



# The Vetrun

## No. 137, FEBRUARY 1984



### 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

A man of sixty has spent twenty years in bed and over three years  
in eating.  
I. Bid

### COMMITTEE MEETING

Track and Field Champs 1984. Please note the closing date-  
this is the 10th March. There will be no late entries accepted.  
Get your entries off as soon as possible.

### CLUB ARMORER

As reported in the last issue of Vetrun, Brian Danby is the  
new Club Armorer. We all wish to thank Andy Wright for his hard  
work and dedication to this position over the last two years - A  
job well done Andy.

### NOTE Thursday night track and field meetings.

When the programme has no longer distance than 1500M, then a  
3KM race will be added to the programme.

### WEST COAST CHALLENGE Sunday, 12th February

After this run there will be games and a cricket match on the  
beach. Bring a picnic pack all are welcome.

### IMPORTANT - A.G.M. 1st April, 1984 10.00am at Belmont Track

### NEW MEMBERS We welcome the following new members to the club:-

Brian Edward Kennedy Ph 097 211949  
39 Morrissey Street, Bunbury, WA 6230 M50 14/9/33

Laurie Elliott Ph. (Bus.) 2943152 (home) 3227373  
Lot 3 Burton Road, Greenmount, WA 6056 M40 1/3/40

Barry Harwood Phone 3876159  
50A Flynn Street, Wembley, WA 6014 M40 14/12/41

### BINNINGUP LONG WEEK-END MARCH

A booking has been made for the Club to hire the camp facilities  
at Binningup for the long week-end holiday, Friday 2nd to Monday 5th  
March. Please remember to bring a casserole dish for Saturday  
night. Sunday is B.B.Q night. Over the hill from the camp is beach  
fishing and swimming. Down the road for crabbing, up the road Wild  
Life Park. Hank Stoffer is organising runs - Sat. morning 10km jog  
Sat evening 5km track run ?? Sunday morning 20ml, 10ml or 10km.  
There is a grassed area for anyone interested in camping or caravans

### NOTE

#### BUNBURY MARATHON & HALF-MARATHON IN APRIL

The CLIFTON BEACH MOTEL are doing a special rate of  
\$13 per night per person on a twin share basis.

A big thank-you to Jackie Greenfield @ Mary Robinson for doing the  
typing, hope your running has not suffered.

W.A. VETERANS A.A.C.

24 HOUR RELAY

DECEMBER 10<sup>TH</sup> AND 11<sup>TH</sup> 1983

TEAM		MEN 40 + 'A'		STARTED 2.00 PM 10/12/83		FINISHED 2.00 PM 11/12/83		SESSIONS COMPLETED											INDIVIDUAL	
O.	AGE	NAME	1	2	3	4	5	6	7	8	9	10	MILES	TIME						
			H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.			AVERAGE					
1	44	06 Dave CAPLIN	5.03	5.37.39	1.50.32	2.43.06	3.35.30	4.27.52	5.20.16	6.12.30	7.04.43	7.57.20	16	9.9419 52.21.51 <sub>4</sub>						
2	41	10 KEN GILBERT	5.03	5.15	5.16	5.14	5.11	5.13	5.16	5.18	5.17	5.18	16	9.9419 50.51.50 <sub>5</sub>						
3	48	09 GEORGE INNES	5.06	1.02.44	1.55.35	2.48.07	3.40.33	4.32.55	5.25.19	6.17.33	7.09.56	8.02.34	16	9.9419 52.53.51 <sub>7</sub>						
4	41	09 BOB HARRISON	5.08	1.08.05	2.00.56	2.53.22	3.45.46	4.38.45	5.30.39	6.22.51	7.15.15	8.07.52	16	9.9419 53.31.52 <sub>1</sub>						
5	49	07 MARICE SMITH	5.20	1.13.24	2.06.15	2.58.47	3.51.10	4.43.39	5.35.39	6.28.10	7.20.34	8.13.10	16	9.9419 50.33.50 <sub>3</sub>						
6	40	10 SIM BARNES	5.30	1.23.55	2.16.47	3.09.15	4.01.39	4.54.03	5.46.24	6.38.37	7.31.02	8.23.34	16	9.9419 54.04.52 <sub>4</sub>						
7	41	09 FRANK SMITH	5.11	1.29.15	2.22.02	3.14.32	4.06.56	4.59.20	5.51.39	6.43.45	7.36.15	8.28.52	16	9.9419 52.26.51 <sub>5</sub>						
8	43	00 HANK STOPPERS	5.31	1.34.34	2.27.14	3.19.43	4.12.26	5.04.32	5.51.39	6.43.45	7.36.15	8.28.52	16	9.9419 52.09.51 <sub>3</sub>						
9	40	03 FRANK STEERE	5.07	1.39.56	2.32.34	3.25.02	4.17.25	5.09.52	6.02.04	6.54.10	7.46.45	8.39.25	16	9.9419 53.22.51 <sub>5</sub>						
10	45	01 DEEKE HOYE	5.23	1.45.16	2.37.52	3.30.19	4.22.37	5.15.00	6.07.12	6.59.26	7.52.02	8.44.42	16	9.9419 52.32.51 <sub>5</sub>						
TOTAL	437	06 PROGRESSIVE TIME	52.24	1.45.16	2.37.52	3.30.19	4.22.37	5.15.00	6.07.12	6.59.26	7.52.02	8.44.42								
E	43	09 PROGRESSIVE KILOMETRES	16	32	48	64	80	96	112	128	144	160								
		AVERAGE TIME PER KILOMETRE	3.16.5	3.17.4	3.17.3	3.17.2	3.17.0	3.16.9	3.16.7	3.16.6	3.16.7	3.16.8								
		PROGRESSIVE MILES	9.9419	19.8838	29.8258	39.7677	49.7096	59.6515	69.5934	79.5354	89.4773	99.4192								
		AVERAGE TIME PER MILE	5.16.2	5.17.6	5.17.6	5.17.3	5.17.0	5.16.8	5.16.6	5.16.4	5.16.5	5.16.7								

# CHRISTMAS GIFT RUN

1	J. Hanczakowski	18.10	39	R. Lawrence	22.56
2	C. Leman	18.17	40	D. Hough	23.51
3	B. Danby	18.36	41	Jerry Nordyke	23.54
4	B. Cahill	19.05	42	L. Butcher	24.05
5	K. Martin	19.10	43	A. Tyson	24.18
6	K. Snowden	19.20	44	C. Bould	24.30
7	F. Deanus	19.37	45	D. Stone	24.31
8	R. Shand	19.39	46	A. Wright	24.37
9	K. Anderson	20.14	47	D. Horsley	24.38
10	B. Buchanan	20.20	48	J. Stone	24.42
11	D. Caplin	20.21	49	J. Smith	24.43
12	B. Slinger	20.33	50	S. Crisp	24.45
13	M. Smith	20.34	51	F. Hagger	24.51
14	R. Hayres	20.36	52	R. Trot	24.51
15	J. Nordyke	20.40	53	R. James	25.10
16	J. Maddison	20.42	54	B. Thompsett	25.11
17	E. Costello	21.00	55	T. Vaalasta	25.15
18	K. Vaalasta	21.06	56	J. Slinger	25.27
19	M. Loly	21.07	57	P. Cahill	25.51
20	Croxford	21.08	58	K. Nordyke	25.52
21	J. Barnes	21.09	59	E. Crowther	26.05
22	A. Nordyke	21.09	60	D. Leman	26.10
23	F. Smith	21.09	61	K. Johnson	26.20
24	D. Roberts	21.09	62	M. Acreman	26.39
25	D. Moffett	21.09	63	M. Warren	26.40
26	W. Monks	21.09	64	M. Robinson	26.41
27	G. Thornton	21.22	65	-	
28	J. Pellier	21.38	66	-	
29	M. Johnston	21.48	67	A. Deanus	27.05
30	W. Mitchell	21.49	68	P. Farrell	27.05
31	R. Farrell	21.51	69	F. Usher	27.05
32	R. Sammells	21.54	70	E. Moyle	27.20
33	I. Sutherland	21.55	71	S. Leman	29.32
34	A. Davie	21.56	72	N. Berry	29.32
35	A. Pomery	21.58	73	G. Sutherland	29.32
36	M. Berry	22.01	74	J. Greenfield	32.42
37	M. Kahn	22.05	75	V. Tyson	32.42
38	-	22.45	76	Jim Greenfield	32.42
			77	Maurice Warren	32.42

A good day for a very popular run. It was nice to see so many of the club members staying after the run to exchange gifts, and to partake of some tea, coffee and biscuits. A great start to the festive season.

F. Deanus.

## POSTCARD FROM AUGUSTA

Dear Members

Having a nice time and whilst fishing in Augusta, I thought "Did the Vetrin members know that there in a shoe mender who repairs running shoes at reasonable prices - next to Boans in Wellington Street. Regardless of how bad or smelly they may be, he still handles them with a peg on his nose and makes a very good job."

Love. Jackie and Jimmy Greenfield.

W.A. VETERANS A.A.C.

24 HOUR RELAY

DECEMBER 10TH AND 11TH 1983

TEAM MEN 40+

1A

STARTED

2.00 PM

10/12/83

FINISHED

2.00 PM

11/12/83

SESSIONS COMPLETED														INDIVIDUAL		
No.	AGE	NAME	1	2	3	4	5	6	7	8	9	20	KTS	MILES	TIME	
			H.M.S.	H.M.S	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.				H.M.S.
1	44	08	DON CAPLIN	8.41.58	9.42.43	10.35.54	11.29.13	12.22.36	13.16.14	14.10.05	15.04.45	16.58.55	6.50.00	32	19.8838	45.17.56
				5.16	5.18	5.14	5.15	5.19	5.21	5.17	5.22	5.17				
2	41	10	KEN GILBERT	8.35.07	9.37.34	10.41.01	11.34.17	12.27.44	13.21.27	14.15.12	15.09.57	16.04.10	16.58.33	32	19.8838	42.31.58
				5.04	5.11	5.07	5.07	5.08	5.13	5.10	5.12	5.12				
3	48	09	GEORGE LINES	9.00.32	9.53.22	10.46.25	11.39.45	12.33.13	13.26.54	14.20.53	15.15.32	16.09.24	17.04.57	32	19.8838	47.34.52
				5.25	5.28	5.24	5.22	5.29	5.27	5.35	5.35	5.24				
4	41	09	ROG HARRISON	9.05.49	9.58.46	10.51.50	11.45.07	12.38.35	13.32.28	14.26.24	15.21.13	16.15.14	17.09.23	32	19.8838	48.11.52
				5.17	5.24	5.25	5.22	5.22	5.32	5.31	5.41	5.40				
5	49	07	MAURICE SMITH	9.10.53	10.04.01	10.57.05	11.50.25	12.43.53	13.37.47	14.31.45	15.26.34	16.20.34	17.14.47	32	19.8838	43.35.51
				5.09	5.15	5.15	5.18	5.18	5.19	5.21	5.21	5.20				
6	40	10	JOHN BARNES	9.16.23	10.09.25	11.02.32	11.55.48	12.49.21	13.43.16	14.37.26	15.32.12	16.26.11	17.20.21	32	19.8838	49.07.52
				5.24	5.24	5.27	5.23	5.28	5.29	5.41	5.38	5.35				
7	41	09	FRANK SMITH	9.21.44	10.14.44	11.07.51	12.01.11	12.54.41	13.48.40	14.42.50	15.37.32	16.31.24	17.25.46	32	19.8838	46.02.51
				5.19	5.19	5.19	5.23	5.20	5.24	5.24	5.20	5.23				
8	43	00	MARK STOKERS	9.26.49	10.19.54	11.13.12	12.06.27	12.59.58	13.53.54	14.48.08	15.42.41	16.36.50	17.31.00	32	19.8838	44.30.54
				5.06	5.10	5.21	5.16	5.17	5.14	5.18	5.09	5.16				
9	40	03	FRANK STEELE	9.32.58	10.25.21	11.18.41	12.11.55	13.05.26	13.59.32	14.53.55	15.48.10	16.42.31	17.36.45	32	19.8838	49.01.52
				5.21	5.27	5.29	5.28	5.28	5.38	5.47	5.35	5.41				
10	45	01	DEAN HOYE	9.37.25	10.30.40	11.23.55	12.17.17	13.10.53	14.04.51	14.59.23	15.53.41	16.48.05	17.42.23	32	19.8838	46.39.51
				5.17	5.19	5.14	5.22	5.27	5.19	5.28	5.25	5.34				
TOTAL	43	706	PROGRESSIVE TIME	9.37.25	10.30.40	11.23.55	12.17.17	13.10.53	14.04.51	14.59.23	15.53.41	16.48.05	17.42.23			
Ave	43	09	PROGRESSIVE KILOMETRES	176	192	208	224	240	256	272	288	304	320			
			AVERAGE TIME PER KILOMETRE	3m 16.8s	3m 17.1s	3m 17.3s	3m 17.5s	3m 17.7s	3m 18.0s	3m 18.4s	3m 18.7s	3m 19.0s	3m 19.2s			
			PROGRESSIVE MILES	109.3611	119.3030	129.2450	139.1869	149.1288	159.0707	169.0126	178.9546	188.8965	198.8384			
			AVERAGE TIME PER MILE	5m 16.8s	5m 17.2s	5m 17.5s	5m 17.8s	5m 18.2s	5m 18.7s	5m 19.3s	5m 19.8s	5m 20.2s	5m 20.6s			

Lake Leschenaulta Run

7.2k

1. Joss Vaalasta	26.31	Inv.		
2. Bob Cahill	28.09	Inv.		
3. Don Caplin	28.34			
4. Kevin Anderson	30.07			
5. Alan Acreman	31.51		1. Tulla Vaalasta	37.47
6. Maurice Johnston	32.49		2. Jo Stone	37.50
7. Keijo Vaalasta	33.29		3. Marilyn Acreman	42.17
8. Timo Vaalasta	33.29	Inv.	4. Ann Deanus	42.17
9. Aub Davie	33.50		5. Nora Berry	44.57
10. Mike Berry	34.56		6. Dorothy Whittam	47.11
11. Allan Tyson	34.57			
12. Dave Simmondite	35.36			
13. Fraser Deanus	36.04			
14. Dave Hough	36.39			
15. Kevin Cameron	37.38	Inv.		
16. Frank Usher	38.30			
17. Barrie Thomsett	38.32			
18. Jeff Whittam	39.28			

WomenD.N.F.

Derek Crowther  
Hugh Kirkman  
Enid Crowther  
Pat Cahill Inv.  
Val Tyson

Although the weather was rather humid, a great time was had by all.  
Congratulations to the Vaalasta family on a fine effort.

After the run some members enjoyed a dip in the lake, after which we all got down to some serious eating - Rose Johnstons mince pies were much appreciated by most of us, not to mention the delicious fruit slice. After a little wine tasting, we gave Jeff and Dorothy Whittam a cheerful send off to their New Zealand holiday.

P.S. Could Don Caplin please return the marker log to its rightful position before next years run!

Many thanks to Barry Robinson for organising the event.

Ann Deanus.

W.A. VETERANS A.A.C.

24 HOUR R

DECEMBER 10TH AND 11TH 1983

TEAM MEN 40+

A

STARTED

2:00 PM

10/12/83

FINISHED

2:00 PM

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SESSIONS COMPLETED

INDIVIDUAL

No.	Age	NAME	21	22	23	24	25	26	27	28	29	30	KTS	MILES	TIME	
			H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.			TOTAL	AVERAGE
1	4408	DON CAPLIN	17:00:00	18:02:14	19:36:04	20:31:57	21:26:26	22:21:09	23:16:16	.	.	.	43.2	26.843	2:23:01	5:17:08
2	4110	KEN GILBERT	17:00:00	18:02:14	19:36:04	20:31:57	21:26:26	22:21:09	23:16:16	.	.	.	43.2	26.843	2:19:53	5:10:85
3	4809	GEORGE JONES	17:00:00	18:02:14	19:36:04	20:31:57	21:26:26	22:21:09	23:16:16	.	.	.	43.2	26.843	2:25:53	5:24:49
4	4109	BOB HARRISON	18:03:44	18:58:16	19:52:54	20:47:44	21:42:56	22:37:52	23:32:52	.	.	.	43.2	26.843	2:26:49	5:34:26
5	4907	MARICE SMITH	18:09:00	19:03:39	19:58:20	20:53:14	21:48:14	22:43:21	23:38:31	.	.	.	43.2	26.843	2:21:47	5:35:07
6	4010	TIM BARNES	18:14:52	19:09:24	20:03:56	20:58:59	21:53:57	22:48:46	23:43:45	.	.	.	43.2	26.843	2:28:51	5:30:78
7	4109	FRANK SMITH	18:20:15	19:14:46	20:09:19	21:04:18	21:59:23	22:54:18	23:49:15	.	.	.	43.2	26.843	2:24:05	5:20:49
8	4300	HANK STOFFERS	18:25:33	19:20:08	20:14:36	21:09:38	22:04:31	22:59:32	23:54:27	.	.	.	43.2	26.843	2:21:09	5:13:67
9	4003	FRANK STEERE	18:31:16	19:25:54	20:20:32	21:15:17	22:10:14	23:05:11	24:00:00	3:04:54	3:34:24	.	43.134	26.802	2:28:30	5:30:05
10	4501	DEREK HOYE	18:36:54	19:31:19	20:26:14	21:21:00	22:15:42	23:10:42	24:00:00	.	.	.	41.6	25.849	2:20:02	5:23:15
TOTAL			437:06	19:31:19	20:26:14	21:21:00	22:15:42	23:10:42	24:00:00							
AVERAGE			437:06	19:31:19	20:26:14	21:21:00	22:15:42	23:10:42	24:00:00							
PROGRESSIVE KILOMETRES			336	352	368	384	400	416	430-334							
AVERAGE TIME PER KILOMETRE			3:19.4 <sub>5</sub>	3:19.7	3:19.9	3:20.1 <sub>5</sub>	3:20.4 <sub>5</sub>	3:20.6 <sub>5</sub>	3:20.8 <sub>5</sub>							
PROGRESSIVE MILES			208.7803	218.7222	228.6642	238.6061	248.5480	258.4899	267.3966							
AVERAGE TIME PER MILE			5:21.0 <sub>5</sub>	5:21.3 <sub>5</sub>	5:21.8 <sub>5</sub>	5:22.1 <sub>5</sub>	5:22.4 <sub>5</sub>	5:22.8 <sub>5</sub>	5:23.1 <sub>5</sub>							

TOTAL DISTANCE = 430.334 KM.

TIME TRIAL NO. 11 Thursday 5th January 1984

<u>Heat 1 100M</u>			<u>3KM WALK</u>		
	AGE	Time		AGE	Time
N. Peters (vis)	M35	12.60	D. Horsley	M70	17.15.05
G. White	M40	13.27	J. Pellier	M40	18.35
T. Costello	M45	14.03	V. Tyson	W55	20.19
B. Monks	M45	14.12	J. Collins	M70	21.58
M. Carrick	M40	15.30			
<u>Heat 2 100M</u>			<u>LONG JUMP</u>		
					Distance
G. Thornton	M40	13.52	N. Peters (vis)	M35	5m.65
R. Lawrence	M55	14.25	"		5m.80
J. Pellier	M40	14.08.5	"		6m.00
A. Acreman	M45	15.04	A. Wright	M60	3m.28
			"		3m.95
			"		3m.92
<u>Heat 3 100M</u>			<u>SHOT</u>		
A. Tyson	M55	16.54	W. Chapman	M55	8.44
P. Carr	W50	16.76	A. Wright	M60	8.58
V. Tyson	W55	20.38	N. Peters (vis)	M35	7.12 16 lbs
			"		10.26 4 kg
			R. Sammells	M45	6.10
<u>Heat 1 800M</u>			<u>DISCUS</u>		
D. Caplin	M40	2.17.4	D. Horsley	M70	23.18 1 kg
T. Costello	M45	2.23	N. Peters (vis)	M35	24.74 2 kg
B. Monks	M45	2.24	R. Sammells	M45	17.82 2 kg
B. Danby	M35	2.27	B. Chapman	M55	29.34 1.5kg
J. Pellier	M40	2.36.14	J. Collins	M ?	10.98 1 kg
D. Carr	M50	2.38	A. Wright	M60	26.88 1 kg
B. Scanlon	M40	3.04	J. Fletcher	W35	20.60
			D. Carr	M50	18.46
			J. Berghen (vis)	W35	17.58
			R. Scanlon	M40	16.10
<u>Heat 2 800M</u>			<u>UNSCHEDULED EVENT 3KM RUN 5.1.84</u>		
				AGE	Time
K. Vaalsta	M45	2.39	J. Hanzakowski (vis)	M ?	9.31
J. Fletcher	W35	2.41	F. Smith	M40	9.48
J. Berghen (vis)	W35	2.44	D. Caplin	M40	9.52
A. Acreman	M45	2.45	G. Thornton	M40	10.46
R. Farrell	M40	2.51	B. Monks	M45	11.26)
R. Lawrence	M55	3.03	T. Costello	M45	11.26)
T. Vaalsta	W45	3.17	J. Pellier	M40	11.34
C. Bould	M65	3.28	K. Vaalsta	M45	12.04
P. Carr	W50	3.49	R. Farrell	M40	12.10
			A. Tyson	M55	12.19
			C. Bould	M65	14.06
			P. Farrell	W35	15.02
<u>Heat 1 1500M</u>					
K. Vaalsta	M45	5.34			
R. Lawrence	M55	5.54			
R. Scanlon	M40	6.00.7			
J. Stone	W35	6.06			
J. Pellier	W40	6.07			
C. Bould	M65	6.37			
P. Farrell	W35	6.52			
<u>Heat 2 1500M</u>					
B. Danby	M35	4.47.06			
G. Thornton	M40	4.52			
D. Carr	M50	4.54			
R. Farrell	M40	5.43			
P. Faulkner (vis)	M45	5.57			

**LORNA YOU HAVE THOUSANDS AND THOUSANDS OF POINTS  
TO BE ADDED ON. KEEP TAKING**



W.A. VETERANS A.A.C.

24 HOUR DAY

DECEMBER 10TH AND 11TH 1983

TEAM MEN 50+

STARTED 2:00 PM 10/12/83

FINISHED 2:00 PM 11/12/83

No.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL		
			1	2	3	4	5	6	7	8	9	10	KTS	MILES	TIME
	Y	M	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.			TOTAL AVERAGE
1	52	7	Frank McLINDEN	5.42 1.07.40	5.42 2.11.31	5.42 3.13.54	5.42 4.16.52	5.42 5.19.50	5.42 6.22.44	5.42 7.25.33	5.42 8.28.22	5.42 9.32.03	16	9.9419	58.26.51
2	54	0	Bruce HOLLIEN	5.42 1.13.28	5.42 2.17.20	5.42 3.19.52	5.42 4.22.48	5.42 5.25.47	5.42 6.28.33	5.42 7.31.25	5.42 8.34.37	5.42 9.38.00	16	9.9419	58.48.53
3	54	2	Don STONE	5.47 1.19.48	5.47 2.23.50	5.47 3.26.27	5.47 4.29.13	5.47 5.32.04	5.47 6.34.54	5.47 7.37.01	5.47 8.41.15	5.47 9.45.03	16	9.9419	65.03.30
4	51	7	Dave HUGH	5.48 1.25.54	5.48 2.29.56	5.48 3.32.42	5.48 4.35.44	5.48 5.38.30	5.48 6.41.17	5.48 7.44.19	5.48 8.47.30	5.48 9.50.16	16	9.9419	62.59.17
5	55	6	Ray LAURENCE	5.48 1.30.20	5.48 2.34.18	5.48 3.37.15	5.48 4.40.10	5.48 5.43.09	5.48 6.46.04	5.48 7.49.01	5.48 8.51.54	5.48 9.54.46	16	9.9419	64.29.27
6	57	0	Men MOYLE	5.48 1.35.35	5.48 2.39.37	5.48 3.42.36	5.48 4.45.29	5.48 5.48.24	5.48 6.51.13	5.48 7.54.08	5.48 8.56.58	5.48 9.59.45	16	9.9419	63.00.18
7	50	2	Brian KENNEDY	5.48 1.40.15	5.48 2.44.16	5.48 3.48.16	5.48 4.51.12	5.48 5.54.09	5.48 6.57.04	5.48 7.59.54	5.48 8.62.44	5.48 9.65.34	16	9.9419	61.00.06
8	52	10	Dennis WILMOT	5.48 1.45.48	5.48 2.49.48	5.48 3.53.48	5.48 4.57.48	5.48 6.01.48	5.48 7.05.48	5.48 8.09.48	5.48 9.13.48	5.48 10.17.48	16	9.9419	62.35.18
9	52	6	Alan POMERY	5.48 1.50.14	5.48 2.54.14	5.48 3.58.14	5.48 5.02.14	5.48 6.06.14	5.48 7.10.14	5.48 8.14.14	5.48 9.18.14	5.48 10.22.14	16	9.9419	65.52.35
10	62	0	Senay NODANLYK	5.48 1.55.50	5.48 3.00.50	5.48 4.05.50	5.48 5.10.50	5.48 6.15.50	5.48 7.20.50	5.48 8.25.50	5.48 9.30.50	5.48 10.35.50	16	9.9419	68.17.50
TOTAL AGE			42	4	4	4	4	4	4	4	4	4			
AVERAGE			54	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8			
PROGRESSIVE TIME			16	32	48	64	80	96	112	128	144	160			
PROGRESSIVE KILOMETRES			16	32	48	64	80	96	112	128	144	160			
AVERAGE TIME PER KILOMETRE			3.51.9	3.55.8	3.55.1	3.55.3	3.55.5	3.55.6	3.55.6	3.55.6	3.55.9	3.56.4			
PROGRESSIVE MILES			9.9419	19.8838	29.8258	39.7677	49.7096	59.6515	69.5934	79.5354	89.4773	99.4192			
AVERAGE TIME PER MILE			6.13.2	6.19.4	6.18.3	6.18.6	6.18.0	6.19.1	6.19.1	6.19.2	6.19.6	6.20.4			



42 Vets turned up for the run alongside the Canning River at Kenwick. Don Caplin took the lead followed by a small bunch of six or seven runners. Don kept the lead all through the run, finishing first in 27.56. The next four runners all finished within ten seconds of each other. The ladies section was won in fine style by Joan Slinger in a time of 37.58, second was Tuula Vaalsta in 38.54. Everyone stayed behind for cakes and coffee and many stayed for a B.B.Q. Nice to see Alan Tyson running again! Thanks to all the helpers Pat Barnes, Ann Smith and Maureen Sammels, also Mrs Phyllis Barnes for helping with the drinks.

Bill Mitchell

# RESULTS

1. Don Caplin	27.56	15. Keijo Vaalsta	32.36	29. Jerry Alan	37.59
2. Brian Danby	29.33	16. Jimmy Greenfield	33.10	30. Andy Wright	38.34
3. Jim Barnes	29.36	17. Hamish McGlassin	33.10	31. Tuula Vaalsta	38.34
4. Graham Thornton	29.43	18. Bill Mitchell	33.55	32. Merv Moyle	38.36
5. Frank Smith	29.44	19. Maurice Warren	33.55	33. Jo Stone	39.01
6. Mike Khan	30.06	20. Alan Tyson	34.56	34. Barry Greenfield	39.58
7. Steve Mitchell	30.24	21. David Hough	35.06	35. Joan Pellier	41.20
8. Rob Shand	30.32	22. Peter Cowley	35.25	36. Ann Deanus	41.20
9. Bob Sammels	30.53	23. Bob Farrell	35.43	37. Mary Robinson	41.20
10. Ted Costello	31.26	24. Aubey Davey	36.08	38. Margaret Warren	44.24
11. Frazer Deanus	31.31	25. Mike Berry	36.10	39. Phyllis Farrell	44.24
12. John Pellier	31.34	26. Alan Pomery	36.19	40. Nora Berry	46.44
13. David Carr	32.23	27. Joan Slinger (1st lady)	37.58	41. Pat Carr	47.56
14. Barry Slinger	32.25	28. John Bass (Invition)	37.58	42. Val Tyson	55.07

## My Readers

I was invited by the President to the committee meeting held on 4th January. Gosh! the time, effort and done very professionally by our committee. After two hours covering all topics, your running welfare etc. When general business arrived I was to be allowed to speak. President - "Anything to say Morris?" I took a breath. President - "Next please." I choked. At this time someone mentioned spending money. Well President 'Ebenazar' Slinger and Treasurer 'Ebenazar' Leman (note: same first name) growled, vetoed and said "No", "No" and glared! Our money is well looked after.

\*\*\* \*\*

Congratulations to young Ann Deanus on receiving her 'B.A. degree from Murdock University on December 12th 1983. Ann has been going for years and years and years.... now she's got it at middle age.

\*\*\* \*\*

It is compulsory to know the club song if you are going to Binningup on the long weekend in March. For details of lyrics contact Don Caplin - phone 341 1623 or go to his home - 35 Somerton Road, Karrinyup any time day or night. You never know, we might end up with a 'running choir' lead by Don.

\*\*\* \*\*

On the come back trail, it is good to see Maurice Johnstone, Alan Tyson, David Hough and young Rob Shand - with his yellow satin shorts. Good Luck lads.

\*\*\* \*\*

Sorry to hear Alan Acreman still has a virus or wog, 6 months is a long time. You should try some 'home brew' every night or stop eating protein and carbohydrates for a time. Hope you are running with us soon Alan!

\*\*\* \*\*

A well 'kent' face with a loud whisper is missing from the club, plus he was our cheer-leader at the 1982 24hour race. Come back wee Barry Robinson!

\*\*\* \*\*

Thank you all for helping and assisting me .....as the 'One Month Editor'

Morris Warren.....

W.A. VETERANS A.A.C.

24 HOUR DAY

DECEMBER 10TH AND 11TH 1983

TEAM MEN 50+

STARTED

FINISHED

No.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL		
			11	12	13	14	15	16	17	18	19	20	KTS	MILES	TIME
	Y	M	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.			TOTAL
1		FRANK McCLIMDEN	10.36.23	11.40.24	12.45.29	13.50.25	14.56.48	16.02.19	17.09.25	18.16.41	19.24.07	20.30.40	32	19.8838	159.845
			- 6.01	- 5.56	- 5.55	- 5.57	- 6.10	- 6.15	- 6.22	- 6.22	- 6.15	- 6.15			59
2		BRUCE HOLLIER	10.42.13	11.46.21	12.51.32	13.56.24	15.02.49	16.08.21	17.15.29	18.22.43	19.30.10	20.36.41	32	19.8838	157.575
			- 5.50	- 5.57	- 6.03	- 5.59	- 6.01	- 6.02	- 6.04	- 6.02	- 6.03	- 6.02			53
3		DAN STONE	10.48.37	11.52.55	12.58.07	14.03.15	15.09.23	16.15.23	17.21.51	18.29.40	19.36.56	20.43.19	32	19.8838	212.156
			- 6.24	- 6.34	- 6.35	- 6.51	- 6.34	- 7.02	- 6.22	- 6.57	- 6.46	- 6.37			36
4		DAVE HOUGH.	10.54.57	11.59.44	13.04.43	14.10.24	15.16.12	16.22.48	17.29.15	18.37.00	19.44.11	20.50.55	32	19.8838	214.056
			- 6.20	- 6.49	- 6.36	- 7.09	- 6.49	- 7.25	- 7.24	- 7.20	- 7.15	- 7.36			42
5		NATY LAWRENCE	11.01.43	12.06.33	13.11.24	14.17.10	15.22.57	16.29.32	17.36.08	18.43.58	19.50.04	20.57.59	32	19.8838	212.186
			- 6.44	- 6.49	- 6.41	- 6.46	- 6.45	- 6.44	- 6.53	- 6.58	- 6.53	- 6.59			38
6		MENU MOYCE	11.08.09	12.13.06	13.18.00	14.23.59	15.29.40	16.36.22	17.43.20	18.51.05	19.58.02	21.04.50	32	19.8838	211.100
			- 6.26	- 6.33	- 6.36	- 6.49	- 6.43	- 6.50	- 7.12	- 7.07	- 6.58	- 6.56			33
7		BRIAN KENNEDY	11.14.10	12.19.19	13.24.04	14.30.09	15.35.48	16.42.31	17.49.44	18.57.27	20.03.56	21.10.55	32	19.8838	202.326
			- 6.01	- 6.13	- 6.04	- 6.10	- 6.08	- 6.09	- 6.24	- 6.22	- 6.56	- 6.05			07
8		DENNIS WILMOT	11.20.40	12.25.44	13.30.27	14.36.24	15.42.11	16.48.54	17.56.11	19.03.58	20.10.23	21.17.21	32	19.8838	206.148
			- 6.30	- 6.25	- 6.23	- 6.20	- 6.23	- 6.23	- 6.27	- 6.31	- 6.25	- 6.26			20
9		ALAN PONEY	11.27.31	12.33.38	13.37.30	14.43.40	15.49.06	16.56.01	18.03.28	19.11.04	20.17.36	21.24.38	32	19.8838	216.446
			- 6.57	- 6.54	- 7.03	- 7.11	- 6.55	- 7.07	- 7.17	- 7.06	- 7.13	- 7.17			50
10		JENNY NBOLOKH	11.34.28	12.39.34	13.44.28	14.50.38	15.56.04	17.03.03	18.10.19	19.17.52	20.24.25	21.31.24	32	19.8838	217.206
			- 6.57	- 6.56	- 6.58	- 6.58	- 6.58	- 7.02	- 6.57	- 6.48	- 6.49	- 6.46			52
TOTAL			11.34.28	12.39.34	13.44.28	14.50.38	15.56.04	17.03.03	18.10.19	19.17.52	20.24.25	21.31.24			
AVERAGE			176	192	208	224	240	256	272	288	304	320			
PROGRESSIVE KILOMETRES			104.3611	115.3030	124.2450	133.1867	144.1284	154.0707	169.0126	178.9546	188.8955	198.8384			
AVERAGE TIME PER KILOMETRE			356.8	357.4	357.8	358.6	359.0	359.8	400.5	401.2	401.7	402.1			
PROGRESSIVE MILES			104.3611	115.3030	124.2450	133.1867	144.1284	154.0707	169.0126	178.9546	188.8955	198.8384			
AVERAGE TIME PER MILE			621.0	622.0	622.7	623.9	624.7	625.9	627.1	628.2	628.9	629.7			

200metres

P. Carr	W50	35.03	W. Monks	M45	28.58
G. Thornton	M40	28.53	R. Fergie	M45	30.39
J. Pellier	M40	29.79	D. Clive	M45	30.10
C. White	M40	27.46	D. Carr	M50	27.28
A. Tyson	M55	33.69			

400metres

P. Carr	W50	93.01	G. Thornton	M40	83.18
D. Carr	M50	59.99	J. Vaalsta	Inv'	63.28
D. Clive	M45	66.84			

1500metres Walk

D. Horsley	M70	8.15.84	V. Tyson	W55	9.41.
J. Collings	M70	10.42.	L. Butcher	W50	9.26.
J. Pellier	M40	8.15.84	J. Pearton	W35	9.26.
G. Thornton	M40	9.18.2			

5000metres

P. Farrell	W35	25.13.	W. Monks	M45	18.54.
J. Stone	W35	24.12.	T. Costello	M45	18.23.
T. Vaalsta	W45	22.49.	R. Sammells	M45	18.31.
J. Pellier	M40	20.38.	G. Innes	M45	16.32.
R. Scanlan	M40	23.04.	S. Barrie	M45	18.18.
R. Farrell	M40	20.45.	K. Vaalsta	M45	20.40.
G. Thornton	M40	17.59.	P. Falconer	M45	21.33.
F. Smith	M40	17.21.	A. Acreman	M45	19.45.
A. Tyson	M55	20.55.	A. Wright	M60	22.06.
B. Danby	M35	17.42.	C. Bould	M65	22.43.

Javelin

D. Horsley	M70	17.42	C. White	M40	18.10
W. Chapman	M50	20.06	R. Fergie	M45	28.70
R. Sammells	M45	19.28	J. Collings	M70	13.14

Hammer (12lb)

D. Horsley	M70	15.52	A. Wright	M60	18.08
W. Chapman	M50	25.12	R. Sammells	M45	10.38
C. White	M40	16.60	D. Carr	M50	19.50
R. Fergie	M45	34.26			

JOHN TARRENT TROPHY

Jim Barnes has re-measured his course with the associations wheel and he found it to be 10.5km and 7.5km - not as previously stated. Note: start is 8a.m. and drink stops will be provided.

**SORRY LORNA , YOU NEED THOUSANDS AND  
THOUSANDS OF POINTS TO MOVE A POSITION.**

W.A. VETERANS A.A.C.

24 HOUR DAY

DECEMBER 10TH AND 11TH 1983

TEAM MEN 50 +

STARTED

FINISHED

No.	Age	NAME	SESSIONS COMPLETED										INDIVIDUAL		
			21	22	23	24	25	26	27	28	29	30	KTS	MILES	TIME
	Y	M	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.			TOTAL AVERAGE
1		FRANK McCLINDEN	21-37-40	22-44-39	23-44-17	.	.	.	.	.	.	.	36.8	22.8	6:02.1
2		BRUCE HOLLIER	21-43-42	22-58-34	23-55-18	.	.	.	.	.	.	.	36.8	22.8	5:54.6
3		DON STONE	21-59-57	22-57-14	24-00-00	0-8564m	.	.	.	.	.	.	36.056	22.404	6:41.6
4		DAVE HOOCH	21-58-12	23-03-38	.	.	.	.	.	.	.	.	35.2	21.872	6:39.3
5		RAY LAWRENCE	22-05-04	23-10-28	.	.	.	.	.	.	.	.	35.2	21.872	6:34.5
6		MERVE MOYSE	22-14-56	23-17-04	.	.	.	.	.	.	.	.	35.2	21.872	6:34.5
7		BRIAN KENNEDY	22-18-02	23-23-00	.	.	.	.	.	.	.	.	35.2	21.872	6:07.2
8		DENIS WILMOTY	22-24-35	23-24-26	.	.	.	.	.	.	.	.	35.2	21.872	6:21.0
9		ALAN POMEROY	22-31-28	23-34-12	.	.	.	.	.	.	.	.	35.2	21.872	6:50.0
10		JEFFRY NOBARDYK.	22-38-08	23-43-00	.	.	.	.	.	.	.	.	35.2	21.872	6:51.5
TOTAL		PROGRESSIVE TIME	22-38-08	23-43-00	24-00-00										
AGE		PROGRESSIVE KILOMETRES	336	352	356.056										
VE		AVERAGE TIME PER KILOMETRE	4-02.5	4-02.6	4-02.7										
GE		PROGRESSIVE MILES	208.7803	218.7222	221.3425										
SE		AVERAGE TIME PER MILE	6-30.3	6-30.4	6-30.5										

TOTAL DISTANCE = 356.056 km

54 runners took advantage of the 'good day for running' that was supplied by the organisers. After a clear and precise description of the course, John Pellier sent them on their way. I would like to thank Kathy Mitchell for recording the times as she does at so many runs and also Cliff Bould and my wife Joan for helping. Everything ran so smoothly, even the clock beat the runners by 37 seconds.

John Pellier

First Lady to finish... Jo Stone W35 61.47

First Man to finish... Don Caplin M40 46.07

# RESULTS 12KM

1.	D. Caplin	M40	46.07
2.	J. Barnes	M40	46.58
3.	G. Thornton	M40	47.02
4.	F. Deanus	M40	47.44
5.	W. Monks	M45	48.11
6.	S. Barrie	M45	48.11
7.	S. Beaumont	Inv'	48.32
8.	M. Khan	M35	48.47
9.	R. Shand	M50	49.14
10.	B. Danby	M35	49.14
11.	J. Maddison	M45	49.27
12.	T. Costello	M45	49.58
13.	D. Carr	M50	50.29
14.	D. Hough	M50	50.38
15.	J. Noordyke	Inv'	50.40
16.	R. Sammells	M45	50.46
17.	D. Moffatt	M50	51.07
18.	M. Loly	M40	52.30
19.	M. Warren	M45	52.36
20.	J. Greenfield	M40	52.10
21.	K. Vaalsta	M45	53.21
22.	D. Roberts	M40	53.23
23.	R. Farrell	M40	53.28
24.	W. Mitchell	M45	54.09
25.	G. Peet	M50	55.28
26.	A. Tyson	M55	55.42
27.	S. Lockwood	M50	55.57
28.	D. Strachan	M60	57.35
29.	G. Noordyk	M60	57.95

30.	P. Davies	M50	58.95
31.	M. Moyle	M50	58.35
32.	J. Smith	M45	58.47
33.	A. Wright	M60	58.96
34.	R. Lawrence	M55	58.96
35.	K. Whistler	M50	61.13
36.	J. Stone	W35	61.47
37.	T. Vaalsta	W45	61.49
38.	F. Usher	M50	63.34
39.	P. Farrell	W35	63.40
40.	M. Acreman	W40	63.40
41.	A. Deanus	W40	64.22
42.	F. Hagger	M55	64.22
43.	M. Robinson	W45	64.22
44.	L. Eggins	Inv'	68.48
45.	N. Berry	W50	75.10

# RESULTS 6KM

1.	A. Acreman	M45	27.53
2.	D. Horsley	M70	29.25
3.	K. Johnson	M50	30.27
4.	L. Butcher	W50	31.03
5.	P. Carr	W50	37.19
6.	J. Greenfield	W40	45.10
7.	V. Tyson	W55	45.10
8.	B. Whistler	Inv'	46.39
9.	M. Warren	(No time- but finished behind Don Caplin)	

Course Records were set by... Robert Shand M50 49.14 (Old 49.37)  
... Tuula Vaalsta W45 61.49 (Old 70.28)

# HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS: -

David Clive	turns 47 remains	M45 27	Val Prescott	turns 40 becomes	W40 08
Pat Carr	" 52 "	W50 18	Allen Tyson	" 59 remains	M55 06
Ann Deanus	" 44 "	W40 01	Dennis Wilmott	" 53 "	M50 08
Ken Gilbert	" 42 "	M40 03	Andy Wright	" 63 "	M60 04
Winston Hough	" 43 "	M40 12	Colin Walsh	" 52 "	M50 16
Jim Hisking	" 41 "	M40 01	George Boakes	" 71 "	M70 25
Alison Johnstone	" 37 "	W35 09	Joseph Froudish	" 38 "	M35 18
Val Lishman	" 54 "	M50 14	John Smith	" 49 "	M45 23
Jan Middleton	" 50 becomes	W50 21	Johan Sanders	" 80 becomes	M80 05
Colleen Milbourne	" 36 remains	W35 14			

W.A. VETERANS A.A.C.

24 HOUR RACE

DECEMBER 10TH AND 11TH 1983

TEAM WOMEN 35+

STARTED

FINISHED

No.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL	
			1	2	3	4	5	6	7	8	9	10	KTS	MILES
	Y	M	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.	H.M.S.		TOTAL
1	39	8	Anna ANSEL	6:03.10	6:13.43	6:16.16	6:21.50	6:27.33	6:33.21	6:38.58	6:44.43	6:50.27	16	9.9419
2	35	9	Cheryl AMES	6:05.17	6:13.07	6:16.10	6:21.12	6:27.19	6:33.24	6:38.29	6:44.34	6:50.39	16	9.9419
3	40	8	Doreen DOW	6:14.17	6:24.34	6:29.00	6:34.32	6:40.11	6:45.58	6:51.43	6:57.27	6:53.14	16	9.9419
4	43	9	Kath HOLLAND	6:15.15	6:25.28	6:30.09	6:35.47	6:41.34	6:47.21	6:53.08	6:58.95	6:54.82	8	4.9710
5	37	11	Jan FLETCHER	6:18.27	6:28.30	6:33.21	6:38.07	6:43.44	6:48.31	6:53.18	6:58.05	6:53.48	16	9.9419
6	40	7	Erica MERCER	6:20.07	6:30.21	6:35.05	6:40.42	6:45.34	6:50.21	6:55.08	6:59.95	6:54.82	16	9.9419
7	42	5	Joan SLINGER	6:21.34	6:31.01	6:35.29	6:40.10	6:45.03	6:50.27	6:55.14	6:59.51	6:54.38	16	9.9419
8	39	4	Bonnie LETCH	6:22.57	6:32.28	6:37.17	6:42.38	6:47.26	6:52.13	6:57.00	6:51.87	6:56.74	16	9.9419
9	37	1	Kathy NOODDYK	6:24.47	6:34.19	6:38.49	6:43.25	6:48.15	6:53.02	6:57.89	6:52.76	6:57.63	16	9.9419
10	44	2	Joan PELLIER	6:26.30	6:36.02	6:40.38	6:45.16	6:50.05	6:54.41	6:59.28	6:54.15	6:59.02	16	9.9419
TOTAL			1:04.30	2:10.06	3:15.38	4:21.16	5:27.05	6:32.41	7:38.28	8:44.14	9:49.51	10:55.38		
AVERAGE			16	32	48	64	80	96	112	128	144	160		
PROGRESSIVE KILOMETRES														
AVERAGE TIME PER KILOMETRE			4:01.88	4:03.94	4:04.54	4:04.94	4:05.31	4:05.14	4:05.29	4:05.37	4:05.57	4:06.05		
PROGRESSIVE MILES			9.9419	19.8838	29.8258	39.7677	49.7096	59.6515	69.5934	79.5353	89.4772	99.4191		
AVERAGE TIME PER MILE			6:29.26	6:32.58	6:33.55	6:34.19	6:34.79	6:34.51	6:34.76	6:34.88	6:35.22	6:35.91		

## VINTAGE VETS

Finding the time and places to train must have been a problem for athletes of all eras. But in the London of one hundred years ago Mr John Edward Fowler-Dixon had his own solution. Born September 3, 1850, the son of a clergyman, in the 1880's he was a Fleet Street journalist. Good quality road-work was his requirement and after finishing work he often used to hire a hansom cab at Regents Park. Into this he would deposit his working clothes and then instruct the driver to drive hard around and around the park while he ran along behind.

With this type of training behind him, on December 29, 1884 on a track at Birmingham, he set World Records for distances between 37 and 46 miles. His 40 mile time of 4hrs 46mins 54secs stood until 1924 when Arthur Newton reduced it to 4hrs 26mins in a road race. The time for 46 miles was 5hrs 43mins 13secs.

These performances were thought to be beyond the capacity of the human body at the time and attracted some scepticism. So at Balham, London, on April 11, 1885, he did it all again. This time he set new World figures from 43 miles (5hrs 17mins 18secs) to 50 miles (6hrs 18mins 26.2secs). Many of these records stood for 30 years and even then then subject to only minor revision.

Long distances were nothing new to Fowler-Dixon. In 1877 he had beaten all previous records up to 100 miles. Over a shorter distance of 12 miles, however, he recorded his greatest victory. In 1884 he beat the famous W.G. George in 1hr 8mins 22secs. In this race George had set a new World Record for 10 miles of 51mins 20secs.

Fowler-Dixon was also a walker and had the unique distinction of holding the World Records for 50 miles at both walking and running. He was also a Centurion - one of few amateur athletes to have walked 100 miles within 24 hours.

In 'VINTAGE VETS' I have tried to pass on information regarding Pre- and Veteran performances only. I have made an exception with Fowler-Dixon because, unusually, he never retired from the track. He just kept going and his early performances put his later veteran activities into some sort of perspective.

For many years it was his practice to run a mile on his birthday. When aged 60 he was timed at 6mins 37secs. When 71, he managed 7mins 6.8secs. His walking was not neglected either. On September 1, 1928, just two days before his 78th birthday, he was timed at 12mins 54secs after one mile in a Centurion three mile race. Whether or not he turned out for his one mile run on September 3 is not known.

Fowler-Dixon was one of the group of sportsmen that founded the Amateur Athletic Association in 1880, possibly the first such body of its kind in the World. When he died in October, 1943, he was the last of that visionary group.

Bob Sammells.



W.A. VETERANS A.A.C.

24 HOUR RUN

DECEMBER 10TH AND 11TH 1983

TEAM Women 35+

STARTED

FINISHED

No. AGE		NAME	SESSIONS COMPLETED										KTS	INDIVIDUAL			
			11	12	13	14	15	16	17	18	19	20		MILES	TIME		
Y	M		H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.		TOTAL	AVERAGE	
1		Alicia Ansell	10.37.56	1.37.00	12.01.41	13.31.21	14.32.12	15.34.38	16.38.52	17.35.31	18.38.23	19.41.11	32	19.8838	208.09	6.24	
2		Cheryl Amos	10.34.54	11.36.20	12.37.03	13.37.43	14.37.55	15.38.02	16.38.11	17.38.04	18.38.57	19.41.49	32	19.8838	206.57	6.24	
3		Doreen Dowd	10.42.32	11.43.51	12.43.47	13.44.22	14.45.47	15.46.57	16.48.13	17.49.55	18.51.50	19.54.33	32	19.8838	212.14	6.37	
4		Kath Holland	10.44.51	11.44.25	12.50.00	13.50.43	14.52.04	15.53.27	16.54.02	17.56.24	18.58.25	19.01.01	8	4.9716	35.15	7.03	
5		Jan Fletcher	10.35.57	11.56.34	12.57.17	13.56.00	14.54.20	15.50.42	16.50.42	17.01.48	18.03.31	19.05.51	20.08.33	32	19.8838	208.15	6.25
6		Erice Mercer	11.02.51	12.03.07	13.03.31	14.04.11	15.06.01	16.07.07	17.08.08	18.10.14	19.12.26	20.15.19	32	19.8838	219.49	6.59	
7		Joan Slingsby	11.07.17	12.07.57	13.08.00	14.11.42	15.12.44	16.13.53	17.15.04	18.17.13	19.19.50	20.22.44	32	19.8838	214.28	6.43	
8		Barbara Lead	11.06.38	12.17.00	13.17.00	14.16.33	15.14.31	16.21.50	17.22.44	18.24.31	19.27.08	20.30.14	32	19.8838	214.25	7.04	
9		Kath Noordijk	11.23.35	12.24.41	13.24.53	14.26.00	15.26.59	16.28.11	17.29.54	18.31.46	19.34.27	20.37.36	32	19.8838	219.51	7.00	
10		Joan Pellied	11.23.25	12.24.13	13.24.53	14.26.00	15.26.59	16.28.11	17.29.54	18.31.46	19.34.27	20.37.36	32	19.8838	219.51	7.00	
11		PROGRESSIVE TIME	11.23.25	12.24.13	13.24.53	14.26.00	15.26.59	16.28.11	17.29.54	18.31.46	19.34.27	20.37.36					
12		PROGRESSIVE KILOMETRES	166.64	180.8	195.2	209.6	224	238.4	252.8	267.2	281.6	296					
13		AVERAGE TIME PER KILOMETRE	4.06.42	4.06.97	4.07.4	4.07.9	4.08.30	4.08.7	4.09.19	4.09.65	4.10.24	4.10.86					
14		PROGRESSIVE MILES	103.3960	112.3437	121.2914	130.2392	139.1869	148.1346	157.0823	166.03	174.9778	183.9255					
15		AVERAGE TIME PER MILE	6.36.58	6.37.47	6.38.16	6.38.96	6.39.6	6.40.25	6.41.03	6.41.77	6.42.72	6.43.73					

What an unbelievable effort! Forget the Americas Cup (well not totally perhaps) For first class organisation and effort the W.A. Vets proved that they are in the same class as Bondy and his salt water mates. The legendary sandgroper fighting spirit was again there for all to see and the 24 hour relay organisers, volunteers and participants should take a well deserved bow, plus a few curtain calls for their magnificent efforts.

Bob "Bondy" Fergie and his dynamic crew put on a performance that will be extremely difficult, if not impossible to improve upon. During the entire 24 hours there was not one grumble heard about the organisation of this event, for those who enjoy the occasional grumble, there was simply no ammunition.

I don't think that there has been a time (and there have been many good ones) when the spirit of our Club has been more in evidence. The well oiled machine that was the 24 hour relay event, produced the positive vibes and friendly, helpful and happy atmosphere that most organisers simply dream about.

I guess that's enough patting of our backs (for the moment) let's proceed with the factual details.

The stage was set for the mighty effort on December 10th and 11th, 1983 at Gerry Archer Athletic Track in Belmont. The 2.00 pm starting time saw a bunch of super fit looking "oldies" chomping at the bit. After President Barrie Slinger mustered the troops, starter Dick Horsley fired the gun and Don Caplin (mens over 40 A Team) Brian Danby (mens B Team), Frank McLinden (mens over 50) and Alicia Ansell (womens over 35) sprung "out of the blocks" and this 24 hour carnival of exhaustion and exhilaration was underway.

There were records to shoot at and they were as follows:-

Mens over 40 World Record - 420K 512M held by Tasmania, set on 4th and 5th November, 1983.

Mens over 50 World Record - 394K 790M held by Burnaby B.C. Canada.

Womens over 35 World Record - 345K 36M held by N.S.W.

The mens over 40 A team and the womens team wasted no time, and both were setting world record pace with the men looking extremely strong. During the afternoon and early evening the runners were getting themselves into a rhythm and everything was rolling smoothly, well almost everything. - Our World Champion Kath Holland just back from Puerto Rico was fighting illness and she was experiencing great difficulties. Despite her gallant efforts she simply could not continue and a very disappointed Kath was forced to withdraw. Her teammates then raised their efforts and continued on at world record pace.

So the sun set, the floodlights came on and the runners continued on the "appointed rounds". It was a beautiful evening weather wise (temp. range over 24 hours 13°C - 25°C) the night proved to be ideal for running. The wind decided to have a rest on this occasion and the only minor discomfort came from the slight dampness in the air.

So we all have now learned one of the major obstacles in these 24 hour events is getting through the graveyard shift. While the rest of the lights in Perth went out this floodlit oasis in Belmont continued to dance to the beat of pounding feet and pumping hearts.

In the early hours of Sunday anyone coming upon this scene would view what looked like Napoleon's camp at Waterloo. There were the rows of tents, sentries on duty, kits hung out to dry, the medical quarters, the canteen, the walking wounded, the Florence Nightingales, the exhausted, the manic, the delirious, the silent observers, the puffing participants, the calls of

W.A. VETERANS A.A.C.

24 HOUR P.M.

DECEMBER 10TH AND 11TH 1983

TEAM Women 35+

STARTED

FINISHED

No.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL		
			21	22	23	24	25	26	27	28	29	30	KTS	MILES	TIME
1		ALICIA RUSSELL	20:44:30 H.M.S.	21:48:39 H.M.S.	22:53:00 H.M.S.	23:55:39 H.M.S.									
2		ANGIE CHEEHL	- 6:54 20:51:00	- 6:54 21:55:17	- 6:49 22:59:27	- 6:58 24:00:00	- 1040 miles	- 2401	- 2404						
3		BOREEN DOW	- 6:40 20:57:40	- 6:44 21:01:59	- 6:44 23:06:11	-	-	-	-	-	-				
4		KATH HOLLAND	- 21:04:11	- 22:08:32	- 23:12:33	-	-	-	-	-	-				
5		SAW FLETCHER	- 6:31 21:04:11	- 6:33 22:08:32	- 6:28 23:12:33	-	-	-	-	-	-				
6		ERICA MERCER	- 7:40 21:11:51	- 7:39 22:16:11	- 6:40 23:19:13	-	-	-	-	-	-				
7		SCAM SINGER	- 7:00 21:18:51	- 6:59 22:23:10	- 6:40 23:25:53	-	-	-	-	-	-				
8		BARBARA LEACH	- 7:37 21:26:28	- 7:45 22:30:55	- 7:45 23:33:38	-	-	-	-	-	-				
9		KATH WOODVICK	- 7:38 21:34:06	- 7:44 22:38:39	- 7:26 23:44:04	-	-	-	-	-	-				
10		SCAM REMUER	- 7:39 21:41:45	- 7:32 22:46:11	- 7:36 23:48:40	-	-	-	-	-	-				
		PROGRESSIVE TIME	21:41:45	22:46:11	23:48:40	24:00:00									
		PROGRESSIVE KILOMETRES	310.4	324.8	339.2	341.840									
		AVERAGE TIME PER KILOMETRE	4m 11.62s	4m 12.37s	4m 12.71s	4m 12.75s									
		PROGRESSIVE MILES	192.8732	201.8210	210.7687	212.4091									
		AVERAGE TIME PER MILE	6m 44.96s	6m 46.16s	6m 46.7s	6m 46.76s									

FINISH 341 km 840 m.

encouragement and the shouts of direction. All of which would appear on the surface to be, a mad mosaic and rich tapestry of mans inhumanity to his body.

This gruelling ordeal was made interesting, entertaining and enjoyable by the efforts of all of those at the "camp". Graveyard shift specialist Bob Hayres once again assumed his mummy-like pose, where for hours he sat motionless with nothing moving other than his eyeballs. Maurice Johnston the ubiquitous photographer with the delightful sense of humour insisted on being kept informed of the runners' progressive times even while he was asleep. Morris Warren and his horse "Blue" put on their rodeo show. There were larrikins who showed up to scoff only to be caught up in the excitement and do a lap of the track before disappearing into the night.

Through it all we watched the over 50's Frank McLinden, Bunbury's Bruce Hollier, Brian Kennedy, Don Stone, Shoeless Dave Hough, Ray Lawrence, Magnificent Merv Moyle, Dennis Willmott, Alan Pomery and our own T.V. star Genial Gerry Noordyk, battle on through the night.

In the "massage parlour" stiff muscles and aching limbs were worked on by Dave Hackett (Fire Brigade) Warren South (League Umpires Trainer) and Graham Maynard (Swan Districts F.C.) these three industrious gentlemen worked all night to keep the runners running.

Beside the track the supporters continued to make the effort to keep both their eyelids and the runners spirits up. Inside the "mess", the kitchen staff supplied the sustenance and smiles that kept the show on the road.

Meanwhile, back at the track, the recorders shouted out the times which were dutifully written down in reasonably legible hieroglyphics, as the mens B team pounded out the miles. Around and around they went, led by Brian "Follow Me" Danby, Charlie "Spare Me From This" Spare, Bill Monks, John "Winklepicker" Pellier, Ted Costello, Bob "Here We Go Again" Sammells, Morris "Tex" Warren, Ken "Good Lord" Snowden, Graham Thornton and Kevin Martin.

The air was still between 5.00 and 6.00 am, when the sun (bless its soul) began to creep over the horizon. During the past few hours the legs "began" to ache while chins were transferring the 5 o'clock shadow to 5 o'clock stubble. Prior to sunrise the runners times were generally slowing down - the womens team now had only a tenuous grip on the world record and by the early daylight hours they had fallen slightly behind world record pace. Nevertheless they pounded on. Led by the determined and talented Alicia Asell and followed by the Bunbury "twins" Cherryl Amies and Doreen Dow who both made it look easy, Jan Fletcher, Erica Mercer, Joan "We Can Do Anything If We Try" Slinger, Barbara "What Am I Doing Here" Leach, Kath Noordyk and Joan "What's Good For The Goose Is Good For The Gander" Pellier, kept flowing around the track.

With daylight arriving spirits began to soar as the runners realised that at last they were on the home stretch.

The mens over 40 A team which had been running magnificently up to now, raised their efforts and became even more determined (if that was possible) to beat the Tassie's world record. By sunrise they were half an hour ahead of world record schedule - led by Dynamo Don Caplin, Ken "213 Steps" Gilbert, George "The Flying Fireman" Innes, Bob "The Hat" Harrison, Maurice "Speedy" Smith, Jim "Dial a Sprinter" Barnes, Frank "Speedier" Smith, Hammerin' Hank Stoffers, Fearless Frank Steere and Dashing Derek Hoyer, this team was flying. Veterans running at its best!

During the morning more spectators began arriving and it immediately became obvious to them that at least one world record was in the making.

NO.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL	
			1	2	3	4	5	6	7	8	9	10	KTS	MILES
			H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.	H. M. S.		
1	35	4 Brian DANNBY	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
2	44	7 Camille STADE	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
3	47	8 Eric MONKS	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
4	44	1 John PELLIER	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
5	47	10 Ted COSTELLO	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
6	46	11 Bob SAMMERS	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
7	46	2 Agnes WARREN	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
8	40	5 Ken SNOWDEN	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
9	43	2 Graham THORNTON	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
10	46	3 Kevin MARSH	5.34	1.02.24	1.54.09	2.55.15	3.51.04	4.47.10	5.43.19	6.39.43	7.36.13	8.32.57	16	9.9419
TOTAL														
Ave Age	44.2	5	56.38	1-53.33	2-49.46	3-45.40	4-41.42	5-37.47	6-34.13	7-30.12	8-27.25	9-24.06		
Ave Age	44	2.9	16	32	48	64	80	96	112	128	144	160		
		PROGRESSIVE KILOMETRES												
		AVERAGE TIME PER KILOMETRE	3.32.4	3.32.9	3.32.2	3.31.6	3.31.3	3.31.1	3.31.2	3.31.0	3.31.4	3.31.5		
		PROGRESSIVE MILES	9.9419	19.8838	29.8258	39.7677	49.7096	59.6515	69.5934	79.5354	89.4773	99.4192		
		AVERAGE TIME PER MILE	5.41.8	5.42.6	5.41.5	5.40.5	5.40.0	5.39.8	5.39.9	5.39.6	5.40.3	5.40.4		

The morning also saw some pretty exhausted runners on the track but everyone gave it 100% when it was their turn to carry the baton. As the runners passed the baton to their teammate it appeared that the hard part of their effort was over, however, to leave the track one had to negotiate the iron railing, unfortunately this railing which started out at thigh height at 2.00 pm Saturday was by 10.00 am Sunday approximately 7 foot (metres? who knows?) high. Just how high it was, was exemplified by Barbara Leach as she left the track and approached the railing, the look on Barbara's face told it all. How am I going to get over this? Seizing her last bit of energy she raised one eyebrow and contemplated either a commando-like scramble under the barrier or an amorphous Fosbury Flop over it. In fact neither seemed to eventuate, rather by some law of chemistry-physics known only to Barbara, she resorted to a voodoo-like osmotic ritual and simply materialised herself on the other side of the barrier. It was a day of unbelievable feats.

So noon hour arrived and the sun began to bite, it was evident that the mens over 40 A team had the world record at its mercy. Unfortunately the gutsy performance by the nine remaining women had just fallen short of their mark.

With 33 minutes and 54 seconds to go George Innes had the honour of breaking the worlds record and the over 40 mens world record was subsequently raised from 420K 512M to 430K 34M a fantastic effort!!

Our women fell just short of the 345K 36M world mark by totalling 341K 840M and we cannot help but wonder what the result had been if we had a healthy Kath Holland. A tremendous effort from our girls!!

Our mens over 50 totalled 356K 56M setting an inaugural Australian record.

Our mens B team covered a total of 399K 255M which is in itself a might effort.

All in all it was a day for all of us in the Club to be proud of and thanks go to everyone involved, without all of your efforts it would not have happened as it did. Thanks go too, to those people who are not members of our Club, but who unstintingly gave of their time to help us in our quest. Thanks very much.

I was not going to name any specific individuals as this was truly a group effort, but special thanks must go to those who put in efforts above and beyond the call of duty in Bob Fergie, Joan and John Pellier, Brian Danby, Derek Hoyer, Cliff Bould, Barrie Slinger, Fraser Deamus, Lorna Butcher, Dorothy Whittam, Margaret Warren and Dick Horsley. This list could go on and on and one could then begin to talk of the runners individual efforts. Suffice to say everybody deserves a big pat on the back for a memorable and monumental effort!! That's said, we will now finish off with some dubious individual awards.

Happy Haven Award - For the biggest grin upon leaving the "massage parlour"-  
Alicia Ansell.

Roy Rogers Award - Morris "What Did He Say" Warren and his horse "Blue".

Lord Litchfield Award - Maurice "Stand Right There - Don't Move" Johnston.

Sasquatch - Yeti - Big Foot Award - Ken "Pickin' Em Up And Layin' em Down" Gilbert.

Percy Cerutty Award - For the best motivational-instructional, pre-race pep talk by a coach - Alan "Tell It Like It Is" Tyson, for these immortal words "you hold the baton in your hand and then pass it to your teammates hand" (If that doesn't get the adrenalin flowing, what will?)

Phar Lap Award - Best finish down the home straight - Jim Barnes.

Keeping up with the Joneses Award - (in tent land) Margaret & Morris Warren for their up-market trailer.

W.A. VETERANS A.A.C.

24 HOUR RACE

DECEMBER 10<sup>TH</sup> AND 11<sup>TH</sup> 1983

TEAM OPEN MEN 18' STARTED

FINISHED

No.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL		
			1	2	3	4	5	6	7	8	9	20	KTS	MILES	TIME
1	Y	Beau Denny	H.M.S. 9:29.44	H.M.S. 10:26.46	H.M.S. 11:24.10	H.M.S. 12:31.25	H.M.S. 13:18.45	H.M.S. 14:16.04	H.M.S. 15:14.13	H.M.S. 16:12.09	H.M.S. 17:10.36	H.M.S. 18:09.19	32	19.8838	152.13 5:37
2	M	CHAS. SPARE	9:35.29	10:32.38	11:30.04	12:27.19	13:24.40	14:21.59	15:20.10	16:18.08	17:16.35	18:15.19	32	19.8838	156.23 5:49
3		Bill Monks	9:41.06	10:38.12	11:35.35	12:32.52	13:30.12	14:27.30	15:25.48	16:23.19	17:22.91	18:21.06	32	19.8838	157.29 5:34
4		John Pever	9:46.55	10:44.05	11:41.29	12:38.45	13:36.06	14:33.25	15:31.44	16:29.45	17:28.14	18:27.02	32	19.8838	157.15 5:52
5		Ted Costello	9:52.26	10:49.39	11:46.59	12:44.21	13:41.37	14:39.08	15:37.18	16:35.22	17:34.02	18:33.00	32	19.8838	157.35 5:35
6		Bob Samuels	9:58.22	10:55.28	11:52.57	12:50.21	13:47.40	14:45.03	15:43.07	16:41.09	17:39.59	18:38.55	32	19.8838	158.52 5:57
7		Moas Warren	10:04.18	11:01.30	11:59.00	12:56.19	13:53.39	14:51.07	15:49.19	16:47.40	17:46.24	18:45.15	32	19.8838	159.06 6:00
8		Ken Snowden	10:09.54	11:07.07	12:04.39	13:01.57	13:59.20	14:56.51	15:55.05	16:53.27	17:52.13	18:51.07	32	19.8838	159.15 5:37
9		Graham Thornton	10:15.27	11:12.42	12:10.12	13:07.32	14:04.44	15:02.21	16:00.44	16:59.13	17:57.57	18:56.45	32	19.8838	159.32 5:32
10		Kevin Martin	10:20.00	11:18.19	12:15.48	13:13.08	14:10.12	15:08.26	16:06.30	17:05.12	18:03.59	19:02.38	32	19.8838	159.52 5:36
TOTAL		PROGRESSIVE TIME	10:21.00	11:18.19	12:15.48	13:13.08	14:10.12	15:08.26	16:06.30	17:05.12	18:03.59	19:02.38			
Ave		PROGRESSIVE KILOMETRES	176	192	208	224	240	256	272	288	304	320			
Age		AVERAGE TIME PER KILOMETRE	3:31.7 <sub>s</sub>	3:32.0 <sub>s</sub>	3:32.3 <sub>s</sub>	3:32.4 <sub>s</sub>	3:32.6 <sub>s</sub>	3:32.9 <sub>s</sub>	3:33.2 <sub>s</sub>	3:33.6 <sub>s</sub>	3:33.9 <sub>s</sub>	3:34.2 <sub>s</sub>			
		PROGRESSIVE MILES	109.3611	114.3030	124.2450	139.1869	149.1288	159.0707	169.0126	178.9546	188.8965	198.8384			
		AVERAGE TIME PER MILE	5:40.7 <sub>s</sub>	5:41.1 <sub>s</sub>	5:41.6 <sub>s</sub>	5:41.9 <sub>s</sub>	5:42.1 <sub>s</sub>	5:42.7 <sub>s</sub>	5:43.1 <sub>s</sub>	5:43.7 <sub>s</sub>	5:44.2 <sub>s</sub>	5:44.8 <sub>s</sub>			



Quote of the Day Award - (this was a difficult choice) The winner is unknown but upon seeing an exhausted Barbara Leach leaving the track after mile 20, a voice emanated from the crowd: "Barbara, you don't realise it but you're having a helluva good time" - note: Barbara then almost smiled.

"Crouton" ("Creton" seems too cruel) of the Day Award - To the "dodo" who ran around taking photos of the runners only to find out that his super automatic-can't fail, duty-free camera from Singapore was without film. Yes Maurice, I let the side down, it is none other than yours truly (I can't believe it) It's all too true, "Some Mothers Do Av 'Em".

Bob Johnstone  
(alias Frank Spencer)

- V. - Veteran club events open to all members.
- A. - A.A.W.A. events competitors must be registered with the A.A.W.A. through the club secretary.

The club members on roster are shown after the event. The first name is the member responsible for organising the event, the second is to assist. The member organising should forward all results to the editor as soon as possible after the event.

CERTIFICATE EVENTS are noted on the programme an entry fee of 50c will be charged. This also applies to runs from members homes.

NOTE. Runs from McCallum will start at 8.00am unless otherwise stated.  
Field event implements are available after if required.

MARCH PROGRAMME 1984

- |     |            |   |   |        |  |
|-----|------------|---|---|--------|--|
| Sun | March 4th  | V | <u>VETS LONG WEEKEND AT BINNINGUP</u><br>or<br><u>DO YOUR OWN THING</u>                                   | 8.00am | McCallum Park                          |
| Sat | March 10th | A | <u>INTERCLUB STATE CHAMPIONSHIPS RELAYS</u>   |        |  |
| Sun | March 11th | V | <u>"LORNAS RUN" 14k &amp; 5k FOLLOWED BY A SWIM</u><br><u>IN THE OCEAN, &amp; B.Y.O. B.B.Q.</u>           | 8.00am | 88 Victoria St.<br>Mosman Park         |
|     |            |   |   |        | Lorna Butcher & Allan Tyson            |
| Sun | March 18th | V | <u>"TEDDY BIRDS PICNIC RUN" 16k &amp; 8k</u><br><u>FOLLOWED BY B.Y.O. &amp; B.B.Q. TEA &amp; BISCUITS</u> | 8.00am | Childrens -<br>Playground Kings Park   |
|     |            |   |   |        | Joan Pellier, Joan Slinger, Ann Deanus |
| Sat | March 24th | A | <u>STATE CHAMPIONSHIP RELAYS, SPECIAL EVENTS,</u><br><u>PRESENTATIONS</u>                                 |        |  |
| Sun | March 25th | V | <u>CLUB PENTATHLON POUNDS AND WEIGHTS FOR AGE</u>   | 8.00am | McCallum Park                          |

MARCH TIME TRIALS

- |       |              |                           |  |                                 |
|-------|--------------|---------------------------|--|---------------------------------|
|       | <u>VENUE</u> | Perry Lakes Warm-up Track | <u>Start</u>   | 6.00pm                          |
| Thurs | March 1st    | <u>Trial No. 19</u>       | <u>5k Walk, 10k Run, 100m Discus,</u><br><u>Long Jump, Shot.</u>                   | Frank Smith<br>Charlie Spare    |
| Thurs | March 8th    | <u>Trial No. 20</u>       | <u>3k Walk, 5k Run, 1500m, 200m, Javelin,</u><br><u>800m, Triple Jump, Hammer.</u> | Alan Pomery<br>Maurice Johnston |
| Thurs | March 15th   | <u>Trial No. 21</u>       | <u>5k Walk, 10k Run, 200m, Javelin,</u><br><u>Triple Jump, Hammer</u>              | Ted Maslin<br>Jo Stone          |
| Thurs | March 22nd   | <u>Trial No. 22</u>       | <u>5k Walk, 3k Run, 100m, Discus, 400m,</u><br><u>Long Jump, Shot.</u>             | Derek Crowther<br>Aub Davey     |

W.A. VETERANS A.A.C.

24 HOUR Run

DECEMBER 10TH AND 11TH 1983

TEAM OPEN MEN 18

STARTED

FINISHED

No.	AGE	NAME	SESSIONS COMPLETED										INDIVIDUAL		
			21	22	23	24	25	26	27	28	29	30	KTS	MILES	TIME
1		Brian Daniel	19.08.27	20.08.01	21.08.26	22.08.06	23.08.09	.	.	.	.	.	40	24.8548	22049
2		Chas Spare	- 5.49	- 5.39	- 5.29	- 5.42	- 5.57	-	-	-	-	-	40	24.8548	22049
3		Gill Rowles	19.14.29	20.14.16	21.14.24	22.14.02	23.14.02	.	.	.	.	.	40	24.8548	22049
4		Sohn Rellier	19.26.24	20.25.54	21.26.01	22.25.35	23.25.38	.	.	.	.	.	40	24.8548	22049
5		Ned Costello	19.27.15	20.31.43	21.31.48	22.31.28	23.31.28	.	.	.	.	.	40	24.8548	22049
6		Bob Sammons	19.38.13	20.37.51	21.37.49	22.37.27	23.37.13	.	.	.	.	.	40	24.8548	22049
7		Morris Challen	19.45.11	20.44.49	21.44.44	22.44.06	23.43.58	.	.	.	.	.	40	24.8548	22049
8		Ken Snowden	19.51.02	20.51.11	21.51.11	22.50.32	23.50.11	.	.	.	.	.	40	24.8548	22049
9		Cliff Hodgkins	19.56.56	20.56.47	21.56.43	22.56.13	23.55.48	.	.	.	.	.	40	24.8548	22049
10		Kevin Martin?	20.02.22	21.02.57	22.02.24	23.02.12	24.00.00	0.8554	.	.	.	.	39.255	24.3919	21924
TOTAL		PROGRESSIVE TIME	20.02.22	21.02.57	22.02.24	23.02.12	24.00.00								
Ave Age		PROGRESSIVE KILOMETRES	336	352	368	384	399	255							
Ave Age		AVERAGE TIME PER KILOMETRE	3m 34.7s	3m 35.3s	3m 35.6s	3m 36.0s	3m 36.4s								
		PROGRESSIVE MILES	208.7803	218.7222	228.6642	238.6061	248.0851								
		AVERAGE TIME PER MILE	5m 45.5s	5m 46.5s	5m 47.0s	5m 47.6s	5m 48.3s								

TOTAL DISTANCE = 399.255 km