



The Vetrin



No. 212 MAY 1990

W.A. VETERANS' A.C.

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

PATRON: W.J. (Bill) Hughes
SECRETARY: Bob Fergie 4476898
NEWSLETTER EDITOR: Vic Waters 3413464

PRESIDENT: Bob Schickert 3324114
TREASURER: Bill Crellin 4482924

TRY THE IMPOSSIBLE - YOU MAY BE THE FIRST TO SUCCEED

W A V A C

ANNUAL GENERAL MEETING HELD AT PERRY LAKES ON WEDNESDAY, 4th APRIL 1990

Meeting opened at 7:07 p.m. by President Bob Schickert.

1. PRESENT

As per AGM attendance book

2. APOLOGIES

As per AGM attendance book

3. MINUTES OF ANNUAL GENERAL MEETING HELD 5TH APRIL, 1989

Taken as read and confirmed as correct

Moved: D. Strachan

Seconded: Joan Pellier Carried

4. BUSINESS ARISING FROM THE MINUTES

Nil

5. PRESIDENTS REPORT

Report as published in April 1990 'Vetrin'

Moved: G. Thornton

Seconded: M. Rhodes

'That the report be accepted' Carried

6. SECRETARYS REPORT

Report as published in April 1990 'Vetrin'

Moved: Joan Pellier

Seconded: J. Whittam

'That the report be accepted' Carried

7. TREASURERS REPORT

Presented by the Treasurer

Moved: B. Crellin

Seconded: B. Danby

'That the report be accepted' Carried

8. WINNERS OF THE PATRONS TROPHY

Men: David Carr Presented by Brian Foley
Women: Peggy MacLiver Presented by Pat Carr (previous winner)

9. WINNER OF REG BRIGGS TROPHY

Mike Rhodes Presented by Dalton Moffett representing the committee
 consisting of himself, Jill Midolo and Jackie Billington

10. WINNER OF THE HANDICAP TROPHY

Rob Davis Presented by Mike Rhodes, Handicapper

11. ELECTION OF OFFICE BEARERS

President: Elected: Bob Schickert
 Proposed: Rob Davis, Seconded: Bill Crellin

Vice President: Elected: Brian Foley
 Proposed: Jeff Whittam, Seconded: Brian Danby

Secretary: Elected: Bob Fergie
 Proposed: Rob Davis, Seconded: Bob Schickert

Treasurer: Elected: Bill Crellin
 Proposed: Rob Davis, Seconded: Brian Foley

Committee members (4)

Joan Pellier	Proposed: J. Whittam	Seconded: A. Turner
Merv Jones	Proposed: J. Spencer	Seconded: W. Spencer
Mike Rhodes	Proposed: B. Crellin	Seconded: P. MacLiver
Marg Forden	Proposed: J. Pellier	Seconded: S. Hodge

Editor 'Vetrun' Vic Waters
 Proposed: J. Whittam, Seconded: B. Danby

12. ELECTION OF OFFICIALS

Patron: Bill Hughes
Auditor: Ray Lawrence
Statistician: Bob Sammells
Librarian: Pat Miller
Registrars: Val Prescott (Summer) Brian Foley (Winter)
Equipment Officer: Brian Danby
Handicapper: Mike Rhodes Proposed: R. Davis, Seconded: B. Crellin

13. NOMINATIONS FOR LIFE MEMBERSHIP

One nomination this year: Dorothy Whittam
Proposed by Dick Horsley, Cliff Bould, Barrie Thomsett
The committee had already approved this nomination and the motion
'That Dorothy Whittam be elected a life member of the W.A. Veterans
Athletic Club' was put. Carried and elected to life membership.
Congratulations to Dorothy who was welcomed to life membership.

14. OTHER BUSINESS

Motion:

'That the committee, when planning the 1991 State Championships,
should consider programming the endurance events to a time of
day when conditions are most suitable for them. In particular,
I propose that the 10,000 metre run and 5,000 metre walk events
should be held in the morning starting at, say, 8 am'

Moved: B. Sammells Seconded: F. Smith Carried

Motion:

'That the committee look into the possibility of purchasing a personal computer or word processor with printer suitable for the clubs needs with membership lists and other requirements'

Moved: B. Danby Seconded: B. Farrell Carried

This motion was brought about because Phyllis Farrell will soon be no longer able to prepare the membership list on her work computer. She made a presentation giving possible suggestions and

14. OTHER BUSINESS - CONTINUED

and solutions which led to the foregoing motion.

Former President K. Forden presented appreciation medals to club members who had made significant contributions to the running and organisation of the National Championships hosted by W.A. last year. Some medallions were presented during the recent State Championships. Keith expressed his appreciation to all who had made contributions to the successful staging of the championships.

Motion:

'That the club should accept full responsibility of the organising of the Andy Wright Memorial Run (including catering, hiring of the hall etc) and that the Cosford family should be invited as guests for the formalities'

Moved: D. Strachan Seconded: D. Whittam Carried

The club should write to the Cosfords conveying this message.

Morris Warren spoke on the difficulties encountered in obtaining sufficient support from club members in staging our Sunday runs and suggested that a monthly notice should appear in the 'Vetrun' seeking help and reminding members that their help is required to stage these runs. Volunteers should contact the race directors concerned or the committee person responsible for race direction. Race marshalls and helpers are mandatory to a safe, successful run.

Motion:

'That the committee consider scheduling runs from Christmas to the State Championships at either 7.00 a.m. or 7.30 a.m. in view of opinions expressed in a survey recently conducted'

Moved: B. Worner, Seconded: K. Penton Carried

One member asked whether one or two stopwatches was required for club records and Australian records. B. Sammells replied that while two watches was ideal if they could be provided, one watch was sufficient for club, state and Australian records.

Some discussion also took place of the status of the 'Veteran Athlete' and whether it was likely to become the official National Vetruns newspaper and replace our local newsletter. Assurances were given that it would not replace our local 'Vetrun'. The ultimate fate of the 'Veteran Athlete' is not yet known.

THE MEETING CLOSED AT 8:47 p.m.

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W A VETERANS ATHLETIC CLUB
TREASURERS REPORT 1989/90

STATEMENT OF RECEIPTS AND EXPENDITURE FOR PERIOD 22/3/89 to 22/3/90

1988/89	EXPENDITURE	1989/90
\$ 343-56	Sports equipment	\$ 36-99
280-00	State Championships	92-60
3,079-00	Annual Dinner	2,632-00
50-00	Donations - Scout Assoc., re Eaton	25-00
445-94	Sundry events	-
450-00	Track hire - time trials etc	195-00
342-64	Name badges	394-20
137-50	Programmes	412-00
80-51	Equipment repairs	-
120-00	Fees - AAWA affiliation	150-00
800-00	AAVAC capitation	190-00
	(note- \$800 was '89 fee and \$190 was for '88 fee - '90 fee to come)	
236-56	Jorgensen Park	294-20
480-00	Donnelly River weekend	-
273-60	Eaton weekend	189-00
22-53	Trailer license	23-07
159-48	Magazines	72-00
2,330-00	New photocopier	-
546-96	Printing and stationery	187-56
233-56	Trophies and engraving	140-89
200-00	Tone River weekend	340-00
315-00	Insurance - Public Liability	315-00
213-45	Flowers etc for Club members in hospital etc	99-70
507-71	Sundries	221-34
1,084-73	Vetrun Newsletter - photocopier fee	1,676-68
801-81	- pntng & statny	727-21
928-28	- postage	882-14
503-29	Postage and telephone	80-29
	Govt taxes on Bank a/cs	27-56
	Life Members badges/bars	824-00
	Quiz Night tickets	45-50
	Rottnest Island weekend dep	200-00
	Club shirts	120-00
	Club singlets	1,137-40
	Payment to John Gilmour re World Games '89 (offset by Dept Sports Grant)	1,500-00
	President attending AAVAC Meeting	274-00
 \$14,966-11		 \$13,505-33

W D Crellin

W D Crellin
Hon. Treasurer

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W A VETERANS ATHLETIC CLUB
TREASURERS REPORT 1989/90

STATEMENT OF RECEIPTS AND EXPENDITURE FOR PERIOD 22/3/89 to 22/3/90

1988/89	RECEIPTS	1989/90
\$ 175-00	Subscription - National Champ-Special	-
5,614-00	Subscriptions	5,857-00
105-00	Subs. in advance 1989/90	-
226-00	Sportswear etc sales	436-00
10-50	State Championships 87/88	-
435-10	Sundry events	-
742-67	Time trials etc	759-40
891-00	Quiz Night	487-10
2,900-00	Annual Dinner	2,320-00
204-00	Eaton weekend	212-00
231-65	Jorgensen Park	344-20
756-00	Donnelly River weekend	-
293-64	Morning teas	330-75
197-50	Visitors fees	743-85
164-00	Raffle	-
655-19	Bank interest	1,643-13
128-32	Sundries	147-00
	Donations	58-00
	Tone River weekend	600-00
	'DeptSports&RecGrant re John Gilmour	1,500-00
	1989 National Track and Field Champs.	8,065-11
	1990 State Championship entry fees	599-00
\$13,729-57		\$24,102-54

RECONCILIATION

Funds held at R & I Bank etc.:-				
	on hand	Chq a/c	Sav.a/c	TermDep.
at 21/3/89\$	-	\$1,115-58	\$1,116-71	\$ 4,000-00
plus receipts				\$ 6,232-29
				24,102-54
				30,334-83
less expenditure				13,505-33
at 22/3/90\$	267-28	\$ 777-21	\$3,498-58	\$12,286-43
				\$16,829-50
Cash on hand held by:	Secretary		\$ 32-33	
	Treasurer		1-16	
	Editor Vetrin		33-79	
	J JOhnson re StateCh		200-00	

W D Crellin

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Hon. Treasurer

Books checked by Club Member R L Lawrence

IX WORLD VETERANS CHAMPIONSHIPS. 6 TURKU. FINLAND July 18 - 28 1991.

Members who are interested in travel and accommodation details for Turku, are requested to attend a discussion group.

DATE: 13th May 1990. Immediately after the Sunday morning run.

CONTACTS: Keith Forden 409 6693

Dorothy Whittam 387 6438

MEMBERSHIP RENEWALS: If you have not already renewed your annual subscription NOW is the time to do it!!!

The renewal forms were distributed in the March edition of the Vetrune. If you require another, as your original went astray or the dog chewed it up, or the grandchildren drew all over it, if you see Bill Crellin at a club run or give him a ring on 448 2924 I'm sure he will be able to provide another. Would Life and Honorary members please make sure that they also return the form so that records can be kept up to date.

27, Riga Crescent
Willetton.

Dear Jeff

Because of transport difficulties, due to the weight and bulk of high jump apparatus, this cannot be included in events such as time trials and for some time I have looked at ways and means of coping with this problem.

Following a number of failures I have now HOPEFULLY, believe that I have made a lightweight, easily transportable contraption, using PVC tubing and old broom handles, for use at a sandpit (Fosbury Floppers need safety bags).

The longest component is about 1.5m in length and the apparatus can be placed in the back seat of a car. The height of the uprights is 1.6m but can be lengthened by 30cm if required. The crossbar is in two connectable sections giving a length of 2.1m and this can easily be extended if required. The whole thing is easily and quickly put together and includes a height measurement tape.

I now need a trial period and if anyone interested in High Jumping cares to give me a ring on 457 4557, she or he can give the contraption a try out and perhaps come up with some ideas for improvements. Meanwhile I shall inquire whether the Little Athletics Assc. could be interested in the lightweight crossbar, for safety reasons with children.

No application for a patent on this idea is envisaged and any old fool, armed with an electric drill and about \$10, could make one - one such just did!

Yours Truly,

George Roakes.

All right you frustrated high jumpers, now is your chance. Give George a ring borrow his rig and get some practice in.

THANK YOU:

I would like to thank all the Vet's who supported the "Sweet Adelines" Champagne and Film afternoon on February 18th 1990.

I believe everyone enjoyed the show and I am pleased to say it was a successful fund raiser for the 'Adelines'.

I would also like to take this opportunity to say THANKS to all those to those who have saved bottles and glass for me in the past. It has all been very much appreciated

Thank You

Arne Smith.

BUNBURY MARATHON: For those who are going down to Bunbury for the weekend of the Marathon, we usually meet at the Rose Hotel on the main street for lunch on the Saturday before the race. Everyone is welcome to come along between 12.30 - 1pm and join the get together.

24/12 Hour Run. This will take place at McGillivray Oval on the 26th - 27th May 1990, starting at 12noon. The 12 hour event will finish at midnight and the 24 hour at noon on Sunday. Anyone interested in competing in either of the races can get entry forms from Runners World or from the organiser, Tony Tripp. Tel 384 6036. Or come along during the event and cheer the runners on.

George Audley ran a 100 mile event on the road a short while ago from Albany - Mount Barker - Denmark - Albany 17H 50M 40S. 1991. Love George

W A VETERANS ATHLETIC CLUB

A VERY HAPPY BIRTHDAY TO OUR "MAY" MEMBERS

=====

01-MAY-44	JENKINS	: Arnold	turns	46	remains	M45
01-MAY-40	STEWART	: Rod	"	50	becomes	M50
02-MAY-36	O'DEA	: Elza	"	54	remains	W50
03-MAY-19	GILMOUR	: John	"	71	"	M70
03-MAY-44	WATERS	: Victor F	"	46	"	M45
04-MAY-54	DARVELL	: Helenn	"	36	"	W35
07-MAY-31	McLINDEN	: Frank	"	59	"	M55
07-MAY-38	MILLER	: Patricia	"	52	"	W50
08-MAY-45	BEECH	: Norman T	"	45	becomes	M45
08-MAY-35	GIANATTI	: Margaret	"	55	"	W55
08-MAY-18	SANDERS	: Jonanne	"	72	remains	W70
08-MAY-32	SHEERIN	: Patrick	"	58	"	M55
09-MAY-45	BRIGGS	: Roger	"	45	becomes	M45
11-MAY-48	DARTNALL	: Jon	"	42	remains	M40
11-MAY-41	SLATTERY	: John L	"	49	"	M45
14-MAY-41	HUXLEY	: Doreen	"	49	"	W45
15-MAY-28	LAWRENCE	: Ray L	"	62	"	M60
15-MAY-52	NUORDYK	: Adrian	"	38	"	M35
15-MAY-46	POWER	: Brian	"	44	"	M40
16-MAY-36	CURTIS	: John	"	54	"	M50
16-MAY-41	VINCENT	: Wilma	"	49	"	W45
17-MAY-52	HUGHES	: Paul	"	38	"	M35
17-MAY-45	PRESSLEY	: John S	"	45	becomes	M45
18-MAY-41	COLE	: Carol Ann	"	49	remains	W45
18-MAY-32	WEBSTER	: William	"	58	"	M55
19-MAY-41	LATCHFORD	: Stan	"	49	"	M45
19-MAY-31	POMERY	: Alan	"	59	"	M55
21-MAY-40	GARE	: Peter M	"	50	becomes	M50
21-MAY-30	STEWART	: Frederick K	"	60	"	M60
22-MAY-45	ABBOT	: Fred	"	45	"	M45
22-MAY-39	CARL	: GIANATTI	"	51	remains	M50
23-MAY-50	BROCKWELL	: Chris W	"	40	becomes	M40
23-MAY-48	SAVIN	: Pat	"	42	remains	W40
23-MAY-22	TYSON	: Val	"	68	"	W65
24-MAY-48	HILL	: Judith	"	42	"	W40
24-MAY-48	KUHN	: Vicki	"	42	"	W40
25-MAY-45	ARGYLE	: Robert	"	45	becomes	M45
25-MAY-30	HASSAM	: Leo F	"	60	"	M60
26-MAY-36	COOTE	: Edith K	"	54	remains	W50
26-MAY-43	HARDY	: Bryan	"	47	"	M45
26-MAY-45	ROBERTS	: Peter D	"	45	becomes	M45
27-MAY-46	RHODES	: Linda	"	44	remains	W40
28-MAY-50	GOBBY	: Desmond J	"	40	becomes	M40
28-MAY-41	MacLIVER	: Robin	"	49	remains	M45
28-MAY-47	MISON	: John	"	43	"	M40
29-MAY-53	CUPPING	: Lee	"	37	"	W35
29-MAY-45	BRYANT	: David J	"	45	becomes	M45
29-MAY-42	SLYTH	: Paul	"	48	remains	M45
30-MAY-46	LANGFORD	: Frederick H	"	44	"	M40
30-MAY-43	MERCER	: Erica	"	47	"	W45
30-MAY-43	WALSH	: Roger	"	47	"	M45
31-MAY-45	WILSON	: Bruce McK	"	45	becomes	M45

CENTRAL AUSTRALIAN MASTERS GAMES. These will be held in Alice Springs from 13 - 21 October 1990. The Athletics sections will be held at Traeger Park from the 14 - 18 October with a 5km Fun Run on Sunday 21st October, which is without entry fee for Games Competitors. Below is a list of events. There is a Games Entry Fee of \$25 which covers Games Memorabilia (including Identification Badge, Hat and Participating Certificate), and refreshments at the opening ceremony. Plus a Sports Nomination Fee, which for the Athletics is \$25. This appears to cover all events entered for. Closing Date 31 August. Those entering by 1 June 1990 will go into a draw for a return flight to Alice Springs or 7 nights accommodation during the games.

ATHLETICS Min. Age: Men 35 Women 30

VENUE: Traeger Park

DATES: 14-18, 21 October

EVENTS:

- | | | |
|--------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> 100m | <input type="checkbox"/> 1500m | <input type="checkbox"/> Pentathlon |
| <input type="checkbox"/> 200m | <input type="checkbox"/> 3000m | <input type="checkbox"/> 1/2 Marathon |
| <input type="checkbox"/> 400m | <input type="checkbox"/> 3000m Walk | <input type="checkbox"/> 10,000 Road Run |
| <input type="checkbox"/> 800m | <input type="checkbox"/> Discus | <input type="checkbox"/> 6km Cross Country |
| <input type="checkbox"/> Long Jump | <input type="checkbox"/> Javelin | <input type="checkbox"/> Masters Mile |
| <input type="checkbox"/> Triple Jump | <input type="checkbox"/> Shotput | <input type="checkbox"/> 10,000m Road Walk |
| <input type="checkbox"/> High Jump | | |

AGE GROUPS:

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 35-39 | <input type="checkbox"/> 40-44 |
| <input type="checkbox"/> 45-49 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 55-59 |
| <input type="checkbox"/> 60-64 | <input type="checkbox"/> 65-69 | <input type="checkbox"/> 70-74 |
| <input type="checkbox"/> 75+ | | |

A 5km Fun Run will be held Sunday 21st at no charge to Games Competitors.

SPORT NOMINATION FEE: \$25 per competitor.

OCEANIA GAMES Auckland. New Zealand, 2 - 6 November 1990.

WORLD VETERANS GAMES. Turku. Finland. 18 - 28 July 1991.

See notice elsewhere in this newsletter.

The secretary has details of all the above events. If you are interested in going to any of them, see Bob Fergie.

JIM BARNES RUN: At his run Jim presents the 'John Tarrant Trophy' to the fastest male finisher. Here is the story of John Tarrant:-

62 Running Magazine July 1988



In memoriam: John Tarrant takes a drink from his son

The name of one of athletics' greatest ultra runners, John Tarrant, lives on in his home town of Hereford with a race, organised in his memory by one of his old friends. Now in its fourth year, the John Tarrant Memorial 50-mile road race on July 17 takes in five laps of a 10-mile course around the city, and the field will inevitably include some of the country's top distance runners.

Tarrant died in 1975 at the age of 46 after losing his battle against cancer. His running career had been both spectacular and controversial, and acts as a reminder of the way things used to be before the advent of more liberal attitudes towards athletics, amateurism and money.

A multi-world record holder at 40 miles and 100 miles, and the first runner to achieve the grand slam of winning Britain's four ultra-distance

classics in 1967, Tarrant was banned from international athletics when it was ruled that he had surrendered his amateur status by earning money at professional boxing tournaments as a youth.

He was initially banned from major races in Britain after revealing that he had won £17 in prize money at a boxing booth. Tarrant forced the Amateur Athletic Association to reassess his case by competing in races as an unofficial entrant and winning them. He was reinstated as an amateur but never allowed to represent his country.

His career wins include the London to Brighton race twice, and the Exeter to Plymouth event five times. He also won the Liverpool to Blackpool event, the Isle of Wight Marathon and the Isle of Man 40-mile road race three times each. In addition he finished fourth in the Comrades Marathon in South Africa

and won another 51 road races in the country during the two years it took him to save up for his return fare to Hereford.

He was diagnosed as having cancer in 1973 and went into hospital to have his stomach removed. Yet within six months he was back on his feet and taking part in a 10-mile run to raise money for the local hospital. It took him 75 minutes and he called it "the hardest run of my life". He died just over a year later.

The city already has a street named after its most famous athlete and the race is organiser Mick Wildig's own tribute to the man he first met in 1958.

He said: "John gave his all in every race, never shirked meeting

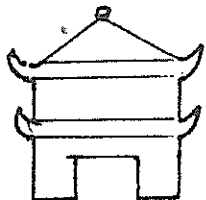
the best runners and never failed to admire and encourage the back markers. He used to say, 'Mick, if we are tired, just think how the poor souls at the back must feel.'"

There are medals and certificates for all finishers and a host of prizes to be won in the race which starts and finishes at the home of Hereford United in Edgar Street.

Last year's winner, local man Martin Daykin, finished 22 minutes ahead of a high-quality field - including world record holder James Zarei - in 5:20. Further information and entry forms are available from the race organiser **Mick Wildig at 31 Merryhill Crescent, Hunderton, Hereford HR2 7AH**

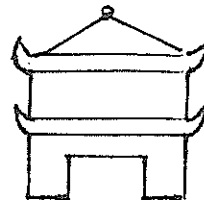
CLUB T/SHIRTS. The treasurer has received stocks of the Club T/Shirt and will be fulfilling orders in the very near future, so if you have had one on order you will soon be able to wear it. If you wish to order one he now has them in stock in various sizes. Please see him at club runs or give him a ring.

SUBSCRIPTIONS: If you have renewed your annual subscription and require a receipt, please see the treasurer and let him know. He does not normally send out receipts for membership renewals.



PAGODA RUN

Sunday, 11th March, 1990



The second edition of the "Pagoda Run" was held in fine conditions. For the second year running, I managed to arrange a 'little' head wind on the return journey just to make the event a challenge since there are no hills on the course. We had a fantastic turnout with 33 runners and walkers finishing either the 5, 10 or 16k courses. In the 5k run Marge Forden was first female home and Cliff Bould was first male home. In the 10K run, first male was Derek Hoyer and first female was Margaret Robinson. In the 16k run, the first male was Frank Smith and first female was Kath Noordyk. In the walks, (see note at end for males), first female was Jackie Billington in the 5k; first male was Paul Martin and first female was Margaret Stone in the 10k event. Age group winners (underlined> and times follow in the results.

I am again indebted to my helpers on the day, for without them this run would not be conducted safely and adequately. A special vote of thanks goes to Chris Brockwell who marked the course again for me this year and led the contestants away on his bike. Thanks to the marshalls who looked after your safety, Margaret Birks, Rob MacLiver and Ted Maslen, water station helpers Arthur Leggett and Rosa Davis and, those finish line regulars Bev Thornton and Marg Pomery and last but certainly not least, our head timekeeper Sue Jones. To those of you who missed our A.G.M. this topic was discussed at length and the importance of helpers in conducting your regular runs was hopefully, realised by all who were present. If you are not running or walking, offer your assistance, in advance, to the organiser listed on your programme or to any committee member who will advise the person concerned. It really is a big help when we get offers of assistance early from our members.

RESULTS

5K RUN

1. M. Forden	W45	22.23
2. R. Bettles	W40	25.05
3. J. Johnson	W45	25.46
4. M. Miller	W45	28.04
5. C. Bould	M70	29.42
6. R. Holmes	W40	30.49
7. G. Morgan	M65	30.49
8. P. Weston	W50	33.43

5K WALK

1. J. Billington	W45	34.14
2. L. Lachlan	W60	34.21
3. D. Whittam	W50	34.51
4. L. Schickert	W45	34.55
5. J. Hill	W40	36.23
6. A. Stone	M55	38.53
7. D. Horsley	M75	38.53
8. J. McMullan	M55	38.53
9. J. Stone	W45	41.43
10. S. Cross	W50	41.44
11. C. Gianatti	M50	43.00
12. M. Gianatti	W50	43.01
13. G. Marsh	WVIS	43.38
14. P. Luck	WVIS	43.39

10K RUN

1. D. Hoyer	M50	37.26
2. M. Pomery	MVIS	39.31
3. D. Caplin	M50	41.13
4. T. Foster	M45	41.16
5. V. Ramsay	MVIS	41.32
6. B. Sammells	M50	42.17
7. A. Whitely	M40	43.06
8. J. Trovato	M50	43.19
9. B. Allan	M40	43.46
10. G. Luck	MVIS	43.49
11. R. Shand	M55	44.04
12. P. Cole	M45	44.19
13. G. Schaefer	M55	44.33
14. S. Pickering	WVIS	44.39
15. M. Allan	WVIS	44.39
16. A. Pomery	M55	44.57
17. A. Simmonson	MVIS	45.11
18. R. Stewart	M45	45.14
19. M. Robinson	W50	46.00
20. A. Cottrell	M40	46.44
21. M. Kelly	M40	47.24
22. J. Woolhouse	MVIS	48.09
23. M. Stewart	W50	49.28
24. M. Faunge	M50	52.06
25. D. Hall	M40	54.42
26. J. Boimholdt	M50	56.56

PAGODA RUN RESULTS - CONTINUED

10K RUN

27.	P. Nicoll	M45	57.30
28.	G. Flcrance	M55	58.14
29.	P. Miller	W50	58.27
30.	E. Warren	W50	58.46
31.	F. Hagger	M60	58.48
32.	A. Aldrich	W45	59.36
33.	J. Strachan	W60	61.03
34.	M. Robinson	W50	62.00
35.	S. Maslen	W50	74.48
36.	G. Ralph	W35	74.49

10K WALK

1.	P. Martin	M45	57.41
2.	E. Rhodes	M40	63.46
3.	B. Thomsett	M45	65.48
4.	M. Stone	W45	66.55
5.	R. Chalmers	M50	69.26
6.	J. Beaumont	W50	76.48
7.	V. Tyson	W65	77.08
8.	J. Collins	M75	77.28

16K RUN

1.	C. McDonald	MVIS	56.29
2.	P. Odan	MVIS	58.02
3.	F. Smith	M45	58.04
4.	J. West	MVIS	58.33
5.	P. Priest	MVIS	59.28
6.	S. Beaumont	MVIS	60.31
7.	T. Bromhead	MVIS	60.53
8.	P. Sanders	M40	61.45
9.	B. Schickert	M45	62.10
10.	C. Maher	M35	63.01
11.	J. Brown	M40	63.17
12.	B. Argyle	M40	63.59
13.	W. Pantell	M35	64.04
14.	D. Roberts	M45	65.03
15.	G. Thorton	M45	66.26
16.	Y. Dehnert	MVIS	67.22
17.	J. Pellier	M50	67.53
18.	B. Danby	M40	68.04
19.	P. Hill	M40	69.21
20.	F. McLinden	M55	70.08

16K RUN

21.	J. Greenfield	M45	70.12
22.	P. Airey	M50	70.51
23.	M. Archer	MVIS	71.10
24.	V. Thrussell	MVIS	71.16
25.	B. Hardy	M45	72.12
26.	K. Alexander	MVIS	72.13
27.	D. Miller	M50	72.58
28.	A. Noordyk	M35	73.38
29.	M. Faithfull	MVIS	74.55
30.	M. Jones	M50	75.08
31.	D. Moffett	M55	75.26
32.	B. Crellin	M50	75.38
33.	M. Moyle	M60	76.00
34.	D. Hough	M55	76.18
35.	K. Noordyk	W40	76.24
36.	V. Beaumont	M60	76.25
37.	M. Sanders	MVIS	76.59
38.	K. Woollard	M40	77.09
39.	R. Harris	M50	77.37
40.	D. Williams	M45	77.47
41.	A. Tyson	M65	78.04
42.	B. Webster	M55	78.52
43.	R. Farrell	M50	79.10
44.	G. Peet	M55	79.31
45.	B. Worner	M55	79.46
46.	R. Potter	M50	79.49
47.	D. Darrell	M45	80.04
48.	G. Wilson	MVIS	80.05
49.	K. Forden	M50	80.12
50.	R. Sutton	M50	81.31
51.	S. Lockwood	M60	81.53
52.	J. Spencer	M45	82.42
53.	K. Penton	W45	83.14
54.	J. Pellier	W50	84.57
55.	K. Johnson	M55	85.43
56.	M. Warren	M50	85.51
57.	R. Yoston	MVIS	86.13
58.	R. Whalan	MVIS	87.52
59.	S. Sanders	W35	87.07
60.	A. Turner	W50	87.38
61.	P. Farrell	W45	88.24
62.	J. Lindsay	M40	88.29
63.	P. Sheerin	M55	89.12
64.	R. Lawrence	M60	92.32
65.	S. Munsie	M55	94.40
66.	S. Hicks	M65	95.02
67.	F. Hansford-Miller	M70	102.47

Note: In the 5K Walk there was a three way tie for first male:
 Allan Stone, Dick Horsley and Joe McKullan were all equal first.
 This is contrary to what I announced at the finish of the race and
 I apologise to all concerned (rush rush rush to get the results
 announced!)

SEE YOU NEXT YEAR AT THE PAGODA RUN

Rob Davis

ROUND THE HOUSES - 22.4.90.

"Blow Blow Ye Autumn Winds"

Following remarks last year, of a short course - due to reconstruction of the harbour - 2K was added to the long run bringing it to the original 15.2K. We still didn't make the North Mole but hopefully next year...!

The rain kept off, but the gale force winds whipped up the sand and made the running hard work and brought out a comment from one runner "The worst is yet to come!"

With hair standing stiffly on end everyone finished, satisfied that they had conquered the elements once again.

Thanks to all the helpers.

Lorna Lauchlan

6.4K

* 1.	Dalton Moffett	M55	27.33	9.	Pat Miller	W50	32.43
2.	Max Kelly	M40	27.39	10.	Merv Jones	M50	32.49
3.	John Spencer	M50	27.51	11.	Alison Aldrich	W45	33.23
4.	Terry Foster	M45	28.27	12.	Peter Nicoll	M45	34.39
5.	Trevor Harwood	M40	29.07	13.	Rosa Davis	W45	36.09
6.	Clinton West	Visitor	29.30	14.	?		36.10
7.	Bob Lehman	M45	30.41	15.	Margaret Warren	W50	38.43
* 8.	Joan Pellier	W50	31.53	16.	Syd Bowler	M65	40.34
				17.	Cliff Bould	M70	43.13

15.2K

1.	John West	Visitor	55.13	31.	Vic Beaumont	M60	71.24
* 2.	Doug Hazell	M35	57.06	32.	Mauric Johnston	M50	71.25
3.	Derek Hoyer	M50	58.00	33.	Ron Potter	M50	71.29
4.	Wally Crawley	Visitor	59.12	* 34.	Tessa Brockwell	W30	71.33
5.	Bob Schickert	M45	59.17	35.	Bill Crellin	M50	71.44
6.	Mark Pomery	Visitor	59.30	36.	Margery Forden	W45	71.50
7.	Wayne Pantall	M35	59.36	37.	Margaret Birks	W40	71.52
8.	John Ferris	M35	59.37	38.	Rod Stewart	M45	72.02
9.	Dave Roberts	M45	60.25	39.	Basil Worner	M55	72.15
10.	Graham Thornton	M45	62.05	40.	Peggy McLiver	W45	72.32
11.	Don Caplin	M50	62.06	51.	Alan Pomery	M55	72.33
12.	Dick Blom	M55	62.35	52.	Richard Harris	M50	73.09
13.	Brian Danby	M40	64.06	53.	Jeff Spencer	M45	74.14
14.	John Pellier	M50	64.25	54.	George Peet	M55	74.30
15.	Vaughan Ramsay	Visitor	64.55	55.	Robert Farrell	M50	75.56
16.	Joe Travato	M50	64.57	56.	Rob Davis	M50	77.12
17.	Robert Doust	M35	65.14	57.	John Crawford	M50	77.47
18.	John Maddison	M50	65.27	58.	Kath Penton	W45	77.58
19.	Harry Simminson	Visitor	66.50	59.	Arthur Leggett	M65	81.51
20.	Keith Forden	M50	67.15	60.	Ann Turner	W50	82.14
21.	Michael Watts	M50	67.55	61.	John Barnholdt	M50	82.25
22.	?		68.00	62.	Sandi Hodge	W40	85.26
23.	Peter Cole	M45	68.01	63.	Selby Munsie	M55	85.26
24.	Brian Hardy	M45	68.17	64.	Gordon Florence	M55	87.51
25.	Peter Airey	M50	68.51	65.	Karen Crellin	W45	90.00
26.	Graham Luck	M50	68.54	66.	Elza O'Dea	W50	90.55
27.	David Bryant	M40	69.20	67.	Shorty Turner	M50	96.46
28.	Morris Warren	M50	70.12	68.	Duncan Strachan	M65	96.48
29.	Brian Paxman	M60	70.20				
30.	Brian Aldrich	M55	70.50				

6.4K

1. Dick Horsley	M75	48.47
2. Bob Fergie	M50	48.47
3. Pat Luck	W45	50.03

1. Barry Thomsett	M50	1.45.27
2. Dorothy Whittam	W50	1.52.0
3. Jeff Whittam	M55	1.52.0
4. Jack Collins	M75	2.14.0
5. Jacque Beaumont	W50	2.14.0

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

Ian Colquhoun M35 09/Nov/54; Matt C Elliott M40 14/Mar/49; Roger P Elmitt M45 23/Aug/42; Pam J Foster W40 22/May/46; Stephanie Heussi W45 22/May/44; Graham Luck M50 23/Jan/39; Patricia Luck W45 18/Aug/40; Colin J Marsh M50 24/Apr/39; Glenys Marsh W45 07/Dec/40; Maria Power W35 24/Jan/54; Norm Scott M50 05/Mar/36; Mike Watts M50 28/Jun/37; Trevor Harwood M40 13/Feb/46; Ken Taylor M45 08/May/45; Fairlie Taylor W35 20/Jun/51;

HANDICAPPERS REPORT

A total of nine handicap races were conducted throughout the year and these were:-

Andy Wright Memorial Trophy	10.0km	Kirkman's Run	10.5km
Sutherland's Run	8.4km	Cliff Bould Trophy	10.4km
Fremantle Harbour	16.1km	Women's Run	7.1km
Danby's Run	11.0km	Point Walter	11.0km
Croxford's Climb	12.0km		

Three of the runs were held in the worst weather of the year which made waiting to start uncomfortable, but the others were OK.

The system for calculating this year's handicap was changed so that every time for each race was converted to a time over an equivalent flat 10km course. The formula for calculating this takes into account the distance raced and the degree of difficulty of the course. The handicap was calculated using the average of a runners three fastest equivalent 10km times in the 12 months preceding the race.

This system like most had its good and bad points. The equivalent 10km results were an excellent indication of comparative times over different courses and distances. Using the three fastest times however resulted in handicaps being corrected too slowly if handicap races were held close together. This part will be modified for current season

A total of 141 runners participated in at least one event, and a complete listing is attached. Top of the list with 147 points was Rob Davis. Rob ran in 7 of the 9 events winning one and coming second in another.

Congratulations ROB

There will only be 8 handicap races in the coming year six of which are the same plus two additional short runs. The longest run will be 11km. The first run will be the Kings Park & Country (13/5/90)

WA VETERANS

HANDICAP POSITIONS

AFTER 9 RACES

SURNAME	NAME	ANDY WRIGHT	F'TLE DANBY	C'FORD CLIMB	KIRK MAN	SUTHER -LAND	CLIFF BOULD	WOMEN'S RUN	POINT WALTER	TOTAL	POS	
DAVIS	ROB	1	38	45	25	9	8	12	2	7	147	1
FERRIS	JOHN	55	46	10	25	18	13	8	15	23	213	2
MARTIN	KEVIN	43	46	18	25	8	23	10	14	39	226	3
BROWN	MALCOLM	4	46	1	8	32	18	7	76	39	231	4
POTTER	RON	23	34	5	3	19	15	57	38	39	233	5
BIRKS	MARGARET	7	46	23	5	11	62	57	20	9	240	6
WATERS	VIC	55	46	45	25	57	5	2	1	6	242	7
BEAUMONT	VIC	17	7	19	25	14	62	43	32	25	244	8
PELLIER	JOAN	27	21	31	24	25	25	41	28	26	248	9
HICKS	STEWART	22	10	1	6	1	49	50	76	39	254	10
JONES	MERV	5	12	26	7	57	62	44	6	39	258	11
McLIVER	PEGGY	10	46	8	25	57	40	29	12	39	266	12
TRAYNOR	MIKE	31	15	45	25	37	62	27	18	13	273	13
PANTALL	WAYNE	55	14	45	25	57	33	15	13	17	274	14
DAVIS	ROSA	55	46	45	25	55	11	3	34	3	277	15
CRAWFORD	JOHN	55	4	45	25	22	24	23	42	39	279	16
LOCKWOOD	STAN	55	46	45	25	57	12	24	10	5	279	17
AIRBY	PETER	55	46	45	25	31	10	57	7	10	286	18
KHAN	MIKE	55	46	32	25	10	14	57	8	39	286	19
JENKINS	ARNOLD	55	46	28	16	34	16	18	49	32	294	20
STEWART	ROD	55	46	45	25	57	17	11	24	24	304	21
PEET	GEORGE	26	9	45	25	57	62	9	55	18	306	22
WARREN	MARGARET	38	18	40	25	57	4	25	60	39	306	23
SANHELLS	BOB	51	46	25	25	29	35	57	5	39	312	24
CRELLIN	BILL	19	46	24	25	57	28	57	31	29	316	25
WORNER	BASIL	55	46	45	25	57	2	1	46	39	316	26
SPENCER	JEFF	55	20	6	25	57	62	14	40	39	318	27
LINDSAY	JOHN	55	1	45	25	57	3	57	43	39	325	28
LAWRENCE	RAY	32	46	45	25	6	37	22	76	39	328	29
MOYLE	MERV	14	46	45	21	7	62	57	57	22	331	30
CRELLIN	KAREN	2	46	45	25	57	34	13	76	39	337	31
TURNER	ANN	55	46	37	25	13	43	32	50	39	340	32
YATES	JOE	55	46	45	25	57	57	57	76	39	342	33
THORNTON	GRAHAM	15	6	17	15	57	62	57	76	39	344	34
PELLIER	JOHN	42	37	35	25	47	62	34	36	28	346	35
STRACHAN	JUNE	11	46	45	25	57	22	57	44	39	346	36
MASLEN	SHEILA	3	46	45	25	2	62	53	73	39	348	37
HARDY	BRYAN	34	46	45	11	57	62	57	22	15	349	38
HOFFETT	DALTON	55	46	45	25	40	53	57	17	11	349	39
SHEERIN	PATRICK	18	19	45	25	35	62	57	76	12	349	40
KIRKMAN	HUGH	21	46	45	25	57	44	17	76	19	350	41
FARRELL	ROB	29	29	39	25	45	54	42	51	38	352	42
POMERY	ALAN	55	46	33	25	43	29	57	29	39	356	43
CARSE	BERT	55	40	45	25	23	62	57	11	39	357	44
SANTICH	MAXINE	24	46	3	25	57	62	57	45	39	358	45
CAPLIN	DON	47	46	36	25	44	19	28	76	39	360	46
COLE	PETER	55	46	11	10	5	62	57	76	39	361	47
DANBY	BRIAN	55	46	45	25	16	62	57	16	39	361	48
FORDEN	MARGERIE	46	46	41	25	57	62	47	26	14	364	49
STICKLES	JOE	55	46	45	25	53	62	36	3	39	364	50
MASLEN	TED	28	46	45	25	33	62	20	76	30	365	51
WATTS	MICHAEL	33	5	14	25	57	62	57	76	39	368	52

WA VETERANS		HANDICAP POSITIONS								AFTER 9 RACES		
SURNAME	NAME	ANDY WRIGHT	P'TLE 3	DANBY 43	C'FORD 25	KIRK- CLIMB MAN 57	SUTHER -LAND 62	CLIFF BOULD 57	WOMEN'S RUN 69	POINT WALTER 37	TOTAL	POS
FARRELL	PHYLLIS	16	3	43	25	57	62	57	69	37	369	53
GREENFIELD	JIM	55	46	30	25	17	62	19	76	39	369	54
JOHNSON	KIRT	30	46	45	25	24	62	57	41	39	369	55
GUITON	PAT	55	46	45	25	57	20	16	67	39	370	56
SCHICKERT	BOB	48	28	45	19	57	62	57	23	31	370	57
BRYANT	DAVID	55	13	15	25	57	62	31	76	39	373	58
SUTTON	RON	55	46	45	25	4	62	21	76	39	373	59
NOORDYK	KATH	55	23	4	1	57	62	57	76	39	374	60
PEARCE	JOANNE	55	46	45	25	26	7	57	76	39	376	61
PENTON	KATH	55	46	45	25	57	52	33	25	39	377	62
RUSSELL	JOHN	55	46	34	25	38	31	57	52	39	377	63
FLORANCE	GORDON	55	25	27	25	39	62	39	76	39	387	64
HILL	PETER	55	46	45	8	57	62	57	19	39	388	65
SZPAK	PAULA	6	22	45	25	57	62	57	76	39	389	66
TYSON	ALAN	55	46	45	25	57	62	57	4	39	390	67
MUNYARD	BARRY	55	32	45	25	57	26	38	76	39	393	68
SCHAFER	GEORGE	25	8	45	25	57	62	57	76	39	394	69
WESTON	PATRICIA	8	46	45	25	57	51	57	66	39	394	70
CARR	DAVE	55	42	45	25	20	36	57	76	39	395	71
JONES	BRIAN	55	46	13	25	57	27	57	76	39	395	72
LEGGETT	ARTHUR	55	17	7	25	57	62	57	76	39	395	73
ROBERTS	DAVE	35	26	45	25	57	62	30	76	39	395	74
ROBINSON	MARY	55	46	45	25	57	62	57	9	39	395	75
ALDRICH	BRIAN	44	46	45	25	15	62	57	64	39	397	76
GILMOUR	JOHN	37	46	45	25	57	62	57	30	39	398	77
McLINDEN	FRANK	13	24	45	25	57	62	57	76	39	398	78
McGLASHAN	HAMISH	55	46	45	25	52	6	57	76	39	401	79
TURNER	CEDRIC	55	46	45	25	57	1	57	76	39	401	80
MUNSIE	SELBY	55	31	45	25	12	62	57	76	39	402	81
LEMAN	COLIN	55	16	45	25	30	62	57	76	39	405	82
BERRY	NORA	12	46	45	25	57	62	48	72	39	406	83
HAGGER	FRED	55	46	45	25	57	62	57	21	39	407	84
POWER	BRIAN	55	46	45	25	57	38	26	76	39	407	85
MILLER	PAT	55	46	45	25	57	9	57	76	39	409	86
WHISTLER	KEN	55	46	45	25	57	62	4	76	39	409	87
SLINGER	BARRY	55	46	45	25	57	62	5	76	39	410	88
DARTNELL	JOHN	55	46	45	25	57	42	57	76	8	411	89
SPENCER	JOHN	55	46	45	25	57	62	6	76	39	411	90
SMITH	MAURICE	55	46	45	25	57	62	57	27	39	413	91
SANDERS	PETER	36	46	16	25	57	62	57	76	39	414	92
STRACHAN	DUNCAN	39	46	45	25	49	39	57	75	39	414	93
TROVATO	JOE	55	36	45	23	21	62	57	76	39	414	94
MILLER	NORM	55	46	22	17	57	46	57	76	39	415	95
MORGAN	GARNET	9	46	45	25	57	62	57	76	39	416	96
HOYE	DEREK	55	46	12	13	57	62	57	76	39	417	97
WARREN	MORRIS	41	45	44	25	57	59	55	58	33	417	98
BUCHANAN	BARBARA	55	46	45	25	57	41	57	53	39	418	99
ROBERTS	PETER	55	2	45	25	57	62	57	76	39	418	100
HARWOOD	BARRY	55	46	45	25	57	62	57	33	39	419	101
FORDEN	KEITH	55	46	45	25	57	62	56	54	20	420	102
BARNES	JIM	55	46	20	18	48	62	57	76	39	421	103
LAUHLAN	LORNA	55	46	45	25	57	62	57	35	39	421	104

WA VETERANS

HANDICAP POSITIONS

AFTER 9 RACES

SURNAME	NAME	ANDY WRIGHT	F'TLE DANBY	C'FORD CLIMB	KIRK- MAN	SUTHER -LAND	CLIFF BOULD	WOMEN'S RUN	POINT WALTER	TOTAL	POS	
BROWN	JOHN	55	30	45	25	57	62	57	76	16	423	105
SAVIN	TOM	55	46	45	25	57	62	57	37	39	423	106
SPENCER	RONALD	40	35	45	20	57	62	49	76	39	423	107
THOMPSON	JOHN	52	46	9	25	57	62	57	76	39	423	108
FERRIS	IRENE	55	46	45	25	57	62	57	39	39	425	109
WILLERS	JENNY	49	46	45	25	27	62	57	76	39	426	110
BOGGS	ROB	20	46	45	25	57	62	57	76	39	427	111
MARTIN	PAUL	55	46	45	25	51	62	57	47	39	427	112
PRESSLEY	JOHN	55	11	45	25	57	62	57	76	39	427	113
ROGERS	ESTELLE	55	46	45	25	57	62	57	76	4	427	114
DRAYSON	DEREK	50	33	29	25	57	62	57	76	39	428	115
LATCHFORD	STAN	55	46	45	25	57	62	57	76	5	428	116
HOUGH	DAVE	53	46	42	24	42	62	45	76	39	429	117
JOHNSON	JAN	55	46	45	25	57	30	57	76	39	430	118
McCAULEY	DUNCAN	55	46	45	25	57	50	37	76	39	430	119
CUNNINGHAM	JOHN	55	46	45	25	57	32	57	76	39	432	120
RAYMEN	ROB	55	46	45	25	28	62	57	76	39	433	121
BETTLES	ROMA	55	46	45	25	57	62	57	48	39	434	122
SMITH	FRANK	55	41	45	25	57	62	35	76	39	435	123
SPEECHLEY	TONY	55	46	21	25	57	62	57	76	39	438	124
PAXMAN	BRIAN	55	46	45	25	36	62	57	76	39	441	125
WHITTAM	DOROTHY	55	46	45	4	57	62	57	76	39	441	126
RHODES	MIKE	55	43	45	25	57	62	57	59	39	442	127
WILTSHIRE	PAULINE	55	46	45	25	57	62	57	56	39	442	128
BOWLER	SID	55	46	45	25	57	55	57	65	39	444	129
USHER	FRANK	55	46	45	25	57	45	57	76	38	444	130
SLINGER	JOAN	55	46	45	25	57	62	40	76	39	445	131
TOUSSAINT	SERGE	45	39	45	25	57	62	57	76	39	445	132
POHE	PAUL	55	46	45	25	41	62	57	76	39	446	133
CHEQUER	CHRIS	55	46	45	25	57	47	57	76	39	447	134
HUGHES	BILL	55	46	45	25	57	48	57	76	39	448	135
LLOYD	GEOFF	55	46	45	25	57	62	57	62	39	448	136
ALDRICH	ALISON	55	46	45	25	57	62	57	63	39	449	137
CURTIS	JOHN	55	46	45	12	57	62	57	76	39	449	138
O'DEA	ELZA	55	46	45	25	57	62	57	76	27	450	139
SCHICKERT	LYN	55	46	45	25	57	62	46	76	39	451	140
BOULD	CLIFF	54	46	45	25	57	62	54	74	35	452	141
WILTSHIRE	IVAN	55	46	45	25	57	62	57	68	39	454	142
MOYLE	ERNIE	55	46	45	25	50	62	57	76	39	455	143
SANDERS	SUE	55	46	38	25	57	62	57	76	39	455	144
COLE	CAROL	55	46	45	25	57	62	51	76	39	456	145
FAUNGE	MIKE	55	46	45	25	57	56	57	76	39	456	146
FRANK	TONI	55	46	45	25	57	62	57	70	39	456	147
BORNJOLT	JOHN	55	46	45	25	57	62	57	71	39	457	148
CARR	PAT	55	46	45	25	54	60	57	76	39	457	149
SPENCER	PAT	55	46	45	25	57	62	52	76	39	457	150
WILLMOTT	DENNIS	55	46	45	25	57	62	57	76	34	457	151
McCARATHY	PATTI	55	46	45	25	57	58	57	76	39	458	152
HARRIS	RICHARD	55	46	45	25	57	62	57	76	36	459	153
STEWART	MAUREEN	55	46	45	22	57	62	57	76	39	459	154
ROBERTS	GILLIAN	55	44	45	25	57	62	57	76	39	460	155
FOLEY	BRIAN	55	46	45	25	56	62	57	76	39	461	156
GREENFIELD	JACKIE	55	46	45	25	57	61	57	76	39	461	157

STATE RECORDS

The lead-up to the State Championships saw the following new records set. Antoinette Shaw's Steeplechase time was an enormous improvement on her existing Australian record of 8m 34.10s. Great running, Antoinette.

400m	M55	D. CARP	57.50	3. 3.90
3000m	M45	J. LANGEFORD	9.13.40	8. 3.90
Discus	M75	K. BAUMANN	22.67	8. 3.90
Hammer	M70	S. COLEMAN	39.94	. .90
Javelin New IAAF	M55	A. STONE	37.08	11. 3.90
Shot Putt	M75	K. BAUMANN	8.19	22. 3.90
Pentathlon	M65	A. TYSON	2086 pts	4. 3.90
800m	W40	A. SHAW	2.22.00	11. 3.90
2000m Steeplechase	W40	A. SHAW	8.01.20a	10. 3.90
3000m Walk	W45	H. STONE	17.49.20	8. 3.90
5000m Walk	W45	H. STONE	30.00.00	15. 3.90
5000m Walk	W50	D. WHITTAM	33.08.00	15. 2.90
Discus	W65	K. TYSON	13.07	8. 3.90

Bob Sammells

STATE CHAMPIONSHIPS - NATIONAL AND STATE RECORDS.

A large number of State records had been set during the Track and Field season and one could have been forgiven for wondering if anyone would have any energy left for the Championships. Well, five new Australian (all since ratified) and 49 State records were set - the cream on the milk of the very well organised and enjoyable Meeting.

Many congratulations to all record holders.

National and State.

80m Hurdles W55 D. ANDERSON 18.20a 31. 3.90

Dorothy took over four seconds off the old record of 22.37 secs. held by Mavis Gibbs of NSW.

Long Jump W55 D. ANDERSON 4.09a 31. 3.90

Dorothy set her second National record when she improved on the record of 3.91m held by Daphne Pirie, NSW.

2000m Steeplechase W45 E. HERCER 39.74a 22. 3.90

Erica lowered her own record by over two seconds.

2000m Steeplechase W50 H. ROBINSON 9.14.70a 22. 3.90

Margaret set an inaugural National record for this event. She also set an inaugural World record. Regrettably, this could not be claimed as three timekeepers were not present.

Long Jump M40 H. TOLBERT 6.67a 24. 3.90

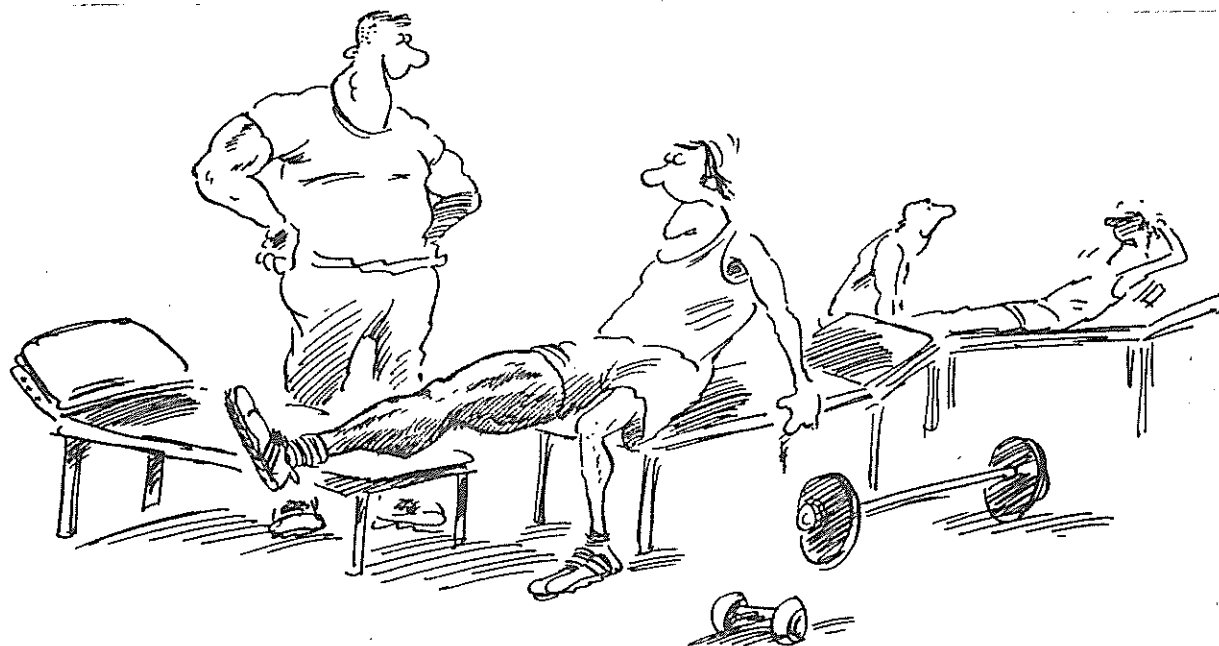
Murray was competing in the Pentathlon when he added 10 cms. to Victorian Russell Sarah's old mark.

State.

400m	W55	D. ANDERSON	72.50	31. 3.90
800m	W55	D. ANDERSON	2.53.30	1. 4.90
1500m	W35	K. GORBY	4.46.70	31. 3.90
1500m	W40	A. SHAW	4.56.50	31. 3.90
1500m	W55	D. ANDERSON	6.15.20	31. 3.90
5000m	W35	K. GORBY	17.40.30	1. 4.90
5000m	W40	A. SHAW	19.01.30	1. 4.90
10000m	W35	K. GORBY	37.16.10	24. 3.90
10000m	W40	A. SHAW	39.36.60	24. 3.90
10000m	W50	H. ROBINSON	43.42.00	24. 3.90

2000m Walk	W45	H. STONE	11.18.70	31.	3.90
2000m Walk	W60	L. LAUCHLAN	12.37.80	31.	3.90
3000m Walk	W45	H. STONE	17.20.60	1.	4.90
5000m Walk	W60	L. LAUCHLAN	33.36.70	24.	3.90
Long Jump	W45	J. JOHNSON	4.67	31.	3.90
Triple Jump	W45	J. JOHNSON	9.45	1.	4.90
Discus	W30	C. HOLLAND	32.06	24.	3.90
Discus	W30	C. HOLLAND	32.52	1.	4.90
Discus	W50	F. HOLLAND	22.82	1.	4.90
Discus	W55	D. ANDERSON	17.24	1.	4.90
Shot Putt	W30	H. PRIOR	9.99	1.	4.90
Shot Putt	W55	D. ANDERSON	8.33	1.	4.90
Shot Putt	W60	F. HULLIAN	6.45	1.	4.90
200m	M85	J. SANDERS	62.60	1.	4.90
400m	M50	R. FERNAGHAN	54.60	31.	3.90
400m	M65	A. TYSON	70.20	31.	3.90
400m	M35	J. SANDERS	2.29.70	31.	3.90
800m	M85	J. SANDERS	5.41.90	1.	4.90
1500m	M85	J. SANDERS	12.06.20	31.	3.90
110m Hurdles	M45	F. HARTIN	19.00	31.	3.90
2000m Walk	M40	A. WHITLEY	8.52.50	31.	3.90
3000m Walk	M40	A. WHITLEY	13.15.30	1.	4.90
Long Jump	M75	G. ROAKES	2.67	31.	3.90
Triple Jump	M45	F. HARTIN	11.51	1.	4.90
Triple Jump	M75	G. ROAKES	5.98	1.	4.90
Discus	M65	J. HUNTILAN	27.60	1.	4.90
Hammer	M50	B. FERGIE	33.48	24.	3.90
Javelin (New IAAF)	M50	B. FERGIE	33.62	31.	3.90
Javelin	M65	J. HUNTILAN	26.72	31.	3.90
Javelin	M75	E. RAUHANU	21.84	31.	3.90
Shot Putt	M65	J. HUNTILAN	8.41	31.	3.90
Shot Putt	M70	G. COLEMAN	9.58	31.	3.90
Pentathlon	M40	D. CORNISH	2990	24.	3.90
Pentathlon	M55	D. CAPP	2825	24.	3.90

Bob Sammells



"That's pretty good. Tomorrow we'll start on the other leg ..."

100M

W30

1	BARBARA DEARDEN	12.4
2	PAULINE DAWSON	13.1
3	VIRGINIA MERCER	13.5
4	LINDA NOBLE	13.8
5	MARGARET PRIOR	15.9

W35

1	BARBARA WILSON	14.4
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W40

1	EILEEN HINDLE	13.1
2	ANNTONETTE SHAW	13.8
3	JAN MAIN	14.3

W45

1	JAN JOHNSON	13.6
2	PEGGY McLIVER	14.2

W55

1	PAT CARR	15.5
2	DOROTHY ANDERSON	16.5

100M HURDLES

W30

3	LINDA NOBLE	
5	VIRGINIA MERCER	

W40

1	EILEEN HINDLE	
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80M HURDLES

W50

1	DOROTHY ANDERSON	
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200M

W30

1	BARBARA DEARDEN	26.5
2	PAULINE DAWSON	28.0
3	VIRGINIA MERCER	29.4
4	LINDA NOBLE	29.8

W35

1	BARBARA WILSON	30.9
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W40

1	EILEEN HINDLE	28.1
2	ANNTONETTE SHAW	29.3
3	JAN MAIN	30.6

W45

1	JAN JOHNSON	29.2
2	PEGGY McLIVER	31.1

W55

1	DOROTHY ANDERSON	33.5
2	PAT CARR	33.8

400M

W30

1	PAULINE DAWSON	62.9
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W35

2	BARBARA WILSON	66.1
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W40

1	ANNTONETTE SHAW	62.0
2	JAN MAIN	69.0

W45

1	PEGGY McLIVER	65.5
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W50

1	KATH HOLLAND	72.5
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W55

1	DOROTHY ANDERSON	72.5
2	PAT CARR	82.3

800M

W35

1	BARBARA WILSON	2:29.2
2	MAXINE SANTICH	2:32.0
3	ELIZABETH HELLIWELL	2:33.1

W40

1	ANNTONETTE SHAW	2:24.0
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W45

1	PEGGY McLIVER	2:32.4
2	ERICA MERCER	2:41.7

W50

1	MARGARET ROBINSON	2:56.4
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W55

1	DOROTHY ANDERSON	2:53.3
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1500M

W35

1	KAREN GOBBY	4:46.7
2	ELIZABETH HELLIWELL	4:59.5
3	MAXINE SANTICH	5:11.1
4	BARBARA WILSON	5:12.1

W40

1	ANNTONETTE SHAW	4:56.5
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W45

1	PEGGY McLIVER	5:20.6
2	ERICA MERCER	5:27.1
3	MARGERY FORDEN	5:38.3

W50

1	MARGARET ROBINSON	5:31.4
2	MAUREEN STEWART	6:06.3

W55

1	DOROTHY ANDERSON	6:14.2
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2000M STEEPLECHASE

W40

1	ANNTONETTE SHAW	8:03.7
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W45

1	ERICA MERCER	8:39.7
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W50

1	MARGARET ROBINSON	9:14.7
2	MAUREEN STEWART	9:25.7

5000M

W35

1	KAREN GOBBY	17:40.3
2	ELIZABETH HELLIWELL	18:30.1

W40

1	ANNTONETTE SHAW	19:01.3
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W45

1	MARGERY FORDEN	20:51.4
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W50		
1	MARGARET ROBINSON	20:45.0
2	MAUREN STEWART	21:31.4
3	JOAN PELTER	23:48.4

10000M

1	KAREN COBBY	37:16.1
1	ELIZABETH HELLWELL	38:19.7

W40		
1	AMANTONETTE SHAW	39:36.6

1	ERICA MERCER	43:22.3
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1	MARGARET ROBINSON	43:42.0
2	MAUREN STEWART	45:21.0

DISCUS

1	CATHERIN HOLLAND	32.52
2	LINDA NOBLE	20.20
3	PAULINE DAWSON	18.22

1	MARGARET TAYLOR	21.50
2	BARBARA WILSON	19.56

1	EILEEN HINDLE	17.12
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1	MARGARET STONE	19.12
2	PEGGY MACLIVER	17.30
3	ERICA MERCER	14.62

W50		
1	KATH HOLLAND	22.82
2	DOROTHY WHITTAM	16.12

1	DOROTHY ANDERSON	17.24
2	PAT CARR	13.72

1	REMA MCILLIAN	17.56
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W65		
1	VAL TYSON	10.48

1	BETTY BAUMANN	9.96
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W30		
1	CATHERIN HOLLAND	22.58
2	PAULINE DAMSON	17.93
3	LINDA NOBLE	14.86
INV	VIRGINIA MERCER	15.82

W35		
1	MARGARET TAYLOR	22.80
2	BARBARA WILSON	18.72

W40		
1	EILEEN HINDLE	18.10

1	ERICA MERCER	15.70
2	MARGARET STONE	13.10

W50		
1	DOROTHY WHITTAM	19.54
2	KATH HOLLAND	17.24

W55		
1	PAT CARR	17.24
2	DOROTHY ANDERSON	14.85

1	REMA MCILLIAN	21.24
2	LORNA LAUGHLAN	16.13

1	VAL TYSON	10.04
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W75		
1	BETTY BAUMANN	10.70
SHOT		

W30		
1	MARGARET PRIOR	9.99
2	CATHERIN HOLLAND	9.67
3	LINDA NOBLE	7.35
4	PAULINE DAMSON	5.98
5	VIRGINIA MERCER	5.63

W35		
1	ELLEN HINDLE	7.01

W45		
1	MARGARET STONE	6.85

W50		
1	MARGARET STONE	6.85
2	JAN JOHNSON	6.76
3	ERICA MERCER	6.16

W55		
1	DOROTHY WHITTAM	8.27
2	KATH HOLLAND	7.35

W55		
1	DOROTHY ANDERSON	8.33

W60

1	REMA MCILLIAN	6.45
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1	VAL TYSON	4.94
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1	BETTY BAUMANN	4.70
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W30

1	VIRGINIA MERCER	4.59
2	LINDA NOBLE	4.14
3	CATHERIN HOLLAND	4.05
4	MARGARET PRIOR	3.00

W35		
1	BARBARA WILSON	4.19

W40		
1	EILEEN HINDLE	5.21
2	JAN VAIL	3.78

W45		
1	JAN JOHNSON	4.67
2	PEGGY MACLIVER	4.00
3	ERICA MERCER	3.62

3	EDCA MERCER	3.62
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HIGH JUMP

1	EILEEN HINDLE	1.31
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W45		
1	ERICA MERCER	1.05

TRIPLE JUMP

W30	1 PAULINE DAMSON	9.22
	2 VIRGINIA MERCER	8.59
	3 LINDA NOBLE	7.99
W35	2 BARBARA WILSON	9.01
W40	1 EILEEN HINDLE	10.58
	2 JAN MAIN	8.67
W45	JAN JOHNSON	9.45
W50	1 DOROTHY WHITTAM	8.71
W55	1 DOROTHY ANDERSON	8.19
	2 PAT CARR	7.83
W60	1 JUDY HILL	14.44
W45	1 MARGARET STONE	16.62
	2 ERICA MERCER	13.42
W50	1 DOROTHY WHITTAM	21.90
W30	2000M WALK	
1	LINDA NOBLE	13:24.0

W40	1 JUDY HILL	13:29.2
W45	1 MARGARET STONE	11:18.7
	2 LESLEY ROMEO	11:47.9
	3 JACQUI BILLINGTON	12:14.6
	4 LYNNE SCHICKERT	13:45.7
W50	1 DOROTHY WHITTAM	12:22.9
	2 JACQUI BEAUMONT	14:10.6
W60	1 LORNA LAUCHAN	12:37.8
W65	1 VALERIE TYSON	13:46.3
W40	5000M WALK	
1	JUDY HILL	37:23.8
W45	1 MARGARET STONE	30:12.3
	2 LESLEY ROMEO	32:20.0
	3 JACQUI BILLINGTON	33:24.8
	4 LYNNE SCHICKERT	35:26.2
W50	1 DOROTHY WHITTAM	34:00.0
	2 JACQUI BEAUMONT	37:21.0
W60	1 LORNA LAUCHAN	33:36.7
W65	1 VALERIE TYSON	36:16.2

3000M WALK

W30	1 CATHERIN HOLLAND	19:11.0
W40	1 JUDY HILL	20:45.0
W45	1 MARGARET STONE	17:20.6
	2 LESLEY ROMEO	18:21.1
W50	1 DOROTHY WHITTAM	19:32.9
	2 JACQUI BEAUMONT	21:06.0
W60	1 LORNA LAUCHAN	19:20.7
W65	1 VALERIE TYSON	20:52.5

PENTATHLON RESULTS WITH W17H KENS RESULTS AT END:

W50	1 BARBIE KENNAGHAN	12.01
	2 NORMAN RICHARDS	12.80
W55	1 DAVID CARR	14.00
W60	1 REGINALD DE GRUCHY	14.01
	2 BRIAN PAXMAN	14.40
W65	1 ALLEN TYSON	16.30
W70	1 SYDNEY COLEMAN	17.60
W75	1 CARLO BAUMANN	19.70
W85	1 JOHAN SANDERS	24.70
W35	1 DEREK JONES	27.4
W40	1 DUNCAN MCAULEY	25.4
	2 BRUCE CORNISH	27.0
	3 DENNIS KNIGHT	27.8
W45	1 KEITH MARTIN	25.6
	2 ROY FEARNALL	26.1
	3 ARNOLD JENKINS	27.9
	4 BRIAN WALDHUTER	28.0
	5 TERRY FOSTER	28.3

M50	1	BARRIE KERNAGHAN	25.0
	2	NORMAN RICHARDS	28.7
M55			
	1	DAVID CARR	27.9
	2	BASIL WORNER	31.8
M60			
	1	REGINALD DE GRUCHY	30.8
	2	BRIAN PAXMAN	31.2
M65			
	1	ALLEN TYSON	33.4
M85			
	1	JOHAN SANDERS	62.6
		400M	
M35			
	1	DEREK JONES	60.9
M40			
	1	DUNCAN MCAULEY	53.6
	2	BRUCE CORNISH	57.0
M45			
	1	KEITH MARTIN	55.2
	2	ROY FEARNALL	56.7
	3	BRIAN FOLEY	58.4
	4	BRIAN WALDHUTER	59.9
	5	ARNOLD JENKINS	62.8
M50			
	3	BARRIE KERNAGHAN	54.6
M55			
	1	DAVID CARR	57.8
	2	BASIL WORNER	71.8

M60	1	BRIAN PAXMAN	65.3
	2	REGINALD DE GRUCHY	68.2
	3	MERV MOYLE	71.9
M65			
	1	ALLEN TYSON	70.2
M85			
	1	JOHAN SANDERS	2:29.7
		400M HURDLES	
M40			
	1	BRUCE CORNISH	65.6
	2	DENNIS KNIGHT	86.6
M45			
	1	KEITH MARTIN	65.5
		300M HURDLES	
M50			
	1	NORMAN RICHARDS	56.1
	2	JIM TURNBULL	66.5
		800M	
M35			
	1	DAVID REID	2:11.7
	2	DEREK JONES	2:25.9
	3	JOHN FERRIS	2:28.4
M40			
	1	DUNCAN MCAULEY	2:05.3
	2	MIKE RHODES	2:20.5
M45			
	1	BRIAN FOLEY	2:11.0
	2	KEN GILBERT	2:11.8
	3	ARNOLD JENKINS	2:17.1
	4	BRIAN WALDHUTER	2:17.8
	5	LYLE JAMES	3:00.5

M50	1	BARRIE KERNAGHAN	2:21.8
	2	TED MASLEN	2:22.6
M55			
	1	DAVID CARR	2:14.9
M60			
	1	BRIAN PAXMAN	2:41.8
M65			
	1	ALLEN TYSON	2:42.6
M85			
	1	JOHAN SANDERS	5:41.9
		1500M	
M35			
	1	DAVID REID	4:32.6
	2	JOHN FERRIS	4:54.1
M40			
	1	DUNCAN MCAULEY	4:29.8
	2	MIKE RHODES	4:51.3
	3	BRIAN DANBY	4:53.4
M45			
	1	JIM LANGFORD	4:19.8
	2	BRIAN FOLEY	4:34.1
	3	PETER SANDERS	4:45.1
	4	ARNOLD JENKINS	4:50.3
	5	VIC WATERS	4:51.8
	6	LYLE JAMES	6:45.6
M50			
	1	DON CAPLIN	4:32.2
	2	STEVE BARRIE	4:36.7
	3	TED MASLEN	4:57.1
	4	BOB SAMMELS	5:03.2
	5	KEITH FORDEN	5:23.1
	6	DENNIS MILLER	5:38.8

M55	1	DAVID CARR	4:52.0
	2	BASIL WORNER	5:51.5
M60			
	1	BRIAN PAXMAN	5:20.9
	2	MERV MOYLE	5:40.3
M65			
	1	ALLEN TYSON	6:05.2
M70			
	1	JOHN GILMOUR	5:26.3
M85			
	1	JOHAN SANDERS	12:06.2
		3000M STEEPLECHASE	
M35			
	1	DAVID REID	10:37.7
	2	DOUG HAZELL	11:52.2
M40			
	1	BRIAN DANBY	12:01.1
	2	MIKE RHODES	12:47.6
M45			
	1	BOB SCHICKERT	11:32.7
	2	ROD STEWART	12:11.2
M50			
	1	DON CAPLIN	11:14.4
	2	JOHN PELLER	13:00.5
	3	TED MASLEN	13:36.7
M55			
	1	BASIL WORNER	13:59.6

JAVELIN

M35	1	RICHARD MOORE	30.52	M45	1	ROB YOUNG	9.49	M50	1	BOB FERGIE	28.20	M65	1	ALLEN TYSON	18.72
	2	ARNOLD JENKINS	7.17		2	ARNOLD JENKINS	7.17		3	JIM TURNBULL	22.32				
									4	BOB CHALMERS	20.22				
M40				M50				M55				M70			
1	BOB FERGIE	9.63		1	ALAN STONE	9.61		1	REGINALD DE GRUCHY	13.09		1	SYDNEY COLEMAN	32.96	
2	RON SPENCER	8.41		2	ROB SHAND	7.66									
3	BOB CHALMERS	8.00		3	JEFF WHITTAM	6.64									
4	H DE SOUZA	7.55													
5	JIM TURNBULL	6.95													
M45				M55				M60							
1	HARRY HOLLAND	37.04		1	ALAN STONE	9.61		1	REGINALD DE GRUCHY	13.09		1	CARLO BAUMANN	17.58	
2	ARNOLD JENKINS	24.28		2	ROB SHAND	7.66						2	DICK HORSLEY	17.36	
3	ROD STEWART	21.66		3	JEFF WHITTAM	6.64									
M50															
1	BOB FERGIE	33.62													
2	H DE SOUZA	30.64													
3	JIM TURNBULL	26.16													
4	RON SPENCER	24.08													
M55				M65				M70							
1	ALAN STONE	36.52		1	JAMES McMILLAN	8.41		1	SYDNEY COLEMAN	30.70		1	RICHARD MOORE		
M65															
1	JAMES McMILLAN	26.72													
2	ALLEN TYSON	20.60													
M70				M75											
1	SYDNEY COLEMAN	23.46		1	SYDNEY COLEMAN	9.58									
M75															
1	CARLO BAUMANN	21.84													
SHOT															
M35															
1	RICHARD MOORE	8.45													
M40															
1	ALLEN SMITH	8.95													
2	BRUCE CORNISH	7.90													
3	PETER HILL	6.91													

M50	1	NORMAN RICHARDS	4.87
	2	JIM TURNBULL	3.57
M60	1	REGINALD DE GRUCHY	2.61
M70	1	SYDNEY COLEMAN	2.94
M75	1	G BOAKES	2.67
M35	1	DEREK JONES	10.35
	2	RICHARD MOORE	10.03
M40	1	MURRAY TOLBERT	12.66
	2	BRUCE CORNISH	10.79
	5	ALLEN SMITH	10.32
M45	1	KELTH MARTIN	11.51
	2	TERRY FOSTER	9.85
	4	BRIAN FOLEY	9.26
	5	ROD STEWART	9.03
M50	1	H GEORGE	9.80
	2	NORMAN RICHARDS	9.61
M75	1	GEORGE BOAKES	5.98
M35	1	DOUG HAZELL	16:48.8
	2	DAVID REID	17:37.2
	3	JOHN FERRIS	18:06.4

M40	1	DUNCAN MCAULEY	17:22.7
	2	BRIAN DANBY	18:01.3
M45	1	JIM LANGFORD	15:58.8
	2	BOB SCHICKERT	17:22.3
	3	PETER SANDERS	17:55.8
	4	GRAHAM THORNTON	18:13.4
	5	DAVE ROBERTS	18:17.3
	6	BRIAN FOLEY	18:24.4
	7	ARNOLD JENKINS	19:17.4
	9	PAUL MARTIN	20:11.9
	10	LYLE JAMES	21:20.1
M50	1	STEVE BARRIE	16:53.6
	2	DON CAPLIN	17:36.3
	3	TED MASLEN	19:34.2
	4	JOHN PELLIER	19:44.9
	5	DENNIS MILLER	19:59.5
	6	KEITH FORDEN	20:13.6
	7	JOE TROVATO	20:33.5
M55	1	DAVE CARR	18:33.1
	2	DICK BLOM	19:00.7
	3	BASIL WORNER	20:47.2
M60	1	MERV MOYLE	20:25.0
	2	BRIAN PAXMAN	20:27.9
M65	1	ALLEN TYSON	22:42.1
M70	1	JOHN GILMOUR	19:12.5
	2	FRANK HANSFORD-MILLER	29:05.6
M35	1	DOUG HAZELL	36:34.3
	2	JOHN FERRIS	39:09.8

M40	1	BRIAN DANBY	40:24.7
M45	1	JIM LANGFORD	34:12.2
	2	BOB SCHICKERT	36:44.6
	3	PETER SANDERS	36:57.0
	4	DAVE ROBERTS	38:48.5
	5	LYLE JAMES	46:38.0
M50	1	STEVE BARRIE	34:48.9
	2	JOHN PELLIER	40:03.3
	3	DENNIS MILLER	41:06.6
	4	TED MASLEN	41:46.0
M55	1	DICK BLOM	39:37.6
	2	FRANK MCLINDEN	41:20.4
	3	ROB SHAND	43:43.7
M65	1	ALLEN TYSON	45:00.6
M70	1	JOHN GILMOUR	40:06.5
	2	FRANK HANSFORD-MILLER	60:39.4
M40	1	ALAN WHITELEY	8:52.5
	2	MIKE RHODES	10:26.4
	3	PETER HILL	11:25.3
	4	ALAN SMITH	13:09.5
M45	1	PAUL MARTIN	10:41.4
	2	ROD STEWART	12:11.9
M50	1	JIM TURNBULL	11:01.8
	2	BOB CHALMERS	12:21.2
	3	BOB FERGIE	14:17.5

M55	1	JEFF WHITTAM	12:44.0
M65	1	JAMES MCWILLAN	15:02.0
M75	1	DICK HORSLEY	14:13.1
	2	JACK COLLINS	14:38.7
M40	1	ALAN WHITELEY	24:16.7
	2	MIKE RHODES	28:29.4
	3	PETER HILL	30:11.3
M45	1	PAUL MARTIN	26:44.6
	2	BARRY THOMSETT	33:08.6
M50	1	JIM TURNBULL	29:48.2
	2	BOB CHALMERS	33:14.9
	3	BOB FERGIE	37:10.4
M55	1	JEFF WHITTAM	34:11.0
M75	1	JACK COLLINS	38:10.8
	2	DICK HORSLEY	39:25.7
M40	1	ALAN WHITELEY	13:15.3
	2	MIKE RHODES	17:13.1
M45	1	PAUL MARTIN	16:29.5
	3	ROD STEWART	18:32.5

M50			M55		M65		M75	
1	JIM TURNBULL	17:10.0	1	JEFF WHITTAM	19:33.1	1	JAMES McMILLAN	22:29.2
2	BOB CHALMERS	19:02.1						
3	BOB FERGIE	21:29.4					1	JACK COLLINS 22:23.5

PENTATHLON		PERFORMANCE					POINTS						
		LONG JUMP	JAVELIN	200M	DISCUS	1500M (M) 800M (W)	LONG JUMP	JAVELIN	200M	DISCUS 1500M (M) 800M (W)	TOTAL		
M40													
1	407	BRUCE CORNISH	5.73	33.78	26.27	29.19	4:51.8	639	428	696	461	766	2990
2	406	MURRAY TOLBERT	**6.67	30.06	24.80	25.58	5:55.2	921	361	828	374	449	2933
	402	DAVID MALKIN	5.02	W/D	-	-	-	426	W/D	-	-	-	-
M45													
1	469	HARRY HOLLAND	4.85	36.32	27.20	30.31	5:24.6	479	590	702	551	652	2974
2	458	ROSS CALVAN	4.82	26.80	27.30	20.99	5:58.4	469	370	648	297	483	2267
3	461	ROD STEWART	4.32	24.62	31.09	19.45	5:24.5	304	322	352	255	653	1886
M50													
1	504	NORMAN RICHARDS	4.73	27.23	27.53	24.00	6:15.7	551	432	762	350	447	2542
2	500	MICHAEL MARSH	3.98	29.32	29.72	27.52	8:06.7	281	483	565	440	0	1769
M55													
1	551	DAVID CARR	3.97	23.74	27.25	17.78	4:48.9	388	385	878	218	956	2825
W30													
1	5	CATHRIN HOLLAND	4.07	25.38	32.97	32.06	3:07.0	423	417	482	562	544	2428
W40													
1	62	EILEEN HINDLE	5.26	18.57	27.52	18.72	2:58.2	858	286	876	202	671	2893
W45													
1	93	PEGGY MCILVER	4.25	18.09	30.63	18.70	2:32.7	589	303	726	215	931	2764
2	95	VALERIE PRESCOTT	2.33	13.61	36.74	16.01	3:28.4	0	168	299	129	485	1081
W55													
1	151	PAT CARR	3.32	14.85	34.74	14.52	3:30.7	396	240	564	91	595	1886

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10km TRACK HANDICAP. McGillivray Oval 25th April 1990.

After forecasts of rain developing in the late afternoon, and visions of lap scorers trying to mark times on disintegrating lap score sheets, the weather finished up perfect for the race, cool, no wind and a heavy dew developing.

Twenty two members entered and seventeen ran. Cliff Bould was off the limit mark and managed to hold the lead till about four laps from the finish, when he was overtaken by eventual winner, John Bornholdt. Cliff held onto second place and Rob Davis finished third.

Fastest woman was Erica Mercer with an actual time of 44.03, with Margaret Birks second with 44.52 and Joan Pellier third with 48.57.

Fastest man was Peter Sanders with an actual time of 37.02, with John Ferris second in 37.32 and scratchman Don Caplin third in 38.41.

Thank you to all those who came along to help lapscore, results table and finish marshalls and specially to Mike Rhodes for the handicapping - starting and taking the finishing times.

Jeff.

RESULTS SHEET

Pos	Name	Age Group	Clock Time	Handicap	Adjusted Time	Pos
1	John Bornholdt	M50	57.09	6.15	50.54	15
2	Cliff Bould	M70	58.38	limit	58.38	17
3	Rob Davis	M50	58.55	11.45	47.10	12
4	Joe Travato	M50	59.27	19.30	39.57	5
5	Terry Foster	M45	59.38	16.15	43.23	9
6	Basil Worner	M55	60.07	16.45	43.22	8
7	Sue Sanders	W35	60.23	11.00	49.23	14
8	Margaret Birks	W40	60.37	15.45	44.52	11
9	Peter Sanders	M45	61.02	24.00	37.02	1
10	Joan Pellier	W50	61.12	12.15	48.57	13
1	Graham Thornton	M45	61.13	22.45	38.28	4
2	John Ferris	M35	61.17	23.45	37.32	2
3	Erica Mercer	W45	61.18	17.15	44.03	10
4	John Pellier	M50	61.22	21.15	40.07	6
5	Robyn Holmes	W40	61.36	5.30	56.06	16
6	Don Caplin	M50	63.26	24.45	38.41	3
7	Michael Watts	M50	63.49	20.30	43.19	7

POINTS SCORE COMPETITION FOR THE PATRONS TROPHIES: (Time Trials)

Owing to lack of space these will be held over to the next newsletter.

If you have any results, articles cartoons etc. Please let the editor have them as soon as possible.