



The Vetrun

No 130.
JULY 1983.



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Category 'B'	TREASURER.	Colin Leman	364 7782
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He who knows not and knows that he knows not can be taught - teach him.
 He who knows and knows not that he knows is asleep - wake him.
 He who knows not and knows not that he knows not is a fool - avoid him..
 He who knows and knows that he knows is a wise man - follow him.

COMMITTEE MEETING.

CLUB VESTS. Colin has a new supply of club vests in all sizes for both men and ladies, he also has cloth badges that go on them. The committee hopes that members will wear their club singlets at all club events and also in any other events that they may run in (fun runs and marathon club events etc.) If you require a club vest or perhaps another one, see Colin as soon as possible or give him a ring and order one.

Car Stickers. Have you bought a new car lately? You have. Well how about getting a car sticker for it? Or perhaps your old sticker is looking worse for wear with all the washing its been getting, Fraser has plenty of new ones in stock so have a word with him about getting a new one.

CROSS COUNTRY CHAMPIONSHIPS. These will be held on the 10th July at Jorgenson Park at Kalamunda. This year for the first time we will be awarding medals instead of certificates to placegetters in all age groups.

24 HOUR RELAY. We are hoping to run the twenty four hour relay this year at the Belmont track on the 16th - 17th October. More details about this will be given in later newsletters.

SUNDOWN RUN. This will be held on the 9th October at the light Street reserve Dianella, providing we can book it. It will probably be held on the new "Bob Harrison" course.

AMATEURISM. The Assc. has issued rules on the definition of amateurism and what prizes amateurs are allowed etc. Anyone who wishes to read them can get the booklet from Fraser.

We welcome the following new member to the club:-
 Victor Beaumont, 9, Chester Court, Orelia. 6167. M50 19th Dec 1929.

QUIZ NIGHT. WEDNESDAY 6th July. Just a final reminder in case you have not got your tickets. Its going to be a great night out with plenty of good prizes so if you have not made up your table, of six, see any committee member NOW.

ANOTHER WORLD RECORD TO DICK HORSLEY.

On Saturday 5th of June at W.A.I.T. Dick set a new world record for the 70 years age group and for 70 year olds in the 10km Walk. This record was held by Gordon Wallace of Arizona U.S.A. with a time of 61min 13sec. In ideal conditions for the walk, cool and fine weather, Dick set off on the 2km circuit knowing he had to average 12min 14 sec to beat the record. At the end of the first lap Dick was well up on schedule with a time of 11.24. This set the scene for the rest of the race, and with members of the club rushing back and forth across the course to keep giving encouragement, Dick raced around the flat circuit only once going over 12min for the lap, this was the last lap. At the finish all the watches registered 59min 3sec and various hundredths in the eighties. All seven watches. Well we had to make sure we had enough watches on him for the record. Dicks lap splits were:-

1st Lap 11.24; 2nd Lap 11.37; 3rd Lap 11.50; 4th Lap 12.09?; 5th Lap 12.04: I am not sure of the 4th lap time being correct but it ties in to overall time. Dicks Grandson was also racing on the circuit that afternoon. Well you have to set an example don't you? After the race it was a celebration with coffee and biscuits with Cliff Bould, Don Stone, who had been walking in another event, and Dorothy and Jeff Whittam. Joan and John Pellier had had to rush off.

ANSWER TO LAST MONTHS PICTURE QUIZ. The Stadium, Olympia. Scene of the original Olympic Games. Thanks to Bob Fergie for the picture.

The ABC's of Running Talk

by DAVID HOLDT

Adapted from *The Runner* (USA), February 1979

With the appeal of competition increasing, more and more runners approach the starting line for the first time. While our society has prepared us well for the small talk of the cocktail party, the strained silence of the crowded elevator and the obligatory greetings upon chance encounters with old friends, our experience has left us unprepared for standing shoulder-to-shoulder with fellow runners behind a starting line waiting for a race to begin.

There is, of course, a language which permits just the right sort of communication for this situation. It is called 'talking running', and it helps to become familiar with the vernacular before your first race. The trick is to be relevant without being threatening. You might wish to practise by dropping a few running terms as you encounter other runners on your training runs. Start by grunting perhaps a word or two from this selected list as you try on your next pair of running shoes in an athletic shop. The salesperson is often schooled in the standard idiomatic responses.

As a service to those who wish to start their competitive running without putting the proverbial foot in the mouth, we offer a glossary of key words and phrases—all selected for optimum effect in situations in which it is essential to start off on the right foot.

Achilles Tendinitis: Greek shipping magnate and race sponsor.

Altitude Training: Regimen imported by runners from Latin America—mainly from Acapulco and Colombia— which involves inhaling deeply and

holding the air in one's lungs for several paces while running. The drawback we see in this approach is that it tends to make one hungry as well as thirsty—and most races are under-supplied with waterstops, let alone munchies.

Carbohydrate-loading: Affectionate term employed by world-class runners when referring to the post-season banquet circuit.

Fartlek: The inevitable side-effect of carbohydrate-loading.

Finish Line: An imported brand of shoes exhibited by Lasse Viren at the Montreal Olympics.

Foot Plant: Polite term for the fungus which thrives in old running shoes and unwashed socks.

Fun Run: That fleeting moment when you find yourself in first place during a race. Usually a contradiction in terms.

Heel Counter: A race official stationed at the finish of major races to record the unregistered participants.

Hitting the Wall: What happens during a marathon to a runner forced to answer the call of nature.

Interval Training: Favoured by the majority of non-finishers in this year's New York Marathon, it consists of two to three days of moderate workouts, followed by three to four days of excuses and rationalisation.

Kick: All a runner can do when he or she has run a personal best time and the race officials have failed to record it.

LSD: A chemical supplement to the racer's diet. It enables a runner to

replicate the so-called 'runner's high' in the comfort of his or her own living room.

The 'Magic Six': The elusive ingredients in a contented runner's life: 1) a warm shower; 2) a cold beer; 3) comfortable running shoes; 4) a collection of distinctive T-shirts; 5) less than 5 per cent body fat; 6) a mate who runs—but no faster than you.

Muscle Group: That bunch down at the Y that favours anaerobic exercise. They tend to choose fight over flight.

Orthotics: Religious traditionalists who will not race on holy days. A term originally applied to the first marathoner, Pheidippides, who was of the Greek Orthotics persuasion.

Qualifying Times: What all runners do from time to time—a rationalising process to explain the fact that they did not run as well as expected.

Shin Splints: Lightweight braces used to support the lower leg should it be injured while "hitting the wall".

Singlet: A young, unmarried runner.

Splits: An untimely tear in the rear seam in one's running shorts often incurred during pre-race stretching exercises.

Stress Fracture: One mate runs, the other doesn't. Grounds for divorce in six states.

Stress Test: A euphemism for *life*.

Waffle Sole: A high-protein fish pancake popular as a pre-race meal.

Weight Training: Experienced by most slower runners who start at the back of the pack in the larger marathon fields. ≠

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Mike Berry	turns 52	remains M50 06	Eric Pearton	turns 52	remains M50 27
Kath Counsel	" 40	becomes W40 30	Joan Slinger	" 42	" W40 12
John Chadwick	" 39	remains M35 19	Derek Walker	" 51	" M50 07
Peter Cowley	" 44	" M40 20	Brian Waldhuter	" 43	" M40 31
Enid Crowther	" 41	" W40 26	Dorothy Whittam	" 47	" W45 10
Bob Fergie	" 48	" M45 03	Duncan Phillip	" 51	" M50 11
Edward Jennings	" 44	" M40 08	Ken Snowdon	" 41	" M40 04
Victor Kailis	" 38	" M35 19	Keijo Vaalsta	" 49	" M45 17
Sue Leman	" 37	" W35 05	Ernest Moyle	" 58	" M55 30
Thelma Manley	" 48	" W45 03	Jim Greenfield	" 40	becomes M40 07
George Mavor	" 48	" M45 13			

CLUB RECORD EVENTS IN JULY. SUTHERLANDS RUN. 8.4km

W30. Jill Pearton 43.26; W35. Joan Slinger 40.37; W40. Joan Slinger 39.36;
W45. Margaret Warren 43.00; W50. Lorna Butcher 40.49; W55. Val Tyson 57.35;
M35. Hugh Kirkman 29.12; M40. Frank Smith 29.15; M45. Maurice Smith 30.38;
M50. Rob Shand 31.52; M55. Allen Tyson 36.08; M60. Ralph Godkin 37.05;
M65. Dick Horsley 38.05:

CLUB CROSS COUNTRY CHAMPS. 8km

w50 Jo Stone 44.30; W35. Joan Slinger 43.10; W40. Ann Deanus 49.59;
W45. Margaret Warren 50.10; W50. Lorna Butcher 44.03; W55. Val Tyson 55.40;
M35. Hugh Kirkman 30.55; M40 Derek Hoye 30.30; M45. Maurice Smith 32.06;
M50. Rob Shand 35.13; M55. Alan Merritt 35.07; M60. Andy Wright 42.18;
M65. Dick Horsley 41.47:

HILLS TRACKS RUN. 7.65km

W30. Jill Pearton 40.49; W35. Joan Slinger 40.15; W40. Val Pach 42.37;
W45. Margaret Warren 44.37; W50. Lorna Butcher 39.42; W55. June Strachan 50.49;
M35. Colin Leman 29.27; M40. Don Caplin 30.32; M45. Rob Shand 31.10;
M50. Dalton Moffett 34.44; M55. Merv Moyle 36.45; M60. Andy Wright 39.15;
M60. Dick Horsley 37.33:

JO-ANNES JOLLY JAUNT. 6Km (Rocky Pool)

W35. Maxine Tapper 46.26; W40. Enid Crowther 42.30; W45. Dorothy Whittam 50.00;
W50. Pat Carr 50.52; W55. Val Tyson 55.15; M35. Colin Leman 28.30;
M40. Barrie Robinson 29.30; M45. George Innes 29.56; M50. Rob Shand 31.10;
M55. Frank Usher 45.35; M60. Andy Wright 37.20:

WO X CLIFF BOULD COURSE. 10.4km 24th April 1983.

The following records were set in this event but were not recorded in the newsletter. M40. Hugh Kirkman 39.06; M45. Bob Sammells 41.17;
M50. Dave Carr 41.15; M55. Merv Moyle 48.02; M60. Andy Wright 45.09:

THREE PARKS + HEIRISSON ISLAND. 7.43km 29th May 1983.

It was an ideal morning for the "Guess the distance" run around the new course, cool and sunny. Thirteen runners were in attendance for the run plus Cliff Bould and Rob Shand doing some steady laps around McCallum because of injuries. Tom Jones also came along to help with the officiating as did Shirley Cross's husband. Most of the field enjoyed a leisurely run and may therefore be surprised to find that they have finished up as course record holder for their age group. The prize for nearest to the distance went to Aub Davie who was 66m off the correct distance. Dick Horsley won the other prize for being furthest away, 416m away to be exact.

RESULTS.

1. Ron Strauch	M40	33.54*	7. Selby Munsie	M45	42.25
2. Aub Davie	M45	33.59*	=8. Allen Tyson	M55	44.43
3. Bruce Buchanan	M50	34.00*	=8. Alex Faulds	M55	44.43
4. Ray Lawrence	M55	34.09*	=10. Val Tyson	W55	57.50*
5. Dick Horsley	M70	34.36*	=10. Shirley Cross	W45	57.50*
6. Joan Pellier	W40	35.59	12. Allan Lean	M45	57.59

Hillary De Souza ran part of the course then did field events, Joan Pellier cut short part of the course so therefore cannot have the record. Thank you to all those who turned up, we know there were a lot of counter attractions on that morning.
Dorothy & Jeff

VINTAGE VETS

This is the first in a series of notes on athletic performances by pre-veteran and veteran-aged people of yesteryear. There is very little published material available on this subject and any further information about the subjects and any similar feats will be welcomed.

An event that captured the imagination of an interested public in England last century was that of walking one mile in every hour for 1,000 hours. Captain Robert Barclay (sixth laird of Urie) performed the feat in 1809 for one thousand pounds sterling. However, being only 30 years of age, he was hardly a Vet.

Fifty five years later, in 1864, a Mrs Emma Sharp, aged 32, from Bradford, Yorkshire, attempted the feat. A course of 120 yards was railed-off outside a hotel at Laisterdyke, near Bradford. Mrs Sharp, dressed in men's clothes, walked this course two miles at a time. This took 30 minutes. She then rested in the hotel for 90 minutes before resuming. This was to go on for six weeks.

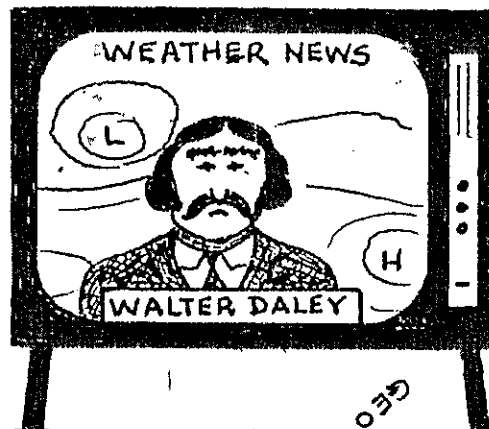
100,000 people paid to watch this lady pre-Vet. Some of these spectators were of the betting fraternity and attempts were made to trip her and even to chloroform her when it became apparent that the walk would be successful. She was given some police protection but she also carried two pistols herself. These she fired 27 times during the last few days to protect herself.

Mrs Sharp completed the 1,000 miles at 5.15 a.m., October 29, 1864. The only reported discomfort was some swelling of the ankles in the early stages of the walk. She had slept well during the rest periods and finished comparatively fresh.

Bob Sammells

RACE AROUND STONE MOUNTAIN. From our overseas correspondent.

Note just in from Frank Smith to say that he took part in his first race since the London Marathon, not quite as far this time, only 10km. The race was around Stone Mountain, in Atlanta, Georgia. There were 1,000 competitors in the event and Frank finished 26th and also the first veteran to finish. His time for the 10km was 33.24.



"I'M TAKING OVER FOR THE NEXT SIX MONTHS AS MONA WILL BE AWAY WITH A MODERATE BUT INCREASING LOW SWELL."

BOB HARRISON'S DIANELLA RUN. 8km. 19th June 1983.

Fifty starters, with the weather threatening rain and very humid conditions, set off to cover four laps of the reserve. Spactators had a good view as the runners passed the start quite frequently, making it enjoyable to watch. As for the runners, it seemed not quite so enjoyable.

Don Caplin led the runners into the finish, most said that they had enjoyed the fast, hard and flat course, which led to some very good times. Those who did personal bests times for 8km can rest assured that they ran the correct distance as the course had been very accurately measured.

After the event we went to Dave Hough's house for a barbecue, where we got stuck into steaks, snaggers and salads and a really good time was had by all.

I would like to thank Dave for his hospitality in opening his house for us, also all those who helped around the course and at the start and finish.

I hope I can put on the race and barbecue for the veterans next year.

Bob Harrison.

RESULTS.

1. Don Caplin	M40	28:04*	25. Don Stone	M50	36.42
2. Colin Leman	M35	28.35*	26. Dick Horsley	M70	36.47*
3. Jim Barnes	M40	28.42	27. K. Johnston	inv	37.28
4. Jack Noordyk	inv	29.39	28. Kath Noordyk	W35	37.38*
5. Alan Barr	inv	29.51	29. L. Drury	inv	37.57
6. John Maddison	M45	30.06*	30. Stan Lockwood	M50	38.15
7. Graham Thornton	M40	30.24	31. Jill Pearton	W35	38.30
8. Dave Hough	M50	30.26*	32. F. Haggard	inv	38.30
9. Kevin Martin	M45	30.37	33. Cliff Bould	M65	38.47*
10. Bill Monks	M45	30.37	34. Ken Whistler	M45	39.06
11. Mike Khan	M35	31.09	35. Ernest Moyle	M55	39.20
12. Alan Acreman	M45	31.50	36. Lorna Butcher	W50	39.56*
13. J. Ferris	inv	31.56	37. Phyllis Farrell	W35	40.15
14. A. Croxford	inv	32.05	38. Frank Usher	M55	40.15
15. Maurice Johnston	M45	32.20	39. Marilyn Acreman	W40	40.15*
16. John Pellier	M40	32.55	40. Margaret Warren	W45	41.11*
17. Jim Greenfield	M40	33.20	41. Joan Pellier	W40	41.11
18. Aub Davie	M45	33.30	42. Mary Robinson	W45	42.02
19. Duncan Strachan	M60	34.06*	43. Ruby Maddison	W45	42.53
20. Bob Farrell	M40	34.06	44. Nora Berry	W50	43.31
21. Bob Sammells	M45	34.30	45. Allen Tyson	M55	46.26
22. Ron Strauch	M40	35.00	46. Gloria Sutherland	W35	46.26
23. Andy Wright	M60	36.17	47. Val Tyson	W55	52.40*
24. Ray Lawrence	M55	36.30*			
			<u>6km.</u> June Strachan	W55	33.10
<u>4km.</u> Shirley Cross	W45	26.00	? Hillary De Souza	M45	?
Jacqui Greenfield	W40	26.00			

No one seems sure how far Hillary ran or how long it took him or if he is still running.

Thanks for a good day Bob and Dave.

For all you super IRON MEN. Just been reading an English magazine and it would appear that the triathlon is now old hat. The newest event is the QUADATHLON and one is being run near Brighton in August. It consists of a two mile swim, fifty kilometre walk, one hundred mile cycle ride and finishes off with a marathon. Sounds as if it could be a nice relaxing day out. Anyone interested?

Also in the same magazine was an entry form for another type of event, this was a double marathon run over seven days. The idea is to run an event each day of differing distances from 5km to about 30km, the winner is the competitor with the lowest aggregate time over all events. This seems like a good idea, it could be adapted to any distance and any period that suited the organisers. Competitors have to finish each stage to qualify for a finishing place.

A.A.W.A. RESULTS. STATE ROAD RUNNING CHAMPS. 8th May 1983.

<u>25km.</u>			<u>10km.</u>		
Fred Langford	M35	1.29.30	Jill Chambers	W35	42.35
Derek Hoye	M40	1.32.12	Margaret Harman	W45	43.48
Stephen Barrie	M45	1.43.26	Erica Mercer	W35	44.49
John Gilmour	M60	1.45.34			
<u>5km H'cap.</u>					
Bernie Oliver	M35	25.08	6.00	19.08	
Eileen Hindle	W30	26.48	5.10	21.38	
Keijo Vaalsta	M45	26.53	7.10	19.43	
Sheila Maslen	W45	27.41	go	27.41	

HALE SCHOOL. 28th May 1982. -

<u>10km. City of Stirling Champs.</u>				<u>2km H'cap.</u>			
Derek Hoye.		40.15		Eileen Hindle	12.47	3.50	16.37
Ed Smith		41.07		Kath Holland	13.44	2.20	16.04
Ted Maslen		43.09		Dorothy Whittam	16.15	go	16.15
Duncan Strachan		49.05					
<u>8km H'cap.</u>				<u>5km H'cap.</u>			
Keijo Vaalsta	36.22	2.20	38.43	Stephen Barrie	20.33	9.00	29.33
				Jill Chambers	22.37	6.45	29.22
				Margaret Harman	24.33	5.25	29.58
				Sheila Maslen	29.32	go	29.32

THIS QUIZ WAS PUBLISHED IN THE NEWSLETTER OF
THE SURREY BEAGLES A.C.

THIS MONTH'S QUIZ ETC ARE ALL FOR FUN!!!!

R U B T S B O A C D S G V
O T B O A R T R O R T R E
B R E N I E F O R D E A R
D D V P Z N S N D A V H O
E A C J P D Q H O V E A N
C V A A R O N I N E O M A
A E I N O N S L N C V W E
S M L E Y F E L A L E I L
T O E F M O B X H A T L D
E O N I I S C S A R T L E
L R D N T T O T R K C I R
L C E C C E E E T E H A J
A R R H H R G V L M R M A
J O C F E D A E E I I S M
O F E K L I R C Y K S O E
W T G O L H Y R J E B N S
H B T V M N C A O W O J K
I A L L A N O M Y I X B I
T W E L L S O O S N E O N
E A V S T U K N T C R B G
J O Y C E S M I T H P S O

Steve Overt - Seb Coe - Rob De Castella -
- Brendon Foster - Dave Clarke
Ron Hill - Jane Finch - Bev Callender -
Dave Moorcroft - Donna Hartley - Roy Mit-
CHELL - Graham Williamson - Steve Cram -
Allan Wells - Jo White - Gary Cook - Joyce
Smith - Verona Elder - Chris Boxer - Mike
Winch - James King.

SEE IF YOU CAN FIND ALL THE ABOVE NAMES
IN THE GRID ON THE LEFT????

HANDED IN BY JUDITH FIDLER.

STANDING

Incorporating
Sitting and Lying Down
Vol 1 No 1 50p

"Standing is more Healthful than Running, Squash, Golf, Crimes of Violence," Determines Top US Bionomist

AN ACE FOOTBALL player is over the top by his mid-thirties, yet many first class football spectators go on watching until their sixties, a time when most of them are still in peak condition. *Why?* An American survey which has upset most current theories about fitness points to the inescapable fact: spectators stand while athletes run, leap and strain their bodies. Irwin Schumaker, Professor of Motionless Exercise at Utah, comes to the startling conclusion: "Conventional fitness as attained by 'physical training' is only a symptom of accelerated decline; it is the bloom on the cheeks of the feverish sufferer of a hidden malady. The body attains its ideal balance through controlled sitting and standing: any further athleticism can only prematurely damage it."

FACT: Top sportsmen go on longer at golf than any other sport, for it involves more standing.

FACT: Cricket umpires last twice as long as football referees.

FACT: Sedentary occupations are only beneficial in moderation. Writing and reading lead to a ripe old age; violent sedentary activities such as rowing and cycling do not.

FACT: They also serve who only stand and wait. For too long, the noble art of standing has been subject to a bad press. *Standing* will give it a good press, at last. Stand up for your rights! Stand up for everything.

STAND AND DELIVER

Readers' Letters

Sir,
At the next General Election I wish to stand for office. Is this a good idea?

Absolutely. Americans make the mistake of always running for office. No wonder there are so few ex-Presidents and so many healthy ex-Premiers.

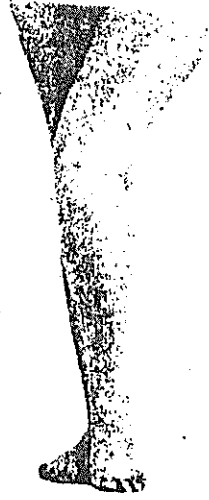
Sir,
I wonder if you could settle an argument between a friend and

me. I say that the Standing Stones is a pop group. He says it is a well-known West Coast paper. What do you say?
You are both wrong. Standing Stones is an anti-metrication pressure group.

Sir,
Do you think it is old-fashioned to stand for the National Anthem?
Any music that helps with your exercises is good.

Sir,
Is Custer's Last Stand an exercise worth trying?
No.

430



Girl of the Month!

Lovely Angela Ellis (28 ") says:

"I just love standing around. But I want a long-standing relationship with a man. No one-night stand for me."



Standing Instructions

by Dr MARTIN

An expert's guide to creative standing

RESEARCH shows that a supposedly immobile stander such as a football spectator varies his posture naturally in many beneficial ways. During the course of a match he will: raise himself up and down on his toes a hundred times, to see the game; beat his hands together; shake his fist at the ref; vary his breathing between groaning, cheering, shouting and swearing; sway forward when goals are scored. Daily activity like this is all we need to keep us perfectly fit, as it brings into motion every part of the body.

Unfortunately, we do not go to football games every day. We are far more likely to be standing in trains, queues or lifts. And then a certain effort is needed to stand creatively. I have devised the following three simple exercises to introduce you to the art of motionless exercise.

1. Toe-wriggling. The toes are a tremendously important part of the body. Without them, we would fall forward and also wear ridiculously small shoes. So get those toes working. Spread them. Together. Spread together. Now up. Now down. Relax.

2. Shoulder-shrugging. What

we sometimes laugh at in Europeans does in fact promote marvellous pectoral flexibility and strength. Imagine you are listening to Mr Callaghan explaining his reactions to, say, devolution. Express your disbelief and mockery through your shoulders. First one, then the other. Now both. Go on, be as cynical as you like, though not totally dismissive as this may cause a pulled muscle. Later you can add lip curling and eyebrow raising to this exercise.

3. Ear-moving. This employs one of the lost muscles of the body; others are used for scalp-wriggling, raising one eyebrow, making the Adam's apple disappear and licking your nose.

Good luck. And don't worry if people stare at you. Remember, standing is coming back.

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PUNCH, March 14 1979

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The Vetrun



It is with deep regret that we notify members of the death of Honorary Member Reg Briggs, aged 77 years. His death occurred on Sunday 24th July 1983.

He will be remembered for the interest he and encouragement he gave to those new to running.

Although we have not seen much of him during the past year he still holds a number of club records:-

100m	M70	17.5	M75	17.5
400m	M70	83.4	M75	85.4
800m	M70	3.20.00		
1500m	M70	7.05.6		
3000m	M70	16.26.00	M75	18.11.00
5000m	M70	26.53.7		
Discus			M75	14.88m
Shot	M70	8.02m	M75	7.78m
Javelin			M75	15.78m

The Trophy, for the 'Most Improved Athlete', which bears his name will be a constant reminder and as he said of running "THIS IS LIVING" will be an inspiration.

We offer our deepest sympathy to his family at this sad time.

SB
13/83