

The Vetrun

NO 173, FEBRUARY, 1987

W.A. VETERANS' A.C.

PATRON : BILL HUGHES

PRESIDENT : LEO HASSAM 450 5311

TREASURER : ROB FARRELL 4594055

EDITOR : BASIL WORNER 3879702(W)

SECRETARY : SANDI WALTON 3392988



FROM THE COMMITTEE

SOME REMINDERS :

1. State Championship entry forms : if you have lost yours, the committee will be handing them out at the Sunday runs

Please keep free the last week end in March and the first in April and be part of the Club's main athletics event for the year.

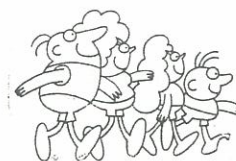
2. Deadly Medley Relay on February 15 : There are entry forms available at the Sunday runs

"Your Children Are As Welcome As You Are"

However.....

Parents - please remember that we are a Veterans Club.
We are pleased to see you and your children but we ask you to:

- o ensure your children start at the back and don't hinder older runners.
- o take full responsibility for them before, and during the run.



Home Runs - Entry Fee

We work on the honour system and it works well in general.

For home runs, remember it's 50c per person to help the host cover costs.

Committee Social Events Co-ordinator

Members are aware that our club is growing in numbers. (at the Friendship Run we had 160 runners!)

The Committee agreed that one position on the committee should be reserved for a Social Events Co-ordinator. The main functions appear to be:-

- o To be responsible for organising the Annual Dinner
- o To arrange the social functions at the Andy Wright Memorial Run and the Jorgensen Park Cross Country.
- o To arrange social functions at long week-end camps as needed.
- o To arrange any fund-raising project as decided by the committee.
- o To arrange for Sunday refreshments (tea and biscuits) as scheduled.
- o To arrange catering for the State Championships.

Committee positions therefore would be:

President	Running Events Co-Ordinator
Vice President	Social Events Co-Ordinator
Secretary	Editor of "Vetrun"
Treasurer	Publicity Co-Ordinator

"Those who claim the right to criticize should also have the heart to help"

Over the year, some members have been most helpful in drawing the attention of the Committee to weaknesses and then following up with positive personal assistance - for example: Barrie Slinger and the King's Park Cross Country and Rob Shand regarding records (see Letterbox) Others have been particularly thoughtful by putting their views in writing to the Committee.

The Club is quite big now and members should be aware that our Sunday runs are also social gatherings. We should not expect the Committee to remember, and act on all verbal remarks at our runs.

If members feel strongly enough about a particular matter, it would be more reasonable and effective to put the matter in writing.

There is really no such thing as "constructive" criticism. Of its nature it is destructive. The constructive part comes when we say:

"I suggest this is a better way" - "I will help to do it!!"



A VERY HAPPY BIRTHDAY TO OUR MEMBERS :

(By the way : because our computer girl, Phyllis Farrell, is so efficient, we almost introduced Dick Horsley into the M75s last month by mistake. Phyllis is so advanced, that she already has the birthday list for December, 1988! And, of course, the editor being a mathematical pygmy, nearly made the capital error! Now you know, Dick!

But good to see you marching again, Dick)

3-02-37	DeGRUCHY	: Patricia	turns	50	becomes	W50
5-02-04	SANDERS	: Johan	"	83	remains	M80
6-02-25	TYSON	: Allen J	"	62	"	M60
6-02-49	WEBB	: Maggie Julia	"	38	"	W35
8-02-46	COLE	: Ric	"	41	"	M40
8-02-45	JOHNSON	: Janet M	"	42	"	W40
8-02-44	PRESCOTT	: Valerie H	"	43	"	W40
8-02-31	WILMOTT	: Dennis Capt.A	"	56	"	M55
9-02-47	JOHNSTONE	: Alison	"	40	becomes	W40
4-02-48	MILBOURNE	: Colleen	"	39	remains	W35
6-02-32	WALSH	: Colin	"	55	becomes	M55
8-02-32	CARR	: Frances (Pat)	"	55	"	W55
8-02-46	FROUDIST	: Joseph	"	41	remains	M40
8-02-44	PEACOCK	: Jeffery C	"	43	"	M40
9-02-50	FRANCIS	: Geoffrey E	"	37	"	M35
1-02-34	MIDDLETON	: Jan	"	53	"	W50
1-02-40	MILLER	: Dennis	"	47	"	M45
3-02-43	THORNTON	: Beverley	"	44	"	W40
5-02-13	BOAKES	: George E	"	74	"	M70
7-02-37	CLIVE	: David	"	50	becomes	M50



Letter from Bronwyn Salter

22.12.86.

Dear Sandi,

Could you please accept and pass on my thanks to the Committee for allowing me the use of the clock during my 24 hour walk attempt.

Unfortunately, I had to pull out at 13 hours when I realised I had a leg injury. The good news is, our other walker, Jim Turnbull got through.

Also the Wanneroo Council turned the sprinklers on at midnight after promising not to, so that was a dampener.

I'm trying again end of May '87.

Many thanks again,

Kind regards,

Bronwyn Salter.

My Dear Old Race Director,

In going through the results in the Vetrin No. 172, I noticed that many of the "write ups" made no mention of many good performances which were in fact new records.

While we all claim that we do these runs for "fun" I am certain that in many cases the fun is enhanced by the fact that in having fun you broke an age group record - more fun. Breaking a world age group record would be really funny but given the chance some would no doubt try!

I feel that persons who organise runs should be aware of the existence of the records (after all they are in that best seller paperback "Club Runs & Records" which every true veteran should have) and should record any new records as they occur.

e.g. Point Walter Run 2.11.86. 11.4K

<u>New Records</u>			<u>Previous</u>	
M35	B. Danby	44.57	Nil	
M40	H. Kirkman	39.07	H. Kirkman	40.03
M45	D. Caplin	38.54	D. Hoyer	41.17
M55	B. Evans	45.16	S. Lockwood	47.30
M60	A. Tyson	46.45	D. Strachan	56.19
M70	C. Bould	67.51	Nil	
W40	P. Farrell	52.46	K. Penton	53.45
W50	M. Warren	59.56	Nil	

Point Walter cont'd5.8 K

New Records			Previous	
M35	J. Lindsay	29.20	Nil	
M40	A. Croxford	24.35	W. Howgh	27.31
M45	P. Martin	24.03	I. Lyon	34.54
M55	A. Pomery	25.51	P. Davies	29.58
M60	F. Hagger	35.26	Nil	
W35	J. Chambers	23.41	J. Langdon	34.06
W40	J. Johnson	30.02	M. Forden	30.08
W45	J. Pellier	29.18	J. Pellier	32.16
W50	D. Whittam	37.38	Nil	

Sundowner Run W.A.I.T. - no course records shown in "paperpack"

Deepwater Point 23.11.86. 16 K

M55	F. McLinden	65.54	M. Moyle	75.49
M70	C. Bould	86.42	Nil	
W30	T. Brockwell	29.54	Nil	
W35	J. Pearce	36.53	J. Williams	39.07
W55	L. Butcher	39.26	L. Butcher	39.47
W60	J. Strachan	45.01	D. Lyon	62.05

Mitchell Run 14.12.86. 7.8 K

M35	K. Woolard	28.16	P. Sanders	29.03
M45	B. Carse	27.05	D. Caplin	28.07
M55	F. McLinden	30.46	M. Moyle	34.06
W35	T. Kirwan	31.54	C. Bell	34.13

Leschanaultia Run 26.12.86

M40	T. Clarke	28.21	B. Harrison	29.33
M45	D. Hoyer	27.10	G. Thornton	32.40
M50	D. Carr	31.23	D. Carr	31.39
M55	P. Morrey (Vis.Vet)	33.41	P. Davies	37.42
M60	A. Tyson	37.56	F. Usher	44.16
W40	A. Aldrich	37.41	P. Farrell	49.53
W45	J. Morrey (Vis.Vet)	32.14	T. Vaalsta	35.11
W50	P. Weston	42.43	Nil	

Ole eagle eye

R. Shand

WANTED!! Runner, 45 plus, to form team to compete in triathlon events in:

Perth
Other places

Please ring Brian Yardley on 098 211462 (work)

NEW CLUB RECORDS 16-10-86 to 31.12.86. by Dick Horsley

The increasing standard of Track & Field events has resulted in 27 new records by our lady members and 14 by the men.

Congratulations to Dorothy Whittam (W50) on her brilliant effort with 9 new records, Lorna Butcher (W55), Basil Worner (M55) and Carlo Baumann (M70), all with three and several others with two new figures.

The 200 metres (M60) received quite a bashing, Jim De Gruchy broke it three times only to be narrowly passed by David Jones. Ted Maslen (M50) twice broke his own record in the 3000 metres, resulting in an improvement of 7 seconds.

Many other athletes had new personal bests, and it is very pleasing to see such a large number of our members performing so well.

New records

100M	W50	D. Whittam	14.39	10000M	W40	A. Ansell	42.24
	M60	D. Jones	13.13		M70	C. Bould	46.15
	M70	C. Baumann	16.00	1500M	W40	J. Stone	8.13
200M	W50	D. Whittam	29.94	Walk	W45	S. Cross	9.23
	M60	J. De Gruchy			W55	L. Butcher	9.10
	M60	D. Jones	28.2		M55	B. Worner	8.17
400M	W50	D. Whittam	74.0	2000M	W35	J. Sanger	11.56
	M55	B. Worner	60.3	Walk	W40	J. Jones	11.42
					W45	S. Cross	13.03
800M	W45	M. Forden	2.46.4		W55	B. Worner	12.05
	W55	L. Butcher	3.20.4	Shot	W50	D. Whittam	7.21
1 mile	W30	T. Brockwell	5.45.0		W70	B. Baumann	5.00
	W45	M. Forden	6.08.2		M70	C. Baumann	8.80
	M50	E. Maslen	4.56.8	Javelin	W50	D. Whittam	18.54
3000M	M50	E. Maslen	9.48.1		M70	C. Baumann	19.34
		Discus	W50	D. Whittam		17.14	
		Hammer	W35	J. Sanger		9.72	
		(inaug. W40		S. Walton		12.66	
		records)W50		D. Whittam		14.58	
Long	W40	J. Johnson	4.55				
Jump	W50	D. Whittam	3.79				
Triple	W35	E. Hindle	11.32)			
Jump	W40	J. Johnson	10.04)			
	W50	D. Whittam	8.15)			

Excellent jumping - all better than Aust. record, but wind assisted.

Dick Horsley
Statistician
10.1.87.

(Thanks again to Dick for his work in keeping these records up to date)

DEBUT

Seen for the first time at Perry Lakes Stadium were Shirley Cross and Jan Johnson. Both girls competed in the Association events on Saturday, January 17. Shirley continued her excellent form in the walks with a 9:38.6 for the 1500 and Jan ran a smart 100 metres in 13.0.

They both encourage members to take part in these Association programmes - remember our Athletics Club is affiliated with the State Association and all you have to do is register to take part.

With the Club's championship just a couple of months away, this is a good chance to sharpen up for this event.

Both Jan and Shirley assured us that "they felt very comfortable and part of the show". So don't be shy!

A VERY WARM WELCOME TO OUR NEW MEMBERS :

			D.O.B.	D.O.J.
Helen Marchese	51A Guildford Road, MT. LAWLEY 6050	272 4079	14.11.47	23.11.86
Chris Brockwell	P.O. Box 435, ARMADALE 6112	399 2082	23.05.50	21.11.86
Tessa Brockwell	"	399 2082	10.11.55	21.11.86
Frank Fitzpatrick	17 George Street KELMSCOTT 6111	390 9431	15.09.46	19.11.86
Keith Woollard	34 Glenelg Street, APPLECROSS 6153		27.06.47	14.11.86
Irene Stephens	57 Bouvardia Way, GREENWOOD 6024	447 0166	5.12.51	24.11.86
John Woolhouse	21 Meuller Crescent THORNLIE 6108	459 6002	18.11.41	14.12.86
Michael Johnson	20 Evandale Street, FLOREAT 6014	387 2118	18.04.35	26.12.86
Susanna Ashurst	115 Marine Terrace MARMION 6020	448 9796	21.06.48	4.01.87
Richard Ashurst	"	448 9796	17.09.44	4.01.87
Wal Welyky	3 Gooray Street, GLEN FORREST 6071	298 8754	10.07.47	8.01.87
Frank Hansford-Miller	31 Granville Way, WILLETTON 6155	457 0241	26.11.16	5.01.87
George Schaefer	25 Preston Street COMO 6152	368 1125	28.12.32	30.12.86
Roland Matzke	22 Edwards Road HIGH WYCOMBE 6057		5.11.39	1.01.87

CHRISTMAS GIFT RUN "REINDEER RALLY"

21-12-86

The Christmas Gift Run has usually been fairly low-key. For those who wanted a harder gallop, this year we thought you would like a "weight for age handicap" in the "Reindeer Rally".

Seventeen teams of five participated and Molly and Ken Warr formed a team of four (Q) with their daughter Cheryl Bell and John.

We added up the total time for each team and divided this by the team's total age. The team with the lowest score was then the winner.

Congratulations to Bert Carse, Arnold Jenkins, Ted Maslen, Hugh Kirkman and Dave Weir.

These "weight for age" handicaps are usually fairly easy to set up and often quite close - the scores of the first five teams were:

Team B .422 Team C .435 Team L .451 Team I .464 Team K .470

Thanks to all those who entered into the fun and to Graham Thornton for supervising the cycle track. (with two serious collision between cyclists and runners and several "rude encounters of the third kind" over the past 18 months or so, our runs on the cycle track have become a matter of a little concern, especially on the causeway.)

Basil Worner

Pos.	Team	Name	Age	Time	Pos.	Team	Name	Age	Time
1.	B	A. Jenkins	42	19.55	6.	J	D. Carr	54	24.53
		H. Kirkman	45	17.50			D. Crowther	44	21.48
		T. Maslen	51	19.57			A. Tyson	62	27.23
		B. Carse	45	17.28			S. Toussaint	42	21.30
		D. Weir	40	19.06			A. Martin	45	22.00
Score	.422		<u>223</u>	<u>94.16</u>	Score	.475		<u>247</u>	<u>117.34</u>
2.	C	M. Moyle	60	24.58	7.	O	J. Pellier	47	20.44
		R. Lawrence	58	24.50			F. McLinden	55	20.59
		P. Jones	51	23.46			M. Smith	52	19.35
		B. Sammells	49	20.42			P. Carr	50	32.07
		J. Russell	54	24.28			T. Berggren	26	17.20
Score	.435		<u>272</u>	<u>118.44</u>	Score	.480		<u>230</u>	<u>110.45</u>
3.	L	M. Warren	49	23.29	8.	T	Airey	50	21.17
		F. Smith	44	20.46			D. Roberts	44	20.03
		S. Hoskins	40	21.50			J. Pellier	47	24.47
		S. Hicks	64	26.35			R. Norton	45	21.52
		D. Moffett	55	21.17			K. Mitchell	47	29.32
Score	.451		<u>252</u>	<u>113.57</u>	Score	.503		<u>233</u>	<u>117.31</u>
4.	I	A. Pomery	55	22.27	9.	H	J. Maddison	48	21.51
		T. Vaalsta	49	24.05			W. Hughes	59	24.21
		J. Stickles	48	21.45			P. Martin	46	19.45
		K. Vaalsta	52	21.29			S. Maslen	48	31.38
		M. Warren	51	28.59			N. Berry	57	33.18
Score	.464		<u>255</u>	<u>118.45</u>	Score	.506		<u>258</u>	<u>130.53</u>
5.	K	J. Barnes	43	19.29	10.	G	M. Forden	45	24.08
		B. Hayres	55	22.07			R. Routledge	50	22.12
		B. Thompsett	46	28.05			A. Sim	38	24.22
		B. Hardy	43	21.39			A. Aldrich	43	24.52
		J. Gilmour	67	28.28			D. Caplin	47	18.52
Score	.470		<u>254</u>	<u>119.48</u>	Score	.512		<u>223</u>	<u>114.26</u>

<u>Pos.</u>	<u>Team</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
= 11.	F	D. Strachan	64	26.58
		L. Butcher	56	28.28
		J. Johnson	41	27.32
		J. Campbell	50	26.58
		B. Danby	38	18.57
Score	.516		<u>249</u>	<u>128.53</u>
= 11.	E	K. Forden	48	23.39
		J. Strachan	61	32.07
		V. Beaumont	55	23.45
		J. Langdon	39	28.28
		E. Moyle	61	28.49
Score	.516		<u>264</u>	<u>136.48</u>
13.	D	S. Walton	40	27.23
		M. Berry	55	23.33
		B. Monks	50	20.42
		B. Godwin	47	32.27
		T. Kirwan	35	23.18
Score	.560		<u>227</u>	<u>127.23</u>
14.	N	M. Acreman	46	29.18
		C. Bould	70	28.28
		P. Sanger	35	23.48
		M. Fermor	47	26.01
		M. Webb	37	27.48
Score	.575		<u>235</u>	<u>135.23</u>

<u>Pos.</u>	<u>Team</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
15.	P	P. MacIiver	42	27.18
		R. MacIiver	45	28.05
		G. Schaefer	53	22.09
		M. Stone	44	33.58
		M. Traynor	45	23.07
Score	.586		<u>229</u>	<u>134.37</u>
16.	A	S. Cross	49	27.32
		J. Curtis	50	23.11
		S. Munsie	53	33.21
		J. Whittam	52	29.35
		D. Whittam	50	35.28
Score	.587		<u>254</u>	<u>149.07</u>
17.	M	S. Lockwood	57	23.58
		M. Robinson	50	31.38
		B. Godwin	49	23.48
		J. Sanger	35	33.55
		P. Weston	50	29.20
Score	.591		<u>241</u>	<u>142.39</u>
18.	R	P. Davies	57	28.28
		P. Farrell	40	33.22
		V. Tyson	62	41.48
		?	35	23.18
		?	45	21.52
Score	621		<u>239</u>	<u>148.48</u>

STATE CHAMPIONSHIP REMINDER

We included an application form and programme in the last Vetrün.

This is just a reminder that we are aiming to have every member try at least one event this year.

The Vets spirit is that, while it's a championship, we don't all have to be champions!

Also : for those interested,
there are track training
sessions on Tuesday at
Perry Lakes (a.m.) and at
WAIT (sorry,CU!) at 5:15p.m.

Further information : Please
ring the Editor

APPLICATION FORM		Number 																																																																		
Name _____																																																																				
Address _____ _____																																																																				
Age Grade _____	Date of Birth _____																																																																			
Club _____	_____																																																																			
Signature _____																																																																				
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> DAY 1 <u>SATURDAY 28TH MARCH, 1987</u> </div> <div style="width: 30%;"> DAY 2 <u>SATURDAY 4TH APRIL 1987</u> </div> <div style="width: 30%;"> DAY 3 <u>SUNDAY 5TH APRIL, 1987</u> </div> </div>																																																																				
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Entries to : Colin Leman, 601 Canning Highway, Alfred Cove, 6154

Entry fee : \$1.00 per event. Note that the pentathlon is one event.

Payment to : "W.A.Veterans Athletic Club"

Closing date March10, 1987

Please note : Entries submitted after the closing date will not be accepted

There will be a bring your own barbecue after the last event on Sunday

WOMENS' RUN 28-12-86

Pos.	Name	Age Group	Clock Time	Adj. Time.		Pos.	Name	Age Group	Clock Time	Adj. Time.
1.	P. MacIiver	W40	40.49	35.04		40.	C. Leman	M40	43.31	27.31
2.	L. Butcher	W55	41.20	36.50		41.	D. Carr	M50	43.33	28.18
3.	P. Martin	M45	41.47	26.47	*	42.	D. Moffett	M55	43.34	30.04
4.	K. Forden	M45	41.48	30.18	*	43.	J. Strachan	W60	43.35	42.35
5.	B. Carse	M45	41.56	24.26		44.	B. Joyce	M50	43.41	34.11
6.	R. Cole	M40	41.59	28.59		45.	S. Lockwood	M55	43.44	32.14
7.	T. Clarke	M40	42.00	27.30	*	46.	M. Warren	W50	43.47	38.47
8.	H. Kirkman	M45	42.02	25.02		47.	J. Whittam	M50	43.51	38.51
9.	B. Sammells	M45	42.03	27.33		48.	A. Davie	M50	43.54	30.54
10.	R. Brown	M50	42.04	30.34		49.	B. Godwin	M45	43.56	33.11
11.	A. Aldrich	W40	42.04	34.49		50.	D. Crowther	M40	44.01	28.00
12.	R. Abrahams	M55	42.07	38.37		51.	G. Morgan	M60	44.01	35.46
13.	J. Russell	M50	42.10	34.55		52.	J. Ende	M40	44.04	31.49
14.	V. Beaumont	M55	42.11	32.11		53.	J. Pellier	M45	44.06	29.36
15.	C. Brockwell	M35	42.13	25.43		54.	F. Smith	M40	44.13	26.43
16.	T. Brockwell	W30	42.14	29.29		55.	K. Vaalsta	M50	44.19	30.19
17.	R. Shand	M50	42.15	29.00		56.	R. Lawrence	M55	44.26	34.26
18.	B. Harwood	M45	42.22	27.52		57.	M. Warren	M45	44.39	31.24
19.	D. Caplin	M45	42.25	25.55		58.	C. Bould	M70	44.56	37.26
20.	P. Carr	W50	42.27	39.27		59.	C. Bell	W35	44.59	31.59
21.	D. Hough	M50	42.32	29.02		60.	G. Thornton	M45	45.08	30.08
22.	J. Bell	M40	42.33	27.03		61.	P. Farrell	W40	45.15	38.00
23.	J. Pellier	W45	42.34	33.49		62.	J. Maddison	M45	45.30	30.30
24.	D. Strachan	M60	42.34	33.49		63.	E. Moyle	M60	45.31	38.16
25.	D. Roberts	M40	42.36	27.51		64.	M. Stone	W40	45.50	45.50
26.	M. Forden	W45	42.37	32.22		65.	R. Farrell	M45	46.04	37.19
27.	M. Khan	M40	42.38	28.08		66.	C. Cole	W45	46.25	42.55
28.	A. Sim	M35	42.49	32.49		67.	S. Munsie	M50	46.33	41.33
29.	G. Sutherland	W40	42.56	39.56		68.	B. Godwin	W45	46.50	43.20
30.	B. Hardy	M40	42.57	30.42		69.	B. Aldrich	M55	46.54	33.39
31.	A. Jenkins	M40	42.59	28.14		70.	M. Moyle	M60	46.55	35.25
32.	I. Partington	M40	43.02	29.32		71.	E. Crowther	W40	46.59	46.59
33.	J. Willers	W35	43.04	35.04		72.	S. Walton	W40	47.02	37.32
34.	I. Sutherland	M45	43.09	35.09		73.	D. Whittam	W50	47.19	47.19
35.	R. MacIiver	M45	43.12	40.12		74.	S. Hicks	M60	47.30	37.30
36.	M. Johnston	M45	43.12	29.12		75.	A. Tyson	M60	48.25	36.10
37.	A. Pomery	M55	43.16	31.01		76.	A. Stone	M50	49.33	46.33
38.	T. Vaalsta	W45	43.27	32.42		77.	V. Tyson	M60	51.17	51.17
39.	M. Acreman	W45	43.28	38.28		78.	S. Hoskins	M40	51.20	36.20
						79.	J. Jenkins	W35	52.28	52.28
						80.	P. Weston	W50	52.29	45.14

* J. Marsland	W35	42.02	no h/c
N. Beech	(Vis.)M40	42.05	no h/c
G. Love	M50	42.12	no h/c
I. Stevens	W35	43.09	no h/c
D. Branson	M50	44.02	no h/c
S. Ashurst	Vis.	44.03	
T. Tyers	(Vis.)M40	44.51	
L. Jenkins	Vis.	45.00	
J. Cariss	Vis.	47.54	
S. Kenney	(Vis.)W35	56.50	no h/c
H. Marchesi	W35	56.51	no h/c

* Denotes new age group record

FRIENDSHIP RUN 4-1-87

On a warm morning over 150 runners, including about 30 visitors, turned up for the Friendship Run. 141 recorded their times, about a dozen did not wish to for their own reasons.

In the 6.2 K race visitors finished 1st and 2nd. Done Caplin was the first Vet in 22.28 followed by Brian Danby and Tom Clark. The first lady was Cheryl Bell with Tina Carmen 2nd and Alison Aldrich 3rd.

In the 12.4 K Bert Carse just failed to beat Frank Smith's course record when he won in 43.27, Frank Smith was 2nd Vet, Hugh Kirkman taking 3rd place. Trish Kirwan smashed the course record by 2 min. to win the ladies race with visiting Victoria Vet Jan Morrey 2nd, Judy Marsland 3rd and Tuula Vaalsta 4th.

Runners who did not listen to instructions caused a lot of difficulty for timekeepers and recorders, (despite my elocution lessons). I would like to thank all my helpers most of whom help week after week.

J. Pellier.

6.2 K

Pos.	Name	Age Group	Time	Pos.	Name	Age Group	Time
1.	D. Clarke	Vis.	22.14	36.	J. Cariss	Vis.	31.25
2.	J. Mussett	Vis.	22.19	37.	M. Johnson	M50	31.27
3.	D. Caplin	M45	22.28	38.	C. Ende	Vis.	31.41
4.	B. Danby	M35	22.36	39.	R. Apthorp	Vis.	31.47
5.	T. Clarke	M40	22.41	40.	C. West	Vis.	32.07
6.	T. Maslen	M50	23.08	41.	D. Jones	M60	32.41
7.	W. Hughes	M50	23.13	42.	S. Ashurst	Vis.	32.43
8.	I. Partington	M40	24.12	43.	W. McCabe	M55	32.45
9.	B. Harwood	M45	24.21	44.	L. Butcher	W55	33.00
10.	S. Ashurst	Vis.	24.43	45.	J. Langdon	W35	33.01
11.	?		24.55	46.	N. Schapel	Vis.	33.17
12.	A. Pomery	M55	26.04	47.	F. Hagger	M60	33.21
13.	P. Stohart	Vis.	26.15	48.	E. O'Dea	W50	33.29
14.	B. East	Vis.	26.16	49.	B. Joyce	M50	33.31
15.	C. Bell	W35	26.17	50.	P. Farrell	W40	33.33
16.	B. Mitchell	M50	27.11	51.	K. Whistler	M50	33.34
17.	J. Ende	M40	27.13	52.	S. Sanders	W30	33.47
18.	B. Morrey	Vis. M55	27.14	53.	B. Abrahams	M55	33.53
19.	A. Tyson	M60	27.29	54.	M. Warren	W50	34.22
20.	B. Hardy	M40	27.49	55.	G. Sanders	Vis.	34.30
21.	P. Davis	M55	28.04	56.	P. Cooper	Vis.	34.33
22.	H. Cooper	Vis.	28.31	57.	P. Carr	W50	35.17
23.	M. Moyle	M60	29.01	58.	E. Foster	Vis.	35.19
24.	K. Forden	M45	29.17	59.	S. Maslen	W45	35.21
25.	T. Carmen	W30	29.34	60.	S. Walton	W40	35.22
26.	R. Lawrence	M55	29.35	61.	A. Leggett	M65	35.26
27.	A. Aldrich	W40	29.59	62.	K. Mitchell	W45	35.27
28.	R. Elmitt	Vis.	30.16	63.	?		36.25
29.	D. O'Donnell	Vis.	30.33	64.	J. Strachan	W60	36.34
30.	J. McIntyre	Vis.	30.35	65.	C. Cole	W45	36.35
31.	J. Lindsay	M35	30.47	66.	S. Bowler	M60	36.46
32.	T. Kirkman	Vis.	30.54	67.	F. Hansford Miller	M70	36.48
33.	J. Campbell	M50	30.59	68.	B. Godwin	W45	36.51
34.	J. Whittam	M50	31.03	69.	N. Mitchell	Vis.	37.00
35.	R. Farrell	M45	31.07	70.	J. Crossland	Vis.	37.00

Pos.	Name	Age Group	Time	Pos.	Name	Age Group	Time
71.	E. Moyle	M60	37.29	76.	?		39.17
72.	A. Stone	M50	38.04	77.	D. Whittam	W50	39.50
73.	P. Weston	W50	38.22	78.	M. Stone	W40	39.58
74.	?		38.46	79.	S. Leman	W40	54.58
75.	M. Taylor	W35	38.59	80.	V. Tyson	W60	54.58

12.4 K

1.	B. Carse	M45	43.27	31.	A. Jenkins	M40	53.05
2.	S. Mitchell	Vis.	43.32	32.	D. Moffett	M55	53.27
3.	J. West	Vis.	43.48	33.	D. Branson	M50	53.46
4.	F. Smith	M40	43.48	34.	J. Maddison	M45	54.00
5.	H. Kirkman	M45	44.24	35.	W. Welyky	Vis.	54.14
6.	G. Knuckey	Vis.	46.35	36.	D. Miller	M45	54.26
7.	D. Muir	M40	46.50	37.	R. Harris	M50	54.46
8.	J. Pressley	M40	47.14	38.	M. Sargent	M40	54.55
9.	M. Smith	M50	47.15	39.	P. Le Breton	M40	54.58
10.	J. Gilmour	M65	47.20	40.	J. Morrey	Vis. W45	55.08
11.	C. Leman	M40	48.02	41.	J. Marsland	W35	55.20
12.	J. Barnes	M40	48.28	42.	G. Thornton	M45	55.30
13.	A. Wood	M40	48.41	43.	M. Traynor	M45	56.08
14.	P. Sanders	M40	49.04	44.	B. Aldrich	M55	56.24
15.	R. Sammells	M45	49.12	45.	S. Lockwood	M55	57.23
16.	D. Roberts	M40	49.23	46.	T. Vaalsta	W45	58.26
17.	J. Bell	M40	49.43	47.	B. Godwin	M45	58.37
18.	D. Crowther	M45	50.01	48.	G. Rowland	Vis.	58.49
19.	D. Carr	M50	50.11	49.	M. Forden	W45	58.58
20.	D. Hough	M50	50.12	50.	B. Crellin	M45	60.02
21.	R. Brags	M45	50.46	51.	A. Sim	M35	60.20
22.	F. McLinden	M55	50.51	52.	D. Strachan	M60	60.34
23.	R. Shand	M50	50.59	53.	G. Morgan	M60	61.03
24.	M. Johnston	M45	51.41	54.	J. Willers	W35	62.06
25.	J. Travolta	M45	51.44	55.	J. Curtin	M50	62.22
26.	J. Stickles	M45	51.55	56.	C. Bould	M70	62.26
27.	K. Snowden	M40	52.15	57.	J. Russell†	M50	62.34
28.	T. Kirwan	W35	52.16	58.	B. Wilson	Vis.	62.44
29.	P. Airey	M50	52.25	59.	R. Clarke	Vis.	63.21
30.	M. Faunge	M45	52.31	60.	S. Torpepe	Vis.	67.33
				61.	S. Hicks	M60	67.48

TIME TRIALS

There are two more sessions at McGillivray before we move to Coker.

This is the programme for February and the first week in March.

There will be a round-up of results in the next Vetrin to take in the first half of the programme.

February

5	6.00pm	McGillivray	*100m	1500m	3000m	*5000m	Triple	*Shot	Discus
						walk	Jump		
12	6.00pm	McGillivray	*200m	400m	10000m	*3000m	Long	*Discus	Javelin
						walk	Jump		
19	6.00pm	Coker	*100m	800m	5000m	*1500m	Triple	*Shot	Hammer
						walk	Jump		
26	6.00pm	Caker	*200m	1500m	3000m	*2000m	Long	*Javelin	Hammer
						walk	Jump		

March

5	6.00pm	Coker	*100m	400m	10000m	*1500m	Triple	*Discus	Hammer
						walk	Jump		

NB The events marked with an * will start at the shceduled time.

NOVELTY RUN 11-1-87

The morning started with mild conditions and even milder temperaments from 57 VETS who dared this year's Novelty Run. The weather warmed up during the run but the temperaments of the runners heated faster when their nice clean running shoes were somewhat muddled.

Teams consisting of three members were selected by the race organiser. Each team had to run about 1 KM then meet at the edge of a pond on Heirisson Island and carry one member of the team across the pond. Most unfortunately, apart from the water, there is often mud associated with ponds and this was the case today. The person who was carried, generally, kept clean but their time came when, on the return, everyone had to run through the water.

The course was 6KM long and won by Bert Carse in a time of 22min.21secs. followed closely by Dave Scott in 22.28.

The first team in based on the lowest total of its combined positions in the race was Graham Thornton, Alan Pomery and Bob Davis. The sexist organiser of the race had not divided the sexes evenly throughout the teams but Peggy McLiver was the first woman home followed by Marg Forden 22secs. behind.

What do the times mean? Very little except to the slowest member of each team.

H. Kirkman

Team	Name	Age	Pos.	Time	Team	Name	Age	Pos.	Time
1.	D. Caplin	M45	7	25.30	8.	M. Khan	M40	8	25.32
	M. Stone	W40	55	38.32		A. Davie	M50	12	26.26
	S. Cross	W45	47	32.44		R. Davis	W40	49	34.05
			<u>109</u>					<u>69</u>	
2.	D. Scott	M35	2	22.28	9.	D. Carr	M45	35	30.48
	K. Martin	M45	6	25.10		R. Harris	M50	13	26.57
	F. Hagger	M60	37	31.14		J. Strachan	W60	50	34.08
			<u>45</u>					<u>98</u>	
3.	J. Barnes	M45	4	24.56	10.	D. Moffett	M55	11	25.54
	K. Forden	M45	17	27.35		A. Sim	M35	20	27.47
	N. Berry	W55	54	35.57		R. Lawrence	M55	21	27.52
			<u>75</u>					<u>52</u>	
4.	B. Carse	M45	1	22.21	11.	G. Thornton	M45	5	25.02
	M. Forden	W45	26	28.26		A. Pomery	M55	9	25.38
	A. Leggett	M65	46	32.22		B. Davis	M45	25	28.19
			<u>73</u>					<u>39</u>	
5.	B. Sammells	M45	10	25.42	12.	R. Brown	M50	18	27.40
	J. Willers	W35	32	29.57		D. Strachan	M60	27	28.43
	J. Langdon	W35	43	32.03		P. McLiver	W40	24	28.04
			<u>85</u>					<u>69</u>	
6.	J. Musset	Vis.	14	26.58	13.	A. Tyson	M60	29	29.44
	J. Curtis	M50	23	28.02		S. Hoskins	M40	33	30.45
	M. Robinson	W50	51	34.53		J. Johnson	W40	38	31.15
			<u>88</u>					<u>100</u>	
7.	D. Hough	M50	16	27.27	14.	D. Jones	M60	34	30.47
	M. Moyle	M60	19	27.43		J. Campbell	M50	28	28.45
	E. O'Dea	W50	42	32.00		L. Butcher	W55	39	31.40
			<u>77</u>					<u>101</u>	

Team	Name	Age	Pos.	Time	Team	Name	Age	Pos.	Time
15.	B. Danby	M35	3	24.16	17.	J. Russell	M50	32	29.57
	K. Stewart	M35	41	31.54		R. Farrell	M45	53	34.59
	D. Whittam	W50	56	41.22		P. Carr	W50	52	34.57
			<u>100</u>					<u>137</u>	
16.	B. Joyce	M50	36	30.48	18.	J. Stickles	M45	15	27.02
	B. Worner	M55	22	27.54		M. Pritchard	W40	48	32.52
	J. Sanger	W35	30	29.46		B. McLiver	M45	40	31.47
			<u>88</u>					<u>103</u>	
	P. Weston	W50							
	I. Stephens	W35	45	32.06					
	T. Carmen	W30	44	32.06					

Special thanks to the Race Organiser Hugh Kirkman, who put a lot of time and effort into planning a real Novelty which had an interesting in-built handicap. Well done to Hugh and his helpers.

"DEADLEY MEDLEY RELAY" - YOKINE 15 FEBRUARY, 1987

The Relay

- o This is a teams relay.
- o There are 4 in a team.
- o Two runners run 2 kms twice.
- o Two runners run 1 km twice.
- o Total: 12 km.

Entry

- o There will be a prize for the winning team.
- o There will also be "mystery prizes" !
- o To qualify for the winning team prize, please enter beforehand.
- o You can do this by filling in the form on this page.
- o Please hand to a committee member or post to Kath Penton, Box 9, Cloverdale, 6105

Teams

- o We will pick teams and try to make them as even as we can.

After-race

- o There are showers and facilities for a picnic lunch.

DEADLEY, MEDLEY RELAY
15 FEBRUARY, 1987

ENTRY FORM

NAME _____

AGE GROUP _____

TELEPHONE _____

Please return by Sunday, February 8, 1987