



The Vetrun



No. 209 February 1990

W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WB11 0370."

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DON'T REGRET GROWING OLD, SOME PEOPLE NEVER EVEN HAVE THE OPPORTUNITY.

COMMITTEE MEETING:-

State Championships Track & Field. These will be held on Saturday 24th March and Saturday/Sunday 31st March/1st April 1990 at Coker Park. Start time on each day will be 1pm. There is a list of events and an entry form later in the newsletter. Get your entries in NOW late entries will NOT be accepted. ENTRIES CLOSE 4pm MONDAY, 12th MARCH 1990. March Fixture list. Hands up all those who noticed that we had got the dates mixed up for this month. Below is a revised fixture list, so either alter your programme or keep this list handy.

Mar 4	Club Pentathlon		Perry Lakes	B Fergie
	Cross Country	10km;6km.	Perry Lakes	B Foley
	(Nationals Course)	5km Road Walk.	(Hockey Pav)	
Mar 11	Tagoda Run	16km;10km;5km.	McCallum Park	R Davis
		10km Walk.		
Mar 18	Dave Jones Relay	5km/5km walk	McCallum Park	D Jones
		(Following Relays)		
Mar 22	T&F Champs S/Chases	3000m/1500m.	McGillivray 6pm	Comm.
Mar 24	T&F Champs		Coker Park 1pm	Comm.
Mar 25	Group Jog	10km;5km.	10km W. Perry Lakes	Comm.
Mar 31)	T&F Champs			
Apr 1)			Coker Park 1pm	Comm.

All Normal Sunday runs start 8am as usual.

Long Weekends. Details of the March and September long weekends are shown later in the newsletter.

NEW MEMBERS. In future we will only be publishing the names and dates of birth of new members instead of the usual address and tel No's. This has come about because some new members have been pestered by someone claiming to be a member (he isn't incidentally) and trying to sell them insurance. The committee regret that this has happened and hope that there will be no recurrence. We would also like to apologise to anyone who had it happen to them.

CLUB T/SHIRTS. For those who ordered them in the past and had to wait a long time before receiving them the reason is that a certain number had to be ordered before we could get them made. The committee has decided that in future we will hold a small stock on hand, these will be available from the treasurer. There will however only be one style available. This will be the one that has proved most popular, which is the one with a collar and three stud fastening. There is an order form on the back of the newsletter.

A.G.M. Yes it's getting to be that time of year again. The A.G.M. this year will be held on the 4th April and will start at 7pm. The venue has yet to be confirmed but it is hoped that we can have the same as last year. Confirmation of the venue will be published in next months newsletter. All positions are vacant, however the following committee members are willing to stand again, if they are proposed, Brian Foley, Peggy McLiver, Mike Rhodes, Bill Crellin. As the present editor will be away for three editions of the newsletter during the next year, it

would be better that there be a new editor also, it also puts a new line thought and ideas into the club's magazine.
COUNTRY MEMBERS AND MEMBERS OF OTHER A.A.W.A. CLUBS. If there are any other Veteran age members of your clubs could you please let them know about the Veterans State Track & Field Championships. Entry forms can be obtained from the editor by ringing 387 6438. ENTRIES CLOSE 4.00pm Monday, 12th MARCH 1990

Dear Friends and Fellow Runners,

I recently introduced a colleague to the club who was delighted not only to receive her first Vetrun but also to see her name listed as a new entrant.

Yesterday she informed me that her pleasure had been somewhat dampened as she had received a phone call from someone claiming to be a member and offering her discount on an insurance policy and other similar deals.

I have been a member of the club for twelve years. One of the many reasons (apart from running) that I continue to remain in the club is because of the nature of the social interaction and friendship which is quite different from work or other areas of existence. Despite my time in the club I have little knowledge of most members professions or personal lives and enjoy very much our common interests in running, planning running and talking about running.

I also know that these are the reasons why most others find pleasure in club membership.

Maybe I am old fashioned, out of date or even mistaken but I am certain if the club is being used to tout or further business interests, especially with new, unsuspecting members who simply wish to further their enjoyment of athletic activities.

Comments from others would be welcome.

Embarrassed,

John Spencer.

Dear Sir,

I wish to express my displeasure at being contacted by a person (claiming to be a member of this club) for the purpose of increasing their business interests. My name and telephone number had been obtained from the 'Vetrun'.

I do not believe that this is appropriate use of information provided by the club.

Yours Sincerely,

Barbara Dearden.

These letters were discussed at committee, apologies have been offered and in future addresses and telephone numbers will not be published.

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

Anne Shaw W40 01/Dec/47; John L Slattery M45 11/May/41; Ken M Post M35
 01/Oct/52

MARATHON CLUB CHALLENGE SERIES.

Congratulations to Nora and Mike Berry on winning their respective divisions in the above event. There was also a T Foster who won a division if it was you Terry, congratulations also.

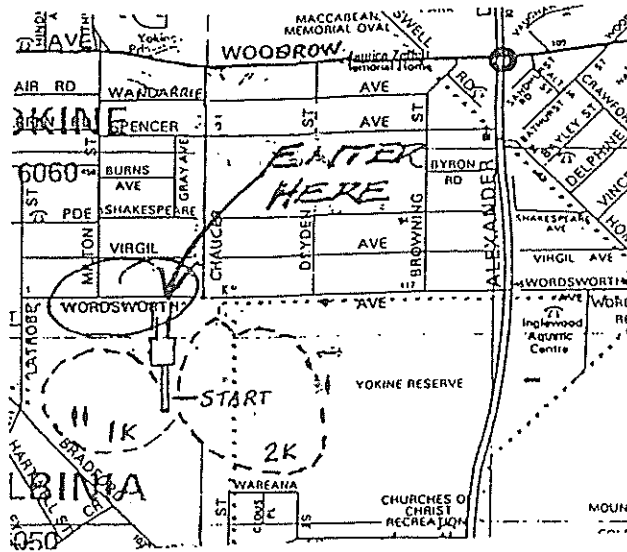
DEADLY MEDLEY RELAY.

A suggestion from the editor that the walkers form teams of two and compete amongst ourselves, doing the same course as the runners. This would mean that we would take approximately the same time as the runners (they have four in a team). If we teamed the fastest and slowest together and worked towards the middle we should end up with fairly even teams. We could go for a walk after the event for those who haven't had enough. Comments please. (Each person to walk twice; same as the runners run twice).

DEADLY MEDLEY RELAY

February 11, 1990 8.00am

YOKINE RESERVE
(OFF WORDSWORTH AVENUE - NEAR CHAUCER ST)



MEDLEY RELAY - A TEAMS EVENT - GOOD SPEED TRAINING

You run either 2k (or 1k) twice - and you get a rest in between!

WALKERS A flat, accurately measured 5K (see editors suggestion on previous page)
Start: 7.50am

.....
To help us pick even teams, please return this form to either Kath Penton or Basil Worner "on the run", or post to 48 McCourt Street, West Leederville, 6007

OR RING

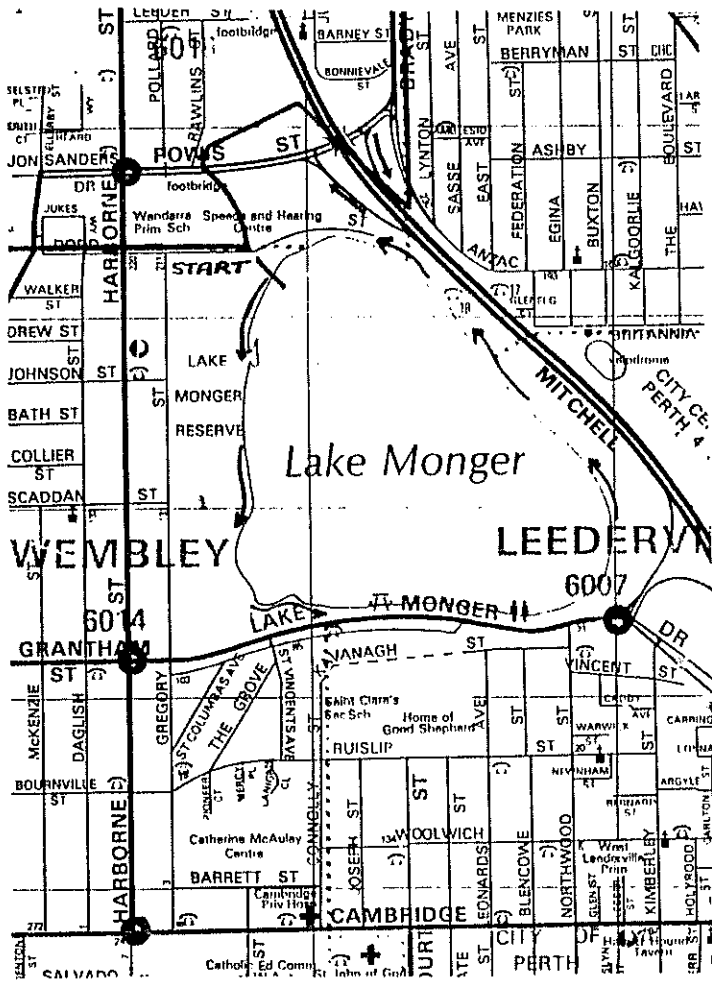
Kath or Basil on 3822318 (home)
Basil 3879759 (work)

BY

WEDNESDAY, FEBRUARY 7, 1990

NAME(S) _____ Tel.No. _____

REMEMBER: YOU CAN MAKE UP A TEAM ON THE DAY, BUT YOU WON'T BE ELIGIBLE FOR THE PRIZE!!



VENUE (Assembly)
Lake Monger Run, Dodd St.

COURSE
10km. 2 or 3 laps
Each lap is 3374 metres
2 laps = 6.626 metres
10K = 3 laps minus 122 metres.

* Difficulty
Fast and flat. Good for checking your exact 10km time.

* Surface
Bitumen and some flat brick paving.

* Hazards
Cyclists, joggers and an abundance of bird life.

DRINK STATIONS = EACH LAP

FACILITIES: Toilets, Childrens playground. No BBQ's so Club BBQ's must be taken. Good parking.

COMMENTS: Run anti clockwise, keep left. Start at painted white line marked "S". Finish at "F".
DONT FORGET TO BRING YOUR BARBIE FEAST AND JOIN IN THE AFTER RUN SOCIAL.

COURSE RECORDS

LADIES		Time	Date	MEN		Time	Date
30	T CARMAN	44.17	17-5-87	-			
35	J. Collins	41.32	15.9.85	35	D SCOTT	34.53	17-5-87
40	P McLIVER	44.22	17-5-87	40	J PRESSLEY	35.16	17-5-87
45	M. FORDEN	44.02	5-6-88	45	F SMITH	34.43	17-5-87
50	E. O'DEA	50.21	17-5-87	50	D. Hough	38.06	15.9.85
55	L BUTCHER	53.15	17-5-87	55	P HOUGH	38.39	17-5-87
60	J. Strachan	53.58	17-5-87	60	M MOYLE	42.53	17-5-87
65				65	D STRACHAN	45.59	17-5-87
70				70	D. Horsley	47.53	15.9.85

RACE ORGANISER: K. FORDEN

Address: 66 TRAPPERS DVE WOODYAUE ⁶⁰¹⁶ Phone No: 4096693.

A VERY HAPPY BIRTHDAY TO OUR "FEBRUARY" MEMBERS

02-FEB-25	McMILLAN	: James	turns	65	becomes	M65
02-FEB-30	PAXMAN	: Brian	"	60	"	M60
03-FEB-34	FLORANCE	: Gordon A	"	56	remains	M55
03-FEB-42	GILBERT	: Ken	"	48	"	M45
05-FEB-04	SANDERS	: Johan	"	86	"	M85
06-FEB-25	TYSON	: Allen J	"	65	becomes	M65
06-FEB-49	WEBB	: Maggie Julia	"	41	remains	W40
08-FEB-45	JOHNSON	: Janet M	"	45	becomes	W45
08-FEB-41	LEHMAN	: R.J. (Bob)	"	49	remains	M45
08-FEB-44	PRESCOTT	: Valerie H	"	46	"	W45
08-FEB-31	WILMOTT	: Dennis Capt.A	"	59	"	M55
09-FEB-47	JOHNSTONE	: Alison	"	43	"	W40
13-FEB-48	MOKRZYCKI	: Alex	"	42	"	M40
14-FEB-30	LISHMAN	: Val	"	60	becomes	W60
14-FEB-48	MILBOURNE	: Colleen F	"	42	remains	W40
17-FEB-52	LAMBIE	: Kate	"	38	"	W35
18-FEB-32	CARR	: Frances (Pat)	"	58	"	W55
18-FEB-38	LEKIAS	: Suzette	"	52	"	W50
19-FEB-47	ROBERTS	: Gillian F	"	43	"	W40
22-FEB-41	SPENCER	: Jeffrey	"	49	"	M45
21-FEB-40	MILLER	: Dennis	"	50	becomes	M50
23-FEB-43	THORNTON	: Beverley	"	47	remains	W45
25-FEB-13	BOAKES	: George E	"	77	"	M75
27-FEB-37	CLIVE	: David	"	53	"	M50
27-FEB-44	DUFTY	: Phil O	"	46	"	W45
27-FEB-52	FERRIS	: Irene	"	38	"	W35
27-FEB-40	POTTER	: Ronald	"	50	becomes	M50

LAKE LESCHENAULTIA RUN.

BOXING DAY RUN. Lake Leschenaultia 26th December 1989.

Phew!! A hot one for the last Lake Leschenaultia run, (on this course) 36° and no wind made for a hot dusty run. 16 entries toed the start line and at the OFF! three ladies turned round and wiked back to the B.B.Q. area (they lid a shorter run around the lake), of the remainder 8 ran the full 8km, 4 walked the "hillless" 5.3km whilst Shane Cameron ran it.

First to the bottom of the hill was Don Caplin in 19.47 followed by Derek Hoye in 20.33 and Mike Khan in 21.20. These positions stayed the same to the finish.

As mentioned this will be the last Lake Leschenaultia run which I will be organising. My thanks to all those runners and helpers over the past 10 years.

The course is now getting too busy with traffic and the dust is like something out of 'Sands of the Desert'.

I believe that next year there may be a new organiser and the run will be around the Lake on a 3km circuit.

Once again many thanks and a Happy New Year for 1990.

Barrie Robinson

RESULTS:-

8km		5.3km	
Don Caplin	M50 32.19	Peter Hill	M40 36.17
Derek Hoye	M50 34.11	Bryan Hardy	M45 39.28
Mike Khan	M45 35.14	Ken O'Reilly	vis 44.03
Jacqi Clarke	vis 35.59	Kevin Cameron	vis 50.14
		Shane Cameron	vis 36.21
		Walkers	
		Jo Stone	W40 39.50
		Barrie Thomsett	M45 39.50
		Dorothy Whittam	W50 42.24
		Jeff Whittam	M55 42.24

Our thanks to Barrie for putting on the run for the last ten years and giving up part of his Christmas for us.

**REPORT ON THE HALF-YEARLY MEETING OF
THE A.A.V.A.C. COUNCIL
by Bob Schickert**

This meeting was held in Melbourne on 25-26 November 1989 and was attended by 3 OLD, 1 ACT, 1 TAS, 3 VIC, 1 WA, and 2 SA delegates. Main items, with brief notes, were:

- *The next World Vets Championships at Turku, Finland, and the sending of 'scouts' to test accommodation facilities etc.*

The scouts will be John May, President of A.A.V.A., and a Traveland tour organiser.

Their report which will include accommodation options and facilities, instalment payment arrangements, etc., will be available and circulated to members by April. At this stage, full of enthusiasm after Eugene, about 40 people have registered with Traveland for Turku. Traveland will be providing 15 complimentary tickets, to be used as follows: 2 for the 'scouts' trip noted above; 2 for two tour guides to accompany the Australian contingent to Turku in 1991; 4 for A.A.V.A.C. appointees (see note on Team leaders); 1 for media coverage of the Turku Championships; and 7 which A.A.V.A.C. will use for Fund Raising efforts such as tickets to be won in raffles, prior to Turku.

The trend to bigger and bigger Championships and higher levels of top performances were noted. Fares to Turku are expected to be about \$2,800. No-frills accommodation and little spoken English is expected. Turku will have three venues.

- *Traveland: its role in the Eugene World Vets Championships; as a contracted sponsor over the next 3 years; and plans for Turku.*

The Turku plans were reasonable, but since they are not finalised yet, no details are presented here.

- *Report on Eugene and the W.A.V.A. meeting there, presented by A.A.V.A.C. Secretary, Stan Perkins (QLD).*

Stan emphasised the problems that arose in communication; in relay selection; in not having a Team Manager or leader; in not having a Womens' Team Manager or leader; and the sectional interests at work behind some of the W.A.V.A. rule changes. He proposed that in future A.A.V.A.C. have a Team Manager and Manageress for all overseas Championships with the duties of paying competition fees, attending meetings, civic receptions, 'next venue' presentations, and attending to protests and accommodation problems. Stan also felt that where the host country had few English-speaking people, a Team Medical Officer should be appointed.

- *The interim Management Board of A.A.V.A.C., as the new constitution and incorporated status become a reality.*

Our Vice President, Brian Foley is an inaugural Board member. The Board would, After April 1991, have 4 to 6 members, responsible for the following areas:

- Competition and Championships
- Sponsorship and Financial Affairs
- Public relations and Information
- Promotion and Development

- Technical Affairs
- Merchandising (uniforms, hats, bags, patches, clothing)

as well as for the day-to-day running of W.A.V.A. affairs. They would meet twice a year, and the Easter Meeting of A.A.V.A.C. at each National Championship would become an AGM for all members to attend should they wish.

- *A National Register of Veteran Athletic Club members, and an annual membership card, to be used for verification of financial membership at Championship events, for travel and other discount claims and an aid to inter-state participation in Veteran events, etc.*

Traveland is to sponsor production of the membership cards. The cards would apply for one year only, would have name, age group and a registration number on them, and would indicate financial membership of a Veterans Athletic Club for the current year. The registration numbers would greatly aid the organisers of the National Championships.

On behalf of our Club, the idea of releasing addresses as well as names to Traveland was strongly rejected by me. I would be interested to hear your thoughts.

- *Certificates for National and World Record Holders.*

These people at times have no medal, no record of any sort, and they most certainly deserve some recognition. Thanks to Royce Foley the National Records Statistician, they will now receive a certificate acknowledging their performance. He will start with the 1987 World Championships, work forward in time, then back in time (the later possibly at the request of the record holders themselves).

- *Desire to produce a more acceptable and long-term uniform for Australian Vets to use in Overseas Championships.*

All other countries, save Australia and America, had standard uniforms at Eugene. Australia had a motley collection of green and gold variations, with one competitor who superstitiously wore his own elderly blue uniform.

- *Sport and Recreation Department Assistance for Veteran Athletes*

It was noted that Sport and Recreation Departments in some States do provide some assistance to Veteran Athletes who have high World ranking, such as training, shoes, and travelling expenses.

- *Victorian Masters Games 17-25 November, 1989*

The Victorian Veterans Athletic Club conducted the Athletics programme for the Victorian Masters Games over the 17-25 November period. This resulted from an official request by the Games organisers for help in that area. There is a strong possibility that the Athletics component of the Victorian Masters Games will be called Veteran Athletics.

- *Veteran Athlete Newspaper*

Another attempt to have the Veteran Athlete newspaper as the official publication/newsletter for A.A.V.A.C. emphasised the great need for a nation-wide communication medium. The existence of rumours about Traveland arrangements for Eugene was noted, and explanations to queries raised were given, but a newsletter could have detailed the arrangements as they were made.

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FIFTH OCEANIA GAMES
AUCKLAND, NEW ZEALAND, 2-6 NOVEMBER 1990

Australia has re-joined the Oceania region of the W.A.V.A. world 'sub-division', and this may encourage Australian Vets to attend the 5th Oceania Games in Auckland. Auckland is offering hotel, motel and 'home stay' or billet accommodation. The organisers promise twin tracks (used for the 1990 Commonwealth Games), good competition and catering, and a full range of track and field events, plus a very scenic cross-country and a Pentathlon. The Officials from the Commonwealth Games have offered their services. A full programme of sightseeing tours will be offered on non-competition days, together with 'Happy Hours' to promote 'mix and mingle' activity amongst the competitors. Entry forms will be available soon. Travel costs were tentatively stated as \$480.

The 6th Oceania Games will be held on Norfolk Island.

VET. GUINEA PIGS NEEDED!

Male subjects over 45 are required for a research project sponsored by the National Heart Foundation and carried out under the auspices of the Dept. of Microbiology, University of W.A.

The research: Effect of exercise on the immune system of veteran runners

Sessions: One of about 90 minutes

Test: Treadmill run - heartrate, gas and blood analysis

Venue: Human Movement Centre, University of W.A.

Contact: Phone during normal business hours -
 Darren Edwards or Rod Fry on 389 2511 (lab.)
 Darren Edwards 368 2129 (home)

1989 ROAD WALKING CHAMPIONSHIPS.

The events chosen for the Championships were:- 15km; 21.1km; 10km;& 7.5km - a total distance of 53.6km. To qualify it was necessary to compete in all events, only two members completed the total distance, Margaret Stone and Jack Collins. Being our first effort, possibly some members were not fully aware of the conditions - this year the full programme will be included in the club fixture list, with reminders to be published in the 'Vetrun'.

Dick Horsley.

RESULTS:-

1. Margaret Stone W45 5hr 58min 47sec Average time 6min 41sec per km.
2. Jack Collins M75 7hr 01min 26sec Average time 7min 52sec per km.

COMPETITORS:-

<u>W40</u>	Events	<u>W45</u>	Events	<u>W50</u>	Events
Jo Stone	3	Margaret Stone	4*	Jackie Beaumont	2
Jill Midolo	2	Jackie Billington	2	<u>W55</u>	
Michelle Boyle	2	Anne Leiseboer	2	Lorna Lauchlan	1
Jackie Jenkins	1	Lynne Schickert	2	<u>W65</u>	
				Val Tyson	2
<u>M40</u>		<u>M50</u>		<u>M45</u>	
John Mison	2	Bob Chalmers	2	Barrie Thomsett	1
<u>M55</u>		<u>M75</u>			
Jeff Whittam	1	Jack Collins	4*		*1st in age group.

24 HOUR RELAY (Part 1. to be continued next month)

1989

Last year, Joan Pellier tried to raise some support from the membership for a 24 Hour Relay event. While the ladies were keen, little interest was shown by the men so the idea was dropped.

1979

Ten years before, the Club was looking to some way of adding to the celebrations of the 150th anniversary of the founding of the Swan River Colony. A South Australian Veterans Club Men Over 40 team had set a National record for this relay in April, 1977, so it was decided to have a crack at it.

The basic rules of the relay are that teams number ten members, each of whom runs one mile in turn. The running order must be maintained throughout and members missing or not completing a leg must be withdrawn. Incomplete miles, except on the last leg, and distance run in excess of a mile do not count towards the distance covered.

The event was held at the Gerry Archer Athletic Track, Belmont, and started at 6 pm on Friday; September 28, 1979. After some late withdrawals, 20 runners were found to complete two teams. The teams and their results were:

"A" Team - Men Over 40.

Don Caplin	David Carr	Maurice Smith	Derek Hoye
Bob Sammells	Mike Berry	Barrie Robinson	Jim Martin
Denys Butcher	John Rowland		

Distance: 244 miles 1280 yards, Australian Veterans Record.

"B" Team - Men Over 35.

Tony O'Hare	Hugh Kirkman	Derek Crowther	Terry Manford
Gerry Noordyk	Bernie Oliver	Bob Johnstone	Winston Hough
Derek Walker	Frank Usher		

Distance: 232 miles 1742 yards.

The "B" Team was not eligible for any records and ran to provide competition only. Nevertheless they led initially when Tony O'Hare stamped his presence on the event with his opening mile of 4min 50sec. The team was also reduced to nine when Derek Walker withdrew with injury after running 20 miles.

The "A" Team never lost any runners but it did lose some distance when a lap-scoring error forced Barrie Robinson to run five laps on one occasion for his mile.

The event was unknown territory for both teams and they performed incredibly well under the circumstances. The support received from other members and their families was tremendous and a new record was a fitting result to a great Club effort.

1981

There was no stopping the Club now and two years later the event was staged again with Belmont the venue as before.

The event was due to start at 2 pm on Saturday, October 17, 1981. This time the ladies were having a go as well and their team was coolly and calmly waiting for the "gun".

Not so the men. Non-arrivals on both teams led to reserves Richard Spark and Bob Sammells joining the "A" team, while Brian Danby, Barrie

Thomsett, Jeff Whittam and (walker) Don Stone, who were all rostered as officials, joined the "B". Derek Walker and John Pellier also agreed to run at the last minute.

Colin Leman stepped in to organise and obtain more officials and the event started just 17 minutes behind schedule.

The results were beyond everyone's expectations.

Ladies Over 35 Team.

Jo Stone	Lorna Lauchlan	Joan Pellier	Marian Peterson
Bev Wall	Dorothy Whittam	Jan Fletcher	Kath Holland
Ann Deanus	Margaret Warren		

Distance: 185 miles 1271 yards, World Veterans Record.

"A" Team - Men Over 40.

Ted Maslen	Maurice Johnston	John Davies	Charlie Spare
Maurice Smith	Barrie Robinson	Bill Monks	John Rowland
Bob Sammells	Richard Spark		

Distance: 250 miles 819 yards, Australian Veterans Record.

"B" Team - Men's Composite

Derek Walker	Morris Warren	Aub Davie	Allen Tyson
Ray Lawrence	John Pellier	Don Stone	Jeff Whittam
Brian Danby	Barrie Thomsett		

Distance: 219 miles 1670 yards.

The performance of all three teams was outstanding. The ladies had their record and the men had improved on theirs. The "B" Team performance, too, was something to be remembered. Having lost three runners through injury during the event, six completed 27 miles and the seventh was on his 27th when Dick Horsley fired the gun to signal the end of the 24 hours.

In recognition of the men's and women's records, Dunlop presented trophies (shields) that were to be held by the holders of the Australian Men's and Women's Veterans records for the Relay.

STATE RECORDS

Kevin Martin overcame his embarrassment of having to run a solo 110m Hurdles event before the grandstand at Perry Lakes last month to improve on his own record by 0.2 seconds. The same day, Peggy McLiv added the 1500m record to her 800m one. In doing so she eclipsed Joan Pellier's 5m 34s time that had stood for over five years.

Another long-standing record is Cliff Bould's Age 54 World Record for the One Hour Run. Cliff set several World Records many years ago and this one remains one of the oldest in the book. It was set on the old 440 yard track at McGillivray Oval and his distance was measured at 10 miles 385 yards. The metric conversion followed when Veterans records were being standardised.

The recent spate of One Mile Walk records sent Dick Horsley checking his diaries. Dick is the only person to have won AAWA titles at both The One Mile Run and the One Mile Walk, a unique double that, with metrication, will never be repeated. The first leg of the "double" was set in the fairly distant past; the second was the 7m 55s performance below.

W45	P. McLIVER	5.19.40	10.12.89
M45	K. MARTIN	20.10	10.12.89
M50	C. BOULD	16,445m	10. 4.70
		World Age 54 Record	
M60	D. HORSLEY	7.55.00	12. 2.75
		World Best Performance	
M65	D. HORSLEY	8.21.00	. 80
M70	D. HORSLEY	8.50.00	. 83

Bob Sammells

WA VETERANS
ATHLETIC CLUB
1990 -91 PROGRAMME

Date	Run	Distance	Venue	Start	Organiser							
11 Mar	Pagoda Run	16km;10km 5km;10km walk	Mccallum Park	8.00am	R Davis	10 Jun	*Uni and back *RRC (15km)	15km;8km; 15km RWC	Mccallum Park	8.00am	D Caplin V.	
18 Mar	Dave Jones Course Relay	5km; 5km walk	Mccallum Park	8.00am	D Jones	17 Jun	Darlington Dash	16km;8km	Darlington Oval	8.00am	J Greenfield VB	
22 Mar	T&F Champs	Steeplechases	McGillivray	6.00pm	Committee	24 Jun	Fremantle Harbour Run	10mile;6km run and walk	News Road Fremantle	8.00am	P Martin V	
24 Mar	T&F Champs	Pentathlon Hammer,10km 5km walk	Coker Park Cannington	1.00pm	Committee	1 Jul	Perth Half Marathon	21.1km	Mccallum Park	8.30am	WANC	
25 Mar	Group Jog	10km;5km;	Perry Lakes	8.00am	Committee	8 Jul	Kirkhams Run	10.5km	Mccallum Park	8.00am	H Kirkham H	
31 Mar	State T & F		Coker Park	1.00pm	Committee	15 Jul	Club Cross Country Champs	8km	Jorgensen Park Kalamunda	9.00am	Committee ME	
1 Apr	Champs					22 Jul	Bibra Lake Run	12km;6km 6km walk	Opp Adventure World	8.00am	P Farrell VBT??	
8 Apr	Medibank Fun Run.	10km	Mccallum Park	8.30am	WANC	29 Jul	Perth Marathon	42.2km	Richardson PK South Perth	8.00am	WANC	
15 Apr	Easter Bridges Jog	10km;5km;	Mccallum Park	8.00am	Committee	5 Aug	Deepwater Pt	16km;7.2km 7.2 km RWC	Deepwater Pt Mt Pleasant	8.00am	D Moffet VB	
22 Apr	Around the Houses	15km;6km; 6km walk.	Fremantle North Mole	8.00am	L Lauchlan	12 Aug	25km RRC	25km;10km 10km walk	Mccallum Park	8.00am	M Warren VB	
25 Apr	10km Track Handicap	10km	McGillivray	7.05 AM	J Whittram	19 Aug	Dandy's Run	11km;5.5km 5km walk	Pinnaroo Mem PK Whitfords Ave Paddbury	8.00am	B Dandy VBME	
29 Apr	Brockwell's Run	12km;6km; 6km walk.	Mccallum Park	8.00am	C Brockwell VMET	26 Aug	City to Surf Group Jog	12km ?????	Newspaper Hse Mccallum Park	9.00am	ACTIVE ?????	
6 May	Murdoch X-Country	10km;5km.	Murdoch Univ Sports Ground	8.00am	J Spencer V							
13 May	Kings Park X-Country	8km;4km; 4km Road Walk	Saw Avenue Kings Park	8.00am	Organiser??? VB							
20 May	Jim Barnes Run (RRC 10K)	10km;5km; 10km walk.	5 Tremlett St Thornlie	8.00am	J Barnes VBME.							

2 Sep	Club Half Marathon Champs	21.1km 21.1km RWC	McCallum Park	8.00am	R Sammels VME	26 Dec	Boxing Day Run	8km	Lake Leschenaultia	6.00pm	T Frank B
9 Sep	Mussel Pool Muster	10km:5km 5km walk	Whitemans Pk West Swan	9.00	B Worner VME	30 Dec	Kings Park Run	10km, 5km 6km walk	Saw Avenue Kings Park	8.00am	T Savin
16 Sep	Sutherland's Run	8.4km 8.4km walk	Tompkins Pk Melville	8.00am	I Sutherland VBMEH	1991					
23 Sep	State Cross Country Champs	10km 5km walk	Saw Ave Kings Park	8.00am	B Dandy VB	6 Jan	Miller's Run	12km:6km	Hester Park Langford	8.00am	N&P Miller
30 Sep	Reabold Hill Cross Country	10km:5km 8km walk	Perry Lakes Drive	8.00am	K Johnson V	13 Jan	Women's Run	7.1km 7.1km walk	McCallum Park	8.00am	J Midolo VMEH
7 Oct	Clontarf Cross Country	8km:4km	Clontarf Manning Rd	8.00am	B Worner VME	20 Jan	Friendship Run	12km:6km; 6km walk	Saw Avenue Kings Park	8.00am	J&J Pellier B
14 Oct	Mill Point Rd Champs	10km 10km RWC	McCallum Park	8.00am	Committee VME	27 Jan	Point Walter Run	11.4km:5.8km 5.8km walk	Pt Walter Kloesk	8.00am	????????? V
21 Oct	Cliff Bould Trophy	10.4km:5.2km 5.2km walk	McCallum Pk	8.00am	D&P Carr VMEH	3 Feb	Deadley Medley Team Event (2x1, 2x2, twice)	12km	Yokine Reserve Wordsworth Ave	8.00am	K Penton
28 Oct	Club Picnic Run	8.2km 5km walk	Yangebup Nat Park	8.00am	J&B Slinger VB	10 Feb	Teddy Birds Picnic Run	16km:8km 8km walk	Childs Playgr'd Kings Park	8.00am	W Crellin VBME
4 Nov	Hardy's Run	14km:7km 7km walk	Pony Club Pearson St	8.00am	B Hardy V	17 Feb	Lake Monger Run and Walk	10k:6k:3k 19k:6k:3k	Dodd St., Lake Monger	8.00am	K&M Forden
11 Nov	Canning Caper	10km:5km 5km walk	Riverton Drive Shelley Beatrice Ave	8.00am	R Schickert V	24 Feb	Mt Lawley Circuit	8km 4km:8km walk	Hamer Pk Mt Lawley	8.00am	M&L Rhodes VMEH
18 Nov	Round the Lakes	8km:4.4km 6km walk	Perry Lakes	8.00am	J Bell VMEH	3 Mar	Club Pentathlon		Perry Lakes	8.00am	B Fergie
25 Nov	Ravens Rest	10km:5km 10km walk	Sloanes Res Kwinana	8.00am	V&J Beaumont VB		National Course	10km:6km 10km	Perry Lakes Dve	8.00am	B Foley
2 Dec	Canning Dist Track Met	100yds:1 mile 1 mile walk	Coker Park Cannington	9.00am	J Gilmour	16 Mar	State T & F		McGillivray Oval Floreat	?????	Committee
	Bridges Jog	10km:5km	McCallum Park	8.00am	Committee	17 Mar	Championships				
9 Dec	West Coast Challenge	8km 8km walk	Floreat Beach	8.00am	R Hayres V	24 Mar	Dave Jones	4 x 5km 5km walk	McCallum Pk	8.00am	D Jones
16 Dec	Recovery Run	7km	Pelican Point Nedlands	8.00am	B Slinger	31 Mar	Joondalup (Easter)	10km	Hawkins Park	8.00am	M Warren
23 Dec	Christmas Gift Run (Bring a Gift \$3-4)	5.2km 5.2km walk	McCallum Park	8.00am	A Tyson V	7 Apr	Pagoda Run	16km:10km 5km:5k walk	McCallum Pk	8.00am	R Davis

ESTIMATE OWN TIME RUNS:-

These will be held on a day when morning tea is provided, so that people will wait around for the results to be decided. They will be marked with a 'T' on the programme. No watches are to be used (or worn) during the run. There will be a clock at the finish, facing the opposite way so you cannot gauge your finish to coincide with your estimated time, so you can check your time after you have finished.

Times can be estimated for the long, short or walk course, whichever you are doing.

CHRISTMAS GIFT RUN McCALLUM PARK 17.12.89 (5 Km)

An unusually cool December day and, even more unusual, no wind.

Runners were handicapped according to age, similar to a method devised by Runners' World Magazine for a 10 k event.

John Gilmour elected to give away 10 years but still looked formidable. There were 85 starters including 12 walkers who started with the first runner.

HANDICAPS:	W60	M75	Zero		
	W55	M70	1 m	45	sec
	W50	M65	3 m	30	"
	W45	M60	5 m	15	"
	W40	M55	7 m	-	
	W35	M50	8 m	45	"
	W30	M45	10 m	30	"
		M40	12 m	15	"
		M35	14 m	-	

Congratulations to John and those who put in a big effort in this event
Thanks to all helpers.

In the U.S. where "National Runners News" is campaigning for more consideration for older runners, there is big prize money available. The leading runner in an age graded series has amassed \$69,000. In the Twin Cities marathon a W65 received \$6000 for finishing in 4 hrs 13 min.

RESULTS OF GIFT RUN

		<u>CLOCK TIME</u>
M70	J. Gilmour	25m 19 sec
M50	D. Caplin	26 45
M60	M. Moyle	26 53
M55	D. Carr	27 25
M70	A. Leggett	27 30
W50	Joan Pellier	27 43
M55	G. Schaeffer	28 12
W45	P. McLiver	28 30
M50	K. Martin	28 31
M55	D. Moffat	28 39
M50	P. Airey	29 02
M45	H. Kirkman	29 26
W40	M. Birks	29 37
M45	D. Roberts	29 49
M50	R. Harris	29 50
M45	F. Deanus	29 54
M60	R. Lawrence	29 57
W35	M. Santich	30 01
M45	B. Slinger	30 01
M60	K. Johnson	30 01
M45	G. Thornton	30 10
M65	F. Usher	30 13
W45	P. Wiltshire	30 18
W60	J. Strachan	30 31
M50	B. Crellin	30 39
M45	A. Jenkins	30 40
M45	P. Martin	30 51
M45	V. Walters	30 52
W50	A. Turner	30 53
M65	D. Strachan	30 58

		M	S	
M50	J. Maddison	31	29	
W40	R. Bettles	31	38	
M45	B. Foley	31	42	
M45	B. Hardey	31	52	
W45	M. Forden	31	54	
W45	J. Slinger	32	15	
M45	J. Greenfield	32	16	
M50	K. Forden	32	17	
M50	R. Sammells	32	18	
W50	E. O'Dea	32	37	
M45	M. Trainor	32	40	
M40	B. Da nby	32	48	
M40	C. Leman	32	50	
W40	J. Johnson	32	51	
W40	S. Hodge	32	57	
M55	A. Pomery	32	58	
W45	K. Crellin	33	00	
M65	F. Haggard	33	02	
W50	M. Robinson	33	10	
W45	R. Davis	33	11	
W45	A. Deanus	33	11	
W50	R. Davis	33	12	
W45	C. Cole	33	12	
M55	G. Florance	33	16	
M40	P. Hill	33	17	
M45	H. Holland	33	25	
M55	P. Sherrin	33	26	
M35	J. Ferris	33	34	
M55	J. Russell	33	37	
W40	J. Willis	33	44	
W30	C. Holland	34	26	Walker
M50	J. Stickles	34	48	
M50	S. Turner	34	50	
M40	J. Mison			Walker
W45	M. Stone	35	38	"
W40	R. McCarthy	35	39	
M45	P. Nicholl	35	40	
W50	D. Whittam	36	31	"
M55	J. Whittam	36	31	"
W50	S. Maslen	36	52	
W50	P. Weston	37	12	
W40	B. Buchanan	37	34	
M60	P. Nicholls	37	36	
W40	J. Hill	39	09	"
W45	J. Billington	39	24	"
W55	L. Lauchlan	39	24	"
M55	A. Stone	39	32	"
M75	J. Collins	39	47	"
W40	J. Midolo	39	48	"
M75	D. Horsley	39	49	"

Wilson

.A.W.A. Perry Lakes. 6th Jan 1990.

		<u>400m</u>		<u>800m</u>	
David Carr	M55	9.3	Duncan McAuley	M40	54.9
Keith Martin	M45	13.2	Keith Martin	M45	57.4
David Carr	M55	14.4	David Carr	M55	59.8
Jim De Gruchy	M60	15.1	Peggy McLiver	W40	66.1
Patricia Carr	W55	17.0	Jim De Gruchy	M60	68.8
Triple Jump			Patricia Carr	W55	80.7
Keith Martin	M45	10.85	Patricia Carr	W55	3.50
High Jump			4 x 200m relay		
Keith Martin	M45	1.45	D Carr; B Foley; K. Martin; V Prescott:		1.52.4

TIME TRIALS RESULTS

23rd November 1989.

<u>100m</u>			<u>3km Walk</u>			<u>Triple Jump</u>		
C Holland	W30	16.47	M Stone	W45	18.03	D Whittam	W50	8.80
H Holland	M45	13.6	J Billington	W45	18.43	P Carr	W55	7.76
M Rhodes	M40	14.2	J Stone	W40	19.36	E Mercer	W45	7.56
T Foster	M45	14.5	C Holland	W30	19.57	C Holland	W30	7.45
B Paxman	M55	15.1	L Lauchlan	W55	20.05	P McLiver	W45	6.71
A Stone	M55	17.6	B Scott	W55	23.42	J Billington	W45	6.19
			R Stewart	M45	18.44	L Lauchlan	W55	5.69
			J Whittam	M55	20.09	J Stone	W45	4.45
<u>1500m</u>			<u>3000m</u>			<u>1500 Walk</u>		
P McLiver	W45	5.31	D Caplin	M50	4.39	D Roberts	M45	5.07
M Forden	W45	5.46	B Foley	M45	4.40	B Sammells	M50	5.10
E Mercer	W45	5.55	S Barrie	M50	4.43	R Stewart	M45	5.16
K Penton	W45	6.23	K Martin	M50	4.53	B Paxman	M55	5.24
P Carr	W55	6.33	J Ferris	M35	4.55	V Waters	M45	5.25+
J Billington	W45	7.26	A Jenkins	M45	4.56	B Worner	M55	5.30+
L Lauchlan	W55	7.29	W Pantall	M35	4.57	K Forden	M50	5.34
			D Carr	M55	5.03	B Danby	M40	5.34
			F Rhodes	M40	5.03	T Foster	M45	5.27+

30th November 1989.

<u>400m</u>			<u>3000m</u>			<u>1500 Walk</u>		
P McLiver	W45	68.3	M Forden	W45	12.13	L Romeo	W45	8.58
E Mercer	W45	75.2	P Carr	W55	14.50	E Mercer	W45	9.21
P Carr	W55	80.4	D Reid	M35	9.37	D Whittam	W50	9.39
K Martin	M45	56.8	B Carse	M45	9.58	P McLiver	W45	9.54
M Rhodes	M40	60.0	H Kirkman	M45	10.04	J Hill	W40	10.51
D Carr	M55	60.7	C Brockwell	M35	10.11	P Carr	W55	10.39
B Carse	M45	61.0	F Smith	M45	10.17	M Rhodes	M40	8.08
J Klinge	M40	61.9	A Jenkins	M45	11.22	J Pellier	M50	8.12
M Kelly	M40	66.5	J Ferris	M35	10.23	R Stewart	M45	8.52
T Foster	M45	67.4	M Rhodes	M40	10.35	A Jenkins	M45	9.01
J Ferris	M35	69.1	J Klinge	M40	10.45	A Tyson	M60	9.22
R Stewart	M45	73.1	D Roberts	M45	10.52	J Whittam	M55	9.47
A Tyson	73.1		R Sammells	M50	10.52	D Carr	M55	9.48
A Jenkins	M45	76.7	K Martin	M50	10.48	T Foster	M45	10.37
<u>LONG JUMP</u> Women			J Walker	M35	11.00	<u>LONG JUMP</u> Men		
E Mercer	W45	3.72	J Devenport	M35	11.25	M Rhodes	M40	4.19
P McLiver	W45	3.67	B Paxman	M55	11.27	T Foster	M45	4.01
P Carr	W55	3.44	P Hill	M40	11.22	D Carr	M55	3.85
			J Trovato	M35	11.40	R Stewart	M45	3.89
			J Pellier	M50	11.51	A Jenkins	M45	3.65
			K Fordem	M50	11.53	J Pellier	M50	3.54
						A Tyson	M60	3.08

7th December 1989

<u>10km</u>			<u>2km Walk</u>			<u>Discus</u>		
E Mercer	W45	44.02	D Caplin	M50	37.16	T Foster	M45	41.09
P McLiver	W45	44.05	J Ferris	M35	37.17	V Waters	M45	41.18
K Penton	W45	48.29	M Rhodes	M40	37.28	R Stewart	M45	41.33
S Hodge	W40	51.09	W Pantall	M35	38.29	D Carr	M55	42.13
P Carr	W55	56.46	B Foley	M45	39.02	B Slinger	M45	42.13
F Smith	M45	35.36	B Sammells	M50	39.20	B Worner	M55	43.57
C Brockwell	M35	35.42	K Martin	M50	40.30			
B Schickert	M45	36.46	A Jenkins	M45	40.56			
<u>200m</u>			<u>2km Walk</u>			<u>Discus</u>		
C Holland	W30	34.3	C Holland	W30	12.18	C Holland	W30	27.50
H Holland	M45	26.9	D Whittam	W50	13.30	D Whittam	W50	18.44
M Rhodes	M40	27.5	B Scott	W55	15.41	K Penton	W45	17.38
T Foster	M45	30.04	J Whittam	M55	12.54	P Carr	W55	11.36
A Tyson	M60	33.2	A Tyson	M60	13.16	H Holland	M45	28.28
						J Whittam	M55	21.90
						A Tyson	M60	20.06
						A Jenkins	M45	16.50
						T Foster	M45	13.74

TIME TRIAL RESULTS.

cont. 14th December 1989

Mile

P McLiver	W45	5.50
E Mercer	W45	5.55
M Forden	W45	6.01
M Robinson	W50	6.09
B Carse	M45	4.43
J Langford	M45	4.47
B Foley	M45	4.50
W Pantall	M35	5.07
D Carr	M55	5.09
A Jenkins	M45	5.11
C Brockwell	M35	5.25
B Sammells	M50	5.24
K Martin	M50	5.19
J Devenport	M35	5.32
B Paxman	M55	5.34
K Forden	M50	5.43
T Foster	M45	5.48
A Tyson	M60	6.38

3km

T Brockwell	W30	11.38
K Penton	W45	13.05
F Smith	M45	9.46
C Brockwell	M35	10.17
W Pantall	M35	10.39
B Sammells	M50	10.53
K Martin	M50	10.56
J Davies	M40	11.03
A Jenkins	M45	11.06
B Foley	M45	11.09
T Foster	M45	11.31
J Pellier	M50	11.33

100m

F McLiver	W45	13.9
P Carr	W55	15.8
D Olive	M50	12.3
D Carr	M55	13.3
T Foster	M45	13.6
A Tyson	M60	14.7
<u>Mile Walk</u>		
L Romeo	W45	9.4
B Scott	W55	12.2
A Tyson	M60	10.2

4th January 1990

100m

B Dearden	W30	12.9
P McLiver	W45	14.3
P Carr	W55	15.6
E Mercer	W45	15.8
K Martin	M45	12.1
D Carr	M55	13.5
T Foster	M45	13.5
D Caplin	M50	14.0
J Pellier	M50	14.9
A Tyson	M60	15.3

800m

P McLiver	W45	2.39.0
E Mercer	W45	2.44.0
M Forden	W45	2.47.0
P Carr	W55	15.6.0
B Foley	M45	2.11.4
A Jenkins	M45	2.15.3
D Caplin	M50	2.16.5
M Rhodes	M40	2.22.6
J Ferris	M35	2.28.2
F Deanus	M50	2.32.6
P Muller	M50	2.33.4
T Foster	M45	2.35.7
J Pellier	M50	2.36.3
K Forden	M50	2.41.0
A Tyson	M60	3.05.0

5km Walk

J Stone	W40	33.50
L Romeo	W45	30.0
D Whittam	W50	34.3
<u>Hammer</u>		
D Whittam	W50	20.80
E Mercer	W45	14.6
P McLiver	W45	13.2

11th January 1990

200m

B Dearden	W30	28.6
V Prescott	W45	32.9
P Carr	W55	36.1
E Mercer	W45	37.9
R Calnan	M45	28.1
B Waldhuter	M45	29.1
T Foster	M45	30.5
J Ferris	M35	32.9
A Tyson	M60	33.9

3km

T Brockwell	W30	11.27
M Santich	W35	11.43
P McLiver	W45	11.49
E Mercer	W45	11.50
M Forden	W45	11.58
S Barrie	M50	9.56
B Foley	M45	10.27
B Sammells	M50	10.54
J Ferris	M35	10.54
A Jenkins	M45	10.57
P Sanders	M40	10.51
D Roberts	M45	11.00
D Carr	M55	11.05
T Foster	M45	11.22
V Waters	M45	11.22
K Forden	M50	11.48
B Waldhuter	M45	11.48
A Tyson	M60	13.49

Discus

C Holland	W30	29.16
V Prescott	W45	18.72
D Whittam	W50	10.56
P McLiver	W45	10.90
M Stone	W45	15.86
P Carr	W55	13.36
E Mercer	W45	13.12
R Fergie	M50	28.36
P Muller	M50	26.50
R Calnan	M45	20.42
D Carr	M55	20.26
J Whittam	M55	20.24
B Foley	M45	19.46
A Tyson	M60	18.84
D Horsley	M75	18.72
R Stewart	M45	18.32
B Waldhuter	M45	16.20
A Jenkins	M45	14.92
J Ferris	M35	11.35

1500m Walk

M Stone	W45	8.58
C Holland	W30	8.58
D Whittam	W50	9.43
M Rhodes	M40	8.25
R Stewart	M45	9.10
J Whittam	M55	10.00
A Tyson	M60	13.49
B Fergie	M50	10.49

18th January 1990

Javelin

D Whittam	W50	18.88
P Carr	W55	17.80
E Mercer	W45	16.94
P McLiver	W45	15.90
K Penton	W45	12.00
B Scott	W55	11.50
B Baumann	W75	19.78
A Stone	M50	33.06
P Muller	M50	28.02
J Ferris	M35	27.88
D Carr	M55	23.68
C Baumann	M75	20.20
J Pellier	M50	19.0
J Whittam	M55	18.0
B Foley	M45	18.0
A Tyson	M60	17.0

TIME TRIAL RESULTS cont.

18th January 1990

200m

P McLiver	W45	29.5
F Carr	W55	32.2
E Mercer	W45	32.4
K Penton	W45	35.8
D Clive	M50	24.5
K Martin	M45	24.5
D Carr	M55	27.4
I Muller	M50	28.9
J Pellier	M50	30.2
A Tyson	M60	31.1
J Ferris	M35	31.8

1500

T Brockwell	W35	5.28
P McLiver	W45	5.36
M Robinson	W50	5.51
K Penton	W45	6.14
J Pellier	W50	6.23
B Carse	M45	4.30
B Foley	M45	4.38
D Carr	M55	4.51
J Ferris	M35	4.53
J Devenport	M35	5.01
K Forden	M50	5.22
J Fellier	M50	5.31

2km Walk

M Stone	W45	11.4
L Romeo	W45	12.2
D Whittam	W50	12.5
E Mercer	W45	13.0
J Hill	W40	13.3
P McLiver	W45	13.3
B Scott	W55	15.3
J Pellier	M50	11.2
A Tyson	M60	11.5
J Whittam	M55	13.3

KINGS PARK JOG.

31st December 1989.

It was pleasing to see such a good turnout for the inaugural Kings Park Jog with 106 starters including walkers, for the 5km and 10km courses.

The 5km winners were Peter Airey in 20.18 and Paula Szpak in 22.10. First home in the 10km was Steve Mitchell (vis) in 37.05 whilst first club member was Hugh Kirkman in 2nd place in 27.51. First female Vet was Phyllis Farrell in 41.58.

A big thank you to all who helped on the day, with a special thanks for Sue and Brian Danby for their help.

We hope you all enjoyed the course and look forward to an even better race next year.

RESULTS:- 10km.

Pat & Tom Savin.

S Mitchell	vis	37.05	D Hough	M55	42.19	M Warren	M50	43.04
H Kirkman	M45	37.51	P Hill	M40	42.28	G Peet	M55	43.09
J Barnes	M45	38.38	B Jones	M60	42.50	A Leggett	M70	43.20
B Sammells	M50	38.56	F Deanus	M45	43.04	D Birtles	M50	43.50
R Danby	M40	39.18	H McGlashen	M50	43.09	P Sheerin	M55	43.58
T Jones	M35	39.20	D Moffett	M55	43.20	J Pellier	W50	44.04
D Roberts	M45	39.25	J Bell	M40	43.50	R Davis	M50	44.33
R Post	M35	39.47	B Crellin	M50	43.58	P Morrissey	M60	44.59
J Tressley	M40	39.54	M Brown	M55	44.04	J Strachan	W60	45.46
D Hughes	M35	39.56	V Waters	M45	44.33	D Strachan	M65	45.47
G Thornton	M45	39.57	M Moyle	M60	44.59	J Russell	M55	46.26
J Ferris	M40	39.59	A Pomery	M55	45.46	<u>WALKERS</u>		
N Blom	M55	40.01	V Beaumont	M60	45.47	J Mison	M40	45.59
W Gee	M35	40.25	R Sutton	M50	45.59	B Thomsett	M45	65.11
J Greenfield	M45	40.32	S Lockwood	M60	46.26	R Chalmers	M50	68.56
J Pellier	M50	40.43	? ?	? ?	46.46	J Sanger	W35	79.34
M Rosen	M40	41.02	? ?	? ?	47.01	J Stone	W45	79.35
K Wong	vis	41.31				J Collins	M75	79.45
P Farrell	W45	41.58				J Beaumont	W50	79.52

5km

P Airey	M50	20.18	M Forden	W45	24.44	R Davis	W45	28.34
V Waters	M45	20.29	K Forden	M50	24.46	E O'Dea	W50	28.39
S Hill	vis	20.46	R Lawrence	M60	25.00	R Spencer	M50	28.45
J Stickles	M50	21.18	K Johnson	M60	25.02	M Robinson	W50	29.10
B Hardy	M45	21.19	A Aldrich	W45	25.11	F Hagger	M65	29.15
J Spencer	M50	21.30	A Turner	W50	25.18	I Ferris	W35	29.46
P Guiton	M50	21.34	P Coughlan	M50	25.52	M Warren	W50	29.52
M Rhodes	M40	21.55	N Miller	M55	25.59	P Carr	W55	30.46
D Caplin	M50	21.57	S Bonn	vis	26.13	P Spencer	W45	30.47
F Smith	M45	21.59	N Gliddon	vis	26.15	T Frank	W40	36.24
P Szpak	W35	22.10	B Highes	M60	26.22	<u>WALKERS</u>		
B Aldrich	M55	22.39	P Miller	W50	26.41	M Boyle	W40	31.32
G Berg	vis	22.48	S Turner	M50	27.48	D Whittam	W50	38.29
D Carr	M55	23.32	J Willers	W40	27.49	J Hill	W40	38.42
J Maddison	M50	23.34	D Brown	M40	27.51	D Horsley	M75	39.13
K Kiekman	vis	23.56	P Sanger	M40	28.02	A Tyson	M60	39.15
P McLiver	W45	24.02	L Lauchlan	W55	28.22	J Whittam	M55	39.16
R Farrell	M45	24.15	J Midolo	W40	28.24			

LONG WEEKEND RUNNING/WALKING CAMPS REPORT

Two long weekend camps will be conducted this year. The first camp will be held at Eaton (near Australind) over the March long weekend (2/5 March) and the second will be held on Rottnest Island during the October long weekend (28 September/2 October). Details follow.

EATON RUNNING/WALKING CAMP - FRIDAY 2ND MARCH TO MONDAY 5 MARCH 1990

Eaton Scout camp is the venue and is located on the south side of the Collie River. Turn off the main road south of Australind and head for Eaton. Turn left just over the bridge at the river and continue on to the camp which is not far down the road on your left, a kilometre or two.

Accommodation consists of single beds in dormitory style rooms. You must provide your own bed linen. You are permitted to put up your own tent or park your caravan/camper.

Runs and walks of varying distances will be conducted over the weekend. It is usual to have a hash run on one of the evenings in conjunction with the Bunbury Running Club.

Facilities include a good kitchen with fridges and freezers as well as a barbeque area. (It is advisable to bring your own esky as well, due to the heavy demands made on the fridges by those attending).

We will have the use of canoes over the weekend. You also may wish to fish, swim, go crabbing or just take life easy. The social side of the weekend is always enjoyable. Come along and have a really good weekend with your fellow runners and walkers.

Costs are just \$12.00 per head for the weekend. We have resisted the trends towards inflation and have held the costs to last years price. Fill out the form below and forward to the Secretary by February 18th to ensure your place at Eaton.

EATON LONG WEEKEND 2/5 MARCH 1990

Name _____ No Attending _____ @ \$12.00 ea.
(Please print)

Total due ___ @ \$12.00 = \$ _____

Return by 18/2/90 to Secretary

R. Davis, 1a Tanner Place, Kardinya. 6163

P.S. \$12.00 covers accommodation for the weekend. You can arrive Friday evening, Saturday or Sunday or whenever!.

ROTTNEST ISLAND LONG WEEKEND CAMP - 28 SEPTEMBER TO 2 OCTOBER

to

Details are still/be finalised for this weekend. However to wet your appetite and get you to make positive plans for the weekend here are some details. Cost will be \$6.00 per person per night for cottage-style accommodation, meals are \$4.00 each (mandatory to each person staying with us), the ferry will cost about \$18.00 return (instead of the usual \$25.00). Runs will be organised including a race on the Sunday. We will be staying at Kingston Barracks. More details and booking form next issue.
Rob Davis, Secretary



JARRAH TO BACH

Wood is my flesh,
 My roots are the arms
 That caress the Earth.
 My branches dance in harmony
 With life's own mystery
 This sigh of the sun caught
 So briefly in the temple of my leaves
 I,
 This wooden finger
 God's own signature,
 Protect me.

By Tony Tripp.

Life beyond the big 50

It's not just the Hollywood greats who are getting more out of life in their fifties and beyond these days. Now everyone is waking up to the idea that the best may yet to be.

6/12 hour Run. 4th March 1990.

If anyone is interested in competing in this run, details can be obtained from:- Brian Kennedy, 123, Mininup Road, Bunbury. 6230.

		TRACK & FIELD		TIME TRIALS		1989 - 90		
1	C. Park	1500	Tripple J.	100	3k			KEV MARTIN J. DEVONPORT BASIL WORMER KATH PENTON
8	M ^c G	400	1500 walk Long J.		3k			
15	C. Park	10K		100	5K	Discus		J. FERRIS D. ROBERTS B. PAXMAN R. STEWART
22	M ^c G			200	mile	mile	Javelin	
1	C. Park			400	5k		Shot	D. CLIVE F. SMITH
8	M ^c G			100	800	3K	3K	
15	C. Park			200	10k	5K	Javelin	A & M STONE
22	M ^c G			100	1500	1500	Shot	H & C HOLLAND
29								

5.30 p.m. Start in October, 6pm November onwards

Co ordinators to nominate starting times prior to start of competition.

W.A. STATE VETERANS ATHLETIC CHAMPIONSHIPS – PROGRAMME 1990**MEET DIRECTOR : BRIAN FOLEY**

Club singlets and shorts must be worn. Singlet to be tucked in.

DAY 1 Thursday, March 22 : McGillivray Oval

6.00 p.m.	1500 metres Steeplechase	M50 – M75
		W30 – W65
6.15 p.m.	3000 metres Steeplechase	M35 – M45

DAY 2 Saturday, March 24 : Coker Park

1.00 p.m.	Pentathlon	M35 – M70
	5K Walk	All ages –
	M & F	
2.15 p.m.	Pentathlon	W30 – W65
3.30 p.m.	10 K	M35 – M45
4.00 p.m.	Hammer	All ages –
	M & F	
4.30 p.m.	10 K	M50 – M65
5.30 p.m.	10 K	W30 – W65
		M70 – M75

N.B. Country members competing on the weekend of 30/3 – 1/4 can compete in the Hammer by arrangement

DAY 3 Saturday, March 31 : Coker Park

1.00 p.m.	Shot Put	M50 – M75
	100 metres	M35 – M95
1.20 p.m.	100 metres	W30 – W65
1.30 p.m.	Long Jump	W30 – W65
1.45 p.m.	110 metres Hurdles	M35 – M55
2.00 p.m.	Shot Put	M35 – M55
	100 metres Hurdles	M60 – M75
2.05 p.m.	100 metres Hurdles	W30 – W35
2.15 p.m.	80 metres Hurdles	W30 – W65
2.20 p.m.	80 metres Hurdles	M70 – M75
2.30 p.m.	Long Jump	M50 – M75
	400 metres	W30 – W65
2.50 p.m.	400 metres	M35 – M75
3.00 p.m.	Shot Put	W30 – W65
	Javelin	M50 – M75
3.05 p.m.	2000 metres Walk	M35 – M75
	2000 metres Walk	W30 – W65
3.45 p.m.	Javelin	M35 – M45
4.00 p.m.	1500 metres	W30 – W65
4.20 p.m.	1500 metres	M35 – M45
4.25 p.m.	Javelin	W30 – W70
	Long Jump	M35 – M45
4.40 p.m.	1500 metres	M50 – M75

DAY 4 Sunday, April 1 : Coker Park

1.00 p.m.	Discus	M50	--	M75
	Triple Jump	M35	--	M45
	200 metres	W30	--	W65
1.20 p.m.	200 metres	M35	--	M75
1.45 p.m.	300 metres Hurdles	W30	--	W65
2.00 p.m.	300/400 metres Hurdles	M35	--	M75
2.10 p.m.	800 metres	W30	--	W65
2.25 p.m.	800 metres	M35	--	M40
2.30 p.m.	High Jump	M35	--	M75
	Triple Jump	W30	--	W65
2.35 p.m.	800 metres	M45	--	M75
3.30 p.m.	3000 metres Walk	W30	--	W65
		M35	--	M75
	Discus	M35	--	M45
	High Jump	W30	--	W65
	Triple Jump	M50	--	M75
4.15 p.m.	5000 metres	M35	--	M40
4.45 p.m.	5000 metres	M45		
	Discus	W30	--	W70
5.15 p.m.	5000 metres	W30	--	W65
5.45 p.m.	5000 metres	M50	--	M75

Depending on entry numbers, times may vary slightly. Those wishing to compete in the Pole Vault can vault at the Association Meeting on March 17th

ENTRY FORM : W.A. STATE VETERANS ATHLETIC CHAMPIONSHIPS

MARCH 22 - APRIL 1, 1990

Return to: BOB SCHICKERT, 6 Krugger Place, Leeming, 6155 Phone: 332 4114

Entry Fee: \$1.00 per event

Please enter me for events: Total entry fee _____

- | | | |
|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |

NAME: _____

ADDRESS: _____

Date of Birth: _____ Male
 Female Age Group _____

Signature: _____

ENTRIES CLOSE 4.00 p.m. MONDAY, 12 March 1990

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)

Please supply the following:- Qty.....size..... Qty.....size.....

POST TO:- Mr W Crellin, 17, Kelvin Road, Duncraig. 6023.
Please make cheques etc. payable to W.A.V.A.C.

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49 Holland Street
WEMBLEY 6014

Grey a South Path Perth W.A.