



The Vetrun

No. 134

NOVEMBER 1983.



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What I don't understand is how I got over the hill without ever being on top??

WORLD TRACK & FIELD CHAMPS. San Juan, Puerto Rico.

I have received a report from John Gilmour on his and Kath Hollands runs in these championships. Both have done extremely well and deserve our highest praise. Unfortunately John sustained an injury in the 5000m, which was his first event, a very bad injury to his left calf muscle. This however did not stop him from finishing in second place for the silver medal. He was leading the field with five laps to go when it happened but three of them were so far in front of the rest of the field that he continued, virtually on one leg, and although both other runners past him before the finish he managed to get back into second place in the last lap. John came home immediately after the run so missed out of going to the road champs in France, as he had intended. At the time of his leaving Kath had placed third in the 100m for the bronze medal (no time available) She had won the 200m in a time of 26.56 and John reckoned that the way she ran that race she was a hot favourite for the 400m, his judgement was born out by the report I have just had from Cliff Bould via Ross that she did in fact win the 400m with a time of 60.64. Well done both of you. We hope that your injury soon heals John and that Kath enjoys her holiday in the U.K. amongst other places.

(I will publish the rest of the Australian results as soon as I get them)

FROM OUR OVERSEAS CORRESPONDENT. (in Hawaii)

Al and Frank left the U.S.A. and went on into Canada, to Toronto, where he ran in the Toronto Marathon placing 26th in a field of 4,000, Not bad going, with attime of 2.33.22 From there they went to Vancouver on the Trans Canada railway where they spent a week and Frank ran in the Canadian Veterans Cross Country Champs of 10km, He came in second with a time of 34.18, a very good time over country. After that they came to the Hawiian Islands for a week before flying back to Melbourne and then back to Perth on the 6th November. They send their best wishes to all members of the Vets.

COMMITTEE MEETING.

DO YOU WEAR YOUR CLUB NAME BADGE? Please try to remember to wear your name badge as this helps new members to recognise people who they may only have heard of by name. New members are supplied with a name badge when they first join the club, any mamber who has misplaced his or her name badge can get a replacement from Fraser, for a small fee. They are now bought with your name already engraved on them, as worn by the committee, (if you see a committee member not wearing his or hers at a club function ask them why).

SUNDOWN RUN. HAVE YOU SENT YOUR ENTRY IN YET??? CLOSING DATE 7th NOVEMBER. The run will be held at the Yokine reserve, corner of Wordsworth Avenue and Alexander Drive. Starting at 9am. The course is similar to the Marathon Club New Years Eve Run. Start and Finish is at the Changing rooms by the car park off Wordsworth Avenue. After the run there will be a B.Y.O. Barbecue and get

together. Try to interest your neighbours, friends or anyone else who is of the correct age that you think might be interested or who's arm you can twist.

CHRISTMAS DINNER. This has now been confirmed and will take place at the Nedlands Golf Club on the 3rd of December. The meal will be five courses, soup, entree, main course, dessert and cheeseboard followed by coffee and after dinner mints. Tickets will cost \$14.00 each. Anyone who is Vegetarian or on a special diet if they would gibe Barrie Slinger a ring he will arrange for special meals with the caterers. Start will be 7pm for 7.30. Drinks are NOT included in the cost of the ticket.

24hour RELAY. 10/11th December 1983. (The Tasmanian Veterans are running a 24hour relay starting on Friday 4th November and we hope to have their results before the next issue, as we may be chasing more than the 250 miles we set at our last attempt. Anyway we wish them the best of luck and hope that they get as much enjoyment and fun out of it as we do.)

FOLLOWING ARE SOME EXTRACTS FROM VARIOUS NEWSLETTERS RELATING TO 24hour RELAYS:-

"FOOTNOTES" TASMANIAN NEWSLETTER OCTOBER 1983.
THE COACH SAYS

Well-known local distance running coach Max Cherry has supplied some notes for participants in a 24 hour relay. Max has been involved in a number of similar events in his career in athletics:

To build the calorie intake to a high level, you can do it efficiently by eating more of the bulky foods. But, they are harder to digest and place extra work on the digestive system.

The way I think is best is to eat more honey and glucose. These build the calorie intake to a high level easily without digestive problems.

The body can store blood sugars in the liver and bloodstream and I have proved in practice that it is highly beneficial to eat about 250 gm of sugar in the 36 hours prior to competition. I suggest you start 36 hours prior to competition eating a type of glucose barley sugar, and discontinue 4 hours prior to the start of the relay.

You can of course eat the same 250 gms of honey which is mainly composed of fructose and is easy to digest. The two days before the relay you train very lightly and this then allows the blood sugars to be stored in the body ready for use on the day of the relay.

It is important to remember in planning your diet that the food you eat the day before is the food that will provide most of the energy for the relay and also help in your recovery.

Do not drink alcohol within 12 hours of the relay - this is most unwise. The alcohol is absorbed by the red blood cells and precludes the absorption of oxygen. But I would suggest you can take other liquids up to the start of the relay and during the relay.

Make sure that your socks have no darns or seams in them.

Smear vaseline over your toes and between the joints.

Make sure that your track shoes are in good condition, not run down or over at the heels and that they fully support your feet.

Don't use new shoes for the relay, make sure they are well broken in beforehand.

One method I have found to stop shoes from cutting into feet when running for some hours is to rub soap over your socks in the parts that may be affected.

One method to keep out the cold at night is to rub olive oil over the exposed limbs.

Suggest that in the time you have to rest that you keep warm possibly in a sleeping bag making sure that you have removed your sweaty singlet, etc. Make sure that you have a number of changes of running clothes, and a couple of pairs of socks and track shoes.

Don't forget to drink plenty of liquids during rest periods even though you think you don't need it, you will find when you feel you do need it it's too late.

You can take honey, say a tablespoon full, during the rest period to give you quick energy.

You could also take sustagen beforehand and during the rest period if sufficient time is available.

Max Cherry...

SOUTH AUSTRALIAN VETS. APRIL 1977. (THE FIRST ATTEMPT)

Last weekend, April 16/17, ten members of our Club ran what we believe to be the first 24 Hour Relay in Australia, and I thought your members might like to have a brief report of the event.

I first read of this event in "Runners' World" magazine about a year ago and suggested to our Committee that it was the sort of crazy thing the "Vets." might tackle, so I was asked to organize it on the Club's behalf.

We decided that the most suitable time of year was between the track and winter seasons, so I declared the first weekend after Easter would be it. Unfortunately, at least from the point of view of speed, I was unable to obtain the tartan track at Kensington, so booked the Adelaide Harriers' cinder track in Adelaide's parklands and their newly refurbished change rooms. This track is well serviced with lighting.

I had hoped to be fielding at least two teams of ten but a last minute spate of injuries and other problems left me with just 13 men at starting time, so we had to settle for one group. It must be emphasized that we were not a picked team; in fact most of our strong runners were non-starters for a variety of reasons.

We used the Observatory time signals as broadcast by the A.B.C. to ensure the accuracy of our start and finish times (5.00 p.m.) and used two stop-watches to give the runners their lap times and to record their individual mile times. Attached, you will find a copy of the result sheet and the rules of the run, together with some of the principal records which have been established since the event was conceived in 1970.

We did not achieve any records, nor were we trying to, but all members were very pleasantly surprised at their performances.

Two aspects made the run outstanding; the good humour which prevailed in the dressing room throughout the entire run, and the wonderful support we received from a relay of faithful recorders, watch-holders, tea-makers and supporters, without whose help we may well have faltered at times. For those who may think of trying this stunt in the future I would offer the following tips.

1. Don't mix any keen, super-dedicated athletes in the same team as more ordinary characters who just want to see if they can keep running for 24 hours.

The runners must encourage each other, but there must be no suggestion of pressure on anyone to maintain a target.

2. Don't sleep. Overseas experience has shown that those who do have a grim time getting back on their feet each time as the hours wear on. Relaxation is fine, with an occasional shower, a little food and drink, and plenty of chat.

3. Accommodation must be adequate. Each man must have ample room to spread his sleeping bag, spare clothing etc. A couple of feet on a bench just isn't good enough. Most of our chaps used air mattresses or camp stretchers.

4. Nourishment is essential, if only for morale. We were fortunate to be given a five gallon container of premixed and chilled Sustagen by the local distributors and the last of this was consumed about an hour before the end. Most runners considered it had played a big part in keeping them functioning at a reasonable level right to the end. We also received free supplies of Staminade, which was also much appreciated, although I think tea was the most popular beverage.

At the end of it all, no one was at all keen to do it again, but I'll be very surprised if someone doesn't start asking in a year or so "When are we going to have another 24 Hour Run? That was good fun".

I hope you find this of some interest, and look forward to hearing of someone else's experiences in a 24 Hour

"Fun-run".

N.S.W. RECORD (LADIES) ed into lightly without the correct support backup.

I dreaded the phone ringing the week preceding our 24-hour World Record attempt as our original squad changed day by day due to the virulent 'Philippino' flu and a car accident to Lynn Evans. Standby reserve Gail Allen was needed on the day to make our numbers the required ten as one runner failed to show up, and there was lots of nailbiting when two runners were at the wrong end of Sylvania when the gun was fired at 10 am due to getting lost.

But though the start was problem-ridden the result was never in doubt. It was just a matter of how many miles we would break the record by, such was the determination and grit of the runners regardless of the consequences to body and soul. One can certainly learn a lot about people's strength of character when subjected to the rigours of this sort of event, which should certainly never be enter-

In this respect we were fortunate, and without their untiring work we would never have achieved our goal. The record is just as much theirs as ours. Elaine Bowers catered to our every gastronomical whim, and injured Lynn Evans sat and timed the laps and miles for the entire 24 hours, also giving helpful advice when asphyxia threatened the poor flu sufferers. Gerry Incollingo, Bill Seary and Wynn Henderson ran mile after mile with us. Bill Dalton, a mere 83 years old, did the afternoon shift of massaging our aches and pains, and when he departed Fred James worked without a break to keep us supple and ready to face the next mile. Jenny and Andrew Wilson were backup timers through the night. Last but not least John Bowers, who conceived the whole record-breaking attempt, offered constant encouragement.

Unfortunately Elizabeth Hassall retired with muscle spasm after running 8 miles, and the consistently fast Tina Campbell retired injured after the 18th mile. This was around 4 am when everybody was at a low ebb and the task was already daunting enough with less rest between miles. Finally we reached the 200-mile mark and knew from then on it would all be downhill.

Our event was held in conjunction with two teams of Southside Runners who were running as a community service for 24 hours to raise money for the Karen Allison Cancer Research Fund. There were several ladies in each of these teams so we knew we were not alone.

Right on the radio pips of 10 am on July 31 1983 Wendy Bennett came to a standstill, signalling the end of the event. The old record had been broken by 8 miles and 530 yards and now stands at 214 miles 1133 yards.

From our club records in the library.

24 HOUR RELAY
MEDICAL ADVICE TO PARTICIPANTS

1. DEHYDRATION

After your run you will probably not feel thirsty, but you will be sweating heavily shortly after return to shelter. It is most important to replace the fluid lost in this way and at least a $\frac{1}{2}$ pint of water or other drink should be taken at the end of each run.

2. PACING

Do not be obsessed by the stop watch, particularly in the earlier runs. You will do your best 24 hour time if each run is at a pace well below your maximum.

3. STRETCHING

Stretching of calf, hamstring and thigh muscles is essential before and after each run. Stretch gently without jerking or forcing.

Intermittent running of this type imposes a heavy strain on muscles and ligaments and careful stretching is the best preventative of trouble.

4. DIET

It is virtually impossible to digest solid food during the 24 hours of the relay, but it is necessary to absorb sugar if possible. Sweetened hot or cold drinks are the best way of doing this and you should try to do so from the first run onwards. Have your sweet drinks immediately after a run, not just before the next one. Sweets or chocolate are satisfactory in addition if they do not give you indigestion. Staminade and other drinks containing salt are probably not advisable as the mineral content tends to inhibit the absorption of sugar. However, if you have cramp, Staminade or other salt drinks, well diluted should be taken.

5. MEDICAL COVER

A doctor will be in attendance throughout the 24 hours. Report to him if you have persistent chest pain, dizziness, mental confusion, vomiting, extreme leg weakness, excessive fatigue or any other worrying symptom.

SEE ALSO OUR OWN CLUB NEWSLETTERS OF OCTOBER 1979 and JANUARY 1982 both of these are 24 HOUR RELAY SPECIALS.

ANSWER TO OUR PICTURE QUIZ OF LAST MONTH.

The picture was of Don Stone and it was taken at the Belle Vue Cycling Clubs Annual Cross Country Race on Sunday January 11th 1948. The distance was five miles. (and by the look of it the weather was WET.)

DONNELLY RIVER WEEKEND. 1st October 1983.

A great weekend at Donnelly River Mill was enjoyed by 37 members and their families.

The Pelliers arrived first followed by another 18 members during Friday evening. A little??? liquid refreshment was taken during the evening and that night, strangely, everybody had insomnia until 2am, it was suggested that this could have been caused by the noise John Pellier, Don Caplin and Co were making, but the author discounts this theory as being very unlikely.

Next morning almost everybody assembled for a run through the forest along the Bibbulman Track. (Derek Crowther preferred to stay in bed and look like a corpse.) The run was shared for about 1km with 5 emus.

The rest of the party arrived during the day, those that made it by lunch-time joined the rest of the gang down at the lake for a picnic lunch and a quiet stroll through the bush.

The evening was spent in the Hall, which had been hired by the club, for a 'Casserole Evening' before a huge log fire, this was followed by table tennis, quoits and pool. An unusual feature of the evening was that the men did the washing up.

Sunday morning brought an approximate 13km run through a different part of the forest, this run included an assault course section, but was enjoyed by all who survived it. Off to One Tree Bridge for brunch, a look at the Four Aces, four large trees grown in the ashes of a burnt out log, in a dead straight line, then back to the hall for a 'barbecue evening' followed by more games and a sing song complete with a beautiful male chorus line (performances directed by Barrie Slinger.

Another run on Monday morning in several different groups some doing short distances and some getting lost, followed breakfast and then tidying the cottages before the journey home.

A big thank you to the Slingers and Lemans for organising the most enjoyable of weekends. See you there next year. (It has already been booked)

John (The Bard) Pellier.

By the way whoever heard of STRIP QUOITS?????

NEW MEMBERS. WE WELCOME THE FOLLOWING NEW MEMBERS TO THE CLUB:-

John W Smith, 203, Ferndale Crescent, Ferndale. 6155. M45 23rd Feb 35.

451 8325

Jeanette E Tomlinson, 5, Rear Street, South Perth. 6151. W45 9th July 1934.

367 5454

Douglas H Mathews, 10, Rockton Road, Nedlands. 6009. M50 8th May 1929.

386 6758

Harry White, 9, Woodland Loop, Edgewater. 6027. M40 8th July 1943. 405 3378

CHANGE OF ADDRESS. Jo & Derek Walker, 10, Lawson Way, Darlington. 6070. 299 6528



It was a difficult task for an amateur like me to obtain a few minutes of this members time.

When I said it was for "Veteran" he explained that he was a little disappointed it was not "Time Magazine" or "Runners World" to whom he normally would spare a few minutes to pass on some advice on their respective publications. If you don't know this member he is easily recognised by his long flowing locks heavily tinted silver grey and probably his native tongue which I am unable to describe other than its friendly. Who else but-

JOHN PELLIER AGE 44 YEARS

BORN BATH SOMMERSET. THE BETTER HALF JOAN a running wife.

Arrived WA 1968 Not being one to make hasty decisions about the so called WA Hospitality John has returned home 3 times to UK just to make a comparison. I think we have gained a few points in our favour or he's running out of money. It looks like he could be here to stay. Deep down I think he likes us, or it could be he's just hanging around to beat Jim Barnes in the Marathon.

Not one to miss an opportunity Johns suggested the following Classified Ad.

ROOF CARPENTER FREE QUOTES
PHONE 458 8784

Joined the WA Veterans in 1979 and was an onlooker of the first "Peoples Marathon" and "Herne Hill Marathon". This inspired him and he has since 1980 run every available Marathon in WA except for his trips back home. This is no easy task and his consistency in last couple of years has been first class. Personal best in Bunbury 2.57.50 and only 20 seconds off the best at Herne Hill this month.

John trains approx 80km a week building to 100km about 10 weeks prior to a Marathon with a 2 day lay off before the big day.

The Marathon is by now pretty obvious John's favorite distance as he explains it's better value for money. Why pay a dollar for 10km when you can run the Marathon for almost the same price.

Eating habits I am told is "spuds", heaps of them and green beans.

The next question I had filled in beforehand.

Question: Do you like a drink? Yes you must get some enjoyment out of life besides running.

No interest in field events mainly due to his lack of technique which I guess is difficult to develop at our years. Nevertheless he will have a go.

John considers too much emphasis is put on Brand Name Shoes and considers an average jogger is sufficient to get you through as long as its reasonably comfortable. At the moment I notice he is wearing a not so cheap brand name shoe. On advise to new members John says no advise, let them learn the hard way as he did.

His first club event 1 x Herison Island 3 x Dave Jones course. John found himself on Herison with no one in sight and thought "I'll kill the old Vets" unfortunately he did 3 circuits of Herison while the rest of the field had gone on the finish 3 DJs and the event. Lesson number one. Listen to the course explained pre-race.

His toughest and most frustrating run, if you can imagine coming into York after 40 grueling miles behind you failing to turn right in the main Street and heading down to the River B-B-Q area. Then pleading with people to point him in the direction of the finish of the 40 miles run. None of whom knew what he was talking about. John has the perseverance and finally found his way to the finish. I haven't met too many Vets who do not have "internal fortitude". This man from Bath has more than his share.

VINTAGE VETS

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One of the most renowned professional walkers from the past was Edward Payson Weston (1839 - 1929) of the U.S.A. As a 35 year old, after previous failures, he became the first man to walk 500 in six days. This was in one of the many Six Day races that were popular last century. As a 40 year old, in 1879 he improved to 550 miles.

Weston was a religious man who often stopped to preach and lecture on temperance in towns he walked through. If he talked as well as he walked he would have made a few conversions. Among his achievements were:

1883 - walked 5,000 miles in 100 days
1909 - walked from New York to San Francisco (3895 miles) in 105 days
1910 - walked from Los Angeles to New York (3483 miles) in 77 days
1914 - walked from New York to Minneapolis (1546 miles) in 61 days.

At the age of 88, while still an active walker, he was crippled when run-down by a taxi. But for this, it was considered that he would have lived longer than the 90 years he reached.

Bob Sammells.

Talking of long distance walkers I've just read a report about Joe Record winning a six day walking race in France, Joe covered 868km (542½miles) Well done Joe.

1983 CORAL COAST TRIATHLON

Cairns, Queensland - 4 September

The second annual Cairns Triathlon was much improved over last year's event both in number of participants and organisation. The 1983 edition was sponsored by 4-X beer and Anett Airlines and attracted nearly 400 entries, including most top Australian triathletes.

The first man and woman across the line were presented with a trip to Hawaii to participate in the World Triathlon Championship in October.

Australia's finest male triathlete, 24 year old Rowan Phillips from Montmorency, Victoria outclassed the field with an impressive time.

He is now undefeated in nine triathlons and will be a worthy representative in Hawaii. First female was L. Hepple of Brisbane who

recorded a faster time than most of the men and appeared very fresh at the finish. Distances for the event were swim - 1.6 km, cycle -

38 km, and run - 12 km. Results: open men - R. Phillips (Vic.), 1.56.16, 1st; A. Steele (Qld.), 1.57.26, 2nd; M. Harris (Qld.),

1.57.57, 3rd. Open women - L. Hepple (Qld.), 2.16.30, 1st. Veteran

men (18 entries) - K. Morrissey (Qld.), 2.13.18, 1st; G. Allen (W.A.),

2.24.06, 4th. Veteran woman - J. Covacevich (Qld.), time not avail-

able

Gerry Allen.

AROUND THE WORLD RUN. (continuing)

* * *
TOKYO: Peter Parcell, a 32-year-old Australian attempting to run across the world and establish a world record, has started his 1360km run to Tokyo

from the southern Japanese city of Nagasaki.

He was escorted by his wife Wanda (32) and two daughters, Kirstienne (11) and Koby (3).

He has already covered a total distance of 4850km in New Zealand, the Philippines and South Korea after leaving his native Sydney last March.

He plans to fly to Hawaii from Tokyo and then run in Canada, the United States, Latin America, Europe and the Middle East before returning to

Australia in May 1986 after having covered a total distance of 42,800km.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Marilyn Acreman	turns 43	remains W40	04	Mike Stone	turns 41	remains M40	30
Kevin Anderson	" 43	" M40	20	Hank Stoffers	" 43	" M40	18
Robert Bryce	" 53	" M50	06	Morland Smith	" 46	" M45	07
Bob Faulkner	" 40	becomes M40	24	Margaret Warren	" 48	" W45	12
Derek Hoyer	" 45	" M45	04	Ross Williams	" 44	" M40	10
Hugh Kirkman	" 42	remains M40	27	Selby Munsie	" 50	becomes M50	03
Merv Moyle	" 57	" M55	29	Kathleen Noordyk	" 37	remains W35	19
Bill Mitchell	" 49	" M45	12	Jacquie Greenfield	" 41	" W40	19
Gerry Noordyk	" 62	" M60	21	Bruce Hollier	" 54	" M50	18
Joan Pellier	" 44	" W40	08	Bernie Oliver	" 40	becomes M40	19
John Rowland	" 46	" M45	21				

1984 VETERANS MARATHON CHAMPIONSHIPS. These will now be held in conjunction with the Nike Marathon in Canberra on the 8th April 1984.

WALKING RESULTS.

29th May 1983 7th August 1983
STATE 20km CHAMPS DON STONE 2.08.05 6th; STATE 16km CHAMPS DON STONE 1.50.30
Both the above events were held at Canning Vale. 4th
Jackadder Lake. 15th October 1983. 6km. Handicap.
Dick Horsley 36.19 6.10 3rd.

STATE MARATHON CHAMPIONSHIPS. AT HERNE HILL. 11th September 1983.

Frank Steere M40 2.47.36 4th: John Pellier M40 2.58.10 8th: Dave Hough M50 3.06.34

HALF MARATHON.

Derek Hoyer	M40	1.14.07	Frank McLinden	M50	1.27.10
Brian Danby	M35	1.18.40	Barrie Slinger	M40	1.33.00
Graham Thornton	M40	1.23.50	Morris Warren	M45	1.33.00
Bill Monks	M45	1.24.08	Bob Farrell	M40	1.33.00
Keo Vaalsta	M45	1.32.38	Erica Mercer	W40	1.43.00
Jim Greenfield	M40	1.33.58	Mel Shead	M40	?
Bill Hughes	M55	1.43.03	Joan Slinger	W40	?
Allen Tyson	M55	1.49.42			
Frank McLinden	M50	1.27.10			

The above times were passed to me from Joan Pellier along with apologies to anyone she missed getting a time for. Ed.

Sunday 16th October. THE DAVE JONES RELAYS.

About 25 vets turned out for the event organised by Dave and Jim Greenfield. Dave organised the teams and appointed team captains who then organised their order of running and changeover points. Some teams were better organised than others, Jeff organised his team round the course and had nobody at the end of the lap to take over the baton. Dave and Pat Carr were up for the weekend and Dave made the most of it by captaining the winning team. After the relays we had a run around the Cliff Bould Course with Lorna Butcher piling on the pressure as soon as she caught up with the leading bunch.

RESULTS ARE AS FOLLOWS:-

Team 'A' Dave Carr, June Strachan, Ray Lawrence, Ray Martin: 40.15
 Team 'B' Lorna Butcher, Duncan Strachan, Hamish McGlashen, Ernest Moyle,
 Selby Munsie: 41.09
 Team 'C' Pat Carr, Ron Jones, Merv Moyle, Allan Lean, Dorothy Whittam: 42.24
 Team 'D' Jeff Whittam, Joan Pellier, Barrie Thomsett, Aub Davie, Jo Stone: 43.49

The race was run over 5 laps of the Dave Jones Course.

TIME TRIALS.	6th October 1983.	1500m	SHOT	TOTAL PTS		
Sheila Maslen	W45	6.51.9	509	-	-	509
Tuula Vaalsta	W45	6.21.9*	689	-	-	689
Joan Pellier	W40	6.14.8	671	-	-	671
Lorna Butcher	W50	6.26.8	749	-	-	749
Jill Pearton	W35	6.25.8	575	-	-	575
Barbara Maslen	inv	5.40.0				
Jan Fletcher	W35	5.45.2	819	6.47	265	1084
Dorothy Whittam	W45	6.59.3	464	7.18	572	1036
Dick Horsley	M70	5.38.9*	1247	7.03	504	1751
Cliff Bould	M65	6.27.6	744	-	-	744
Don Stone	M50	5.32.4	626	6.29#	200	826
Andy Wright	M60	6.00.9	725	8.25	475	1200
John Pellier	M40	5.04.4	704	6.85	69	773
Stephen Barrie	M45	4.53.3	800	-	-	800
Bob Sammells	M45	5.03.3	740	6.09	35	775
Ted Costello	M45	5.02.9	743	7.25	195	938
Bob Hayres	M50	5.16.0	724	6.34#	207	931
Don Caplin	M40	4.27.4	926	-	-	926
Ken Gilbert	M40	4.25.1	939	-	-	939
Brian Danby	M35	4.41.1	813	6.97	20	833
Bill Monks	M45	4.50.0	820	6.41	77	897
Jim Barnes	M40	4.49.0	796	-	-	796
Derek Hoyer	M40	4.31.0	904	6.98	89	993
Jeff Whittam	M45	-	-	6.76	126	126
Bob Faulkner	M35	-	-	6.00	20	20
Bill Chapman	M55	-	-	10.11*	735	735

Used overweight shot (.16lb) points adjusted accordingly.

* Indicates a new Club Record. What a way for the time trials to start with THREE new club records. Dick's was a particularly good one as he broke the existing record by almost 1½ minutes.

RESULTS OF THE TRIATHLON HELD AT MIDLAND.

	Swim	Cycle	Run	overall pos.
Graham Thornton	25.48	2.09.26	3.42.08	11
Fraser Deamus	46.50	2.53.54	4.27.19	33
Jan Fletcher	-	-	1.35.32	16

Graham won the veterans division. Jan ran the running leg in the teams section, her team finished 16th overall. Just been looking through the rest of the results to see if anyone else ran from the club and found the name of Kevin Anderson - 1.13.54 ?

Distances covered were:- SWIM 2km; CYCLING 50km; RUN 20km:

I have received a request from members about the rules in field events and the weights used, also rules regarding starts etc on the track. Over the next few newsletters we will be publishing relevant details for two events each month. (Courtesy of Bob Fergie.)

The first two are the Long Jump and the Triple Jump:-

LONG JUMP

General

Make the sand in the pit level. Make sure that sand thrown up from the landing area is replaced. When very dry it is advisable to dampen the sand to make sure a clear mark is left by the jumper.

The Jump

The take off line is the edge of the board closest to the pit. The entire take off foot must be behind this line for a valid jump. A strip of damp sand immediately beyond the take off board can assist in detecting a toe over the edge of the board.

The athlete must not swerve to one side of the board and run past the take off line extended. The landing must be made in the sand. Any contact made outside the pit must be forward of the mark made in the sand.

Measurement

Select the break in the sand made by any part of the athlete's body, that is closest to the take off board. Mark with a steel spike or similar marker. Measure from the mark to the board, so that the tape makes a right angle with the take off line. Record to the nearest full centimetre below the distance measured.

TRIPLE JUMP

Generally as for Long Jump.

The Triple Jump consists of three parts -

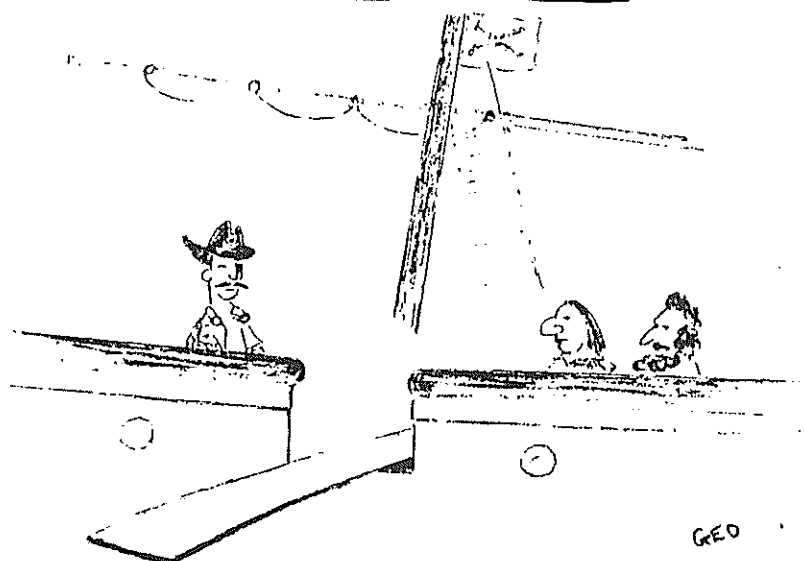
- a) The first jump is made from the take off leg, to a landing on the same leg.
- b) The second jump is made so that the landing is made on the opposite leg to that used for the take off.
- c) The third jump is made by landing in the sand pit in a manner similar to the long jump.

To be valid ;

The three jump must be made according to the above definitions, and in the correct order.

The take off foot must be fully behind the take-off line.

The landing must be made in the sand and any contact made outside the pit must be forward of the mark in the sand.



"ALRIGHT, IT'S AN UNUSUAL TAKE-OFF BUT, ON THE OTHER HAND, YOU DON'T HAVE TO WORRY ABOUT LANDING"

TIME TRIALS No. 2. 13th October 1983.

	AGE	400m	Pts	L/J	Pts	Cumlt Pts	O/all Psn
Jan Fletcher	W35	70.8	368	-	-	1452	3
Dorothy Whittam	W45	71.4	504	3.60	1059	2599	1
Joan Pellier	W40	85.1	20	-	-	691	4
Val Prescott	W35	94.9	20	-	-	20	8
Jill Pearton	W35	91.2	20	-	-	595	6
Lorna Butcher	W50	83.4	224	2.55	670	1643	2
Sheila Maslen	W45	-	-	-	-	509	7
Tuula Vaalsta	W45	-	-	-	-	689	5
Ken Gilbert	M40	55.2	832	-	-	1771	5
Stephen Barrie	M45	63.6	576	3.81	284	1660	7
Brian Foley	M35	60.7	572	-	-	572	21
Brian Danby	M35	67.6	296	4.15	60	1189	10
Bill Monks	M45	60.7	692	4.53	572	2161	2
Ted Costello	M45	61.5	660	4.19	436	2034	3
Bob Sammells	M45	66.3	468	3.50	160	1403	8
Hamish McGlashen	M45	60.1	716	-	-	716	18
John Pellier	M40	67.2	352	-	-	1125	11
Jim Barnes	M40	62.2	552	-	-	1348	9
Bob Faulkner	M35	61.5	540	N/J*	-	560	22
Bob Fergie	M45	72.8	208	4.11	404	612	19
Andy Wright	M60	74.0	640	3.74	844	2684	1
Bill Hughes	M55	70.6	576	-	-	576	20
Don Stone	M50	68.7	452	4.10	605	1883	4
M. Gamblin (inv)?	M45	66.3	588	4.31	484	1072	12
George Boakes	M70	-	-	2.59	556	556	23
Dick Horsley	M70	-	-	-	-	1751	6
Cliff Bould	M65	-	-	-	-	744	16
Bob Hayres	M50	-	-	-	-	931	14
Don Caplin	M40	-	-	-	-	926	15
Derek Hoyer	M40	-	-	-	-	993	13
Jeff Whittam	M45	-	-	-	-	126	24
Bill Chapman	M55	-	-	-	-	735	17
Jack Collins	M70	-	-	-	-	-	-
G. Glinton (inv)	M40	62.8	-	-	-	-	-

Bob Faulkner, who had three no jumps awarded in the long jump, won the "Long Foot" award for the evening, in recognition of his dedication in overstepping the take-off board.

TIME TRIALS No. 3. 20th October 1983.

	100m	pts	2km walk	Pts		
Jan Fletcher	15.1	480	12.12.0	552	2484	3
Dorothy Whittam	14.6	780	14.12.0	232	3621	1
Joan Pellier	-	-	-	-	691	4
Val Prescott	-	-	-	-	20	9
Jill Pearton	-	-	-	-	595	7
Lorna Butcher	17.2	360	13.20	520	2523	2
Sheila Maslen	-	-	-	-	509	8
Tuula Vaalsta	-	-	-	-	689	5
Val Tyson	W55	19.9	20	13.16.0	616	6
Ken Gilbert	-	-	-	-	1771	7
Stephen Barrie	-	-	-	-	1660	8
Brian Foley	-	-	-	-	572	21
Brian Danby	15.5	100	12.43	28	1317	10
Bill Monks	13.8	640	14.14.0	20	2821	4
Ted Costello	-	-	-	-	2034	5
Bob Sammells	14.4	520	13.33.0	20	1943	6
Hamish McGlashen	-	-	-	-	716	18
John Pellier	-	-	-	-	1125	11
Jim Barnes	-	-	-	-	1348	9
Bob Faulkner	-	-	-	-	560	22

Time Trials No. 3. cont.						
Bob Fergie	-	-	-	-	612	19
Andy Wright	16.3	540	12.09.0	564	3788	1
Bill Hughes	-	-	-	-	576	20
Don Stone	13.9	720	10.40.0	760	3363	2
M. Gamlin	-	-	-	-	1072	12
George Boakes	-	-	-	-	556	23
Dick Horsley	-	-	11.04.0	1224	2975	3
Cliff Bould	-	-	-	-	744	16
Bob Hayres	-	-	-	-	931	14
Don Caplin	-	-	-	-	926	15
Derek Hoye	-	-	-	-	993	13
Jeff Whittam	16.8	40	13.05.0	100	266	25
Bill Chapman	-	-	-	-	735	17
Jack Collins	M70	-	14.04.0	504	504	24

LETTERS TO THE EDITOR.

5 McIness Court,
Greenwood 6024
Saturday, 22nd October, 1984.

The Editor,
The Vetrin.

Dear Sir,

I write to complain of your persistant refusal to publicise the successes of Dorothy and Jeff Whittam in Orienteering and Rogaining events. I trust that Jeff's performance, as a State Representative, in the Australian Rogaining Championships merits a mention as I am certain that this will be of interest to the Newsletter's readers.

Yours sincerely,

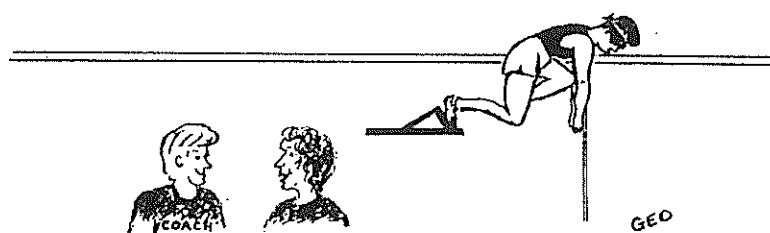
Bob Sammells

Bob Sammells

WHAT SUCCESSES??? ED.

In the recent 24hour Rogaine, Jo Stone was a mamber of the winning ladies team, thus repeating her success of last year. Dorothy and her friend finishes in sixth position in the ladies category. The ed managed to finish in second place due largely to skillful navigation by his partner, this was the W.A. Champs. In the Australian Rogaine Champs in Victoria on the 2/23rd October we managed to come in a close 3rd, this is of course in the Veterans section. In the W.A. Orienteering Champs in Sept. Dorothy was disqualified for punching a wrong control and I managed to struggle into second place as everyone seemed to be even more lost than me.

I would like to thank those members who have sent in articles and other items of interest for the newsletter, if you think you have something that may interest other members, and is publishable, please let me have it before the 25th of the month as this is the deadline for copy.



"WHAT I LIKE IN THIS CLUB IS THE COMPLETE BAR ON ANY KIND OF DISCRIMINATION. FOR EXAMPLE, THIS CHAP IS A BANK ROBBER WHO ENJOYS PRACTICING QUICK GETAWAYS."

CLUB RECORD RUNS FOR DECEMBER.CHRISTMAS GIFT RUN. 18th December.

W30 G Sutherland 26.48; W35 Joan Slinger 23.30; W40 Joan Pellier 30.16;
 W45 Lorna Butcher 28.37; W50 Lorna Butcher 24.25; W55 Val Tyson 34.02;
 M35 Don Caplin 17.50; M40 Bob Harrison 17.58; M45 Rob Shand 18.07; M50 Bruce
 Buchanan 21.40; M55 John Gilmour 17.28; M60 Cliff Bould 22.08; M65 Dick
 Horsley 22.53:

LAKE LESCHENAULTIA RUN. 26th December.

W30 Lee Docksey 34.07; W35 Joan Slinger 35.47; W40 Enid Crowther 39.58;
 W45 Lorna Butcher 44.24; W50 Nora Berry 43.30; W55 Val Tyson 38.37;
 M35 Tony O'Hare 24.46; M40 Don Caplin 26.36; M45 Rob Shand 25.07; M50 Dave
 Carr 28.43; M55 Allen Tyson 31.46; M60 Andy Wright 35.34:

The M35 and M45 records in the Leschenaultia Run were done on a short course.
 The correct times and names should be:-

M35 Phill Wall 25.22; M45 Rob Shand 26.16: All other records stand.
 Course distance is 7.2km

