



The Vetrin



No. 211 APRIL 1990

W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WB11 0370"

PATRON: W.J. (Bill) Hughes
SECRETARY: Rob Davis 3374413
NEWSLETTER EDITOR: Jeff Whittam 3876438

PRESIDENT: Bob Schickert 3324114
TREASURER: Bill Crellin 4482924

**ALWAYS CHOOSE SOMEONE BUSY WHEN YOU WANT A JOB WELL DONE - THE OTHERS
HAVEN'T THE TIME.**

A.G.M. Please try and attend the Annual General Meeting at the Hockey Pavillion, Perry Lakes, at 7pm on Wednesday 4th April 1990.

PLEASE BRING THIS NEWSLETTER WITH YOU, as it contains the Agenda and Reports. The Treasurers Report will be available at the meeting.

Please bring along a plate of supper for after the meeting, the club will provide tea, coffee etc.

THIS IS YOUR OPPORTUNITY TO HAVE YOUR SAY ON HOW THE CLUB SHOULD BE RUN

COMMITTEE MEETING. The new club vests are now available from the treasurer, Bill Crellin, he is also hoping to have a supply of the club T/shirts available in the near future.

CLUB MEMBERSHIP. Bev Thornton and Maureen Pomery have been given club membership for the coming year in recognition of the help they have given in the past as recorders etc at club runs. Without them it would have meant someone missing a run each week. Thank you ladies.

WALKING CLINIC. We have received a letter from Terry Jones, State Racewalking Coach, who has been at the Institute of Sport in Canberra for a National Race Walking Coaches Conference. The speakers included Tony Rice Aust National Coaching Convenor; Dag Gaasand Norwegian National Coach; Craig Hilliard AIS Walks Coach; Kerry Saxby; Simon Baker; Andrew Jachno; Harry Summers National Race Walks Coach and Yvonne Melene National Junior Race Walks Coach:

Terry would like to pass on to interested walkers much of what he learnt at the Conference, including some secrets of Australia's top walks coaches and athletes.

The presentation is expected to last about two hours and is to be held at Perry Lakes Stadium on Saturday 7th April 1990 starting at 3pm.

There is no charge for the talk. He does not think that two hours will be sufficient to cover the conference in detail but will be happy to cover specific topics in future presentations.

If you are interested in walking. **BE THERE.**

A.A.W.A. The winter season starts in the Metro area on the 28th April with the Lord Mayors Trophy. On the 21st April the King of the Mountains Race will be held in Albany. If you are interested in running the Association events contact Brian Foley on 339 2716 he is the clubs registrar for the winter season.

MEMBERSHIP RENEWALS:- In last months newsletter there was a renewal membership form. If you haven't returned it please find time to do so, renewals received before the A.G.M. will be accepted at the current renewal fees, (these may increase at the A.G.M.) Either send or give them to Bill Crellin as soon as possible.

10km TRACK HANDICAP TROPHY. 25th April at McGillivray Oval, run under lights. Race starts at 7pm. Get your entries in to Mike Rhodes as soon as possible, closing date 14th April. Entry forms at back of last newsletter. We also require Lap Scorers and recorders at the finish, if you can help please contact Jeff Whittam. Thank You.

PRESIDENT'S REPORT

Was it a good year for Veterans' Athletics in WA? If you enjoyed the competition, the fresh outdoors and the friendship, I think you have to say that every year you are in Veterans' Athletics is a good year. We all have our ups and downs with injuries and loss of form, and sometimes we say "What am I doing this for?", but overall, it is a great way to spend your leisure time. I have tried to play a low-key role as President. Decisions need to be made and sometimes not everyone is happy with these decisions.

Many thanks to the committee and all the other people who worked to make the club run successfully, with a special mention to our retiring secretary, Rob Davis, for his two years commitment.

BOB SCHICKERT

9 March 1990

W.A.V.A.C.

SECRETARY'S REPORT 1989/90

AIM

The aim of this report is to cover the activities of the club as laid down in the constitution.

SOCIAL EVENTS

Jorgensen Park: This ever popular event, which is our club cross country championships, was held once again in cool, wet conditions. Weather aside, the social aspects of this event makes participation worthwhile. The social is held inside with a log fire usually burning in the main dining area assisted by gas heaters in other areas. Plenty of food is available, most of it brought by members ample quantities of drink. This is one of the most popular events on our calendar and I thank all who helped with the organisation, manned (personed?) the kitchen or helped in any way.

Home Runs: Our large membership makes hosting these runs a little difficult. However, we still had four runs of this type on our calendar. The Bickley Run, Jim Barnes Run, Danby's Run and Sutherlands Run were the ones we managed to conduct this year. The latter two runs started and finished at points away from the members homes but we were invited back to the organisers homes for a social after the events. Thanks to those people who conducted these runs.

QUIZ NIGHT: This annual social and fund raising event was held on September 15th at the Rugby Clubrooms. It was again very ably hosted by Barrie Slinger. Thanks to Barrie and his helpers. We raised just under \$500 on the night with about 100 people attending. Earnings and numbers were about half of what we usually expect. Hopefully, members will give better support to this occasion next year as it is our only fund raising event that we regularly hold each year. A very special thanks to all who donated prizes for the night.

LONG WEEKEND

held at Tone
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etc to keep
weekend. The
About 20 mem
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Some members
Running Club

ANNUAL DINNER

Chris Brockw
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STATE CHAMPI

Dates for th
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ADMINISTRATI

Club members
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Rob Davis
Hon. Secretar

Treasur
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Thanks
Bill Cr

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

Margaret Gianatti W50 08/May/35; Carl Gianatti M50 22/May/39; Alison Hannan W45 05/Oct.44; Liz Helliwell W35 11/Mar/55; Maxwell Kelly M40 15/Aug/46; Dennis Knight M40 03/Mar/47; Sylvia Murphy W40 28/Mar/44; Gaby Ralph W40 29/Mar/50; Sandra Swain W40 09/Sep/47; Maurice Creagh M40 11/Jul/46; Peter Cliff M35 12/Apr/53; Rob Young M45 21/Apr/44; Dot Anderson W55 25/Nov/34:

The Editor
The Vetrun
49 Holland Street
WEMBLEY WA 6014

Dear Jeff,

WHO WAS THAT MAN ?

It's always gratifying to see one's name mentioned in race results, particularly when credited with the fastest time in a Handicap, as I was in the Point Walter Run reported in the March Vetrun.

From early October to late January, I had only been able to jog lightly, recovering from a broken bone in the right foot, Chondomalacia Patella in both knees, frustration, lack of motivation and a change of occupation.

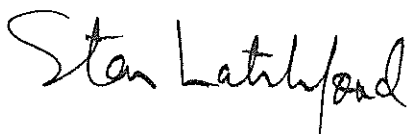
The Point Walter result was therefore a great surprise to me, because at the time the race was being run, instead of working my way through the field at Point Walter, I was 600 kilometres away, picking my way gingerly through the broken glass, rusting car bodies and other rubbish which litters my latest training route - around the old Kalgoorlie rubbish dump.

I can only assume that the cold, wet weather fogged up Mike Rhodes' spectacles, as although I am flattered to be mistaken for Frank Smith, Don Caplin or some other speedster, as a 5 feet 4 inch limping balding greybeard, I bear no resemblance whatsoever to either of them.

I appeal through the columns of the Vetrun for the Phantom of Point Walter to come forward and identify himself, as the adverse publicity I have received as a result of his victory has ruined my reputation as a plodder and will no doubt result in harsh treatment in future by the Club Handicapper !

I'm now slowly returning to fitness, venturing further afield than the rubbish dump and out into the bush. I used to believe that Youth Springs Eternal, but this latest bout of injuries has made me temper my views somewhat. I now reluctantly subscribe to the adage - The Older I Get, The Better I Used To Be.

Yours, stiff legged,



STAN LATCHFORD

COACHING ACCREDITATION SCHEME. LEVEL ONE.

The Australian Track & Field Coaches Assc will be holding a Level One Coaching Clinic during April - September 1990.

The course is designed to give basic understanding of coaching methods, including a background in general sports science theory as applied to coaching all track and field events.

A large part of the course is concerned with practical coaching of events in four groups:- SPRINTS; ENDURANCE (including Walks); JUMPS; THROWS:

PART 1. General Principles of Sports Science (12 hours)

PART 2. General Principles of Athletic Events. (4 hours)

PART 3. Specific Principles of Coaching and Training for each event group (12 hours each group) Group/s of your choice.

Applicants must pass the examination set by the AT&FC Assc. The minimum course consists of Parts 1&2 and one event group of part 3.

The cost of the course is \$65 which includes the cost of a coaching manual \$35 cost.

It is a condition that to get accreditation you must become a member of the AT&FCA. Membership fee is \$30 per year and this includes four quarterly copies of Modern Athlete and Coach an excellent magazine which is highly recommended. For further details contact:- Fred Smart, 4, Red Tingle Road, Kelmscott. 6111. Tel; 390 9148. (The Editor has a full copy of the details)

A VERY HAPPY BIRTHDAY TO OUR "APRIL" MEMBERS

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| | | | | | | |
|-------------|------------|-----------------|-------|----|---------|-----|
| 06-APR-55 | CARMEN | : Tina | turns | 35 | becomes | W35 |
| 07-APR-46 | DARVELL | : Darcy | " | 44 | remains | M40 |
| 07-APR-53 | MAHER | : Christopher J | " | 37 | " | M35 |
| 07-APR-46 | TOLBERT | : Murray A | " | 44 | " | M40 |
| 08-APR-25 | BUTCHER | : Sidney | " | 65 | becomes | M65 |
| 09-APR-37 | JOHNSTON | : Maurice | " | 53 | remains | M50 |
| 09-APR-54 | ROWLAND | : Grahame K | " | 36 | " | M35 |
| 10-APR-46 | BAUMANN | : Jurg Karl | " | 44 | " | M40 |
| 10-APR-38 | SUTTON | : Ronald E | " | 52 | " | M50 |
| 10-APR-27 | SYKES | : Frank | " | 73 | " | M70 |
| 11-APR-46 | BRADLEY | : Graeme | " | 44 | " | M40 |
| 11-APR-1892 | JONES | : Thomas J | " | 98 | " | M95 |
| 11-APR-45 | McCARTHY | : Fatti | " | 45 | becomes | W45 |
| 11-APR-57 | PAPALIA | : Shona | " | 33 | remains | W30 |
| 12-APR-40 | GRAY | : Stuart D | " | 50 | becomes | M50 |
| 12-APR-42 | JOHNSTONE | : Bob | " | 48 | remains | M45 |
| 12-APR-26 | JONES | : David C | " | 64 | " | M60 |
| 13-APR-44 | COLE | : Peter | " | 46 | " | M45 |
| 14-APR-26 | DeGRUCHY | : Reginald | " | 64 | " | M60 |
| 15-APR-43 | DAGOSTINO | : James | " | 47 | " | M45 |
| 16-APR-45 | CAHILL | : Paul | " | 45 | becomes | M45 |
| 16-APR-53 | DRAYSON | : Philip M | " | 37 | remains | M35 |
| 16-APR-37 | McGLASHAN | : Hamish | " | 53 | " | M50 |
| 16-APR-41 | SPENCER | : Patricia | " | 49 | " | W45 |
| 17-APR-44 | POHE | : Paul | " | 46 | " | M45 |
| 18-APR-32 | HOUGH | : David L | " | 58 | " | M55 |
| 18-APR-43 | PETTMAN | : Roger C | " | 47 | " | M45 |
| 18-APR-45 | SUTHERLAND | : Gloria | " | 45 | becomes | W45 |
| 19-APR-50 | LANGFORD | : Rosemary | " | 40 | " | W40 |
| 19-APR-31 | McLEAN | : James C | " | 59 | remains | M55 |
| 19-APR-39 | SPARE | : Charles | " | 51 | " | M50 |
| 19-APR-48 | WILLERS | : Jenny | " | 42 | " | W40 |
| 22-APR-44 | ANSELL | : Alicia | " | 46 | " | W45 |
| 22-APR-23 | BOWLER | : Sydney E | " | 67 | " | M65 |
| 23-APR-42 | NORDEN | : Jim | " | 48 | " | M45 |
| 24-APR-36 | CAMPBELL | : Jock | " | 54 | " | M50 |
| 26-APR-37 | COUSINS | : Olive D | " | 63 | " | W60 |
| 26-APR-34 | SMITH | : Maurice | " | 56 | " | M55 |
| 28-APR-38 | CRELLIN | : William | " | 52 | " | M50 |
| 29-APR-44 | GOLD | : Joseph | " | 46 | " | M45 |
| 29-APR-40 | NEWBOLD | : Gerry | " | 50 | becomes | M50 |
| 29-APR-41 | WILTSHIRE | : Ivan H | " | 49 | remains | M45 |

STATE RECORDS

These continue to be broken at a very high rate and the latest new ones are:

| | | | | | |
|----------------|-----|-------------|----------|-----|-------|
| 400m | M60 | B. PAXMAN | 64.30 | 1. | 3.90 |
| 400m | M65 | A. TYSON | 73.40 | 1. | 3.90 |
| 3000m | M45 | J. LANGFORD | 9.20.00 | 8. | 2.90 |
| 5000m | M45 | J. LANGFORD | 15.51.40 | 1. | 3.90 |
| 2000m Steeple | M35 | D. FEID | 6.37.00 | 3. | 12.90 |
| Triple Jump | M40 | M. TOLBERT | 12.91 | 1. | 2.90 |
| Discus (1kg) | M75 | K. BAUMANN | 21.58 | 15. | 2.90 |
| Hammer (6kg) | M50 | B. FERGIE | 33.08 | 4. | 1.90 |
| One Mile Walk | M40 | B. WILSON | 8.15.00 | 22. | 2.90 |
| One Mile Walk | M75 | D. HORSLEY | 11.37.30 | 22. | 2.90 |
| 60m | W40 | J. JOHNSON | 8.30 | 25. | 2.89 |
| 60m | W55 | P. CARR | 10.00 | 3. | 2.90 |
| 800m | W45 | P. McLIVER | 2.28.20 | 27. | 1.90 |
| 1500m | W40 | A. SHAW | 5.01.00 | 3. | 2.90 |
| 1500m | W45 | P. McLIVER | 5.17.80 | 17. | 2.90 |
| 2000m Steeple | W40 | A. SHAW | 8.16.10a | 24. | 2.90 |
| Hammer (4 kg) | W45 | M. STONE | 17.18 | 10. | 2.90 |
| Hammer (3 kg) | W55 | L. LAUHLAN | 17.26 | 2. | 11.89 |
| Javelin (400g) | W75 | B. BAUMANN | 11.25 | 22. | 2.90 |
| One Mile Walk | W50 | D. WHITTAM | 10.08.30 | 22. | 2.90 |
| One Mile Walk | W65 | V. TYSON | 11.36.10 | 22. | 2.90 |

A couple of deletions also. Alex Cummings' M50 7.26kg Hammer record was found to have been made with a 5.5kg implement, and Pat Carr no longer holds the W55 Triple Jump World record.

Bob Sammells.

A.A.W.A. Perry Lakes. State Champs. 17th February 1990.

27th Jan 90

| | | | | | | | | |
|---------------|-----|---------|-------------|-----|------|-------------|--|----------|
| <u>1500m</u> | | | | | | <u>800m</u> | | |
| Torgy McLiver | W45 | 5.17.8* | <u>400m</u> | | | P McLiver | | 2.28.29* |
| Brian Foley | M45 | 4.38.2 | D Carr | M55 | 59.4 | | | |
| | | | B Kernaghan | M45 | 54.2 | | | |

200m

Val Prescott W45 32.2

24th February 1990

800m Heats

McAuley M40 2.04.1

B Foley M45 2.10.4

D Carr M55 2.12.0

3rd March 1990

400m

V Prescott W45 72.4

F Carr W55 79.0

B Kernaghan M45 54.3

K Martin M45 56.3

D Carr M55 57.5

B Foley M45 58.9

11th March 1990

2km S/chase

A Shaw W40 8.01.0

State & Aust record W40

800m

A Shaw W40 2.22.0*

P McLiver W45 2.29.4

D Carr M55 2.11.8

M Rhodes M40 2.29.0

Long Jump

P McLiver W45 3.92

F Carr W55 3.38

800m Finals

D McAuley M40 2.10.2

A Shaw (3) W40 2.26.0

P McLiver W45 2.31.5

2km S/chase

A Shaw (1) W40 8.16.0

200m

B Kernaghan M45 23.6

400m Hurdles

K Martin M45 64.0

1500m

A Whitley M40 5.01.0

Discus

R Young M45 32.40

100m

P McLiver W45 14.3

P Carr W55 16.2

K Martin M45 12.2

Triple Jump

K Martin M45 10.73

High Jump

K Martin M45 1.48

400m Hurdles

K Martin M45 67.2

1500m

B Foley M45 4.39.0

M Rhodes M40 5.07.0

200m

F Carr W55 34.00

D Carr M55 27.2

Javelin

A Stone M55 37.08*

*Record

CANNING DISTRICTS' TROPHY & SOCIAL NIGHT. 12th May 1990.

The Canning Districts have invited members of the Vets along to their Annual Trophy and Social night which is to be held at the Queens Park Soccer Club at Coker Park on the 12th May. There is a carvery buffet and also a licenced bar. The cost is \$6 for adults and \$3 for children. If you are interested in going contact John Gilmour 332 5536, or David Reid 362 3463 for tickets, as soon as possible.

RETIRING EDITOR. I would like to thank all those members who have given me assistance during my term as editor, especially those who have contributed articles and let me have results already typewritten, they made my job so much easier. Also Dorothy folder, stapler, labeler, poster and account keeper extraordinaire.

Please give the new editor the same support that you have given to me.

Museum calls for artefacts

The Museum of WA Sport at the Mt Claremont Superdrome needs old and dated items for its sport science and medicine display.

In particular, artefacts relating to sport training, programming and treatment and prevention of injury, including equipment, clothing, bandages, braces, photographs and documents are sought.

Sport is very much a part of the local community and during the last 30 years it has grown to the stage where it requires considerable financial support, time and expertise.

Spectators or the general public tend only to see the polished athlete, fit and ready to go before all and face the personal and national challenges.

Training programmes, equipment, clothing design, diet, biochemistry,

care and injury are all part of what is now called sport science.

Sport science aims at creating perfection and is constantly researching and modifying ideas on exercise and performance.

Thirty years ago sport was an entirely different proposition.

Though athletes were still undergoing the hardship of serious training, they were not assisted by specialists, monitoring and modifying their physical state to the extent that occurs today.

The hype, money and experts on everything from running shoe design to the bio-mechanics of freestyle are fairly recent introductions to the sporting world.

What are the changes that have taken place, both in sport and to athletes, since the 1950s?

How involved is the athlete in his or her own direction and progress as compared to an athlete 40 years ago?

All these questions and more form the basis of the sport science and

medicine display at the Superdrome museum.

Anyone with anything of interest (past or present) is urged to phone 387 8542 and speak to Sue Ferreira or Alan Newman.

TEDDY BIRDS PICNIC RUN KINGS PARK 18 FEBRUARY 1990

It was good to see a field of 133 runners and walkers turn out on such a pleasant Sunday morning - the weather was kind although as the morning progressed it did become warmer and the drink stations were busy. In the short run Tom Savin was first in by 1m1sec from our second male member Doug Hazell. Margery Forden was the first lady in but only 43sec. in front of Peggy MacLiver. In the long run Frank Smith was the first male member by a margin of 4mins54sec from Bob Schickert. Margaret Birks led the ladies home with Joan Pellier in second place. With the walkers, Paul Martin led the field with the first lady being Lorna Lauchlan closely followed by Dorothy Whittam. Full results are:

| Runners 15.6 kms | | m | | s | |
|------------------|-----|-------|----------------|-----|-------|
| Steve Mitchell | vis | 55.37 | JoeStickles | M50 | 68.49 |
| FrankSmith | M45 | 56.05 | JohnPellier | M50 | 69.01 |
| BobSchickert | M45 | 60.59 | JoeTrovato | M50 | 69.15 |
| NeilMcRae | Vis | 61.30 | PeterAirey | M50 | 69.19 |
| WaynePantall | M35 | 62.04 | JimGreenfield | M45 | 69.59 |
| JohnBrown | M40 | 62.09 | FrankMcLinden | M55 | 70.56 |
| DaveRoberts | M45 | 62.33 | MikeTraynor | M45 | 71.14 |
| BobArgyle | M40 | 63.15 | VicWaters | M45 | 71.17 |
| IanColquhoun | Vis | 63.30 | DennisMiller | M45 | 71.37 |
| GrahamThornton | M45 | 64.27 | DavidHough | M55 | 72.02 |
| BrianPower | M40 | 64.51 | BernieDoherty | Vis | 72.37 |
| TedMaslen | M50 | 65.03 | DaltonMoffett | M55 | 72.43 |
| BobSammells | M50 | 66.45 | MervMoyle | M60 | 72.53 |
| Chris Reid | Vis | 67.16 | JohnBell | M40 | 73.54 |
| MikeFlood | Vis | 67.56 | MorrisWarren | M50 | 74.20 |
| BrianDanby | M40 | 68.08 | VicBeaumont | M60 | 74.34 |
| RaYAtwell | M50 | 68.32 | RichardHarris | M50 | 75.09 |
| | | | Margaret Birks | W40 | 75.57 |
| | | | RonPotter | M45 | 76.54 |
| | | | BrianAldrich | M55 | 77.44 |
| | | | AndrewMiller | Vis | 78.02 |
| | | | StanLockwood | M60 | 78.12 |
| | | | BillWebster | M55 | 78.13 |
| | | | KenWhistler | M55 | 79.50 |
| | | | DenisWillmott | M55 | 79.57 |
| | | | RobertFarrell | M50 | 81.46 |
| | | | RobDavis | M50 | 83.04 |
| | | | KirtJohnson | M60 | 84.15 |
| | | | JoanPellier | W50 | 84.52 |
| | | | PhyllisFarrell | W45 | 89.18 |
| | | | PatrickSheerin | M55 | 89.19 |
| | | | RosaDavis | W45 | 94.37 |
| | | | FrankUsher | M65 | 96.50 |

* Runners 7.8 kms

| | | | | | | | | |
|------------------|-----|-------|-----------------|-----|-------|------------------|-----|-------|
| TomSavin | M40 | 27.58 | AlanTyson | M65 | 37.02 | PeterNicoll | M45 | 43.56 |
| IanThomas | Vis | 28.38 | TonyO'Hare | Vis | 37.03 | AlisonAldrich | W45 | 44.16 |
| DougHaZELL | M35 | 28.59 | KathPenton | W45 | 37.09 | JuneStrachan | W60 | 44.34 |
| DavidCarr | M55 | 30.11 | RonSutton | M50 | 37.23 | NeilDavis | M45 | 44.39 |
| KenPost | M35 | 30.15 | GrahamRowland | M35 | 37.43 | JillMidolo | W40 | 44.54 |
| VaughanRamsay | Vis | 30.22 | MikeFaunge | M50 | 37.49 | GordonFlorence | M55 | 44.58 |
| JoAnFerris | M35 | 30.59 | KingsleyPreston | Vis | 38.13 | ElzaO'Dea | W50 | 44.59 |
| MikeRhodes | M40 | 31.15 | RogerWhalen | Vis | 39.06 | CarolCole | W45 | 46.20 |
| JimBarnes | M45 | 32.36 | RogerElmitt | Vis | 39.09 | MargaretWarren | W50 | 47.14 |
| PeterHill | M40 | 32.37 | RayLawrence | M60 | 39.19 | MichaelMorrissey | M60 | 47.30 |
| ShayneHill | Vis | 32.38 | JaneNicholas | Vis | 39.21 | PattiMcArthy | W40 | 47.31 |
| AlanWhitley | M40 | 33.03 | JohnLindsay | M40 | 39.34 | SydBowler | M65 | 47.38 |
| PeterCole | M45 | 33.11 | DuncanStrachan | M65 | 39.41 | PatriciaCarr | W55 | 49.11 |
| BarryHarwood | M45 | 33.17 | DonaldNicholas | Vis | 39.51 | AlisiaCopping | W35 | 49.47 |
| BryanHardy | M45 | 34.04 | AdamPower | Vis | 40.09 | SandraSwain | Vis | 50.55 |
| RodStewart | M45 | 34.35 | AnnTurner | W50 | 40.38 | ToniFrank | W40 | 51.53 |
| BasilWarner | M55 | 35.07 | RobShand | M55 | 40.48 | SylviaMurphy | Vis | 52.01 |
| MargeryForden | W45 | 35.13 | SandiHodge | W40 | 41.30 | JoStone | W40 | 55.45 |
| Keith Forden | M50 | 35.14 | NormMiller | M55 | 41.43 | DebbieRalph | Vis | 55.55 |
| EamonFitzpatrick | M45 | 35.19 | MatthewElliott | Vis | 42.06 | SheilaMaslen | W50 | 55.57 |
| AlanPomery | M55 | 35.50 | CharlesCopping | M35 | 42.45 | GerryFoley | M60 | 58.30 |
| PeggyMcLiver | W45 | 35.56 | JANJohnson | W45 | 42.52 | DougMontie | Vis | 60.16 |
| LiciaAnsell | W45 | 36.08 | JohnBornholdt | M50 | 43.11 | | | |
| MaureenStewart | W50 | 36.25 | Selby Munsie | M55 | 43.30 | | | |

Congratulations to the following who set records for their age group for this particular run:-

15.6 kms Margaret Birks W40 Joan Pellier W50 Merv Moyle M60
7.8 kms Maureen Stewart W50 Tom Savin M40 Alan Tyson M65

Walkers 7.8 kms

| | | | | | | | | |
|----------------|-----|-------|--------------|-----|-------|----------------|-----|-------|
| Paul Martin | M45 | 45.06 | LynSchickert | W45 | 56.09 | JacquiBeaumont | W50 | 63.44 |
| BarryThomsett | M45 | 51.34 | JudyHill | W40 | 59.06 | JackCollins | M70 | 63.47 |
| LornaLauchlan | W55 | 55.32 | DickHorsley | M75 | 62.34 | | | |
| DorothyWhittam | W50 | 55.38 | ErnieMoyle | M60 | 62.34 | | | |

Walkers 6.5 kms

| | | | | | |
|----------|-----|-------|-----------|-----|-------|
| ValTyson | W65 | 52.31 | AlanStone | M55 | 52.32 |
|----------|-----|-------|-----------|-----|-------|

Walkers 10 kms

| | | |
|-------------|-----|-------|
| JeffWhittam | M55 | 69.54 |
|-------------|-----|-------|

Finally, thanks to all helpers on the day. We enjoyed it.
Karen and Bill Crellin

**BLINDER!**

by John Collins and Craig Stephens



LAKE MONGER RUN

25th February 1990

Hot, Humid conditions greeted 106 runners and walkers at this very popular run. The shorter events proved to be essential during this heatwave. 40 litres of water were quickly devoured by the parched contestants and the after run watermelons were appreciated by all. It was pleasing to see runners who had finished, helping on the water station. Many thanks to John Molloy, Allan Tyson and Peggy McLiver. Thank you also to Marge Forden and Pat Savin who worked very hard to assist in the event.

Keith Forden

* * * RESULTS * * *

(w) indicates walkers

10 KILOMETRES

| | | | |
|-----|----------------|-----|-------|
| 1. | F SMITH | M45 | 35.00 |
| 2. | T SAVIN | M40 | 36.09 |
| 3. | R SCHICKERT | M45 | 38.01 |
| 4. | W PANTALL | M35 | 39.14 |
| 5. | T MASLEN | M50 | 39.59 |
| 6. | R SAMMELLS | M50 | 40.15 |
| 7. | M FLOOD | M35 | 41.30 |
| 8. | J BARNES | M45 | 41.36 |
| 9. | R DOUST | M35 | 41.47 |
| 10. | R BOGGS | M40 | 42.16 |
| 11. | A JENKINS | M45 | 42.54 |
| 12. | D CARR | M55 | 43.22 |
| 13. | J TROVATO | M50 | 43.40 |
| 14. | F MC LINDEN | M55 | 43.50 |
| 15. | D MOFFETT | M55 | 44.03 |
| 16. | R DENTY | M40 | 44.07 |
| 17. | D HOUGH | M55 | 44.45 |
| 18. | A MOKRZYCKI | M40 | 45.32 |
| 19. | J BELL | M40 | 46.01 |
| 20. | B WORNER | M55 | 46.21 |
| 21. | M BIRKS | M40 | 46.25 |
| 22. | B CHALWELL | M35 | 46.50 |
| 23. | W WEBSTER | M55 | 47.00 |
| 24. | R POTTER | M45 | 47.42 |
| 25. | R SUTTON | M50 | 48.08 |
| 26. | G PEET | M55 | 50.03 |
| 27. | R FARRELL | M50 | 50.25 |
| 28. | D STRAHAN | M65 | 52.23 |
| 29. | P FARRELL | W45 | 55.13 |
| 30. | S MUNSIE | M55 | 55.14 |
| 31. | J RUSSELL | M55 | 56.59 |
| 32. | P HILL (w) | M40 | 65.50 |
| 32. | B CHALMERS (w) | M50 | 69.00 |
| 37. | J COLLINS (w) | M75 | 70.57 |
| 38. | J BEAUMONT (w) | W50 | 70.57 |

2 LAPS - 6626 METRES

| | | | |
|-----|-----------------|-----|-------|
| 1. | D CAPLIN | M50 | 26.53 |
| 2. | P AIREY | M50 | 27.10 |
| 3. | V WATERS | M45 | 27.17 |
| 4. | B HARWOOD | M45 | 27.33 |
| 5. | P COLE | M45 | 27.38 |
| 6. | M RHODES | M40 | 28.31 |
| 7. | E FITZPATRICK | M45 | 29.07 |
| 8. | B CRELLIN | M50 | 29.09 |
| 9. | A ANSELL | W45 | 30.30 |
| 10. | R STEWART | M45 | 30.47 |
| 11. | B PAXMAN | M60 | 31.32 |
| 12. | R BETTLES | W40 | 32.23 |
| 13. | K PENTON | W45 | 32.58 |
| 14. | A WHITELEY (w) | M40 | 33.02 |
| 15. | J JOHNSON | W45 | 35.26 |
| 16. | E HEALY | W50 | 35.39 |
| 17. | S HODGE | W40 | 36.13 |
| 18. | N MILLER | M55 | 36.30 |
| 19. | F HAGGER | M60 | 37.13 |
| 20. | P MILLER | W50 | 37.25 |
| 21. | J BORNHOLDT | M50 | 37.55 |
| 22. | P NICOLL | M45 | 38.41 |
| 23. | I POTTER | M40 | 38.42 |
| 24. | J STRACHAN | W60 | 38.44 |
| 25. | F USHER | M65 | 39.05 |
| 26. | N DAVIS | M45 | 39.25 |
| 27. | S BOWLER | M65 | 39.30 |
| 28. | W HART | M45 | 40.27 |
| 29. | G RALPH | W35 | 49.03 |
| 30. | S MASLEN | W50 | 49.03 |
| 31. | D WHITTAM (w) | W50 | 50.18 |
| 32. | L SCHICKERT (w) | W45 | 50.19 |
| 33. | B THOMSETT (w) | M45 | 50.24 |
| 34. | M GIANETTI (w) | W50 | ? |

1 LAP - 3252 METRES

| | | | |
|-----|---------------|-----|-------|
| 1. | R HARRIS | M50 | 14.53 |
| 2. | A ALDRICH | W45 | 16.29 |
| 3. | A TYSON | M65 | 16.32 |
| 4. | C COPPING | M35 | 16.44 |
| 5. | A LEGGETT | M70 | 16.53 |
| 6. | MCLIVER P | W45 | 16.56 |
| 7. | P WESTON | W50 | 18.23 |
| 8. | L LACHLAN | W55 | 19.33 |
| 9. | J BILLINGTON | W45 | 19.35 |
| 10. | A COPPING | W35 | 20.29 |
| 11. | P CARR | W55 | 20.57 |
| 12. | D HORSLEY | M75 | 24.56 |
| 13. | V TYSON (w) | W65 | 25.39 |
| 14. | J WHITTAM (w) | M55 | 29.02 |
| 15. | J STONE (w) | W40 | 29.04 |

VISITORS

| | | | | |
|-------|---|-----------------|-------|---|
| 16.39 | 1 | D HALL | 34.35 | 2 |
| 19.44 | 1 | S MITCHELL | 35.14 | 3 |
| 27.40 | 2 | M ELLIOTT | 37.30 | 2 |
| 30.35 | 2 | M BARTON | 37.50 | 3 |
| 32.30 | 2 | G MARSH | 39.04 | 2 |
| 33.54 | 2 | G VANDER SANDEN | 41.59 | 3 |
| 33.56 | 2 | B DOHERTY | 44.51 | 3 |
| 34.10 | 2 | B LETTS | 60.51 | 2 |

11
REABOLD HILL CROSS COUNTRY 4/3/90

Sixty competitors ran in the cross country on March 4th at Reabold Hill, over the course used for the National Championships last year. It was the same time as the Eaton weekend away trip and the club pentathlon at Perry Lakes Stadium, consequently the number of competitors was down. There were also eight walkers who chose a flatter course around the lakes rather than attempt the hills and hurdles of the cross country - maybe they thought that they would have trouble maintaining contact with the ground.

The warm weather was no deterrant and the shady conditions of the course made the run quite pleasant. Derek Hoyer led the runners home after the three laps, several members opting for one or two laps of the course. Kath Noordyk was the first woman home in the 10km event. A warm thank you to the competitors and to those who helped to record and timekeep.

Brian Foley

RESULTS

10km

| NAME | AGE | TIME |
|--------------------|------|-------|
| 1. D. Hoyer | m50 | 37.38 |
| 2. D. Hazel | m35 | 37.50 |
| 3. P. Sanders | m40 | 38.07 |
| 4. B. Power | m40 | 38.42 |
| 5. B. Wilson | m40 | 38.52 |
| 6. B. Schickert | m45 | 39.25 |
| 7. D. Roberts | m45 | 40.03 |
| 8. W. Pantall | m35 | 40.43 |
| 9. B. Sammels | m50 | 40.49 |
| 10. S. Hill | vis. | 41.24 |
| 11. A. Moordyk | m35 | 41.58 |
| 12. J. Bell | m40 | 42.15 |
| 13. P. Hill | m40 | 42.20 |
| 14. C. Dufty | vis. | 42.24 |
| 15. P. Dufty | m45 | 42.49 |
| 16. D. Miller | m50 | 44.07 |
| 17. M. Traynor | m45 | 44.20 |
| 18. D. Moffatt | m55 | 44.36 |
| 19. B. Hardy | m45 | 44.40 |
| 20. B. Worner | m55 | 44.41 |
| 21. R. Harris | m50 | 45.19 |
| 22. E. Fitzpatrick | m45 | 45.30 |
| 23. M. Moyle | m60 | 45.31 |
| 24. A. Pomery | m55 | 45.38 |
| 25. R. Walsh | m45 | 45.40 |
| 26. R. Potter | m50 | 46.20 |
| 27. K. Noordyk | w40 | 46.53 |
| 28. B. Brellin | m50 | 47.00 |
| 29. M. Birks | w40 | 47.32 |
| 30. D. Davell | m40 | 48.04 |
| 31. K. Penton | w45 | 48.18 |
| 32. R. Sutton | m50 | 48.39 |
| 33. G. Peet | m55 | 51.22 |
| 34. R. Farrell | m50 | 52.23 |
| 35. D. Hall | m40 | 52.57 |
| 36. A. Turner | w50 | 55.09 |
| 37. J. Russell | m55 | 59.23 |
| 38. P. Farrell | w45 | 61.12 |

RESULTS

6.6km

| NAME | AGE | TIME |
|-----------------|-----|-------|
| 1. M. Rhodes | m40 | 28.23 |
| 2. B. Harwood | m40 | 28.40 |
| 3. G. Schafer | m55 | 29.37 |
| 4. R. Bettles | w40 | 35.28 |
| 5. J. Bornholdt | m50 | 37.21 |
| 6. P. Miller | w50 | 38.31 |
| 7. A. Leggett | m70 | 38.36 |
| 8. R. Spencer | m50 | 39.24 |
| 9. P. Nicoll | m45 | 39.49 |
| 10. P. Dufty | w45 | 42.27 |
| 11. A. Deanus | w50 | 42.28 |
| 12. S. Murphy | w45 | 43.01 |
| 13. E. Moyle | m60 | 43.49 |

3.3km

| | | |
|----------------|------|-------|
| 1. J. Trovato | | 13.48 |
| 2. A. Power | vis. | 15.35 |
| 3. F. Hogger | m60 | 19.54 |
| 4. K. Brellin | w45 | 19.58 |
| 5. M. Miller | w45 | 20.24 |
| 6. M. Robinson | w50 | 20.54 |
| 7. no name | | 20.56 |
| 8. T. Frank | w40 | 23.18 |

CLUB PENTATHLON # 4 MARCH 1990

| NAME | AGE | LONG JUMP | | JAVELIN | | 200 m | | DISCUS | | 800/1500m | | TOTAL POINTS | PUT | |
|------------|-----|-----------|----------|---------|----------|--------|-------|--------|----------|-----------|--------|--------------|------|--------|
| | | GILADE | DISTANCE | POINTS | DISTANCE | POINTS | TIME | POINTS | DISTANCE | POINTS | TIME | | | POINTS |
| C. HOLLAND | W30 | | 4.08 | 429 | 22.70 | 353 | 31.98 | 541 | 30.72 | 524 | 3.03.5 | 516 | 2363 | 2 |
| P. CARR | W55 | | 3.37 | 426 | 12.68 | 164 | 35.54 | 454 | 14.64 | 95 | 3.25.4 | 637 | 1776 | 3 |
| P. MCLIVER | W45 | | 4.04 | 511 | 16.84 | 265 | 29.80 | 784 | 16.94 | 158 | 2.32.0 | 936 | 2654 | 1 |
| A. JENKINS | M45 | | 3.83 | 142 | 25.30 | 337 | 28.28 | 605 | 14.52 | 122 | 4.58.3 | 784 | 1990 | 3 |
| D. CARR | M55 | | 3.63 | 252 | 20.56 | 296 | 28.00 | 810 | 18.32 | 233 | 4.59.6 | 902 | 2493 | 1 |
| A. TYSON | M65 | | 2.96 | 180 | 17.92 | 253 | 33.70 | 567 | 19.38 | 291 | 6.06.0 | 795 | 2086 | 2 |
| A. FERBIÉ | M50 | | - | - | 27.62 | 190 | - | - | 29.46 | 236 | - | - | 426 | 4 |

TIME TRIALS 15th February 1990

| 100m | | | 5km Walk | | | 10km | | |
|---------------|-----|-------|-------------|-----|-------|-------------|-----|-------|
| B Dearden | W30 | 12.35 | L Romeo | W45 | 31.46 | E Mercer | W45 | 48.31 |
| T Foster | M45 | 12.9 | D Whittam | W50 | 33.08 | J West | M40 | 37.05 |
| M Kelly | M40 | 13.3 | L Lauchlan | W55 | 34.26 | D Reid | M35 | 37.16 |
| B Paxman | M60 | 13.9 | L Schickert | W45 | 34.51 | B Schickert | M45 | 35.56 |
| <u>Discus</u> | | | V Tyson | W65 | 37.59 | J Pellier | M50 | 40.52 |
| D Whittam | W50 | 18.40 | M Rhodes | M40 | 28.24 | D Davies | M40 | 40.59 |
| E Mercer | W45 | 14.32 | B Fergie | M50 | 38.49 | T Foster | M45 | 42.39 |
| B Baumann | W75 | 9.70 | J Whittam | M55 | 38.49 | A Tyson | M65 | 45.13 |
| A Stone | M55 | 30.00 | | | | M Kelly | M40 | 48.38 |
| B Fergie | M50 | 26.62 | | | | | | |
| C Baumann | M75 | 21.58 | | | | | | |
| J Whittam | M55 | 21.34 | | | | | | |
| A Tyson | M65 | 20.60 | | | | | | |
| T Foster | M45 | 14.32 | | | | | | |

22nd February 1990

| 200m | | | Mile | | | Mile Walk | | |
|------------|-----|------|------------|-----|--------|----------------|-----|---------|
| B Dearden | W30 | 27.1 | P McLiver | W45 | 5.54.6 | D Whittam | W55 | 10.08.3 |
| P McLiver | W45 | 30.3 | M Forden | W45 | 6.16.1 | V Tyson | W65 | 11.36.1 |
| V Prescott | W45 | 32.2 | K Penton | W45 | 6.50.8 | B Wilson | M40 | 8.14.9 |
| D Carr | M55 | 27.4 | J Langford | M45 | 4.43.3 | M Rhodes | M40 | 8.35.9 |
| N Richards | M50 | 27.5 | D Reid | M35 | 4.55.5 | A Tyson | M65 | 11.07.5 |
| A Jenkins | M45 | 28.5 | S Barrie | M50 | 5.00.2 | D Horsley | M75 | 11.37.3 |
| J Wilson | M40 | 29.1 | D Carr | M55 | 5.11.3 | B Fergie | M50 | 11.44.7 |
| T Foster | M45 | 29.4 | A Jenkins | M45 | 5.23.3 | J Whittam | M55 | 11.58.0 |
| P Kelly | M40 | 29.4 | B Foley | M45 | 5.27.8 | <u>Javelin</u> | | |
| R Matzke | M50 | 32.3 | M Rhodes | M40 | 5.28.7 | F McLiver | W45 | 17.50 |
| H De Souza | M50 | 32.8 | B Sammells | M50 | 5.29.7 | D Whittam | W50 | 16.70 |
| A Tyson | M65 | 33.4 | F Deanus | M45 | 5.45.2 | I Carr | W55 | 14.75 |
| | | | I Holt | M35 | 5.45.9 | B Baumann | W75 | 11.25 |
| | | | T Foster | M45 | 5.49.3 | B Fergie | M50 | 27.45 |
| | | | K Forden | M50 | 5.49.7 | H De Souza | M50 | 26.50 |
| | | | R Matzke | M50 | 5.59.1 | N Richards | M50 | 26.20 |
| | | | B Worner | M55 | 5.59.6 | A Jenkins | M45 | 25.75 |
| | | | M Kelly | M40 | 6.10.2 | A Tyson | M65 | 23.78 |
| | | | A Tyson | M65 | 6.41.4 | D Carr | M55 | 21.75 |
| | | | V Waters | M45 | 7.34.8 | J Whittam | M55 | 17.85 |

1st March 1990

| 400m | | | 5km | | | 3km Walk | | |
|-----------|-----|------|-------------|-----|-------|-------------|-----|-------|
| T Carr | W55 | 80.9 | M Stewart | W50 | 21.46 | L Romeo | W45 | 18.45 |
| K Martin | M45 | 55.9 | J Langford | M45 | 15.51 | D Whittam | W50 | 19.40 |
| D Clive | M50 | 58.8 | S Barrie | M50 | 16.41 | E Mercer | W45 | 19.50 |
| B Foley | M45 | 59.6 | F Smith | M45 | 16.52 | L Schickert | W45 | 21.53 |
| A Jenkins | M45 | 63.4 | R Schickert | M45 | 17.49 | B Scott | W55 | 23.24 |
| B Paxman | M60 | 64.2 | D Reid | M35 | 18.09 | J Whittam | M55 | 20.13 |
| M Kelly | M40 | 65.1 | W Pantall | M35 | 18.10 | <u>Shot</u> | | |
| T Foster | M45 | 65.8 | D Caplin | M50 | 18.52 | B Baumann | W75 | 5.03 |
| F Deanus | M50 | 69.1 | B Sammells | M50 | 18.59 | E Mercer | W45 | 6.04 |
| J Pellier | M50 | 70.2 | A Jenkins | M45 | 19.24 | A Jenkins | M45 | 6.84 |
| A Tyson | M65 | 73.4 | F Deanus | M50 | 19.28 | | | |
| | | | T Foster | M45 | 19.31 | | | |
| | | | J Pellier | M50 | 19.39 | | | |
| | | | M Kelly | M40 | 22.16 | | | |
| | | | A Tyson | M65 | 22.45 | | | |



"Better get a move on, he wants you to pinch his bottom again."

8th March 1990

14

| 100m | | | 800m | | | 3km | | |
|---------------|-----|-------|-----------------|-----|--------|------------|-----|-------|
| B Dearden | W30 | 13.5 | P McLiver | W45 | 2.35.0 | P McLiver | W45 | 12.21 |
| J Johnson | W45 | 13.8 | P Carr | W55 | 3.11.0 | J Langford | M45 | 9.13 |
| P Carr | W55 | 17.2 | D McAuley | M40 | 2.05.0 | B Carse | M45 | 9.36 |
| K Martin | M45 | 12.5 | B Foley | M45 | 2.11.0 | B Barrie | M50 | 9.47 |
| N Richards | M50 | 13.5 | K Martin | M45 | 2.16.0 | D McAuley | M40 | 10.05 |
| T Foster | M45 | 13.9 | D Carr | M55 | 2.19.0 | D Caplin | M50 | 10.27 |
| D Carr | M55 | 14.6 | J Langford | M45 | 2.20.0 | P Sanders | M40 | 10.33 |
| H De Souza | M50 | 15.0 | M Rhodes | M40 | 2.33.0 | D Carr | M55 | 10.56 |
| <u>Discus</u> | | | B Sammells | M50 | 2.34 | B Foley | M45 | 10.57 |
| P McLiver | W45 | 19.56 | M Kelly | M40 | 2.38.0 | V Waters | M45 | 10.58 |
| D Whittam | W50 | 18.00 | P Sanders | M40 | 2.51.0 | B Sammells | M50 | 11.01 |
| J Johnson | W45 | 17.22 | A Jenkins | M45 | 3.07.0 | R Stewart | M45 | 11.26 |
| P Carr | W55 | 13.85 | <u>3km Walk</u> | | | T Foster | M45 | 11.28 |
| V Tyson | W65 | 13.07 | M Stone | W45 | 17.49 | B Worner | M55 | 11.34 |
| B Baumann | W75 | 9.96 | D Whittam | W50 | 19.42 | K Forden | M50 | 11.39 |
| B Scott | W55 | 8.56 | V Tyson | W65 | 22.12 | M Rhodes | M40 | 12.16 |
| A Stone | M55 | 26.24 | B Scott | W55 | 24.00 | M Kelly | M40 | 12.39 |
| C Baumann | M75 | 22.67 | M Rhodes | M40 | 17.35 | | | |
| J Whittam | M55 | 22.14 | J Whittam | M55 | 22.12 | | | |
| N Richards | M50 | 21.52 | | | | | | |
| R Stewart | M45 | 18.90 | | | | | | |

15th March 1990

| 200m | | | 5km Walk | | | 10km | | |
|-------------------------|-----|-------|--------------|-----|---------|------------|-------|-------|
| C Holland | W30 | 32.1 | M Stone | W45 | 30.00 | B Harrison | M45 | 37.55 |
| P Carr | W55 | 33.7 | L Romeo | W45 | 31.59 | J Pellier | M50 | 39.50 |
| K Martin | M45 | 25.1 | J Billington | W45 | 32.10 | D Davies | M40 | 40.55 |
| M Kelly | M40 | 28.2 | D Whittam | W50 | 33.16 | T Foster | M45 | 41.07 |
| T Foster | M45 | 29.4 | V Tyson | W65 | 36.23 | A Jenkins | M45 | 41.10 |
| <u>Javelin? Discus?</u> | | | J Whittam | M55 | 34.15 | D Carr | M55 | 44.36 |
| C Holland | W30 | 22.76 | B Fergie | M50 | 36.40 | A Tyson | M65 | 45.45 |
| E Mercer | W45 | 17.40 | | | M Kelly | M40 | 50.04 | |

22nd March 1990

| 100m | | | 1500m | | | 1500m Walk | | |
|------------|-----|------|------------|-----|---------|-------------|------|------|
| B Dearden | W30 | 12.7 | V Prescott | W45 | 7.21 | M Rhodes | M40 | 7.57 |
| P Carr | W55 | 16.3 | K Gilbert | M45 | 4.38 | J Pellier | M50 | 8.47 |
| K Martin | M45 | 12.4 | B Foley | M45 | 4.43 | <u>Shot</u> | | |
| N Richards | M50 | 12.8 | V Waters | M45 | 5.01 | D Whittam | W50 | 8.48 |
| D Malkin | M40 | 13.0 | T Foster | M45 | 5.24 | M Stone | W45 | 6.55 |
| T Foster | M45 | 13.3 | R Stewart | M45 | 5.26 | V Tyson | W65 | 5.04 |
| A Tyson | M65 | 16.1 | M Kelly | M40 | 5.34 | B Baumann | W75 | 4.93 |
| C Baumann | M75 | 20.7 | A Tyson | M65 | 6.04 | C Baumann | M75 | 8.19 |
| | | | | | R Shand | M55 | 7.87 | |
| | | | | | D Carr | M55 | 6.46 | |

Reprinted from last months newsletter, as the copy slipped and missed some newsletters.

TIME TRIAL RESULTS: 25th January 1990.

| 5km | | | SHOT | | | 3km Walk | | |
|------------|-----|-------|-------------|-----|------|-------------------|-----|-------|
| E Mercer | W45 | 21.11 | D Whittam | W50 | 7.67 | B Scott | W55 | 24.16 |
| M Forden | W45 | 21.25 | P McLiver | W45 | 6.41 | M Rhodes | M40 | 17.37 |
| P McLiver | W45 | 21.26 | E Mercer | W45 | 5.98 | B Fergie | M50 | 23.08 |
| J Langford | M45 | 16.20 | P Carr | W55 | 4.92 | J Whittam | M55 | 23.08 |
| K Gilbert | M45 | 17.36 | B Baumann | W75 | 4.62 | | | |
| J Ferris | M35 | 17.55 | C Kernaghan | W45 | 4.17 | <u>400m</u> | | |
| P Sanders | M40 | 18.24 | B Scott | W55 | 3.36 | V Prescott | W45 | 74.6 |
| B Danby | M40 | 18.26 | B Fergie | M50 | 9.92 | P Carr | W55 | 82.8 |
| B Wilson | M40 | 18.32 | R Spenger | M50 | 8.16 | B Kernaghan | M45 | 56.1 |
| D Roberts | M45 | 18.35 | R Shand | M55 | 7.83 | B Foley | M45 | 61.1 |
| D Carr | M55 | 18.50 | C Baumann | M75 | 7.67 | <u>Shot Cont.</u> | | |
| B Foley | M45 | 19.12 | M Rhodes | M40 | 7.20 | B Kernaghan | M45 | 6.35 |
| K Forden | M50 | 20.57 | A Tyson | M60 | 6.99 | D Horsley | M75 | 5.72 |
| A Tyson | M60 | 22.08 | A Jenkins | M45 | 6.95 | D Carr | M55 | 5.64 |
| R Spencer | M50 | 27.24 | B Foley | M45 | 6.73 | J Ferris | M35 | 5.29 |
| | | | J Whittam | M55 | 6.63 | | | |

FOUL PLAY!

Women have been made to sit on the sidelines for too long in the sports arena. More than three million women play sport in Australia yet they are grossly discriminated against when it comes to playing the game.

Sport never did have much to do with our generation, did it? For most of us the sporting life ended before we left school. Our mothers didn't participate in sport. It was our brothers our fathers encouraged.

But the thrill of actually participating in sport — our national religion? The exciting, convivial experience that presumably results from being part of a winning team? That self-esteem boosting sense of power that must come from having your body doing exactly what it is called upon to do? Our lot missed out. No one went out to bat for us. We were robbed.

Xenophon, commenting approvingly on the way the girls of Sparta were allowed to do gymnastics along with the boys, added: "We, the rest of the Hellenes, are content that our girls should sit quietly and work wools."

Xenophon wrote that around 400 BC.

Where is it written that sport should be the prerogative of the male sex? Aren't all babies playful? Don't all little children respond enthusiastically to organised play? Isn't it just as important to boost the self-esteem of girls as it is to boost the self-esteem of boys? When you consider how many doors have now opened for women, it seems odd that we have continued to take our sporting status for granted. Is that partly because feminists tend to be indoorsy, academic types;

Of the 6.5 million registered participants in sport in Australia 1.4 million are women. Studies show that Australian women are less fit, more likely to be lacking in self-esteem than men and as they grow older, more likely to be overweight. On the other hand, studies of extreme deprivation suggest that when it comes to endurance women are generally stronger than men and more likely to survive. Women are not the weaker sex. However, when it comes to sport, women are the flagrantly discriminated against sex as these examples — chosen to illustrate types of bias — suggest.

MEDIA BIAS

Women's sporting achievements have been unknown and unsung. Compared to America and Britain, our newspapers still portray a man's world. This unfair bias is at its most pronounced in the sports pages where women's sporting activities usually occupy a miserable two to five percent of the total coverage. As four out of 10 Australian women are engaged in sport — six out of 10 Australian men play sport — that two to five percent is a gross misrepresentation of what's actually happening out there in the real Australia.

a subtle undertone that what "the girls" do is less worthy than what "the men" achieve.

ABC radio has six women sport broadcasters (two each in NSW and Victoria, one in South Australia, one in Tasmania) and 29 men broadcasters. Karen Tighe, 22, is ABC television's only full-time woman in the sports department.

As we have anti-discrimination legislation why should not adequate coverage of women's sport be made a condition of granting broadcast licences?

THE SPONSORSHIP HURDLE

Women's sport has been trapped in a Catch 22. To attract the media, you need sponsorship. To attract sponsorship you need media coverage. The problem is breaking through the vicious circle.

Although twice as many women play hockey as men, until recently men received more than twice the grants. There are 222 scholarships available to men at the Australian Institute of Sport, 114 available to women. Fifteen sports are available to men at the Institute, 12 available to women. When it was proposed that women journalists be allowed into the men's changing rooms for a pre-match chat, a male journalist asked if he would be allowed in a women team's dressing room. He was told that would be fine, as long as he didn't mind sitting in the front seat of the changing rooms, a player's car, while the back seat was used for changing.

DISCRIMINATION WITHIN SPORTING ASSOCIATIONS

Although the Australian Women's Amateur Athletic Union looked after the interests of women athletes from 1932 — until 1978 the men's Union was the only body recognised internationally and, therefore, made all the decisions relating to women athletes and international competitions.

There was an uneasy amalgamation of the two unions in 1978. Votes were then allocated to State delegates on the basis of two votes for every men's association and one vote for every women's association. Most sporting boards of management are still dominated by men. The board of the Australian Sports Commission has nine men and three women.

INTERNATIONAL BIAS

There are 114 events for men at the Commonwealth Games, 47 events for women. In the 1988 Olympics there were 151 events for men, 72 for women. Yet women have won more than one-third of our Olympic gold medals with only 18.6 of the representation. We have 15 women national executive directors of sport, 46 men. There are two women on the 90-strong International Olympic Committee.

COACHING BIAS

In 1976 Kathrine Spurling of the ACT became the first woman to qualify as an Australian track and field Level One coach. "Once qualified, it became immediately apparent that 'my squad' would consist of small children." She was told it would be "unnatural" for her to coach males over 16. But it wasn't "unnatural" for 16-plus females to be coached by men!

There are still far more men than women coaches in areas where both compete. The Australian Institute of Sport has two women head coaches and 15 men head coaches and a total of nine women coaches to 42 men. There are 52 men who are national coaching directors and 10 women. At Level One of the National Coaching Accreditation Scheme 68 percent are men; at Level Two, 75 percent are men and at Level Three 85 percent are men. ■

A WINNING STREAK

- In hockey and cricket Australia's women's teams are first in the world.
- In netball, we're second in the world, after New Zealand.
- In lacrosse, our women are third in the world.
- Women have won 11 of Australia's 14 Olympic gold medals in athletics since 1948. Shirley Strickland de la Hunty won seven medals in three Olympic games, the most won by any Australian athlete.
- In all sports since the start of the modern Olympics, women have won more than a third of Australia's gold medals — 26 out of 71, although only 414 women have represented Australia, compared to 1813 men.
- Dawn Fraser, who at the age of 26 was told she should bow out of the Australian swimming team but went on to win a world title and an Olympic gold medal, is the only swimmer, male or female, to win a gold medal in the same event in three Olympics.

WHEN DID DISCRIMINATION START?

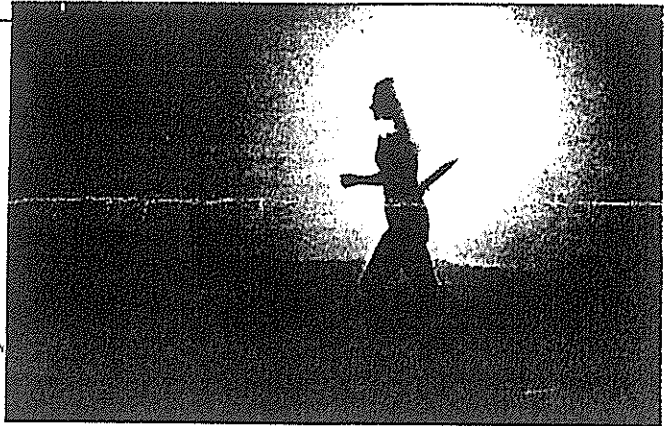
It goes right back to those ancient Greeks. Thunder and lightning terrified and perplexed them. So by way of explanation, they came up with that mighty god, Zeus. To keep him happy, they came up with a great religious festival which started in 776 BC and was held every four years at Olympia in southern Greece. Women were not allowed to take part. First they had four horse chariot races and then a five event Pentathlon. All events were contested in the nude. The victor wore purple robes, didn't have to pay any taxes and had the best theatre seats. Wearing the olive crown was probably the closest man came to experiencing himself as a god.

Today there are 72 events for women at the Olympic Games, compared to 151 for men. There are still no Olympic competitions for women in the 5000 or 1000 metres, steeplechase, pole vault, triple jump or hammer throw. Women were allowed to take part in the 1928 Olympics, but in five events only. In 1925, after the International Olympics Committee had for years opposed the idea of women taking part, the voting was 12 nations for and five nations against women's events. Australia voted against!



"I'm not saying you're out of condition, but the machine appears to be laughing!"

Preventing Assault: What You Can Do



What can runners do to prevent harassment or assault—and to cope with it as effectively as possible if it does occur? The following guidelines were compiled by the editors of *RUNNING TIMES* from recommendations by the New York Road Runners Club, Washington RunHers (a women's club that has given considerable attention to the problem), the Montgomery County (Maryland) Running Club and police experts on sexual assault.

When Running

- Try to run with a partner or group when running in unpopulated areas or during nondaylight hours.
- Let someone know where you're going and when you plan to return.
- Carry a whistle.
- Carry ID and change for a phone call.
- Don't run with earphones.
- Vary the route and (if possible) the time of day you run, but be familiar enough with the area to know the locations of emergency phones (and how they work), stores or businesses that are open or neighbors you can trust.
- Avoid secluded areas in cities, especially unlighted areas at night where a rapist has an escape route.
- Project self-confidence. Running contains its own body language, and a runner who appears hesitant or fearful is more likely to be attacked than one who is not. It's *your* park or street, so run like you belong there, not like you're not sure you do. This does not mean confidence can be *depended* upon to protect you (some runners go to the opposite extreme and develop an unrealistic sense of invulnerability); but remember that in a marginal situation—where the attacker himself is hesitant—looking “strong” can tip the balance in your favor.
- Give a wide berth to parked cars, alley entrances, bushes and loitering

men. Don't assume you can outrun an attacker just because you're a runner and he's not. Because long-distance training cultivates slow-twitch muscle fibers, untrained men may actually be able to outspurt a trained runner for short, anaerobic distances of 20 or 30 yards. Furthermore, a sudden ambush may not even give you a *chance* to run away. So, as you run, try to surround yourself with a buffer zone of open space, but without looking too conspicuous about your avoidance of danger spots.

- Keep alert as you run, be aware of your surroundings, and pay attention to your intuitions. If anything seems “not right” about a man you see nearby, don't wait to find out whether you're just imagining things. Change direction and get out.

If Confronted

- Run toward populated areas, busy streets or open businesses.
- Ignore jeers and verbal harassment. Keep moving.
- Use discretion in acknowledging strangers. Be friendly, but keep your distance and keep moving.
- Do not approach a car to give directions or the time of day. Point toward the nearest police or information source, shrug your shoulders, but keep moving. If you feel you must respond, do it while moving.
- Do not panic. Do not run toward a more isolated area.

If Attacked

- Keep as calm as possible. Try to fix a description of the attacker in your mind.
- Do not show fear or plead; this intensifies aggression in most cases.
- Try to talk to the aggressor, while watching for an escape opportunity—a

moment of indecision or distraction on the aggressor's part.

- Do not fight or struggle with the attacker unless there is clearly no other way out, especially if you are untrained in self-defense.

What Running Clubs Can Do

- Organize group training runs during early morning or evening hours. Include “slow” or “noncompetitive” groups, so that joggers who would not normally join a running club can benefit from this protection. Publicize the runs in the local newspapers, not just in the club newsletter.
- Compile a roster of club members by zip code to help runners find partners to train with.
- Establish liaisons with city or park police to develop coordinated strategies for improving security.
- Establish liaisons with other organizations (such as bicycling or walking groups, women's groups, etc.) that have a common interest in dealing with the problem. Coalitions will have more clout with police and city officials than single clubs.
- Set up a police hot line by identifying a specific police officer to whom information on suspicious people or activities can be channeled.
- In major urban parks used by large numbers of runners, organize a Runner's Patrol (like that being organized in New York) equipped with radio communications to police. Establish specific courses for which the Patrol will provide surveillance.
- Compile or copy lists of safety guidelines such as these, and disseminate to club members and at running events. *Note:* As a public service, *RUNNING TIMES* grants permission to running clubs to reprint or copy this page, provided that the entire page is copied intact.

CLUB T/SHIRTS

These are now available..They are gold with a black trim and have the club badge on the left breast. They have a collar and a three stud fastening at the neck. Cost is \$16.00 each. Sizes are 10 - 24 (Unisex)

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