

ALBANY TRACK AND FIELD MEET-PROBABLE DATE 6|2|88

Interested members are reminded to contact Sandi Hodge 339 2988 (before 8.30 p.m.).

NATIONAL CHAMPIONSHIPS-BRISBANE APRIL 1st-4th

Entry forms and details are available from Sandi Hodge.

PROGRAMME AMENDMENTS

Reminders :-

31/1/88 - Now the Club Pentathlon 8 a.m. McCallum Park
 7/2/88 - Now Strachans River Fun Run 8 a.m. Thornlie
 21/2/88 - Now Teddy Birds Picnic 16/8 Km 8 a.m. Kings Park
 6/3/88 - Now Guess the Distance 8 a.m. McCallum Park

[Please note that our Calendar did not allow for 1988 being a Leap Year - therefore 14/3: 21/3: 28/3 and 4/4 should be amended to 13/3: 20/3: 27/3 and 3/4 respectively - i.e. Sundays]

Do not be misled by the name **Women's Run on 17/1/88** - both men and women participate in this 7.1 km event - but the women provide the food afterwards!

A VERY HAPPY BIRTHDAY TO OUR "JANUARY" MEMBERS

02-JAN-49	HINDLE	: Eileen	turns	39	remains	W35
02-JAN-52	MARTIN	: Allen	"	36	"	M35
02-JAN-45	MUIR	: David M	"	43	"	M40
04-JAN-42	SPAIN	: Trisha	"	46	"	W45
06-JAN-37	BARRETT	: James	"	51	"	M50
06-JAN-38	MASLEN	: Sheila	"	50	becomes	W50
06-JAN-37	SAMMELLS	: Robert	"	51	remains	M50
07-JAN-36	ROUTLEDGE	: Raymond	"	52	"	M50
13-JAN-36	ATTWELL	: Raymond K	"	52	"	M50
15-JAN-47	JENKINS	: Jacqueline	"	41	"	W40
18-JAN-45	GALE	: Brian	"	43	"	M40
19-JAN-39	MITCHELL	: Kathleen	"	49	"	W45
19-JAN-43	PRICHARD	: Mary	"	45	becomes	W45
20-JAN-46	FLETCHER	: Janet	"	42	remains	W40
20-JAN-46	LEMAN	: Colin	"	42	"	M40
20-JAN-45	OAKLEY	: Les	"	43	"	M40
21-JAN-34	BECKETT	: Daphne	"	54	"	W50
22-JAN-51	TAYLOR	: Margaret	"	37	"	W35
22-JAN-43	HILL	: Susan M	"	45	becomes	W45
24-JAN-43	ALDRICH	: Alison	"	45	"	W45
24-JAN-36	COSTELLO	: Ted	"	52	remains	M50
24-JAN-40	FARRELL	: Robert	"	48	"	M45
25-JAN-43	BARNES	: James	"	45	becomes	M45
25-JAN-45	BOGGS	: Robert	"	43	remains	M40
27-JAN-44	ENDE	: Jan D	"	44	"	M40
28-JAN-27	MORRISSEY	: Michael P	"	61	"	M60
29-JAN-30	EVANS	: James B	"	58	"	M55
31-JAN-46	BUCHANAN	: Barbara G	"	42	"	W40

DEADLY MEDLEY RELAY 24/1/88

Venue : Car park near bowling club on north side of Yokine Reserve. Enter car park from Wordsworth Avenue near Chaucer Street.

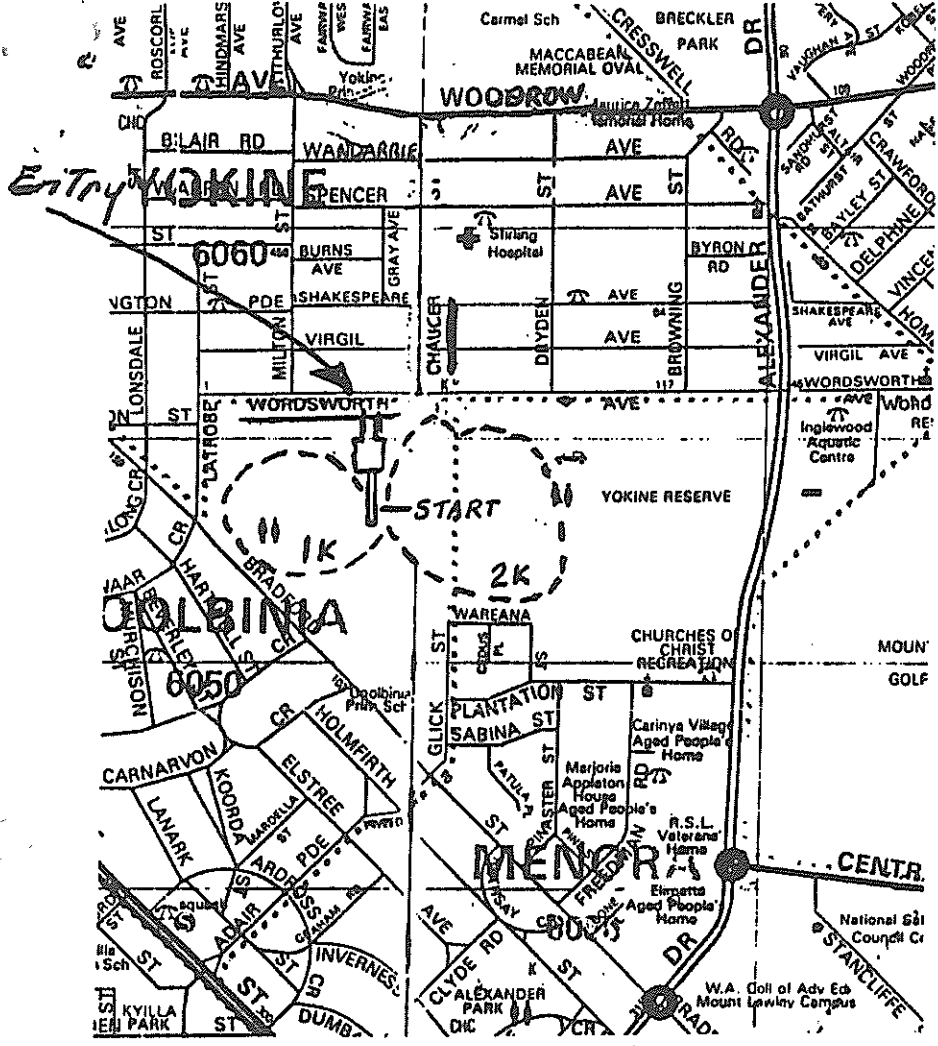
Course: Dual-use paths - very flat and very fast.

Runs: 8.00 a.m.
Medley Relay - Teams of 4
Two runners do 2K - twice
Two runners do 1K - twice
i.e. A 2K
B 1K then repeat
C 2K
D 1K

Ideal for speed training!:

9.00 a.m. (approx.)
A measured 5th pack run - if you still have the strength

Afters: Showers, BBQ available
Or bring a plate for under the trees.



How to Enter

1. If you want to be eligible for the team prize, please fill out the entry form below or ring Kath Penton (328 1507 H/479 2222W) or Basil Worner (387 9744W) before January 13.
2. If you want to just come and run, please feel free to make up a team on the day.

ENTRY FORM

DEADLY MEDLEY RELAY 24/1/88

YOKINE RESERVE

This is to help us pick teams as even as possible, but don't hesitate to come and make up a team on the day, even if you haven't entered. However, in this case, your team won't be eligible for the winner's prize.

NAME: _____ PHONE: _____

Please return to Kath Penton (Box 9, Cloverdale 6105) by January 12.

-----ooOoo-----

EATON LONG-WEEKEND RUNNING CAMP - MARCH 1988

A long-weekend running camp will be held at Eaton Scout Camp on 4th, 5th and 6th March 1988.

Location

Eaton Scout Camp is situated on the Collie River, a few kilometres from Australind and Bunbury.

Accommodation

Single beds in a number of rooms. You must provide your own bed linen. You are permitted to put up your own tent or park your caravan.

Facilities

- A good kitchen with fridges and freezers as well as barbecue area. (It is advisable to bring your own esky due to numbers attending)
- Excellent recreation facilities at the site or nearby : crabbing: fishing: boating and swimming. The camp has canoes for your use.

Running

Runs from 5 Km to 20 Km will be conducted in company with the Bunbury Running Club. It is usual to have a Hash Run on one of the evenings.

General

- Come along and enjoy yourself at this popular venue! Do what you want to do. Run or jog at your leisure. Laze in the shade by the beautiful Collie River or sailboard on the estuary. Spend the day crabbing; read a book, join in community singing in the evening - it's up to you !

Cost \$12 per person - tear-off slip elsewhere in this Vetrun.

-----oooOooo-----

SEEN AND HEARD

A 60% loss of seagrass in Princess Royal Harbour, Albany is of particular concern to environmentalists - our member Dr. Hugh Kirkman featured in the December 16th "West Australian" where his secondment to the Environmental Protection Authority working on Revegetating seabeds with seagrass is reviewed.

W.A. Runners only run fast in order to leave the flies behind.
[Not true! - the flies in W.A. are also very athletic! - Ed.]

The good thing about the Vets' Club is that you can win races without losing friends!!!

The Christmas Dinner was very tasty but if it had been a Carbo-loading party we'd all have 'hit the wall' at 10 Km !!

B. Carse M45
 R. Davis M45
 E. Moyle M60

34.27.0
 48.50.0
 52.45.0

Road Walks 10/20kms

J. Sanger W35 1.01.52)
 S. Cross W50 1.18.02) 10kms
 J. Turnbull M50 2.03.22]
 S. Jones M60 1.55.43] 20kms
 J. Collins M75 2.36.21]

FIELD EVENTS

	Triple Jump	Long Jump	High Jump	Javelin	Discus	Hammer
J. Sanger	W35	11.30m				
E. Hindle	W35	10.44				
J. Johnson	W40	8.75				
P. Carr	W55		4.19m			
D. Jones	M60		4.24			
D. Whittam	W50					
J. Cochran	M50		1.49m			
L. Butcher	W55			20.18m		23.16
P. Head	W65				9.32m	
J. Turnbull	M50					21.3

Marathon

Sandi Walton W40 3.56.45
 Alison Johnstone W40 4.38.12
 Jim Barnes M40 2.55.23
 Tony Tripp M40 3.07.59
 Hank Stoffers M45 2.30.43
 Joe Trovato M45 3.04.27
 Paul Martin M45 3.12.30
 Dennis Miller M45 3.13.43
 Charlie Spare M45 3.45.02
 Robert Davis M45 3.57.22
 Bob Johnstone M45 4.38.12
 Brian Kennedy M50 3.04.27
 Bob Sammelis M50 3.26.37
 Vic Beaumont M55 3.30.11
 David Hough M55 4.52.31
 Allen Tyson M60 3.37.44

REMARKS

These above results have been most kindly provided by Jill Langdon well in advance of the final publication. They are, of course, provisional and while every effort has been made to ensure their accuracy and completeness as far as our Club participants are concerned, it is possible that errors and omissions have crept in. We shall be grateful if you will draw them to our attention. Once again, we thank Jill Langdon for the unenviable task of collecting and transmitting all this data, some of which has already been published by the "West Australian".

VII VETERANS GAMES - SUMMARY OF UNOFFICIAL RESULTS - W.A. VETS COMPETITORS

GOLD MEDALS (11)

Women

Triple Jump

W35	Eileen Hindle	11.30m	W.R.
W50	Dorothy Whittam	9.25	W.R.
W55	Pat Carr	8.75	W.R.

Hurdles 400m

W35	Eileen Hindle	65.32
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Relay 4x400

W40-49	Jan Johnson
W35-44	Eileen Hindle

Relay 4x100

W50-59	Dorothy Whittam
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Long Jump

W35	Eileen Hindle	5.63
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Men

10kms

M65	John Gilmour	37.37.39
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Relay 4x400

M55	David Carr
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SILVER MEDALS (10)

Women

100m Hurdles

W35	Eileen Hindle	14.5
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200m

W45	Kath Holland	27.91
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Men

200m

M55	David Carr	2.09.28	Australian Record
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Relays

M45	Barrie Kernaghan
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Cross Country (Teams)

M45	Bert Carse	34.27.0
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BRONZE MEDALS (2)

Women

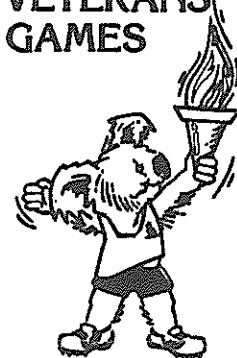
Triple Jump

W35	Jan Johnson	10.44m	WA Record
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Medal Tally

Gold	11
Silver	10
Bronze	2
	<u>23</u>

**VII
WORLD
VETERANS'
GAMES**



10kms Cross Country

M65	John Gilmour	38.24.0
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400m

W45	Kath Holland	62.58
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Long Jump

W50	Dorothy Whittam	4.24	W.A. Record
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1500m

M65	John Gilmour	5.01.33
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Marathon

M45	Hank Stoffers	2.30.43
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5000

M65	John Gilmour	18.18.51	W.A. Record
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Men

100 M

M90	Tom Jones	33.46
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Records

World	3
Australian	1
State	20*

* To be confirmed and added to.

Highlights

1. Dominance of W.A. Women in jumps.

Triple jumps:

3 Gold**
1 Bronze
1 4th

** Including 3 world records.

Long jump:

1 Gold
1 4th (Countback)

2. The Australian record of 2.09.28 by David Carr in the M55 800 to win a Silver Medal. This is the 3rd time in a month he has lowered John Gilmour's old record.
3. Hank Stoffers' Silver Medal in the M45 marathon. In a tight finish, he missed the Gold Medal by some 5 seconds.
4. Eileen Hindle's personal tally of 4 Gold Medals and 1 Silver in the highly competitive W35 division.
5. John Gilmour's continuing mastery in the 10K on both track and in cross country.
In the 10K track he lapped the field to finish 2 minutes ahead of his closest contender in 37.37.39.
6. The fine run in the cross country by Bert Carse (M45) to win a team Silver Medal in a fierce competition which saw him run 34.27 for an individual 9th place.
7. The "Personal Bests" recorded by almost every W.A. athlete in track and field.
At least 8 new State records have been created and, when official results are promulgated, could be as high as 12.
8. The husband/wife duo of Pat and David Carr. Pat scored our first Gold Medal with a world-record leap in the W55 triple jump and inspired the whole team with her plucky performance.
9. The all-round excellence of Albany veteran and former State champion thrower John Cochrane (M50).

Triple Jump	:	11.34m	(7)	(First Australian)
High Jump	:	1.49	(15)	W.A. Record
Hammer	:	23.16	(16)	
Shot Put	:	13.27	(7)	W.A. Record (First Australian).

Basil Worner

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THE CHRISTMAS DINNER

About ninety members and their friends attended the Club's Annual Dinner in a delightful outdoor setting at Sereaglio Park, Armadale. The weather was kind, the music was good and the Christmas fare enjoyable. Our Vice-President, Keith Forden, thanked the ladies who organised and decorated the venue and all the people who contributed in organisation throughout the year. In his speech of welcome, Basil Worner, our President, paid tribute to the spirit of camaraderie that exists within the Club. He added that it was important that each member should achieve a level of success within his or her capability and he felt that during the year many members had reached their goals. Nothing illustrated this more than some of the results that came out of the Melbourne Games.

All too soon the evening came to an end with many of us wishing the dancing could have gone on for a little longer.

B.J.A.

CLUB RECOVERY RUN 13/12/87

Thirty-three Vets found their way (eventually!) to one starting point for a so-called "recovery-run".

Some were a little shop-soiled from the night before, but starter John Maddison and his side-kick, Arthur Leggett, whipped them to a sizzling start along the dual-use path from Matilda Bay to Dalkeith and back.

Graeme Thornton and Merv ("The Silver Fox") Moyle elected to do the 7 K, but "us wimps" settled for a short, scorching 5 K.

John Molloy scudded along to finish the 5 K in 18.32 while "Miss Reuters" (our Melbourne correspondent Jill Langdon) was first lady, following on her successful Games 5 K.

Our ultra-man, Alan Croxford stepped along very smartly to take second place in a creditable 19.53.

We were delighted to see Janet and Jan Limbott, new members who came all the way from Toodyay - great effort! It was good company for our other two long-distance supporters, Rose and "Zatopek" Johnston who also made the long trek to be with us.

We welcomed back Gloria Sutherland and farewelled Maggie Webb and Mike Fermor - off for a white Christmas in Tunbridge Wells.

Pip Newby was another one we were pleased to see after a long break.

Good to see Mike Faunge again, and also Mike Rhodes back into stride after his Games Marathon, with Frank Usher also showing no ill effects from his recent promotion to Head Office in the Ministry of Education - "Yes, Minister"! (Well done, Frank!)

Looking dashingy debonair in their Australian uniforms were Garnet Morgan and Ernie Moyle still savouring their Melbourne PB's.

Pat and Dave Carr (resting) and ever-reliable Bev Thornton encouraged (and occasionally needed) the seedy and we kicked on in pleasant weather and superb surroundings to make this a real recovery - one of the best.

(P.S. Sorry no times for Dorothy, Jan and Jackie. But did you really get to the turn-around !!!)

B.W.

5 Km

John Molloy	M55	18.32	Ernie Moyle	M60	25.00
Alan Croxford	M40	19.53	Jill Langdon	W40	25.09
Barry Harwood	M45	21.01	Dave Hough	M55	25.16
George Schaeffer	M50	22.02	Fred Hagger	M60	25.43
Ray Routledge	M50	22.22	Jan Limbott	M55	25.48
Mike Faunge	M45	22.39	Jeff Whittam	M50	25.55
Basil Worner	M55	23.03	Frank Usher	M60	27.15
Maurice Johnston	M50	23.18	Pip Newby	W35	27.17
Ray Lawrence	M55	23.42	G. Thornton	M45(7.2km)	28.34
Mike Rhodes	M40	23.43	Maggie Webb	W35	29.25
Mitch Loly	M45	23.54	Gloria Sutherland	W40	29.56
Vic Beaumont	M55	24.04	Pat Miller	W45	30.23
Mike Fermor	M45	24.12	Nora Berry	W55	30.59
Garnet Morgan	M60	24.25	Merv Moyle	M60(7.2km)	30.59
Norm Miller	M55	25.00	Jan Johnson	W40	
			Dorothy Whittam	W50	
			Mary Robinson	W50	
			Jackie Beaumont	W50	



LETTERBOX

Chasers Restaurant
Albany

I am writing this letter to you in the hope that you will pass on to the members concerned my thanks for their help in the Albany Marathon on Sunday 8th of November. The members of your Club came to our Restaurant for a carbo loading on the Saturday night before the Marathon.

As the Marathon was virtually my first, the members' help and encouragement kept me going to the finish. As my time was 3.42 for a 43 year old who has only been running for five months, I can only go forward. But it was the help from the Vets and others that made it all possible. As I didn't get everybody's names on the day, I hope that you can thank them for me.

Gerald St. John.



MINISTER FOR SPORT AND RECREATION

25TH FLOOR, 197 ST. GEORGE'S TERRACE, PERTH, WESTERN AUSTRALIA, 6000.
TELEPHONE: 09 222 9666. TELEX: AA 95078

December 23, 1987

Mr Basil Worner
President
W A Veterans' Athletics Club
92 York Street
SUBIACO 6008

Dear Mr Worner

I was very pleased to hear of the outstanding success by Western Australians in the recent World Veterans' Games held in Melbourne.

Please convey my congratulations to all the athletes and organisers for their marvellous performance.

It is very encouraging to see Western Australians do so well; 23 medals during the games, three world, one Australian and 20 State records set is a tremendous effort. Results such as these in international competition can only benefit W A Athletics in the long term.

Keep up the good work.

Yours sincerely

Graham Edwards, MLC
MINISTER FOR SPORT AND RECREATION

STOP PRESS! - MELBOURNE GAMES

Since printing the results on pages 5 and 6 we learn that John Gilmour was awarded a third Gold Medal as a member of the 5-man Winning Australian 10 Km Cross Country Team (M60-69) which beat Sweden (2nd) and New Zealand (3rd).

ALBANY MARATHON - SUNDAY, 8TH NOVEMBER, 1987 - 6.30 A.M.

Running the Albany $\frac{1}{2}$ with the marathoners - according to J.R.

My first run down in Albany in the $\frac{1}{2}$, combined with the marathon, was a great experience for me. Running beside others who were going the full distance; the pace they set to maintain one's level of running to be inside their times, be it under three or four hours; the will power and concentration to have mind over matter, as if like a machine with an automatic circuit jumping in and out of one's mind to touch on the moving parts of the body to jolt it back into realisation that it has a function to perform as demanded by the brain. Of course this could be vice-versa. As you go deep into the run and the legs are calling the tune, which certainly happened to me, I had worked out if I could tag back some of the marathoners I could put in a reasonable effort. Well, about 15k - just before the 21 turnabout - you've guessed it! Some of those marathoners were passing me with great haste. I had to pick up my bottom jaw from the bitumen when Keith Forden spoke to me; the last word we had was 8k back. As I plunged into the last leg, into the side wind after the turn, I gave a fleeting look back. Some were disappearing into the wilderness, a long, long way to go. With the constant tugging of the wind, my legs begging to stop, brain in a scramble, I shuddered to think what it would be like to do a long distance. This will be a challenge I will take on one day.

I crossed the line with great relief, knowing that I had gone through a new experience running with the marathoners. Later, in they came, some finishing strong, as if they had 10 to go; others jubilant (maybe it was their first run or a PB).

This run is called the Albany PB Marathon - a very good location and a flat course. In came a few more, some vets I know looking good. I captured some of them on camera, coming in strong and in full flight, in true vet style. [See photos overleaf - Ed.]

The day finished off at the club rooms with a barbeque and presentations, and combined with the hospitality and friendliness of the Albany runners, it was a most rewarding and enjoyable day. Full marks to Albany, but I would like to ask one question - where were all the lady runners from Albany and surrounding districts, as only one ran in the marathon?

Below are the figures of the run. Take note of the number of PBs*

MARATHON

Number of men runners = 90 Number of ladies = 1 Total = 91
PB* = 33 First timers = 10 = 43*

THE $\frac{1}{2}$

Number of men runners = 42 Number of ladies = 12 Total = 54
PB* = 6 First timers = 37 = 43*

I have listed below the five places of the marathon for general information; from there the vets follow.

1st	Ray Harris	2.2754
2nd	John West	*2.3246
3rd	Neil Douglas	*2.3345
4th	David Dye	*2.3408
5th	Bill Jones	2.3945

1st Lady (the one and only) Janette Hamilton 4.0346

The Vets

B. Argyle	2.4416
R. Harding	*2.5643
B. Danby	2.5730
J. Pellier	2.5906
J. Yates	3.0338
J. Barnes	3.0345
H. Whyte	2.1390
K. Forden	*3.2440
R. Matzke	3.2523
T. Tripp	3.3012
M. Warren	3.5521
G. Audley	3.5830
S. Green	4.3107

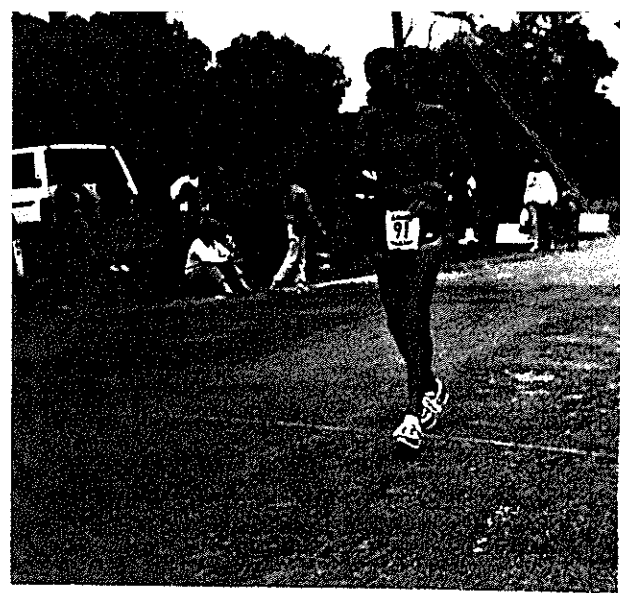
The $\frac{1}{2}$

N. Beech	*1.2310
B. Waldhuter	*1.2614
J. Russell	*1.4342
G. Waldhuter (lady)	*2.3247

Please accept my apologies if I have missed your name in the Vets, also for the $\frac{1}{2}$ short list
John Russell



JOHN PELLIER
B..... HELL, GET IT RIGHT!



BRIAN DANBY
WELL, THAT'S THAT. WHERE'S THE BEER?



RAY HARRIS
WHERE ARE ALL THE COMPETITORS?



JIM BARNES
OH **** I'M LATE!



KEITH FORDEN
WHOOPEE! MARG, I'VE CRACKED IT!

CHRISTMAS GIFT RUN 20/12/87

Father Christmas displayed a curious cross accent of English/Irish (Dublin!), Sandi and Keith managed to sort out the "gifts gallop" and the morning was enhanced by Dick Horsley's imminent entry into M75. Happy birthday, Dick and good to see you on the walk, too.

Not to be outdone, Jack Collins ushered in his 76th with another vigorous walk.

What about the run? We had our customary "round the island" jog and, for those who wanted a run, we had "The Reindeer Rally", a "weight for age" handicap. (This means we divide the team's total time by the team's total age. The lowest score is the winner.)

Team runs are always popular, and 50 entered for this race which turned out to be a photo finish. The winners were efficiently captained by John Pellier who bludgeoned the "two foxes", Merv Moyle and Ray Lawrence, into his combination with expert, Brian Hardy showing the way. Their score, .416, was fractionally better than the .422 recorded by Kev Martin, Joan Pellier, Dave Roberts and Ted Maslen. Well done both teams and thanks to Leo Hassam and Bill Crellin for their help.

It was interesting to see "The Three Jackies" (Beaumont, Greenfield and Jenkins) gravitate into one team, particularly with Jackie Greenfield treading the track again so lightly! (Keep it up J.G.!!)

We were pleased to see Tom Jones displaying his World Games bronze medal and Rob McLiver back on deck again.

However, it was 'au revoir' to Dorothy and Jeff Whittam, off to orienteer in Tasmania for a month, with Dorothy hiring a trailer to carry her Games Medals.

All-in-all, another enjoyable Christmas Gift morning and thanks to Lorna and her team for managing to get the refreshments under the trees and to Pat and Tom Savin for "crowd control" duties. B.W.

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
John Russell	55	24.16	Frank Fitzpatrick	41	20.40
Arnold Jenkins	43	20.46	Rob Davis	49	24.46
Arthur Leggett	69	30.35	George Schaeffer	54	20.35
Mike Berry	56	22.44	Mike Rhodes	42	21.12
Totals	223	98.27	Totals	186	87.13
Score	.441		Score	.469	
	====			====	

Kev Martin	50	20.05*	Tuula Valsta	50	26.10
Dave Roberts	45	19.28*	Alan Pomery	56	22.56
Joan Pellier	48	24.12*	Marg Warren	50	27.52
Ted Maslen	52	19.37*	Morris Warren	51	23.09
Totals	195	82.20	Totals	207	100.07
Score	.422		Score	.484	
	====			====	

* Second Place

Barry Harwood	46	19.40	Jim Barnes	44	19.51
Michael Traynor	46	22.21	John Gilmour	68	19.15
Peg McLiver	43	23.17	Sandi Hodge	40	29.25
Alison Aldrich	44	25.25	Marge Forden	48	23.10
Totals	179	90.23	Totals	200	91.41
Score	.505		Score	.458	
	====			====	

Sheila Maslen	49	35.00	Alan Stone	55	32.04
Keijo Valsta	53	22.39	Marg Stone	45	41.30
Vic Beaumont	53	23.06	Jack Collins	75	41.30
Frank Usher	64	27.30	Pat Miller	45	28.04
Totals	220	143.08	Totals	220	143.08
Score	.651		Score	.651	
	====			====	

John Pellier	48	20.30**	Serge Toussaint	43	21.19
Merv Moyle	61	23.00**	David Carr	55	21.16
Ray Lawrence	59	23.54**	Pat Carr	55	28.47
Brian Hardy	44	20.55**	Norm Miller	55	25.10
Totals	212	88.19	Totals	208	96.32
Score	.416		Score	.464	
** First Place	====			====	

Garret Morgan	63	25.37	Rosa Davies	44	30.40
John Maddison	49	22.39	Dalton Moffett	56	21.18
			Cliff Bould	71	27.40
Totals	<u>112</u>	<u>48.16</u>	Carole Cole	46	33.09
Score	.431				
	====		Totals	<u>217</u>	<u>112.47</u>
			Score	.520	====

Jackie Greenfield	45	39.05
Jackie Beaumont	50	39.05
Jackie Jenkins	40	30.00
Patricia Weston	50	39.05

Totals 185 147.15

Score .796

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VIDEO SHOW - 1986 COMRADE'S MARATHON

On February 4th at Perry Lakes Stadium at 7.30 p.m. a one-hour video of the above event will be shown. It is suggested that you may wish to bring a picnic tea. No charge will be made and tea/coffee will be provided.

CENTRAL AUSTRALIAN MASTERS GAMES - ALICE SPRINGS OCTOBER 15-25, 1988

Athletics form part of the above Games in 1988. If you require further details they may be obtained either from Sandi Hodge or direct from the Games Office, P.O. Box 1095, Alice Springs NT 5750 ('ph (089) 52 8222).

STRACHANS RIVER FUN RUN 7/2/88 - STARTING 8 a.m.

This will provide a choice of 6 Km, 8 Km or 14 Km on undulating bitumen track, which follows the Canning River. Drink stations are provided. At the finish there is a swimming pool and changing rooms, morning tea and two BBQ's. Please bring folding chairs. NOTE: NO ANIMALS.

NEW MEMBERS

We extend a warm welcome to our new members :-

			<u>D.O.B.</u>	<u>D.O.J.</u>
Michael Rhodes	C/o Paragon Resources N.L.	221 1330	16/11/45	29/11/87
	P O Box W 2039			
	Perth 6001			
Linda Rhodes	as above	as above	27/5/46	29/11/87

AUSTRALIAN ATHLETIC CHAMPIONSHIPS - PERRY LAKES 25th: 26th & 27th MARCH

Six lap scorers are required for each day of this 3-day event. If anyone can assist please 'phone Brian Foley 339 2716. No previous experience necessary.

-----ooOoo-----

The Committee congratulates all members who, by having participated in the VII Melbourne Games were successful. We are very proud of them.

-----ooOoo-----



TRACK & FIELD RESULTS MONTH: DECEMBER

MEN

Name	Age	200	400	800	1500 W Mile	2 K	3 K	10 K	Discus	Shot Putt	L J T J
B. Danby	35		70.4		8.32 W		9.59				
A. Jenkins	40	30.5					11.14				
P. Sanders	40						11.00				
K. Martin	40	27.4	58.6		5.41.8	13.08W	11.56		20.86	6.89	4.81
B. Foley	40		60.6			12.00W				6.74	
R. Matzke	45				5.54.7				13.40		
D. Caplin	45							39.25			
K. Forden	45						24.50				
J. Pellier	45							44.19			
B. Carse	45							37.06			
J. Whittam	50				8.54W	12.02W				7.64	
A. Chambers	50	33.0	71.4		6.17.9		12.38	49.35			
K. Martin	50				5.22.5		10.39	42.07			
M. Johnstone	50							39.53			
T. Costello	50							39.58			
B. Aldrich	55								14.10		
D. Carr	55		64.2		8.25W	14.31W		48.00		6.57	
A. Stone	55	34.9				13.46W				10.05	
B. Worner	55				5.48.4	11.35W	11.34		16.30	7.25	
D. Drayson	60						14.10				
D. Horsley	70				10.31W						
J. Collins	75				10.39W	14.09W					

WOMEN

J. Sanger	35					11.08W					
S. Sanders	30	36.16					13.22				
J. Fletcher	40		72.9		6.35.9	11.32W	13.11		24.70	6.15	3.86
J. Langdon	40					13.06W					
A. Aldrich	40				6.39.9						
M. Forden	45				6.23.6						
M. Stone	45					12.55W				6.48	
D. Palmer	50								8.84		
D. Whittam	50					14.42W				6.98	
L. Butcher	55					12.04W				5.62	
P. Carr	55		80.6							3.99	

DECATHALON POINTS AFTER 4 WEEKS

MEN		WOMEN	
B. Danby	942	J. Sanger	828
A. Jenkins	598	S. Sanders	544
P. Sanders	640	J. Fletcher	4680
K. Martin	3293	J. Langdon	416
B. Foley	485	A. Aldrich	664
R. Matzke	125	M. Forden	802
B. Aldrich	230	M. Stone	986
J. Whittam	871	D. Palmer	60
A. Chambers	1232	D. Whittam	728
K. Martin	1601	L. Butcher	1376
D. Carr	1152	P. Carr	178
A. Stone	1021		
B. Worner	2858		
D. Drayson	430		
J. Collins	724		

TIME TRIALS - JAN - All Starting 6 p m

Jan 14	800 (p)	100 (p)	200	Coker Pk B. Carse
			Discus	
21	1500W(p)	Hammer(p)	400	McG. Oval
			10000	B. Kernagaan
28	1500 (p)	T J (p)	100	Coker Pk G. Thornton
			2 Mile	
Feb 4	200 (p)	Javelin(p)	5000/	McG. Oval A. Stone
			1500W	
11	10000(p)		200	Coker Pk
			Shot	M. Johnstone

EATON WEEKEND - 4th, 5th & 6th MARCH 1988

Dear Sandi,
I enclose \$ _____ (\$12 per person) for the above weekend and understand that if less than 30 people pay to join the weekend this payment will be refunded to me.

To:- Sandi Hodge, 9/12-14 Elvira Street, Palmyra 6157.

(Please return this slip before 21st February).