



The Vetrun

No. 142, JULY 1984



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

"Registered by Australia Post Publication No. WDH 0370".

PATRON: W. J. (Bill) Hughes

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SECRETARY: Duncan Strachan, 459 3859

TREASURER: Frank McLinden, 387 1152

NEWSLETTER EDITOR: Jeff Whittam, 387 6438

PARENTS ARE PEOPLE WHO BEAR CHILDREN, BORE TEENAGERS AND BORED NEWLYWEDS.

SPECIAL GENERAL MEETING. 22nd JULY 1984. This will be held BEFORE the start of the BRIDGES & MILL POINT ROAD CLUB CHAMPS.

We have been advised that the word AMATEUR has been deleted from the Australian Veterans Assc. titles and we have also to drop the name from our Club Title Etc. A motion has been proposed that "The word Amateur be deleted from the Club Title".

Please try to attend, the meeting should be short and sweet, then enjoy the run afterwards.

COMMITTEE MEETING. CLUB CROSS COUNTRY CHAMPS. These will be held over the usual course at Jorgenson Park, Kalamunda. After the run there will be the get together in the hall for eats and drinks. Bring your own drinks, the food will be provided. Cost is:- for those who run \$2.50 and for non runners \$2.00. The start time of the race will be 9am, so make sure that you are there on time.

HONG KONG INTERNATIONAL MEETING. 20-21st October 1984. Anyone who intends going to this meeting can now get entry forms from Duncan. The closing date for entries is 31st July and no late entries will be accepted.

24hour RELAY. A sub committee has been formed for the ladies teams, so any ladies wanting to run, or to help will they let one of the following committee members know:- Margaret Warren, Lorna Butcher, Joan Pellier and Dorothy Whittam.

FIXTURE LIST CHANGE. Brian Danby's Run on the 12th August has now been changed with the Club Picnic Run at Yanchep on the 26th August and will now appear as such in the fixture list (at the end of this newsletter).

?????HAVE YOU RENEWED YOUR CLUB MEMBERSHIP?????

If the address sticker on the wrapper of this newsletter has an asterisk on it, it means you are unfinancial. Owing to the editor sending out the first renewal form with the wrong address on it, some members may have paid but the treasurer has not received the renewal. If you sent your renewal to Colin Leman at 6, Earlston Place, Booragoon. Would you check your cheque butt as these renewals have dissapeared at the post office. Give Frank McLinden a ring on 387 1152 and let him know.

THE 12 EVENT CLUB CHAMPIONSHIPS. The remainder of the events to be contested for this championship have been decided, they are:- Club Half Marathon Champs, The W.A. Veterans Marathon Champs (Milk Marathon), Cliff Bould Trophy distance to be nominated BEFORE the run either 5km or 10km, State Veterans Cross Country Champs, Teddy Birds Picnic Run distance to be nominated BEFORE the event either 8km or 16km, West Coast Challenge 8km, Colin Leman's Run distance to be nominated BEFORE the event either 5km or 16km. Plus the events already nominated the Club Cross Country Champs and the Bridges & Mill Point Road Club Champs. Remember that your best SIX positions on the points scoring table will count. The points system for the various age groups is being finalised at the moment and should be ready for the first event.

WORLD CHAMPIONSHIP in ROME 1985. Anyone going to these Champs who wish to do it as cheaply as possible should contact Lorna Butcher on 383 1084 (its the correct number this time) as she has details of considerable savings on the cost of travelling there.

CLUB TRAINING. As well as the normal Sunday morning runs there are some other informal runs that members may attend if they wish, these are as follows:-

TUESDAY 9.30am Track and speed training at Perry Lakes Main Stadium.

TUESDAY 5.30pm (Winter) 6.00pm(Summer) Social run in Kings Park, meet at the corner of Saw Avenue & May Drive. PROMPT. 9 - 12km.

THURSDAY 1.30pm Track and Speed Training at Perry Lakes Main Stadium.

THURSDAY 4.30pm Interval Training at McCallum Park.

FIXTURE LIST. This has now been finalised for the year and it is hoped to send it out with either the July or August issue of the Newsletter. There are A.A.W.A. events on each week, these are usually published in the Swan Sporting Guide on the inside of the back page of Saturdays West Australian, members may run in these events but are not eligible for prizes if they are not registered members of the A.A.W.A. if you do not want to run go along and support the members that do.

Whilst on the subject of the A.A.W.A., Our club is responsible for the running of the GEORGE SKEELS MEMORIAL TROPHY which is held on the day of the schools cross country champs at Perry Lakes, the start is at the corner of Oceanic Drive and Perry Drive, where we start the Nationals cross country course, at 4pm on Saturday 7th July 1984. We are responsible for marking the course and also marshalling it during the event. If anyone can give a hand during the afternoon would they ring Jeff Whittam on 387 6438 and offer their services. We have got people to mark the course but need about 15 people to help during the event, its only 5km, you would have to be at the start by 3.30pm

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

James Barrie Evans, 12 Sorrel Court, Forestfield. 6058. 453 9020. M50
29th January 1930

John Morris Bissett, 2, Ambon Street, Kensington. 6151. 367 6858 M40
22nd February 1940

WILLIAM GROCOTT, 3, Barracade Court, Burrendah. 6155. 457 2544 M45 1st Aug 37.

MILK MARATHON 5th August 1984. HELP WANTED. If you can help in this event, it's also the W.A. Veterans Marathon Champs, would you please give your name to Duncan. It is hoped to have a cheer squad out for our runners in the event. After the event Joan and Barrie Slinger are having a "At Home" for club members, it's a B.Y.O. but not a barbecue, so please bring along a savoury dish.

STARTING TIMES FOR CLUB EVENTS ON SUNDAY MORNINGS. Please try and be early and give your name to the person officiating on the day so that the run can start on time. If you bring along a friend who is not a club members, please introduce him to one of the committee members so that they can be introduced to the rest of the runners before the start of the event.

DONNELLY-RIVER LONG WEEKEND 6-8th October 1984. If you intend going on this weekend give your name to Duncan or Barrie NOW. There is limited accommodation and will be booked on a first come, first served basis.

INTERVAL TRAINING AT McCALLUM. This is now going well and quite a few members attend, anyone else who may care to join in is most welcome, there is no pressure and each individual runs to their own capabilities.

We do a 2km warm up - intervals - 2km warmdown, about 9km altogether. (Dorothy Whittam is the puller-out, Lorna Butcher has the whip and Wally Cross is the tea boy.)

ATHLETICS MISCELLANY

This will comprise a short series of articles on different aspects of athletics in general, i.e. not restricted to veterans athletics. The subjects chosen, people and events, may not be generally known. They are, however, all part of athletics history and should be of interest.

Let us go back to 1928. It seems improbable that a foot-race that captured the interest of millions of people just over half a century ago should be unknown to most people now. Improbable but true. The race formed the basis for Tom McNab's 1982 novel Flanagan's Run and was, of course, the first Trans-America race.

It was organised by a promoter Charles C. ("Cash and Carry") Pyle, who hoped to make a fortune from the race. He intended to collect \$100 entry fees, sell programs, secure promotional fees from the towns and cities along the route and eventually sell product endorsements by the winner.

The 3,422 mile race had 199 starters among whom were Olympic multi-gold medallist Hannes Kolehmainen and Arthur Newton. It started from the Ascot Speedway, Los Angeles on March 4, 1928 and daily stages were run. After 1,000 miles the field was reduced to 93. By Chicago, two months into the race, 71 remained, but on May 26, 55 runners arrived in New York.

The winner was a 19 year old Indian farmboy from Oklahoma named Andy Payne. He arrived in Madison Square Garden after 573hrs 4mins 33secs running over 84 days. Pyle also arrived but was broke and could not pay the prize money. Fortunately a Californian millionaire, out of regard for the runners achievements, came to the rescue. Payne received \$25,000 and the next nine finishers received prizes ranging from \$10,000 to \$1,000. The remaining 45 got a pat on the back and a few kind words.

Cash and Carry lost \$15,000 on his "Bunion Derby", as the race was popularly known, but thought that he had learnt enough to promote another the following year. This time the race was from New York to Los Angeles.

This was won by the Finnish-born Johnny Salo (1893 - 1931) of the U.S.A. in 525hrs 57mins 20secs over 79 days. Second was Pietro Gavuzzi (1905 - 1981) of Great Britain just 2mins 47secs behind, one of the closest finishes in athletics history.

Cash and Carry still had a lot to learn. This time he managed to lose \$100,000.

But the story doesn't end there. Another Trans-America race is due to start on September 3, 1984. The course will be from Atlantic City, New Jersey, to Pasadena, California. The distance is 2,740 miles and will be run in 50 stages of approximately 55 miles each. There will be \$1,000,000 in prize money with the winner receiving \$150,000. Entry fees are \$1,000 for individuals and \$1,500 for teams. Anyone interested?

Bob Sammells

VINTAGE VET'S COMPETITION.

Unfortunately no one seemed to be able to find out anything about Australian Vintage Vet's, as the editor did not receive any replies by the closing date, or for that matter, since. Bob was so sad at the response that he had to drink the prize to revive his flagging spirits.

I have just finished reading Bob's article "Athletics Miscellany, and he has just had a "Bon Voyage" party for Allen and Val Tyson who are going to America at the end of June for two months "or possibly longer" is there something about this trip that Allen hasn't told you about Val? Be careful if he suggests going across the country and wants to buy you some new running shoes!!!

Lorna Butcher has a pair of size 8, Addidas Marathoners (Hardly used) for sale @ \$45.00. Interested? Ring 383 1084.

As promised in the last newsletter here are the results of club members who were part of the State Team in the Australian 25km Road Championships:-
Frank Smith 86.57 79th; Ray Purdue 93.54 171st; 10km. ladies event.
Jill Chambers 37.00 20th; Dot Brown finished 12th in 35.42

SYDNEY MARATHON. 10th June 1984. Four members of the club took part in this event Frank Smith, Ray Purdue, Hank Stoffers and John Maddison. Frank finished best of the four with a time of 2hr 30min 51sec, for 39th place, Ray finished in 215th place with a time of 2hr 53min 16sec, John did 3hr 00min 18sec, I do not know what position he finished in however. Hank had to retire at the 30km mark when stomach trouble became too much for him. There were 3700 competitors took part in the race.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Mike Berry	turns 53	remains M50 06	Dorothy Whittam	turns 48	remains W45 10
Kath Counsell	" 41	" W40 30	Duncan Phillip	" 52	" M50 11
Peter Cowley	" 45	becomes M45 29	Ken Snowden	" 42	" M40 04
Enid Crowther	" 42	remains W40 26	Keijo Vaalsta	" 50	becomes M50 17
Bob Fergie	" 49	" M45 03	Ernest Moyle	" 59	remains M55 30
Sue Leman	" 38	" W35 05	Jim Greenfield	" 41	" M40 07
Thelma Manley	" 49	" W45 03	Harry Whyte	" 41	" M40 08
Joan Slinger	" 43	" W40 12	Jeanette Tomlinson	" 50	becomes W50 09
Derek Walker	" 52	" M50 07	David Branston	" 48	remains M45 20
Brian Waldhuter	" 44	" M40 31	Sandra Walton	" 38	" W35 31

CLUB RECORD RUNS FOR JULY. CARINE SWAMP CROSS COUNTRY.

12km. W35 Phyllis Farrell 65.10; M40 Don Caplin 46.11; M45 Bill Monks 49.23; M50 Dave Hough 48.26; M55 Ray Lawrence 61.42:
8.1km. W40 Joan Pellier 41.52; W50 Lorna Butcher 42.18; M35 Bob Faulkner 36.08; M40 Barry Thomsett 42.06; M45 John Maddison 32.48; M60 Gerry Noordyk 42.43:
CLUB CROSS COUNTRY CHAMPS 8.6km.

W30 Jo Stone 44.30; W35 Joan Slinger 43.10; W40 Joan Slinger 45.01; W45 Margaret Harman 43.03; W50 Lorna Butcher 44.03; W55 Val Tyson 55.40:

M35 Hugh Kirkman 30.55; M40 Derek Hoyer 30.30; M45 Maurice Smith 32.06; M50 Rob Shand 35.13; M55 Alan Merrett 35.07; M60 Duncan Strachan 39.55; M65 Dick Horsley 41.47; M70 Dick Horsley 42.39:

2 x DAVE JONES. 4.4km

W40 Joan Pellier 23.00; W45 Nora Berry 26.03; W55 Val Tyson 27.58; M35 Hugh Kirkman 14.36; M40 Don Caplin 14.59; M45 Maurice Smith 15.02; M50 Bob Hayres 17.03; M55 Alan Merrett 16.21; M60 Dick Horsley 18.11; M65 Dick Horsley 19.29:

BRIDGES MILL POINT ROAD. 10km.

W30 Glen Hall 50.26; W35 Jo Stone 46.41; W40 Joan Pellier 47.04; W45 Margaret Warren 50.08; W50 Lorna Butcher 46.13; W55 June Strachan 54.43; M35 Frank Smith 32.46; M40 Frank Smith 33.20; M45 George Innes 33.42; M50 Frank McLinden 37.45; M55 Allen Tyson 40.09; M60 Duncan Strachan 41.42; M65 Dick Horsley 42.56; M70 Dick Horsley 45.01:

CLUB RECORD RUN. Sorry I almost missed this off.

SUTHERLANDS RUN. 8.4km.

W30 Jill Pearton 43.26; W35 Joan Slinger 40.37; W40 Joan Slinger 39.10;
W45 Margaret Warren 41.58; W50 Lorna Butcher 40.49; W55 Val Tyson 57.35;
M35 Hugh Kirkman 29.12; M40 Frank Smith 29.15; M45 Maurice Smith 29.43;
M50 Dave Carr 30.57; M55 Allen Tyson 36.08; M60 Duncan Strachan 35.21;
M65 Dick Horsley 38.05; M70 Dick Horsley 39.38:

I omitted to give the record breakers in last months issue of results of the club record runs. They are:-

Heirisson Island Run. W35 Kath Noordyk 25.22; W40 Joan Pellier 24.50; W45 Elza O'Dea 26.05; W55 June Strachan 30.16; M60 Duncan Strachan 23.19:

Walliston Wallop Run. W40 Margery Forden 50.33; W50 Lorna Butcher 55.35; M35 Colin Leman 36.57; M50 Dave Carr 41.12:

AROUND THE HOUSES (Lorna's Run) 15.6km. W30 Jill Chambers 60.18; W35 Jo Stone 81.37; W40 Ann Deanus 81.38; W45 Margaret Warren 85.43; M35 Colin Leman 54.22; M40 Frank Smith 54.22; M45 Don Caplin 58.10; M50 Frank McLinden 61.59; M55 Allen Tyson 68.34; M60 Duncan Strachan 71.28:

6.4km. W35 Sue Leman 34.49; Carole Cole 35.09; W45 Mary Robinson 33.42; W50 Nora Berry 35.09; W55 June Strachan 38.30; M35 Dave Roberts 25.51; M50 Selby Munsie 33.00; M65 Cliff Bould 31.45; M70 Dick Horsley 28.56:

TEDDY BIRDS PICNIC RUN. 15km. W35 Jo Stone 79.23; W45 Mary Robinson 80.19; M35 Colin Leman 53.13; M40 Frank Smith 58.31; M45 Don Caplin 57.53; M50 Rob Shand 63.42; M55 Allen Tyson 68.36; M60 Duncan Strachan 73.39:

7km. W35 Sue Leman 42.29; W45 Elza O'Dea 42.33; W55 Val Tyson 52.14; M40 Bob Farrell 40.09; M45 Derek Hoyer 30.32; M50 Vic Beaumont 37.52; M55 Fred Hagger 39.52; M70 Dick Horsley 36.26:

THE LADIES RUN 7.1km. This was a slightly different course and is the one that will be used in future, so all age group winners set inaugural records.

W35 Sandy Walton 35.42; W40 Margery Forden 33.50; W45 Mary Robinson 35.57; W55 June Strachan 40.05; M35 Brian Danby 26.46; M40 Derek Crowther 27.09; M45 Don Caplin 25.32; M50 Rob Shand 27.11; M55 Merv Moyle 31.27; M60 Duncan Strachan 33.25; M65 Cliff Bould 37.56; M70 Dick Horsley 33.15

WOULD ALL MEMBERS PLEASE NOTE THAT THE SECRETARY WILL BE AWAY ON HOLIDAY FROM 12th to the 26th AUGUST INCLUSIVE.

CHANGES OF ADDRESS: Hugh Kirkman, 49, Clifton Crescent, Mount Lawley. 6050 271 9081

Johan & Johnna Sanders, Unit 2/307, Cambridge Street, Wembley. 6014. 387 6012

Colin Walsh, 13, Ashby Court, Leeming. 6153. 332 6232

David & Derek Crowther, 20, Monk Street, Kensington. 6105. 367 2631

Just when you thought you had mastered "THE WALL" in the marathon (or for some of us in shorter events, the 100m in my case). Here is an article on yet another obstacle to overcome; It will probably be familiar to the cyclists and ex cyclists amongst members however.

BONKING

Doctor O (Stuart Mitchell, Tas.)

Endurance athletes suffer from another type of fuel loss syndrome called "bonking": this has a different cause from "hitting the wall".

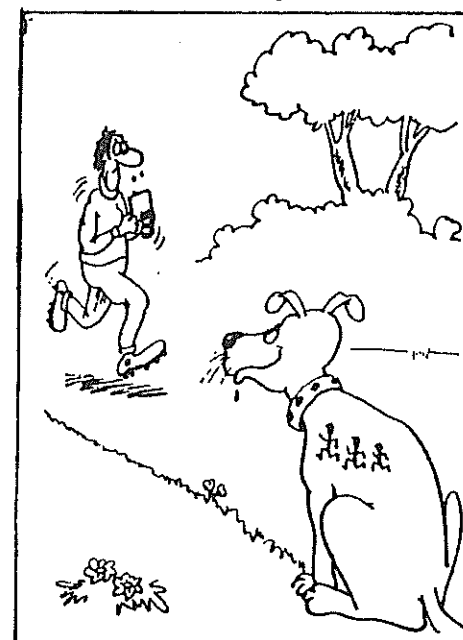
Glycogen is stored in the liver where it is converted to blood sugar which is the primary source of energy for the brain.

In an endurance competition, the liver glycogen may become depleted and this lowers blood sugar levels and the brain does not function well. This produces dizziness, shakes, weakness, peculiar feelings of hunger, confusion, lack of co-ordination and cold sweats.

If you eat immediately, then you can recover and may finish the competition. If not, then it will be almost impossible to finish the race.

When a runner "hits the wall", he runs out of muscle glycogen and cannot come back, because the muscle glycogen cannot be replaced that quickly. Also, once glycogen is bound to a muscle it stays in that muscle until it is burned. It cannot migrate from one muscle to another.

With willpower and determination, an athlete can continue after hitting the wall and he does this by burning fat, blood sugar and finally the muscle's own tissues.



TRIATHLONS

Several club members have succumbed to the challenge of the triathlon, a combination of running, swimming, and cycling. Considered by many as the ultimate test of fitness, the new sport is growing by leaps and bounds with an estimated 3,000 participants in Australian events during the past summer season. Most competitions were in the Eastern States, but three were recently held in W.A. at Esperance, Katanning, and Geraldton. The local events have catered to relatively small fields of usually less than 50 competitors, but the level of competition is comparable to that of the East.

The triathlon varies in distance and order of events according to the whims of the organisers. Most follow the swim-cycle-run sequence and distances range from "sprints" of .5 K-20 K-10 K to the ultra range of 4 K-180 K-42 K (the distances for the annual Ironman Championships in Hawaii). Most competitors come from running backgrounds. The cross-training effect from combining the three sports often results in improved running times, even though weekly running mileage is reduced. A sound training schedule for beginning triathletes might consist of the following: Monday - .5 km swim, 10 km run; Tuesday - 20 km cycle; Wednesday - 1 km swim, 10 km run; Thursday - 20 km cycle, 8 km run; Friday - 1 km swim; Saturday - 15 km run; Sunday - 50 km cycle. Anyone interested in triathlon training partners are urged to contact Graham Thornton (Gooseberry Hill) on 293-3027 or Gerry Allen (Roleystone) on 397-5657. The 2nd annual Perth Triathlon is scheduled for October.

TRIATHLON RESULTS (VETS)

Katanning (11/3/84) - swim 1.5 km, cycle 35 km, run 15 km: men - 1. G.

Thornton (W.A. Vets), 2 hrs. 24 mins. 44 secs.; 2. M. Shead (W.A.

Vets), 2:35.06; 3. D. Kitchen, 2:39.22. Women - 1. T. Spain,

2:54.28.

S.A. Championships, Barmera, S.A. (11/3/84) - swim 2.5 km, cycle 80 km,

run 21.1 km: men - 1. G. Allen (W.A. Vets), 4 hrs. 46 mins. 15 secs.;

2. R. Whitehorn, 5:09.38; 3. F. Lamprecht, 5:11.03. Women - 1. J.

Roberts, 6:02.58.

men - 1. G. Allen (W.A. Vets), 1 hr. 23 mins. 37 secs.; 2. M. Shead (W.A. Vets), 1:29.45. Women - 1. J. Clark, 1:42.54.

--- G. Allen ---

MARATHON STILL HAS THAT MAGIC TOUCH

THE marathon has traditionally been the climax of the Olympic Games and the 42.195 km event in Los Angeles will probably attract more world-wide attention than any other single Olympic event.

The marathon is the toughest of all track and field events, and has been since 1896 when it was first run at the Olympics and won by Spyridon Louis, who became an instant hero of modern Greece.

Twelve years later, Italian Dorando Pietri collapsed shortly after entering Shepherd's Bush Stadium in London.

He was revived by doctors and then received physical support from officials as he staggered across the finishing line in 1st place.

American John Joseph Hayes, the second man to finish, was declared the winner after the Italian had been disqualified.

Hannes Kolehmainen, who won the Olympic marathon gold medal in 1920, started the tradition of great Finnish long distance runners.

His world record of 2 hours 32 minutes 35.8 seconds - which would not win a WA State marathon now - stood for nine years.

Fellow Finn, Albin Stenroos, won the 1924 Olympic gold medal at Paris.

Japanese athletes made an impact on the world marathon running scene in the mid-1930s, with Fusashige Suzuki, Yasuo Ikenaka and Kitei Son all holding the world best time at one time or another during 1935.

By DAVID MARSH

In the late 1940s the "human locomotive," Emil Zatopek, a Czechoslovakian, ushered in a new era for long-distance running with his gruelling training schedules.

At the 1952 Olympics in Helsinki, Zatopek became the first man to win the 5000 and 10,000 metres and marathon at the same Games - this has not been equalled since.

Two years later at the 1954 Empire (Commonwealth) Games in Vancouver, Englishman Jim Peters, the world record holder and pre-race favourite, collapsed dramatically in the stadium after establishing a big early lead.

He was carried from the stadium on a stretcher by distraught team officials unaware that his gutsy bid for victory had ended 100m short.

First Aussie

Dave Power became the first Australian to win an Empire Games marathon gold medal at Cardiff in 1958.

But two years later an unknown Ethiopian, Abebe Bikila, padded barefoot through the streets of Rome to win the 1960 Olympic marathon in a world-best time of 2:15.16.2.

It was an astonishing victory that heralded the start of the emerging power of Africans in the world of athletics.

Four of the first eight places were filled by "unknown" African runners.

A major talking point before the 1964 Games in Tokyo was whether Bikila could become the first athlete to win the Olympic marathon twice.

The new world record holder, Britain's Basil Heatley, was installed as the favourite after it was learned that Bikila was to have his appendix removed just five weeks before the Games.

But the Ethiopian was no ordinary being and his powers of recovery were such that he was in peak condition for the defence of his title.

Australian Ron Clarke set a sizzling pace, but after an hour it was obvious that Bikila was again going to emerge triumphant as first of all he broke the challenge of Clarke and then Ireland's bold Jim Hogan.

Bikila was four minutes ahead of the field as he went through the tape in a world's best time of 2:12:11.2.

Clayton

Australian Derek Clayton came on the marathon scene with a world record of 2:09.36.4 in winning the famous Fukuoka marathon in Japan in 1967.

But in the Olympics the following year, Clayton, as had many athletes from sea-level countries, was unable to handle the high altitude of Mexico City. He finished a gallant seventh.

However, in 1969 Clayton reduced his world best time with a 2:08.33.6 performance.

One wonders how good a marathon runner Clayton actually was.

Required to train mainly on his own in Melbourne and suffering recurring injury problems, Clayton's time set 15 years ago has only since been bettered by two athletes - American Alberto Salazar and Australian Robert de Castella.

All other times in the top 10 in the world have been set within the last three years.

Bikila attempted to win his third Olympic title at the 1968 Olympics, but a leg injury forced him to retire after 17km. The race was won by his compatriot Mamo Wolde.

Frank Shorter became the first United States athlete in 64 years to win the Olympic marathon title in 1972.

East German Waldemar Cierpinski, after being virtually unknown outside his country, won the 1976 gold medal and repeated his victory in 1980.

Salazar then came on the scene with a world best time in winning the New York marathon on October 25, 1981, with 2:08.13.0. But certain sections of the world athletics society treats this time sceptically, because it was set on a one-way course and was slightly downhill.

De Castella went within five seconds of this time in 1982 and has the fastest time for the marathon in an out-and-back course.

Classic

The marathon at the 1982 Commonwealth Games at Brisbane was a classic with de Castella emerging a narrow winner from Tanzanian Juma Ikangaa.

De Castella will go into the Los Angeles marathon as the favourite, but he has a tough task ahead of him. Favourites have a bad record in the race.

He will face tough competition from Japan's Toshihiko Seko, Britain's Geoff Smith and Hugh Jones, America's Salazar, Portugal's Carlos Lopez and Tanzania's Ikangaa.

In addition, the humid conditions expected in Los Angeles could see other African athletes figure in the finish.

THE RECORD BREAKERS

Following is how the marathon times have fallen over the past 40 years:

TIME	RECORD HOLDER	VENUE	DATE
2:25.39.9	Yun Bok Suh (Korea)	United States	April 19, 1947
2:20.42.2	Jim Peters (Great Britain)	England	June 14, 1952
2:18.40.2	Jim Peters (Great Britain)	England	June 15, 1953
2:18.34.8	Jim Peters (Great Britain)	Finland	Oct 4, 1953
2:17.49.4	Jim Peters (Great Britain)	England	June 26, 1954
2:15.17.0	Sergey Popov (Russia)	Stockholm	August 24, 1958
2:15.16.2	Abebe Bikila (Ethiopia)	Rome	Sept 10, 1960
2:15.15.8	Toru Terasawa (Japan)	Beppu	Feb 17, 1963
2:14.28.0	Lenny Edelen (NSA)	England	June 15, 1963
2:11.55.0	Basil Heatley (Great Britain)	England	June 13, 1964
2:12.11.2	Abebe Bikila (Ethiopia)	Tokyo	October 21, 1964
2:12.00.0	Norio Shigematsu (Japan)	England	June 12, 1965
2:09.36.4	Derek Clayton (Australia)	Japan	Dec 3, 1967
2:08.33.6	Derek Clayton (Australia)	Japan	May 10, 1969
2:08.13.0	Alberto Salazar (USA)	United States	Oct 25, 1981

GUESS THE DISTANCE RUN. McCallum Park. 27th May 1984.

Twentyeight runners blasted off into a stiff headwind, between showers, to do the course that Selby Munsie and Frank Usher had worked out. It consisted of McCallum, Heirisson Island and a bit of a gallop around East Perth and return via the second half of the Ladies Course.

Heirisson Island was almost under water, swimming WAS allowed. Despite Selby having provided a very clear map for every runner, some managed to take the wrong route. (May we suggest some orienteering)?

A number of members suggested that it is a good run with a bit of a challenge that could do with repartition in the future. It is just over 8km, or is it?

Thanks to Ken Whistler who stood out in the wind and rain, ensuring that the runners were not mashed whilst crossing Wellington Street.

Frank Usher - Selby Munsie.

Distance 8.14metres.

Best estimate	Men	George Peet	Ladies.	Carole Cole
2nd		Merv Moyle		June Strachan
3rd		Bob Sammells		Elza O'Dea

RESULTS.

1. George Peet	8300	-14	15. Val Tyson	8980	+666
2. Merv Moyle	8250	-64	=16. Gavin Smith	9000	+686
3. Carole Cole	8400	+86	=16. Cliff Bould	9000	+686
4. June Strachan	8210	-104	=18. Pat Carr	9100	+786
5. Bob Sammells	8479	+165	=18. Phyllis Farrell	9100	+786
=6. Elza O'Dea	8500	+186	20. Bob Farrell	9237	+923
=6. Mike Hill	8.500	+186	21. Barrie Evans	9300	+986
8. Mary Robinson	8110	-204	22. Dick Horsley	9350	+1036
9. Bev Whistler	8522	+208	23. Kirt Johnson	9460	+1146
10. Allen Tyson	8600	+236	24. Brian Danby	9700	+1386
11. Dave Jones	8700	+386	25. Mike Kahn	9760	+1446
12. Duncan Strachan	7900	-414	26. Dave Roberts	9800	+1486
13. Aub Davie	8750	+436	27. Dave Carr	10800	+2486
14. Shirley Cross	8885	+571			

BOB HARRISON'S RUN. DIANELLA RESERVE. 3rd June 1984.

Some 59 runners turned up on a beautiful June Morning to enter the race. Bob Harrison could not attend, but donated two prizes that were the subject of a draw at the end of the run. Runners were allocated one number each and helpers were given three each. The lucky prize winners were, Jo Stone and Bill Grocott.

Morris Warren thought that there was a prize for the winner of each event, But he was not able to beat Derek Crowther home in the 4km so quickly reverted to the 8km, but alas all to no avail.

The run followed the perimeter of the reserve, quite a fast course that followed the cycle path for most of the way. A good run by Simon Beaumont saw him enter the oval as the first runner home, Simon is the son of our very own "Greybeard" Vic. The first vet home was Fraser Deanus closely followed by Dave Hough, Mike Kahn, Rob Shand and Bob Sammells. The first lady home Kath Noordyk, good run Kath.

The 4km run was won by Derek Crowther. My sincere thanks to the first class help provided by Kath and Nicky Mitchell, Jackie and Vic Beaumont, Maureen Pomery, John Gilmour and Dick Horsley.

Morris Warren - Fraser Deanus.

RESULTS. 4km

Derek Crowther	M40	14.49	Lorna Butcher	W50	21.21
Bill Grocott	inv	16.57	Jo Stone	W35	21.21
Morris Warren	M45	17.21	Jill Pearton	W35	21.21
Ray Lawrence	M55	18.16	Shirley Cross	W45	23.12
Kirt Johnson	M55	18.18			

9

RESULTS. cont. 8km. * denotes record.

Simon Beaumont	inv	28.18	Bill Mitchell	M45	33.55
Fraser Deanus	M40	29.30	Alan Pomery	M50	34.03
Dave Hough	M50	29.43*	Aub Davie	M45	34.18
Mike Kahn	M35	30.03	Bob Farrell	M40	34.23
Rob Shand	M50	30.07	Peter Davies	M50	34.23
Bob Sammells	M45	30.16	Duncan Strachan	M60	34.46
Barrie Evans	M50	30.44	Kath Noordyk	W35	35.33*
Ken Snowden	M40	30.56	Morris Warren	M45	35.42
Kevin Martin	M45	31.03	Adrian Noordyk	inv	35.43
Hamish McGlashan	M45	31.03	Gerry Noordyk	M60	36.15
Dalton Moffett	M50	31.03	Leslie Eggins	inv	36.36
Frank McLinden	M50	31.17	Garnett Morgan	M55	37.28
Tom Savin	inv	31.22	Cliff Bould	M65	38.01*
Lindsey Snowden	inv	31.23	Yolande Caruso	W30	38.05*
Dave Branston	M45	31.25	Allen Tyson	M55	38.07
Vincent Caruso	M35	31.42	Ernest Moyle	M55	38.12
Jim Barnes	M40	31.43	Patsy Reside	inv	38.31
Jim Greenfield	M40	31.46	Sandy Walton	W35	38.32
Dave Roberts	M40	31.50	Frank Usher	M60	38.44
Joe Stickles	inv	32.00	Elza O'Dea	W45	39.22*
Adrian Delargie	inv	32.13	Margaret Warren	W45	40.12
Bob Faulkner	M40	32.22	Mary Robinson	W45	41.30
Jo Smargiassi	inv	32.29	Nora Berry	W50	44.52
Maurice Johnston	M45	33.33	June Strachan	W55	44.52*
George Peet	M50	33.54			

McCALLUM PARK 10th June 1984. (1 McCallum + 1 Dave Jones + 1 Cliff Bould 8.3km)
32 runners started, a satisfactory number considering several members were attending a marathon club run.

Good conditions and a fast course resulted in some fine runs with five new records being established, headed by Hugh Kirkman with a speedy 30.35. Rob Shand put many younger runners to shame with his M50 record of 32.24 and Mike Kahn was not far behind with an M35 record of 32.53. Tuula Vaalsta also set a new record 39.00 for W45 and was first lady home followed by Elza O'Dea and Mary Robinson. Carole Cole set an inaugural W40 record of 45.49.

Congratulations to all who took part and thanks to Marilyn Acreman, Kath Mitchell, Joan Pellier and Jo Stone who all helped the smooth conduct of the competition. June Strachan also set an inaugural record for W55 of 50.16.

We were pleased to welcome Bill Grocott from Victoria and John Bissett, a new member on the day.

RESULTS.

Dick Horsley.

Hugh Kirkman	M40	30.35*	Vic Beaumont	M50	39.15
Rob Shand	M50	32.24*	Kait Johnson	M50	39.40
Mike Khan	M35	32.53*	Tony Denham	M45	39.40
Bob Sammells	M45	33.10	Selby Munsie	M50	40.22
Barrie Evans	M50	33.26	Cliff Bould	M65	41.11
Keijo Vaalsta	M45	34.29	Ernest Moyle	M55	41.14
Terry Tate	M45	34.55	Elza O'Dea	W45	42.54
Kevin Martin	M45	35.49	Mary Robinson	W45	45.42
Aub Davie	M45	36.03	Carole Cole	W40	45.49*
Bill Mitchell	M45	36.08	Allen Tyson	M55	46.12
George Peet	M50	36.15	Duncan Strachan	M60	47.08
Mike Hill	M40	36.56	John Bissett	M40	47.08
Alan Pomery	M50	38.27	Sheila Maslen	W45	48.25
Bill Grocott	M45	38.59	Jeff Whittam	M45	48.25
Tulla Vaalsta	W45	39.00*	June Strachan	W55	50.16*

GERALDTON MARATHON 3rd June 1984. Vets results.

1st Kevin Anderson	2.40.43	Brian Danby	3.00.32
5th John Pellier	2.59.23	Trisha Spain	3.26.23 1st Lady
<u>Half Marathon</u>			
1st Frank Smith	1.13.20	2nd Lady Joan Pellier	1.48.17
3rd DoniCaplin	1.17.49		

RESULTS OF A.A.W.A. EVENTS. State Champs at Albany. (Cross Country) 3/6/84
 Men 10km. Ted Maslen 37.29 Women 4km. Tuula Vaalsta 18.09
 Keijo Vaalsta 41.12 Sheila Maslen 21.54

State Walking Champs 15/4/84 George Audley 5th 1.58.12 (20km)

25km Scratch Road Race 23/4/84 at Cannington. 10km event.
 3rd Frank Smith 1.25.29 3rd Jill Chambers 38.05
 9th John Pellier 1.45.44
 11th Ted Maslen 1.50.07
 12th Maurice Johnston 1.53.00
 13th Morris Warren 1.53.00

Wanneroo 28/4/84.

5km. Tuula Vaalsta	23.17	10km.	
Sheila Maslen	28.48	Kevin Anderson	37.39
15km.		Jill Chambers	41.28
Frank Smith	53.34	Keijo Vaalsta	42.36
Ted Maslen	60.51	Margaret Harman	47.06
Stan Latchford	61.03		

W.A.I.T. Road Champs. 6/5/84
 10km.

Ray Purdue	31.33	Brian Foley	37.56
Frank Smith	33.38	Barrie Slinger	38.33
Don Caplin	34.49	John Pellier	39.03
Kevin Anderson	35.06	Keijo Vaalsta	39.38
Ted Maslen	36.43		
Ladies 5km.			
Jill Chambers	18.29		
Eileen Hindle	20.37		
Erica Mercer	22.34		

FIXTURE LIS FOR AUGUST.

5.8.84	Milk Marathon 42.2km	Richardson Park 8.00am	Committee & Helpers
	Including W.A. Vets		
	Marathon Champs.		
12.8.84	Club Picnic Run	Yanchep Nat. Park	Joan & Barrie
	16km or 5km		Slinger
19.8.84	CITY TO SURF FUN RUN. 12km.		
26.8.84	Brian Danby's Run	Pinnaroo Memorial Park	Brian Danby
	11.4km or 5km	Whitfords Avenue Padbury.	Frank Smith

Some

facts

about

feet

Feet were made for many reasons.

They give you something to put your socks on, they keep your legs standing and they are great for kicking a football.

Without them you could not wear swimming flippers, trip the light fantastic or develop chilblains on the toes.

Their major rôle is to stop you falling over every time you take a step.

Any podiatrist will tell you that walking is not a simple action.

It is really a series of falls that are broken by your feet stopping them.

Feet take a heavy load from early childhood through to old age, they carry that load over rough, slippery and rugged surfaces.

Usually they get no special treatment unless something goes wrong with them.

Here are some interesting facts about feet that the Health Education Unit of the Public Health Department collected.

- An average adult can expect his feet to carry an accumulated body weight of 800 tonnes every day.
- The average person takes between six and eight thousand steps a day. Every step produces shocks that reach the joints in the ankle, knee, hip and spine.

- Feet perspire at an average of a quarter of a litre every day, which means about 45 litres over six months. About 60 per cent of the moisture is absorbed into the shoes.
- About 250,000 tiny sweat glands are in a pair of feet. If they were strung out end to end they would stretch for about one kilometre.
- On an average day the temperature inside a shoe rises to about 27.5 degrees Celsius. On warm days it is even hotter.

I am a happy jogger,
I jog both day and night.
I jog out in the pouring rain
And in the sun so bright.

The dogs run out to bark at me
Some people stop and stare,
Admiring me as I go by
With sweat streaked face
and hair.

Some say this type of
exercise
Will make me fit and strong,
Others say it does me harm
And also makes feet pong.

I'm all confused, what will I do
Give up?—No, keep on the go,
regardless of what experts
say
I'm the fittest wreck I know.