



# The Vetrun

No. 135, DECEMBER 1983



## W.A. VETERANS' A.A.C.

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PRESIDENT: Barrie Slinger, 386 7727;  
TREASURER: Colin Leman, 364 7782;

SECRETARY: Fraser Deanus, 390 5892  
EDITOR: Jeff Whittam, 387 6438

Remember, you are only young once. That's all society can stand.

### COMMITTEE MEETING.

SUNDOWN RUN. Everything is now in hand for this event, members have not sent many entries in to date.

24 HOUR RELAY. This will start at 2pm on the 10th December and finish at 2pm on Sunday 11th December. The food and drink that will be provided is :- bread, margarine and honey, tea and coffee etc. Anyone wanting any other type of food or drink will have to bring their own. You will also need to bring your own bedding and mattress, there will be tents in the middle of the track for the mens teams and the ladies team will use one of the change rooms, the other change room will be used for physiotherapy. This time we will be running a "Guess the Distance" game, one for each of the teams, we hope members will support this. Runners will also need spare running clothes etc, and those officials who are on during the night don't forget some warm clothing or even a sleeping bag to sit in. (More about the 24hour later in the newsletter).

CHRISTMAS DINNER. HAVE YOU GOT YOUR TICKETS YET? If not give Barrie Slinger a ring NOW as the caterers have to know the numbers BEFORE the night. It is on the 3rd December at the Nedlands Golf Club and tickets are \$14.00 per person. All committee members have tickets for sale.

CLUB VESTS. Colin Leman has a supply of club vests in all sizes, both ladies and mens. They are \$10.00 each plus \$1.50 for a club badge. If you have not got one, or require another see Colin at club events or give him a ring on 364 7782.

HONG KONG VETERANS TRACK & FIELD CHAMPS 20-21 October 1984. We have received preliminary notice of these champs, so anyone thinking of going to Hong Kong next year, this could be an added attraction. At the moment pre-vets are not eligible, but the final programme has not been arranged as yet. The Hong Kong club assures anyone going that there will be a warm welcome awaiting them. (Further details from the Editor).

OCTOBER LONG WEEKEND 1984. After the resounding success of the last one at Donnelly River, the committee have booked there again for next year. Booking are NOT being taken yet.

### W.A. VETERANS TRACK & FIELD CHAMPS 1984.

These will be held on the 7th & 8th of April, two weeks before Easter. There will be an entry form and event programme sent out with the January newsletter. Make a date in your diary now. The venue will be the Belmont track. This year there will be NO LATE ENTRIES, so make sure that you get your entry in early.

LOST. Has anyone found a Navy Blue THERMAL tee shirt with the name PETER STORM written on the left side? If you have would you let Mike or Nora Berry know. you can contact them on 271 9268.

ROSTER FOR OFFICIALS DURING THE 24 HOUR RELAY.

TIME ON DUTY	MENS "A" TEAM	MENS "B" TEAM	MENS O/50 TEAM	LADIES OPEN TEAM
2.00 - 4.00 p.m.	Derek Crowther Enid Crowther	Bob Farrell Pomery No.1	Dick Horsley Pomery No.2	Phyllis Farrell Maureen Pomery
4.00 - 6.00 p.m.	Bob Fergie Barrie Slinger	Bob Farrell Chris Harland	Dick Horsley Duncan Strachan	Phyllis Farrell Val Prescott
6.00 - 8.00 p.m.	Mike Berry Barrie Slinger	Pomery No.1 Chris Harland	Pomery No.2 Duncan Strachan	Val Prescott Nora Berry
8.00 -10.00 p.m.	Fraser Deanus Jeff Whittam	Colin Leman Dorothy Whittam	Allen Tyson Val Tyson	Maureen Pomery Ann Deanus
10.00-12.00 p.m.	Bob Hayres Fraser Deanus	Mike Berry Bob Fergie	Allen Tyson Duncan Strachan	Nora Berry Ann Deanus
12.00p.m. - 2.00a.m.	Joe Gold Jeff Whittam	Colin Leman Mike Berry	Sue Leman Dorothy Whittam	Margaret Warren Nora Berry
2.00 - 4.00 a.m.	Joe Gold Bob Fergie	Bob Hayres Fraser Deanus	Ann Deanus Allen Tyson	Jill Pearton Val Tyson
4.00 - 6.00 a.m.	Bob Fergie Jeff Whittam	Bob Hayres Colin Leman	Sue Leman Margaret Warren	Dorothy Whittam Jill Pearton
6.00 - 8.00 a.m.	Jim Langford Bill Mitchell	Fraser Deanus Kath Mitchell	Dick Horsley John Smith	Eileen Hindle Ann Deanus
8.00-10.00 a.m.	Jim Langford Barrie Slinger	John Smith Sue Leman	Dick Horsley Val Tyson	Eileen Hindle Jill Pearton
10.00a.m.- 12.00 noon	Joe Gold Barrie Slinger	Bill Mitchell Bob Hayres	Duncan Strachan Margaret Warren	Kath Mitchell Maureen Pomery
12.00-2.00 p.m.	Joe Gold Jeff Whittam	John Smith Bill Mitchell	Dick Horsley Allen Tyson	Eileen Hindle Sue Leman

OFFICIALS

Each station consists of two officials, one a timekeeper/recorder the other calling lap times. Each pair to decide which job they prefer. (Before the appointed time preferably!!)

If anyone is unable to meet their commitment, please notify Bob Fergie on 447 6898 as soon as possible, except during November 25th to December 4th. During this time Jeff Whittam should be contacted on 387 6438. If you could nominate a replacement this would be very much appreciated.

OFFICIALS ON DUTY DURING 24 HOUR RELAY. (KITCHEN ROSTER LATER IN NEWSLETTER)

Mike Berry	6.00-8.00pm;	10.00-12.00pm;	12.00-2.00am;
Nora Berry	6.00-8.00pm;	10.00-12.00pm;	12.00-2.00am;
Enid Crowther	2.00-4.00pm;		
Derek Crowther	2.00-4.00pm;		
Fraser Deanus	8.00-10.00pm;	10.00-12.00pm;	2.00-4.00am; 6.00-8.00am;
Ann Deanus	8.00-10.00pm;	10.00-12.00pm;	2.00-4.00am; 6.00-8.00am;
Bob Farrell	2.00-4.00pm;	4.00-6.00pm;	
Phyllis Farrell	2.00-4.00pm;	4.00-6.00pm;	
Bob Fergie	4.00-6.00pm;	10.00-12.00pm;	2.00-4.00am; 4.00-6.00am;
Joe Gold	12.00-2.00am;	2.00-4.00am;	10.00-12.00am; 12.00-2.00pm;
Bob Hayres	X 10.00-12.00pm;	X 2.00-4.00am;	X 4.00-6.00am; X 10.00-12.00am;
Dick Horsley	2.00-4.00pm;	4.00-6.00pm;	6.00-8.00am; 8.00-10.00am;
	12.00-2.00pm;		
Chris Harland	4.00-6.00pm;	6.00-8.00pm;	
Eileen Hindle	6.00-8.00am;	8.00-10.00am;	12.00-2.00pm;
Colin Leman	8.00-10.00pm;	12.00-2.00am;	4.00-6.00am;
Sue Leman	12.00-2.00am;	4.00-6.00am;	8.00-10.00am; 12.00-2.00pm;
Jim Langford	6.00-8.00am;	8.00-10.00am;	
Bill Mitchell	6.00-8.00am;	10.00-12.00am;	12.00-2.00pm;
Kath Mitchell	6.00-8.00am;	10.00-12.00am;	
Maureen Pomery	2.00-4.00pm;	8.00-10.00pm;	10.00-12.00am;
Pomery No.1	2.00-4.00pm;	6.00-8.00pm;	
Pomery No.2	2.00-4.00pm;	6.00-8.00pm;	
Val Prescott	4.00-6.00pm;	6.00-8.00pm;	
John Pearton	2.00-4.00am;	4.00-6.00am;	8.00-10.00am;
Barrie Slinger	4.00-6.00pm;	6.00-8.00pm;	8.00-10.00am; 10.00-12.00am;
Duncan Strachan	4.00-6.00pm;	6.00-8.00pm;	10.00-12.00pm; 10.00-12.00am;
John Smith	6.00-8.00am;	8.00-10.00am;	12.00-2.00pm;
Val Tyson	8.00-10.00pm;	2.00-4.00am;	8.00-10.00am;
Allen Tyson	8.00-10.00pm;	10.00-12.00pm;	2.00-4.00am; 12.00-2.00pm;
Margaret Warren	12.00-2.00am;	4.00-6.00am;	10.00-12.00am;
Dorothy Whittam	8.00-10.00pm;	12.00-2.00am;	4.00-6.00am;
Jeff Whittam	8.00-10.00pm;	12.00-2.00am;	4.00-6.00am; 12.00-2.00pm;

UPDATE ON THE 24 HOUR RELAY.

Frank Smith returned from his holiday in the U.S.A. and Canada with a cutting from a Canadian Running magazine, in which was an account of an over 50s team breaking the world record for the 24 hour relay. The team beat the old world record of 234miles 70yards, setting a new record of 245miles 553yards, or 394.79km. Their oldest competitor was 56 years old, two were 53 and the rest were either 50 or 51. Making it a very 'young' team. Below is a photograph of the team and their average times for the 24 hours.



Team members of the 24 hour track relay: Jim Woodhouse, Alan Towe, Frank Musson, Bernard Barton, Hans Sigmund, Ivor Davies, Tony Dunn, David Rudd, Frank Kurucz and Harry Adshead.

Average times for 1600 metres — Bernie Barton - 5:41; Frank Musson - 5:46; Harry Adshead - 5:37; Frank Kurucz - 5:41; Ivor Davies - 5:48; Dave Rudd - 5:58; Allan Towe - 5:46; Tony Dunn - 5:39; Hans Sigmund - 6:26; Jim Woodhouse - 6:02.

In the latest British magazine "Athletics Weekly" (Nov 12 1983) there is an account of an inaugural 24 hour track relay (sponsored by Nescafe/SLH) on the 8/9th October. In it a ladies team from Hillingdon, of veterans broke the 'world record' by recording 179miles 159yards. We will have to write to Runners World again to set them straight that our club broke the record of 162 miles 788yards and that it has since been broken by N.S.W. veteran ladies and that we are about to break it again in December. The British event will be held again next year.

#### VINTAGE VETS

It is, perhaps, unreasonable to expect pre- and Veteran-aged athletes to match their senior counterparts in open competition. Yet, as the following lists show, they have even come out on top from time to time.

#### Oldest Olympic Champions - Women

	Age			
Any event	1968 36/176	Lia Manoliu	Rom 1st Discus	58.28
Sprinter	1956 31/136	S. de la Hunty	Aus 1st 4 x 100m R	44.5 (Team)
Distance	1972 29/ 47	Lyudmila Bragina	USSR 1st 1500m	4.01.4
Jumper	1968 29/ 67	V. Viscopoleanu	Rom 1st Long Jump	6.82
Multi-event	1972 33/ 59	Mary Peters	GB 1st Pentathlon	4801 pts

#### Oldest Olympic Place-Getters - Women

Any event	1960 37/248	Dana Zatopkova	Cze 2nd Javelin	53.80
Sprinter	1972 34/ 95	Karin Balzer	GDR 3rd 100m Hurdles	12.90
Distance	1976 33/ 24	G. Hoffmeister	GDR 2nd 1500m	4.06.02
Jumper	1968 30/365	T. Talisheva	USSR 3rd Long Jump	6.68

#### Oldest Olympic Champions - Men

Any event	1920 42/ 26	Patrick McDonald	USA 1st 56lb Weight	11.26
Sprinter	1952 32/ 62	Arthur Wint	Jam 1st 4 x 400m R	3.03.9 (Team)
Distance	1968 36/130	Mamo Wolde	Eth 1st Marathon	2.20.26.4
Walker	1932 39/126	Thomas Green	GB 1st 50km Walk	4.50.10
Jumper	1906 31/195	Peter O'Connor	Ire 1st Triple Jump	14.07
Other throws	1908 40/187	John Flanagan	USA 1st Hammer	51.94
Multi-event	1904 35/314	Thomas Kiely	GB/I 1st All-around	-

#### Oldest Olympic Place-Getters - Men

Any event	1948 48/115	T. Lloyd Johnson	GB 3rd 50km Walk	4.48.31
Sprinter	1968 33/292	Jocelyn Delecour	Fra 3rd 4 x 100m R	38.4 (Team)
Distance	1972 40/ 90	Mamo Wolde	Eth 3rd Marathon	2.15.08.4
Jumper	1980 34/296	Viktor Saneyev	USSR 2nd Triple Jump	17.24
Thrower	1924 45/205	Matt McGrath	USA 2nd Hammer	50.85

Performances by senior athletes have been included for the sake of interest. It is also of interest that Patrick McDonald won the USA National (AAU) 56lb Weight title in 1933. He was then aged 56y 339d. McGrath also competed that year. Lia Manoliu competed at Munich in 1972, setting a record of six Discus Finals. Her first Final was in Helsinki in 1952.

Much of this data was obtained from The Guinness Book of Athletics Facts & Feats. It is an excellent publication and, if not obtainable locally, costs £10.45 (inc. P & P) from Peterson Book Co., Dept AW, Peterson House, Northbank, Berryhill Industrial Estate, Droitwich, Worcs., WR9 9BL, England.

Bob Sammells

SUNDOWN RUN. Sunday 13th November 1983. At Yokine Reserve.

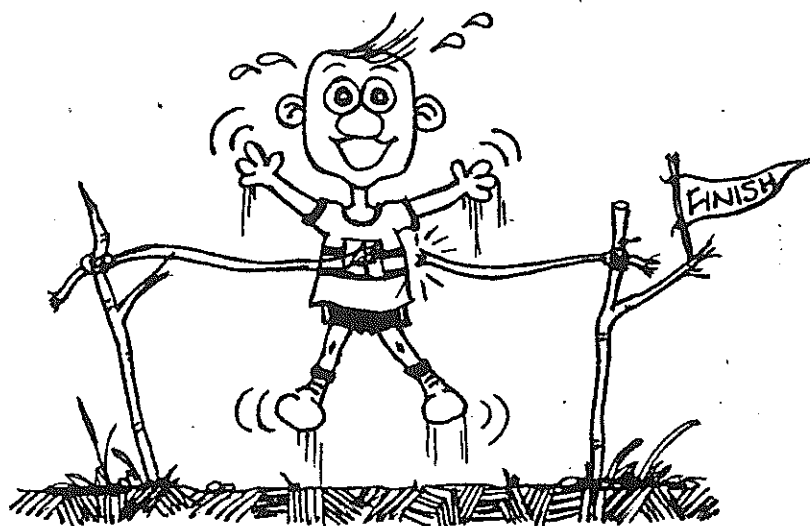
For all it is called the Sundown Run, this run took place at 9am in the morning. It was a fine cool day, just the weather for a Fun Run, which this was, the accent being on the FUN. The run started a few minutes late but that did not seem to bother anyone and followed a course marked out inside the reserve by Brian Danby and his team of 'flagging' helpers. There were 77 finishers of which 13 did 4km the rest doing 8km. After the event there was tea and coffee or fruit juice for all, this was followed by a B.Y.O. barbecue.

RESULTS:- 4km. (in alphabetical order)

Allan Barr	inv	17.03	Gerry Noordyk	M60	17.41
Rae Blunt	W45	22.14	Jill Pearton	W35	18.38
Jack Collins (Walk)	M70	30.59	Johana Sanders	W65	32.28
Jaquie Greenfield	W40	25.37	Val Tyson	W55	25.37
Nicholas Gurr	M35	20.28	Dorothy Whittam	W45	21.33
Fred Haggar	M55	18.45	Keith Woollard	M35	14.46
Lyn Heard	W35	20.28			

8km.

Kevin Anderson	M40	26.02	Johan Sanders	M75	61.56
Jim Barnes	M40	26.54	Bob Sammells	M45	28.15
Stephen Barrie	M45	27.28	John Spencer	M45	30.12
Victor Beaumont	M50	33.47	Pat Spencer	W40	41.59
John Bell	M35	31.53	Mel Shead	M40	29.21
Albert Bennett	M50	29.07	Lachlan Simpson	M55	37.50
Orna Butcher	W50	35.01	Joan Slinger	W40	33.40
Don Caplin	M40	26.02	Frank Smith	M40	25.37
Mick Carrick	M40	31.00	Charlie Spare	M40	33.30
Graeme Clinton	M40	30.17	Richard Spark	M40	32.10
Carole Cole	W40	44.58	Jo Stone	W35	35.26
Alan Coxford	M40	30.07	Ron Strauch	M40	32.10
Roger Elmitt	M40	32.44	Graham Thornton	M40	27.22
Bernard Godwin	M45	36.50	Allen Tyson	M55	37.37
Jim Greenfield	M40	29.56	Frank Usher	M60	36.18
Richard Harris	M45	31.22	Keijo Vaalsta	M45	31.03
Bob Hayres	M50	30.10	Stephen Walter	M40	33.07
Barry Heard	M35	33.24	Margaret Warren	W45	38.43
Dick Horsley	M70	35.02	Morris Warren	M45	30.20
Ron Jones	M45	27.09	Harry White	M40	28.59
Jim Langford	M35	23.45	Jeff Whittam	M45	35.02
Ray Lawrence	M55	32.56	Andy Wright	M60	33.55
Alan Lean	M45	n/t			
Mitch Loly	M40	31.16			
Brian Marsland	M35	25.26			
Kevin Martin	M45	28.32			
Ted Maslen	M45	26.58			
? McGibbon	M40	27.21			
Hamish McGlashen	M45	28.41			
Frank McLinden	M50	28.38			
Erica Mercer	W40	33.04			
Dalton Moffett	M50	n/t			
Jula Moham	M40	29.30			
Bill Monks	M45	27.48			
Garnett Morgan	M55	34.41			
Ernest Moyle	M55	35.45			
Merv Moyle	M55	32.29			
Selby Munsie	M50	35.15			
Kath Noordyk	W35	34.55			
Mary Pagano	W45	41.55			
George Peet	M50	31.14			
John Pellier	M40	29.10			
Mary Robinson	W45	36.58			
Dave Roberts	M40	30.23			



PRIZEWINNERS. Jack Collins; Johan Sanders; Keijo Vaalsta; Mary Robinson; Margaret Warren; Bob Sammells; Harry White; John Spencer; Mary Cole; Albert Bennett;

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NEW MEMBERS. We welcome the following new members to the club:-  
Gwyneth Mary Davies 29, Myaree Way, Duncraig. 6023. W50 08/May/32 447 7544  
Peter William Davies As Above M50 26/Aug/29 " "  
Colleen Frances Milbourne 10, Noongar Way, Riverton. 6155. W35 14/Feb/48  
Tel:- 457 2974.

CHANGE OF ADDRESS. Jo & Mike Stone. 46A, Balmoral Street, Victoria Park. 6100.

Continuing RULES AND REGULATIONS FOR EVENTS.

#### JAVELIN

A valid trial is one where :-

- a) After preparing to throw the javelin, and until it has been thrown the athlete must not turn completely round so that his back is towards the arc.
- b) The javelin must be thrown over the shoulder or upper part of the arm whilst being held at the grip provided.
- c) The athlete must not touch the arc or line extending from the arc, or the ground beyond, with any part of the body. He may cross the parallel lines defining the run up without penalty.
- d) The athlete must not leave the delivery area until the javelin has touched the ground.
- e) The athlete must leave the delivery area in a standing position.
- f) The athlete must leave the delivery area from behind the arc and the lines extending from the arc.
- g) The tip of the javelin must strike the ground before any other part of the implement.
- h) The javelin must fall within the inner edges of the lines marking the sector. It does not matter where the javelin falls after the first impact.
- i) The javelin does not have to stick into the ground.
- j) No penalty is incurred if the javelin touches the ground during the run-up.

#### Measurement

Mark the point in the sector where the point of the javelin first touched the ground. Take the zero end of the tape to this mark.

Straighten the tape through the point making the centre of curvature of the arc, (also the intersection point for the sector lines, eight metres behind the arc line).

Read the distance where the tape crosses the inside edge of the arc and record to the nearest even two centimetre unit below the distance measured.

#### SHOT PUT

Implements should be appropriate to the age grade of the competitors, or as otherwise decided.

A valid trial is one where :-

- a) The shot is held against or close to the chin when the athlete takes his stance to commence the trial. The hand must not drop below this position during the trial.
- b) The shot must not be brought around from behind the line of the shoulders.
- c) The trial must commence from a stationary position.
- d) The athlete may enter the circle from any direction but must leave from the rear of the circle. This means that he must have his feet in the rear half of the circle before stepping over the rim.
- e) The athlete must not leave the circle until the shot has landed.

18th.	Bruce Buchanan	57.08	39.38
19th.	Barrie Slinger	58.59	39.59
20th.	Jim Greenfield	59.12	40.12
21st.	Dalton Moffett	60.18	40.18
22nd.	Bill Mitchell	59.58	40.28
23rd.	David Roberts	58.57	41.12
24th.	Bob Farrell	58.29	41.29
25th.	Alan Acerman	61.33	41.33
26th.	Duncan Strachan	58.42	41.42
27th.	George Peet	59.41	42.11
28th.	Alan Pomery	58.31	42.31
29th.	Stan Lockwood	60.59	43.29
30th.	Bill Hughes	60.05	44.20
31st.	Dick Horsley	58.01	45.01
32nd.	Peter Davies	<u>Inv.</u>	45.08
33rd.	Aub. Davie	60.11	45.11
34th.	Melv. Moyle	60.49	45.19
35th.	Ray Lawrence	58.22	45.22
36th.	Andy Wright	59.30	45.30
37th.	Don Stone	62.34	46.04
38th.	Selby Munsie	59.38	46.53
39th.	Joan Pellier	58.49	47.04 1st Lady
40th.	Lorna Butcher	58.59	47.14
41st.	Joan Slinger	61.32	47.32
42nd.	Dave Jones	59.32	47.32
43rd.	Jill Pearton	59.24	47.54
44th.	Barrie Thomsett	60.01	48.01
45th.	Frank Usher	60.38	48.38
46th.	Jo Stone	60.08	48.53
47th.	Marilyn Acreman	59.50	49.20
48th.	Enid Crowther	61.10	49.40
49th.	Margaret Warren	56.23	50.08 H/cap.
50th.	Phyllis Farrell	63.40	52.10 Winner



51st.	Sheila Maslen	60.41	52.11
52nd.	June Strachan	56.58	54.43
53rd.	Dorothy Whittam	63.26	58.56
54th.	Val Tyson	68.29	68.29

THE CONTINUING SAGA OF THE ULTIMATE RUN:-



Peter Purcell and his daughter Kobey (3) run through the tape in Tokyo.

## Runner conquers Japan

TOKYO, Fri: Peter Purcell (32), of Sydney, has arrived in Tokyo at the end of a 1360km trip from the southern Japanese city of Nagasaki in a bid to be the first person to run round the world.

He had a beer to mark the completion of the Japanese leg of his run, which he began on October 10.

He has now covered a total of 6700km through New Zealand, the Philippines, South Korea and Japan.

He told reporters before leaving Nagasaki that he would go on running through Canada, the U.S., Latin

America, Europe and the Middle East and return to Australia in May, 1986.

He plans to deliver letters to world leaders appealing for the eradication of nuclear weapons.

He was given 2000 letters from an atomic bomb museum in Hiroshima in western Japan.—AAP-Reuters.



HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:- //

Cam Ansell	turns 41	remains M40 17	Peter Williams	turns 44	remains M40 08
Nora Berry	" 54	" W50 17	Derek Cowlan	" 50	becomes M50 16
Derek Crowther	" 42	" M40 29	Arthur Gardiner	" 56	remains M55 13
Ross Holland	" 46	" M45 26	Stephen Barrie	" 48	" M45 25
Dick Horsley	" 71	" M70 21	Phyllis Head	" 64	" W60 26
Jack Collins	" 72	" M70 24	Vic Beaumont	" 54	" M50 19
Mike Kahn	" 39	" M35 01	Mary Robinson	" 47	" W45 07
Dalton Moffett	" 53	" M50 28	Donald Bremner	" 38	" M35 23
Barrie Slinger	" 44	" M40 29			

LETTERS TO THE EDITOR.



Government  
of Western Australia

**MENTAL HEALTH SERVICES**

HEATHCOTE HOSPITAL

68 DUNCRAIG ROAD

APPLECROSS 6153

TELEPHONE 364 7011

The Editor  
"Vet Run"  
49, Holland Street  
WEMBLEY  
6014

Your Ref:

Our Ref:

Enquiries

Dear Sir

I would like, through the column of "Vet Run" to thank all fellow members who assisted at the Heathcote Fun Run last Sunday morning (6th). This was a great success and exceeded the aspiration of us all with the result that much needed funds for patient care was made. Your assistance at this "FIRST" was invaluable and greatly appreciated.

On behalf of staff and patients, many thanks.

Yours faithfully

A handwritten signature in cursive script, appearing to read 'John'.

Dr J. Spencer

10 November 1983

Letters to the editor. cont.

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Editor "The Vetrin"

After the run on Sunday 6th November there seemed to be some controversy about the correct course for the Ladies Run, so I decided to look back into my records to satisfy myself.

The inaugural run was on the 22/11/81 and the map I prepared for that run showed the course following the footpath, then gravel, around the road away from the river after passing under the Causeway bridge. The records established for that course (from N/L 111) were W35 M Peterson 33.15; W45 J Middleton 38.24; W55 V Tyson 45.38; M35 H Kirkman 25.13; M40 D Caplin 27.31; M45 R Shand 27.31; M50 D Moffett 29.53; M55 F Usher 36.25; M60 A Wright 34.38; M65 C Bould 33.14.

In 1982, N/L 122 reported that the course was shorter than in 1981 by going straight along the river bank after passing under the Causeway, for this course, Ladies 2, the records established are difficult to establish as there are no age groups after the names, however with a lot of investigation from other parts of the newsletter to establish ages the records for this course would appear to be:- W40 A Deamus 35.13; W50 30.06; M35 M Khan 26.11; H Kirkman 22.35; M45 B Monks 24.04; M50 W Hughes 26.20; M55 A Tyson 28.01; M60 A Wright 29.43. This gives two sets of records to be sorted out in terms of today's run. I.E. Kirkman, Jones, Crowther, Pellier and Monks definitely ran the short course, while Caplin, Sammells, and Shand definitely ran the long course, as I think most of the others did who were behind us.

As every club run should be available for the club record attempt, for those who wish to attempt them, unless the run is programmed as a 'jog', Don Caplin's time of 27.13 should be credited as an M40 long course record. Similarly my time of 27.13 should be credited as an M50 record for the same course and any of the others, especially the ladies where records appear to be a bit sparse.

Once a course is established it should not be varied if this sort of confusion is to be avoided in the future.

Regards

Rob Shand.

Editors Note. The run on the 14th of November 1982 was down as "Womens Day for organising. Surprise distance and events, so perhaps the times of that day should not be regarded as records on the "LADIES COURSE"?

Another letter from a member with thoughts on the 24 hour relay:-

1. Get plenty of sleep for three days prior to the run - even have midday naps.
2. Carbo load.
3. Electrolyte replacement every day. (Staminade etc.)
4. Have plenty of changes of clothing.
5. Aim to commence each run as if it were your last. I.E. Shower after each run, particularly at night and change into fresh clothing, even have several pairs of shoes, providing they are all well run in.
6. If any muscle even hints at protesting - work on it immediately after the shower.
7. During the run food should be high in energy and easy to digest.
8. Cut back on dairy products for a day or two prior and during the run.

Do not try to run the first few miles as fast as you can because you will tire quicker and your average time will be much slower.

You are going to run approx. 20 -24 mls so lap to a pace that you can maintain throughout the 24 hours.

If you are a 'slow' miler, slower than the average time, do not fret. There are others who will run faster, your job is to keep running miles and so support the team.

The race will be won or lost in the last few hours rather than the first few. I have found that Deep Spring Lemon Drink mineral water to be very refreshing. If you drink Staminade, mix it at half the directions on the label.

Erica Mercer.

41 DAVE JONES + ! CLIFF BOULD. 7.4km Sunday 30th October 1983.

A small but classy field as the results show - three records broken and one near miss. Rob Shand broke Dalton Moffetts M50 record of 31.36 with a very comfortable looking 28.27. Dave Jones broke Allen Tysons M55 record of 34.31 with an impressive 33.38. June Strachan killed her own W55 record of 48.23 by laughing all the way to a 41.40. Ron Jones was heading towards a new M45 record but unfortunately followed his dog off the course and took a short cut home.

RESULTS:-

		after	Fin.		after	Fin.
		1 D/J			1D/J	
Ron Jones	M45	8.10	25.01#	Ray Lawrence	M50	10.47
Rob Shand	M50	8.48	28.57*	John Smith	M45	10.47
Bob Sammells	M45	9.13	29.56	Duncan Strachan	M60	10.50
Dave Jones	M55	10.03	33.38*	Bob Farrell	M40	10.50
Stan Lockwood	M50	10.47	35.22	Jo Stone	W35	11.42
Merv Moyle	M55	10.47	35.22	June Strachan	W55	11.42
Allen Tyson	M55	10.47	35.25			

# Short Course.

\* Denotes new record.

RUN AROUND THE LADIES COURSE. 7.1km 6th November 1983.

Twenty seven members turned out on a not to promising morning, for this run around the ladies course. Half way round the heavens opened and poured down upon the runners, all that is apart from Dorothy and Val who did a rapid retreat under the tunnel till the rain had ceased, then they thought discretion the better part of valour and returned direct to the start. Hugh unfortunately took a short course, rumour has it that at one time he was seen waving like a flag at the end of a dog leash, to record an ultra fast time. No record times were taken as most runners varied the course at some point. After the event quite a few members went along to the Heathcote Fun Run either to run or help officiate. Thanks Joan for a well organised morning. Selby Munsie had Happy Birthday sung to him before the run, this could perhaps account for his slow run???

RESULTS:-

Hugh Kirkman	M40	23.00	Pat Cahill	inv	33.45
Bill Monks	M45	24.30	Jo Stone	W35	34.05
Ron Jones	M45	24.30	Dick Horsley	M70	34.54
Derek Crowther	M40	26.54	Merv Moyle	M55	34.54
John Pellier	M40	26.54	Andy Wright	M60	34.54
Don Caplin	M40	27.13	Barrie Thomsett	M40	35.12
Rob Shand	M50	27.13	Selbie Munsie	M50	35.59
Bob Sammells	M45	27.54	Frank Usher	M60	35.59
Dave Hough	M50	30.02	Allan Pomery	M50	40.33
Ray Lawrence	M50	30.43	got lost and did extra distance.		
John Smith	M45	30.45	Kirt Johnson	M50	-
Lorna Butcher	W50	33.33	Alan Lean	M45	-
Enid Crowther	W40	33.42	Val Tyson	W??	-
Jeff Whittam	M45	33.42	Dorothy Whittam	W45	-

CANTEEN ROSTER FOR 24 HOUR RELAY.

2 - 6pm Pat Barnes/Sutherland Family. 2 - 7am Thelma Manley/????  
 6 - 10 Mary Robinson/???? 7 - 10am Shizley & Wally Cross  
 10 - 2am Ann Smith/Margaret Stoffers 10 -2pm Rose Johnston/Mrs Costello  
 Jaquie Greenfield.

If anyone else would like to help with the canteen roster would they please contact either Joan Pellier on 458 8784 or Dorothy Whittam on 387 6438.

RESULTS PERRY LAKES. 12th November 1983

100m Joe Gold 11.9 200m 23.9 Don Caplin 3km 9.41.00  
 Peter gare 400m 54.7 Ted Maslen 400H 74.2 1500m 4.33.00  
 Pole Vault 2.40m

19th November 1983.

Eileen Hindle 100m 12.1 (Aust Record, W30) 100m Hurdles 14.3 (Aust Record W30)  
 Ted Maslen M45 1500m 4.25.00 Bernie Oliver M40 100m 13.00 200m 25.5

TIME TRIAL No. 4. 27th October 1983.

	AGE	800m	Pts	Hammer	Pts	Cumlt Pts	o/all Psn
Jan Fletcher	W35	2.46.5	802	10.42	52	3338	2
Dorothy Whittam	W45	3.17.6	549	12.96	298	4468	1
Joan Pellier	W40	3.10.5	574	-	-	1265	4
Val Prescott	W35	3.54.5	20	-	-	40	11
Jill Pearton	W35	-	-	-	-	595	9
Lorna Butcher	W50	3.13.5	658	-	-	3181	3
Sheila Maslen	W45	-	-	-	-	509	10
Tuula Vaalsta	W45	-	-	-	-	689	6
Val Tyson	W55	-	-	-	-	636	8
Joan Slinger	W40	2.58.8	714	-	-	714	5
Barbara Leach	W35	2.57.8	666	-	-	666	7
Ken Gilbert	M40	-	-	-	-	1771	10
Stephen Barrie	M45	2.27.8	726	-	-	2386	6
Brian Foley	M35	-	-	-	-	572	23
Brian Danby	M35	2.25.2	662	16.38	20	1999	9
Bill Monks	M45	2.15.9	869	-	-	3690	4
Ted Costello	M45	-	-	-	-	2034	8
Bob Sammells	M45	2.29.3	708	11.02	20	2671	5
Hamish McGlashen	M45	2.20.0	820	-	-	1536	12
John Pellier	M40	2.31.3	624	-	-	1749	11
Jim Barnes	M40	2.23.9	713	-	-	2061	7
Bob Faulkner	M35	2.28.2	626	15.68	20	1206	15
Bob Fergie	M45	-	-	34.72	635	1247	14
Andy Wright	M60	3.00.6	633	18.80	440	4861	1
Bill Hughes	M55	-	-	-	-	576	22
Don Stone	M50	2.42.8	604	15.80	92	4059	3
M. Gamblin (inv)?	M45	-	-	-	-	1072	17
George Roakes	M70	-	-	-	-	556	24
Dick Horsley	M70	2.53.8	1074	14.68	624	4673	2
Cliff Bould	M65	3.26.2	506	-	-	1250	13
Bob Hayres	M50	-	-	19.64	245	1175	16
Don Caplin	M40	-	-	-	-	926	19
Derek Hoye	M40	-	-	-	-	993	18
Jeff Whittam	M45	-	-	19.00	85	351	27
Bill Chapman	M55	-	-	-	-	735	21
Jack Collins	M70	-	-	-	-	504	25
Hugh Kirkman	M40	2.18.1	783	-	-	783	20
Allen Tyson	M55	2.58.3	480	-	-	480	26

Hammer used throughout 5.5kg. Undersized for men 35-55 Points corrected accordingly. Correct weight for men 60-65. Overweight for men 70. Points adjusted accordingly.

TIME TRIAL No 5. 3rd November 1983.

		3000m	Pts	Culmt Pts	O/all Psn
Jan Fletcher	W35	12.00	820	4158	2
Dorothy Whittam	W45	15.15	325	4793	1
Joan Pellier	W40	12.58	676	1941	4
Val Prescott	W35	-	-	40	14
Jill Pearton	W35	-	-	595	10
Lorna Butcher	W50	13.10	790	3971	3
Sheila Maslen	W45	-	-	509	12
Tuula Vaalsta	W45	-	-	689	8
Val Tyson	W55	-	-	636	9
Joan Slinger	W40	12.53	691	1405	5
Barbara Laech	W35	13.50	520	1186	6
Enid Crowther	W40	13.38	556	556	11
Adicia Ansell	W40	11.27	949	949	7
Margaret Warren	W45	14.33	451	451	13
Jan Bergan	inv	12.30	-	-	-

		3000m	Pts	Cumlt Pts	O/all Psn
Ken Gilbert	M40	9.49	853	2624	8
Stephen Barrie	M45	-	-	2386	9
Brian Foley	M35	9.59	793	1365	16
Brian Danby	M35	9.55	805	2804	7
Bill Monks	M45	10.27	769	4459	4
Ted Costello	M45	-	-	2034	11
Bob Sammells	M45	10.32	754	3425	5
Hamish McGlashen	M45	10.44	718	2254	10
John Pellier	M40	-	-	1749	15
Jim Barnes	M40	10.04	802	2863	6
Bob Faulkner	M35	-	-	1206	19
Bob Fergie	M45	14.26	52	1299	18
Andy Wright	M60	12.38	706	5567	2
Bill Hughes	M55	11.27	739	1315	17
Don Stone	M50	11.51	577	4636	3
M. Gamblin (inv)?	M45	-	-	1072	20
George Boakes	M70	-	-	556	27
Dick Horsley	M70	12.21	1177	5850	1
Cliff Bould	M65	13.14	778	2028	12
Bob Hayres	M50	11.00	730	1905	13
Don Caplin	M40	9.25	925	1851	14
Derek Hoyer	M40	-	-	993	21
Jeff Whittam	M45	12.17	439	790	24
Jill Chapman	M55	-	-	735	26
Jack Collins	M70	-	-	504	28
Derek Crowther	M40	10.09	793	793	23
Alan Pomery	M50	12.39	433	433	29
Allen Tyson	M55	12.55	475	955	22
Hugh Kirkman	M40	-	-	783	25
I Coglan	inv	13.07	-	-	-
M Gamlin	inv	12.11	-	-	-

TIME TRIAL No. 6. 10th November 1983.

		1500m	Pts	Discus	Pts	Cumlt Pts	O/all Psn
		walk					
Jan Fletcher	W35	8.25	720	21.62	465	5343	2
Dorothy Whittam	W45	10.06	436	19.22	510	5739	1
Joan Pellier	W40	-	-	-	-	1941	4
Val Prescott	W35	-	-	-	-	40	14
Jill Pearton	W35	-	-	-	-	595	11
Lorna Butcher	W50	9.44	584	9.02	101	4656	3
Heila Maslen	W45	-	-	-	-	509	13
Tuula Vaalsta	W45	-	-	-	-	689	9
Val Tyson	W55	9.53	608	-	-	1244	6
Joan Slinger	W40	-	-	-	-	1405	5
Barbara Laech	W35	-	-	-	-	1186	7
Enid Crowther	W40	-	-	-	-	556	12
Alicia Ansell	W40	-	-	-	-	949	8
Margaret Warren	W45	-	-	12.48	204	655	10
Ken Gilbert	M40	8.09	664	19.74	166	3454	6
Stephen Barrie	M45	-	-	-	-	2386	9
Brian Foley	M35	-	-	-	-	1365	21
Brian Danby	M35	9.13	348	17.78	20	3172	7
Bill Monks	M45	-	-	-	-	4459	4
Ted Costello	M45	-	-	-	-	2034	13
Bob Sammells	M45	10.08	248	18.88	221	3894	5
Hamish McGlashen	M45	-	-	-	-	2254	10
John Pellier	M40	9.06	436	-	-	2185	11
Jim Barnes	M40	-	-	-	-	2863	8
Bob Faulkner	M35	-	-	-	-	1206	24
Bob Fergie	M45	-	-	24.68	424	1723	17
Andy Wright	M60	8.57	704	27.44	698	6969	2

Bill Hughes	M55	-	-	-	-	1315	23
Don Stone	M50	7.47	872	20.76	287	5795	3
M. Gamblin (inv)?	M45	8.30*	580	16.34	47	2126	12
George Roakes	M70	-	-	-	-	556	29
Dick Horsley	M70	8.13	1188	21.26	650	7688	1
Cliff Bould	M65	-	-	-	-	2028	14
Bob Hayres	M50	-	-	-	-	1905	15
Don Caplin	M40	-	-	-	-	1851	16
Derek Hoyer	M40	-	-	-	-	993	26
Jeff Whittam	M45	9.19	444	19.70	250	1484	19
Bill Chapman	M55	-	-	28.02	721	1456	20
Jack Collins	M70	10.30	630	17.52	501	1635	18
Hugh Kirkman	M40	-	-	-	-	783	28
Allen Tyson	M55	10.09	364	-	-	1319	22
Derek Crowther	M40	-	-	-	-	793	27
Alan Pomery	M50	-	-	-	-	433	30
I. Coglán	M45	8.50	560	19.18	231	1080	25
Charlie White	M40	DNF	-	-	-	-	-

\* estimated.

## TIME TRIAL NO. 7. 17th November 1983.

	AGE	Mile	Pts	T/Jump	Pts	Acumlt Pts	O/all Psr
Jan Fletcher	W35	6.11.9	779	8.57	901	7023	2
Dorothy Whittam	W45	7.34.1	375	7.75	915	7029	1
Joan Pellier	W40	6.35.5	667	-	-	2608	4
Val Prescott	W35	-	-	-	-	40	15
Jill Pearton	W35	-	-	-	-	595	12
Lorna Butcher	W50	6.59.1	671	6.04	650	5977	3
Sheila Maslen	W45	-	-	-	-	509	14
Tuula Vaalsta	W45	-	-	-	-	689	9
Val Tyson	W55	-	-	-	-	1244	8
Joan Slinger	W40	6.14.0	796	-	-	2201	5
Barbara Leach	W35	6.13.0	802	-	-	1988	6
Derek Crowther	W40	-	-	-	-	556	13
Alicia Ansell	W40	5.58.1	893	-	-	1842	7
Margaret Warren	W45	-	-	-	-	655	10
Colleen Milbourne	W35	6.42.0	598	-	-	598	11
Jan Bergen	inv	6.00.1	-	-	-	-	-
Ken Gilbert	M40	4.53.0	892	-	-	4346	6
Stephen Barrie	M45	-	-	-	-	2386	14
Brian Foley	M35	-	-	-	-	1365	22
Brian Danby	M35	5.11.0	754	8.75	250	4176	7
Bill Monks	M45	5.13.0	802	-	-	5261	4
Ted Costello	M45	5.13.0	802	-	-	2836	11
Bob Sammells	M45	5.21.6	750	6.88	20	4664	5
Hamish McGlashen	M45	5.13.0	802	-	-	3056	8
John Pellier	M40	5.31.0	676	8.05	170	3031	9
Jim Barnes	M40	-	-	-	-	2863	10
Bob Faulkner	M35	-	-	-	-	1206	24
Bob Fergie	M45	6.55.0	190	8.66	372	2285	15
Andy Wright	M60	6.17.0	748	7.28	570	8287	2
Bill Hughes	M55	-	-	-	-	1315	23
Don Stone	M50	6.05.0	550	7.60	320	3	-
M. Gamblin (inv)?	M45	6.02.6	504	-	-	2630	13
George Roakes	M70	-	-	-	-	556	30
Dick Horsley	M70	6.11.7	1230	6.63	908	9826	1
Cliff Bould	M65	6.52.0	748	-	-	2776	12
Bob Hayres	M50	-	-	-	-	1905	17
Don Caplin	M40	-	-	-	-	1851	18
Derek Hoyer	M40	-	-	-	-	993	26
Jeff Whittam	M45	6.10.0	460	7.78	196	2140	16

Bill Chapman	M55					1456	20
Jack Collins	M70	=	=	=	=	1635	19
Hugh Kirkman	M40	-	-	-	-	783	29
Allen Tyson	M55	-	-	5.61	82	1401	21
Derek Crowther	M40	-	-	-	-	793	28
Alan Pomery	M50	-	-	-	-	433	31
I. Cogan	M45	-	-	-	-	1080	25
Frank McLinden	M50	5.22.0	808	-	-	808	27

#### GUEST EDITOR.

The February edition of the newsletter will be edited by guest editor MORRIS WARREN assisted by MARGARET WARREN. (she will make sure his eyeshade is in the correct position, make cups of tea, type up the copy, correct Morris's spelling mistake and translate it into English for the rest of us.)

Would anyone who has any articles or results for publication please send them to Morris Warren, 11, Wittering Street, BALGA. 6061. This is AFTER the 20th December 1983, until that date let Jeff Have them.

Morris has kindly agreed to take over whilst Jeff and Dorothy go gadding off for six weeks holiday. (Margaret had no say in the matter.)

#### CLUB RECORD RUNS FOR JANUARY.

BILL MITCHELLS RUN 7.8km. W35 M Tapper 40.06; W40 A Deanus 40.03; W45 M Warren 41.55; W50 L Butcher 37.44; W55 J Strachan 49.20; M35 J Barnes 29.38; M40 K Snowden 30.28; M45 B Sammells 31.02; M50 D Hough 35.41; M55 G Morgan 35.57; M60 A Wright 35.50:

FRIENDSHIP RUN 12.4km. W30 J Stone 61.34; W35 M Peterson 59.23; W40 J Slinger 61.04; W45 M Warren 70.28; W50 L Butcher 60.34; M35 C Leman 44.12; M40 F Smith 44.16; M45 M Smith 45.13; M50 D Hough 49.37; M55 A Tyson 53.54; M60 J Gilmour 48.01; M65 D Horsley 57.04:

#### PERSONAL ACCIDENT.

INSURANCE. All REGISTERED members of the A.A.W.A. are covered by a policy held by the association, to the amount of \$2,000 in the event of death during an ORGANISED athletic event, with up to \$200 for certain accidents, pulled muscles etc. do not come under this cover. The cover also extends to going to and returning from an event. Non Registered members can take out their own insurance for about \$4. If you are interested. There is however an age limit of 65 years of age. PUBLIC RISK. All members are covered as the club is affiliated with the A.A.W.A.

COULD THIS BE THE ANSWER TO  
ALAN ACREMANS LETTER IN  
N/L 131???



**"Before I started jogging I was six foot three."**



NAME	ADDRESS	TEL	JOINED	BIRTHDAY
ALAN ACREMAN	59, DEVON ROAD, SWANBOURNE. 6010.	384 7843	26/6/81	23/APR/37
MARILYN ACREMAN	" " " "	"	"	04/NOV/40
GERALD R ALLEN	1, DREYER ROAD, ROLEYSTONE. 6111.	397 5657	10/12/79	26/MAR/42
KEVIN J ANDERSON	4, PAINE STREET, MORLEY. 6062.	276 6865	20/11/80	30/NOV/40
ALICIA ANSELL	168, BROOME STREET, COTTESLOE. 6011.	384 8718	15/2/82	22/APR/44
CAMPBELL ANSELL	" " " "	"	16/9/79	17/NOV/42
GEORGE AUDLEY	RMB 9210, LOWER DENMARK ROAD, ALBANY. 6330.	098 446 252	02/12/81	21/AUG/35
JIM BARNES	5, TREMLETT STREET, THORNLIE. 6108.	459 2617	08/3/79	25/JAN/43
STEPHEN BARRIE	28, FRESHWATER PARADE, CLAREMONT. 6010.	384 9301	20/3/83	25/DEC/35
DENNIS G BATTERHAM	96, VIEW TERRACE, BICTON. 6157.	339 3499	11/11/76	25/APR/32
RAYMOND BENNETTI	5, ACKLAND WAY, COTTESLOE. 6011.	383 2193	01/10/82	22/OCT/37
VICTOR BEAUMONT	9, CHESTER COURT, ORELIA. 6167.	"	08/6/83	19/DEC/29
DAVID BENSON	51, COLLEGE ROAD, CLAREMONT. 6010.	384 2617	16/2/83	22/AUG/41
MIKE BEPPY	47, NORMANBY ROAD, INGLEWOOD. 6052.	271 9268	20/9/77	06/JUL/31
NORA BERRY	" " " "	"	01/4/79	17/DEC/29
DEBBIE BOAKES	27, RIGA CRESCENT, WILLETTON. 6155.	457 4557	25/9/82	25/FEB/13
CLIFFORD BOULD	5, HALSE CRESCENT, MELVILLE. 6156.	330 4614	1974	12/MAR/16
IONAD BEEFNER	LOT 14, CANNIS ROAD, BEDFORDALE. 6112.	399 3017	03/8/83	23/DEC/45
ROBERT W BRYCE	102, CROYDEN ROAD, ROLEYSTONE. 6111.	397 5360	30/6/80	06/NOV/34
BRUCE BUCHANAN	2, JARMAN AVENUE, MANNING. 6152.	384 8379	16/3/78	11/OCT/30
DR DENYS BUTCHER	88, VICTORIA STREET, MOSMAN PARK. 6012.	339 1039	15/7/79	22/APR/27
LORNA BUTCHER	" " " "	"	19/8/79	09/MAR/30
JEAN BUTTCH	51, COLLEGE ROAD, CLAREMONT. 6010.	384 2617	16/2/83	22/AUG/40
LESLIE BROWN	474, RIVERTON DRIVE EAST, RIVERTON. 6155.	457 4505	"	23/JAN/47
DONALD CAPLIN	35, SOMERTON ROAD, KARRINYUP. 6018.	341 1623	11/9/77	22/MAR/39
DAVID CARR	c/o DISTRICT HIGH SCHOOL, KULIN. 6365.	"	1974	15/JUN/32
PATRICIA F CARR	" " " "	"	01/4/80	18/FEB/32
MICK CARRICK	17, MUNSIE AVENUE, DAGLISH. 6008.	381 7448	16/2/83	09/JAN/42
WEB CARTER	11, KIRBY WAY, SAMSON. 6163.	337 8434	14/8/77	13/OCT/37
ALAN CHAMBERS	114, SOUTH STREET, FREMANTLE. 6162.	335 8214	07/3/83	30/SEP/37
JILLIAN CHAMBERS	" " " "	"	"	10/APR/49
BILL CHAPMAN	80, GARDINER STREET, BELMONT. 6104.	478 1668	18/3/79	19/APR/24
DAVID CLIVE	16, SCHMITT ROAD, KALAMUNDA. 6076.	293 2320	10/3/82	27/FEB/37
JENN H COLLINS	100, BIRKDALE STREET, FLOREAT PARK. 6014.	387 3002	1974	24/DEC/11
TED COSTELLO	LOT 3, LAWNBROOK ROAD, BICKLEY. 6076.	291 8604?	26/6/81	24/JAN/36
DEREK T COWLAN	203, RIVERTON DRIVE, SHELLEY. 6155.	457 3197	31/8/82	16/DEC/33
PETER COWLEY	24, SUSSEX ROAD, FORRESTFIELD. 6058.	453 6902	1980	29/JUL/39
ROD COX	11, JOSEPH STREET, LEEDERVILLE. 6007.	381 6524	05/5/82	17/AUG/43
SHERLEY CROSS	11, WARNER ROAD, HIGH WYCOMBE. 6057.	454 5769	13/3/83	07/JUN/37
DEREK M CROWTHER	8, GRENADIER DRIVE, THORNLIE. 6108.	459 8778	4/6/78	29/DEC/41
END M CROWTHER	" " " "	"	29/4/79	26/JUL/42
KATHLEEN M COUNSEL	TRIMBLE ROAD, MOUNT HELENA. 6555.	095 746 031	21/11/81	30/JUL/43
ANTREY DAVIE	40, HAREWOOD ROAD, FORRESFIELD. 6058.	453 6335	31/5/81	29/JUN/35
FRAN W DAVEY	PINNAROO VALLEY MEMORIAL PARK, WHITFORD AVENUE, PADBURY. 6025.	401 4956	14/10/79	08/AUG/48
FRASER DEANUS	22, YPRE'S ROAD, KELMSCOTT. 6111.	390 5892	24/8/80	01/JAN/40
LEO DEANUS	" " " "	"	01/2/81	01/FEB/40
BERNARD J DE GRUCHY	9, PECPEATION DRIVE, SHOALWATER BAY. 6168	"	01/9/79	14/APR/26
PATRICIA A DE GRUCHY	" " " "	"	01/4/81	03/FEB/37
ANTHONY DENHAM	99, WEBSTER STREET, NEDLANDS. 6009.	386 8841	20/10/80	15/SEP/35
MILVY G DE SOUZA	49, COBINE WAY, GREENWOOD. 6024.	342 7716	09/12/79	08/JUN/38
DAVE DOWLING	14, CARRINGTON STREET, NEDLANDS. 6009.	386 5623	19/1/31	14/SEP/38
GRIFFREY EVELYN	3, KOOTINGAL ROAD, ARMADALE. 6112.	399 4518	27/3/83	04/SEP/35
GWENDOLENE EVELYN	" " " "	"	27/3/83	27/MAR/45
ROBERT FARRELL	15, TREMLETT STREET, THORNLIE. 6108.	459 4055	15/11/81	24/JAN/40
PHYLLIS FARRELL	" " " "	"	"	13/OCT/44
ROBERT FAULKNER	20, HEPBURN WAY, BALGA. 6061.	342 2429	22/6/80	24/NOV/43
ALEXANDER R FERGIE	18, TURNBULL WAY, TRIGG. 6020.	447 6898	1976	03/JUL/35
JANET FLETCHER	15, PARK STREET, SUBIACO. 6008.	381 1771	15/5/81	20/JAN/46
BRIAN FOLEY	3, REED STREET, ATTADALE. 6156.	330 4563	29/10/81	11/MAR/44
JOSEPH FROUDIST	23, HEYTESBURY ROAD, SUBIACO. 6008.	381 5347	25/5/83	18/FEB/46
PETER GALLAGHER	1, LARUNDEL ROAD, CITY BEACH. 6015.	385 8319	02/3/77	22/MAY/41
ARTHUR GARDINER	37, PARRAMATTA ROAD, DOUBLEVUE. 6018.	446 2049	21/2/83	13/DEC/25
NEVILLE GERAUX	23, TEMPLETONIA CRESCENT, CUTY BEACH. 6015.	"	07/10/81	18/DEC/38
KEN GILBERT	152, ALDERBURY STREET, FLOREAT PARK. 6014.	387 3540	31/1/82	03/FEB/42
JOHN GILMOUR	5, RAE PLACE, LEEMING. 6153.	367 6429	1974	03/MAY/19
JOSEPH GOLD	67, SHANNON ROAD, DIANELLA. 6062.	276 5405	08/11/79	29/APR/44
PAUL GODKIN	16, JOYCE STREET, DALKIETH. 6009.	386 5348	18/6/78	09/JUN/20
JACQUELINE GREENFIELD	68, GLYDE ROAD, LESMURDIE. 6076.	291 7835	16/2/83	19/NOV/42
JAMES GREENFIELD	" " " "	"	"	07/JUL/43
NICOLAS GUER	200, HAMPTON ROAD, SOUTH FREMANTLE. 6162.	335 9463	11/7/82	07/OCT/45
FREDRICK HAGGER	76, BIRKETT STREET, BEDFORD. 6052.	272 2275	03/8/83	29/JUN/25
JOHN HALL	11, KIRBY WAY, SAMSON. 6163.	337 8434	19/10/80	17/MAY/48
FRAN HANES	4, MAGENTA PLACE, RIVERTON. 6155.	457 2364	15/10/78	28/MAR/35
CHRIS HARTLAND	13, EPPINA PLACE, WILLETTON. 6155.	457 4903	01/4/80	21/SEP/49
MARGARET HASMAN	16, APLUNYA AVENUE, BELMONT. 6104	277 3546	10/3/82	22/MAR/38
ROBERT HARRISON	27, BROADWAY, EMBLETON. 6062.	276 5023	1976	03/MAR/42
ROBERT HAYES	26, JENKINS PLACE, WEMBLEY DOWNS. 6019.	W271 7900	1974	16/SEP/31
JAN HENDERSON	2, BROOME STREET, SOUTH PERTH. 6151	367 7695	03/12/78	05/JAN/40
JOICE HENDERSON	" " " "	"	"	13/MAR/43
JOHN HILL	5, DORADEEN CLOSE, HILLMAN. 6168.	095 271 329	03/8/83	16/JAN/43
LESLIE HINTON	16, FOURTH AVENUE, ROSSMOYNE. 6155.	457 5860	10/9/80	07/APR/46
JOHN HINDLE	54, BURRENDAH BOULEVARD, WILLETTON. 6155.	457 5403	1981	02/JAN/49
ROSS M HOLLAND	35, CLOVELLY CRESCENT, LYNWOOD. 6155.	458 5495	06/2/77	26/DEC/37
KATHLEEN HOLLAND	" " " "	"	"	31/MAR/40