BRACKETS
 AFTER THE EVENT NAME IS THE MEMBER RESPONSIBLE
 FOR ORGANISING THEIR RUN & SECOND NAMED MEMBER IS TO ASSIST
 IF UNAVAILABLE MAKE ALTERNATIVE ARRANGEMENTS & ADVISE
 SECRETARY. MEMBER RESPONSIBLE TO FORWARD RESULTS TO
 SECRETARY AS SOON AS POSSIBLE AFTER THE EVENT.

CERTIFICATE RUNS ARE NOTED ON THE PROGRAMME
 AN ENTRY FEE OF 50c WILL BE CHARGED FOR THESE EVENTS AND
 CERTIFICATES WILL BE AWARDED AS DETAILED.

RUNS UNSUITABLE FOR CHILDREN ARE NOTED WITH THE LETTERS UC.
 NOTE 8AM START AT MCCALLUM. FIELD EVENT IMPLEMENTS
 AVAILABLE AFTER RUNS IF REQUIRED.

SUNDAY 14th	A.	STATE MARATHON CHAMPIONSHIPS.	42k.	8.00am	HERNE HILL STATE SCHOOL MCCALLUM.
	V.	OWN TRAINING IF DESIRED.			
WEDNESDAY 17th	V.	INFORMAL GROUP JOG.		5.30pm	KINGS PARK (SAWAVE / MAY/DINE)
SATURDAY 20th	A	PARLAUF RELAYS 6 X 30 MINS		3.20pm.	HAMER PARK INGLEWOOD
SUNDAY 21st	V	<u>MADDISONS YOKINE RUN.</u> & B.Y.O. B.B.Q.	9k	8.00am.	YOKINE RESERVE (MADDISON / BERRY)
WEDNESDAY 24th	V.	INFORMAL GROUP JOG.		5.30pm	KINGS PARK
SUNDAY 28th	A.	SOUTHERN RIVER RELAYS SECTIONS SMILES /3/5/3/5/3/5/3 RUNNERS MAY ONLY COMPLETE ONE LEG. 8 RUNNERS REQUIRED PER TEAM (this relay replaces the Perth to Pinjarra Relay of Previous Years)		8.00am.	CHR SOUTHERN RIVER ROAD & BULLFINCH ST.
	V.	<u>3 x DAVE JONES COURSE</u>	6.6k.	8.00am.	MCCALLUM (MOYLE / LOCKWOOD)

OCTOBER.

WEDNESDAY 1st	V	INFORMAL GROUP JOG.		5.30pm	KINGS PARK
THURSDAY 2nd	V.	<u>TIME TRIALS I COMMENCE</u> JAVELIN. & 1500 m.		5.30pm.	PERRY LAKES WARM UP TRACK. (FERGIE / SAMMELS)
SATURDAY 4th.	A.	TRACK & FIELD SEASON COMMENCES (EVENTS UNKNOWN)		NOON.	PERRY LAKES
	A.	GEORGE YOUNES TRACK RACE	10k.	4.30pm.	TOMPKINS PARK.
SUNDAY 5th.	V.	<u>BRIDGES RUN (Nominated Time)</u>		8.00am.	MCCALLUM (PRESOTT / D JONES)
TUESDAY 7th	A.	T & F SEASON COMMENCEMENT FUNCTION.		8pm.	RUGBY CLUB
WEDNESDAY 8th.	V.	INFORMAL GROUP JOG.		5.30pm.	KINGS PARK
THURSDAY 9th	V	<u>TIME TRIALS II</u> SHOT & 400m.		5.30pm	PERRY LAKES WARM UP TRACK (HORSLEY / CAPLIN)
SATURDAY 11th	A.	TRACK & FIELD		NOON.	PERRY LAKES
SUNDAY 12th	V.	<u>ONE DAVE JONES & ONE CLIFF</u> BOULDS.	6.8k.	8am.	MCCALLUM (SHAND / HAYRES)
	V.	<u>VETERANS SUNDOWN RUN.</u> ORGANISED BY THE CLUB SO JOIN IN OR ASSIST.	10k	5pm.	RIVERTON BRIDGE. (CARR & CLUB)
WEDNESDAY 15th	V	INFORMAL GROUP JOG.		5.30pm.	KINGS PARK
THURSDAY 16th.	V	<u>TIME TRIALS III</u> DISCUS & 3k WALK		5.30pm.	P.L. W.U. (BUXHAMAN / WHITTAM)

PROGRAMME

OCTOBER

CONTINUED.

SATURDAY	18th	A.	NO TRACK & FIELD (PUBLIC SCHOOLS SPORTS).		
SUNDAY	19th	V.	<u>BILL HUGHES RUN & B.Y.O. B.B.Q.</u> — 9:30am — 8 BROWN ST ATTADALE.		
	(UC.)		DISTANCE 6.7K.		
WEDNESDAY	22nd	V.	INFORMAL GROUP JOG.		KINGS PARK
THURSDAY	23rd	V.	<u>TIME TRIALS IV</u> HAMMER & 200m.	5:30pm	P.L.W.U. (BUTCHER/CROWTHER)
SATURDAY	25th	A.	NO TRACK & FIELD (STATE SCHOOLS SPORTS)		
SUNDAY	26th	V.	<u>FREE DAY AT MCCALLUM. OWN TIME & DISTANCE</u>		
			FREMANTLE FUN RUN.		
WEDNESDAY	29th	V.	INFORMAL GROUP JOG.	5:30pm.	KINGS PARK.
THURSDAY	30th	V.	<u>TIME TRIALS V</u> LONG JUMP & 800m.	5:30pm.	P.L.W.U. (DANBY/FERGIE)

NOVEMBER

SUNDAY	1st.	A.	TRACK & FIELD : INTERCLUB	NOON.	PERRY LAKES
SUNDAY	2nd	V.	<u>CROWTHERS RUN & B.Y.O. B.B.Q.</u> — 9:30am — 8 REGENCY DE THORNIE		
			DISTANCE 1.62.		
WEDNESDAY	5th	V.	INFORMAL GROUP JOG.	5:30pm.	KINGS PARK
THURSDAY	6th	V.	<u>TIME TRIALS VI</u> 100m & DISCUS.	6:00pm	P.L.W.U. (SAMMELLS/DAVID)
SATURDAY	8th	A.	TRACK & FIELD : INTERCLUB.	NOON.	PERRY LAKES
SUNDAY	9th	V.	<u>BRIDGES & MILL POINT ROAD CLUB CHAMPIONSHIP.</u> — 10K. — 8:00am — MCCALLUM.		
	(UC.)		CERTIFICATE RUN SOC ENTRY.		
			CERTIFICATES TO 1. 2. 3. IN EACH AGE GROUP		
WEDNESDAY	12th	A.	TWILIGHT 10,000m.	5:30pm	P.L.W.U. (CAPLIN/USHER)
WEDNESDAY	12th	V.	INFORMAL GROUP JOG.	6:00pm.	P.L.W.U. (CAPLIN/USHER)
THURSDAY	13th	V.	<u>TIME TRIALS VII</u> JAVELIN & MILE	NOON	PERRY LAKES
SATURDAY	15th	A.	TRACK & FIELD : INTERCLUB.	8am.	MCCALLUM (HOSLEY/GODWIN)
SUNDAY	16th	V.	<u>RELAYS DAY</u> —	5:30pm.	KINGS PARK
WEDNESDAY	19th	V.	INFORMAL GROUP JOG.	6:00pm.	P.L.W.U. (CARR/HANKS)
THURSDAY	20th	V.	<u>TIME TRIALS VIII</u> 3000m.	NOON	PERRY LAKES
SATURDAY	22nd	A.	TRACK & FIELD CLUB V CLUB TROPHY. 1	8am	MCCALLUM (WOMEN MEMBERS)
SUNDAY	23rd	V.	<u>WOMENS DAY FOR ORGANISING.</u> —		
			SURPRISE EVENTS UNKNOWN DISTANCE		
WEDNESDAY	26th	V.	INFORMAL GROUP JOG. (FINAL)	5:30pm	KINGS PARK
THURSDAY	27th/27th	V.	<u>TIME TRIALS IX</u> 15K walk & 400m.	6:00pm.	P.L.W.U. (FERGIE/HOYE)
SATURDAY	29th	A.	TRACK & FIELD : INTERCLUB.	NOON	PERRY LAKES
SUNDAY	30th	V.	<u>BARNES RUN & B.Y.O. B.B.Q.</u> — 9:30am — 5 TREMLET ST THORNIE		
			DIST. 1.62.		