

1st AUGUST 1975

DICK SHOWS BRITS

Dick Horsley competed in the British Veteran Championships two weeks ago and as well as winning his walk won the over 60 years 800 metres. The walk win was ~~as~~ expected as he holds the world record, but his entry in the 800 would have had some people guessing. You would not back him on recent form but he is a proven middle distance runner, having won a state mile title in 1971.

The W.A. team heading for Toronto is: Dick, John Gilmour, Cliff Bould, Wal McCabe, Col Junner, Noel Goff and George Cavill.

PUBLICITY

Last weekend, ABC radio reported on Dick's wins and then gave details of the Toronto team above. The Sunday Times and The Independent each ran a column on veteran athletics in W.A. Bill provided the initiative and material.

NEW STEP

John Goldsmith is investigating the chance of our competing against an Armed Services team in a cross country race.

"AROUND THE BRIDGES" 10K 27.6.75

This was more of a Valeta than a race with the five couples coming in almost hand-in-hand.

John Grant and Kevin Green **FIRST** 58min

Bill Hughes put a toe in front of Jack Collins. 49 mins.

Keith McDonald led Bob Hayres to his place. 44 mins.

John Goldsmith 44 mins was able to glance back at Dave Jones, 45 min.

Jim Coventry and David Carr were still coming when the music stopped.

3000 M 6th July

Ace handicapper Dave Jones had the field within a minute or so.

Keith McDonald 12 min 17 **FIRST**

Jim Keep 12 min 20

Dave Jones 12 min 43

Paul Morrissey 12 min 37

Bill Hughes 14 min 41

Bob Hayres 12 min 45

John Goldsmith 12 min 42

Garnett Morgan 13 min 07

Jack Collins 14 min 17

Dick Horsley 12 min 37

and Noel Goff.

VETERAN WALKERS 5.7.75

3K	JIM SMITH	GEORGE CAVILL	D. HORSLEY
	15 min 39	16.24	16.13
5K	26.26	27.22	27.29

400M 13.7.75

Bob Hayres 69.5 secs

Dave Jones 74 secs

Welcome new member **STAN MORRISSEY**

5 K at McCallum 13.7.75

Carr 18.58

McDonald 21.31

Collins 24.24

Jones 22.39

Morrissey 22.03

Hughes 25.40

Coventry 20.10

Goldsmith 22.46

Hayres 23.53

Grant 34.25

Green 34.25

FUN IN THE PARK 20.7.75

We had an excellent turn up for the pack run etc in Kings Park and have programmed a similar day (see below)

SOUTH WEST CHAMPIONSHIPS

Nine starters in the veterans event. ~~So~~, no details of the result. This event is worth supporting next year.

STATE 24 K (15 mile)

Jim Langford 76min 21 **FIRST**

VETS: 18th John Butts 92.31

19th Junner 96.30

20th Ford 99.08

21st Carr 102.27

22nd McCabe 112.00

(Gilmour, half way, 42.20)

PROGRAMME

3rd August. 5 K McCallum

10th " 3 K "

17th " **KINGS PARK**

24th " McCallum (River/Mill pt Rd)

30th (Sat) AAA Perry Lakes 8K

31st Sun 1,500 metres at McCallum

3rd Sept (Wed) 10K McGillivray **6 p.m**

28th Sept (Sunday) 9.30 a.m. $\frac{1}{2}$ hour
McGillivray

5th Oct (Sunday) Perth to Pinjarra.

W.A. VETERANS ATHLETIC CLUB

22nd August, 1975.

TORONTO

John Gilmour won 1500, 5000 and 10000m and was 1st

Outstanding runner in over-50 Division.

Noel Goff was second in Long Jump and Triple. George Cavill was third in the 20K walk. (We hope these results are correct; full details will be published as soon as we can get them.)

Dave and Lucy Jones are having a 25th wedding anniversary party and would like to invite all members and their wives and companions.

Date 13th September 1975.

Place: 14 Northampton St, East Victoria Park

Time: 7.30

Any drink preferences tell Dave.

7600M Kings Park 17.8.75

PAUL MORRISSEY	31 min 43	FIRST	5K at McCallum	3.8.75
John Goldsmith	32 28			
Bob Hayres	33 18		Keith McDONALD	21.55 1st
Dave Jones	33 43		Carr	19.45
Gary Bartram	27 45	4 fastest	Goldsmith	22.51
Jim Coventry	29 38 18		Jones	23.21
David Carr	29 19		Hayres	23.21
Keith McDonald	35 45		Collins	24.56
Brian Lewis	44 09		Coventry	21.11
John Grant, Bill Taylor.			Morgan	25.11
			Grant	29.07
			Taylor	

PROGRAMME

Sat 30th Aug 8K AAA Perry Lakes
 Sun 31 1500 M at McCallum
 Wed 3rd Sept 6 p.m. Marathon Club 10000M McGillivray
 Sun 7th Sept McCallum.
 Sunday 14th Sept " (gently)

Sun 28th Sept 9.30 Marathon Clubs 1/2 hr Mc Gillivray

Sun 5th Oct. PERTH TO PINJARRA We need 14 runners
 President Keith needs you on this day.

25.9.75.

PINJARRA RELAY

We have a team strong enough to win the B grade event on Sunday 5th October. President Keith is making all arrangements and members should contact him to find transport arrangements and details of the relay legs they will be running.

ONE HOUR RUN : ONE HOUR WALK 23.9.75

In the Walkers Club one hour walk at Perry Lakes George Cavill deadheaded with son Mark for second place. Jim Smith was another veteran to compete.

A 45 minute run was conducted before the walk event. We had 12 starters including Pat Bardill and Paul Smithson. Thanks to George Cavill and Dulcie McDonald for accurate recording.

G. Bartram retired after 22 laps
D. Carr, 28 laps and 250M
M. McDonald, 24 laps and 100M
J. Collins retired after 9 laps.
B. Taylor retired after 7 fast laps.
J. Goldsmith, 25 laps and 274M
J. Coventry, 26 laps and 300M
B. Hughes, 22 laps and 240M
G. Morgan retired after 10 laps
B. Hayres, 24 laps.
P. Bardill, 30 laps 223M
P. Smithson, 30 laps 249M

(a lap = 400M)

NEXT SUNDAY

Marathon Clubs one hour run with 30 minute run for veterans.

Warm up by 10 A.M. at McGILLIVRAY
9-30

CANADA

Still no results but competitors are drifting back with reports of a great time in Toronto.

3000M H'cap MCGallum 14.9.75

GARY BARTRAM 1st in 10min 35
D. Carr 11min 01
B. Hughes 13 26
G. Cavill 11 54
B. Hayres 12 34
B. Jones 13 15
J. Collins 14 25
G. Morgan 14 12
J. Coventry 12 05

J. Goldsmith 12 49
M. McDonald 12 49
J. Keep Retired
B. Taylor 15 39

W.A. ATHLETES & BUSINESSMENS GROUP

Fred Stewart recently came down to training (he's a member you know) and explained that the above group will act as a promotional committee to strengthen athletics in W.A.

They will not waste your tenner and might do a lot of good. See form Below.

BOTH B IDGES AND MILL PT ROAD 24.9.75

BOB HAYRES FIRST IN 45 minutes
Then J. Collins 48min 27
Bill Hughes 48 27
G. Morgan 46 00
J. Goldsmith
D. Carr 41 41
J. Coventry 41 15
B. Taylor 55 00

1500m track McCallum 24.8.75
Hughes 6min 13, McDonald 5.24
Collins 6.06, Goldsmith, 5.39
Morrissey 5.46 Carr 4.49 Coventry 5.05

WED 3rd Sept 10000M MCGILLIVRAY
(Marathon Club)

(Jim Langford ran 29min 19.2)
G. Bartram 35 min 36
Carr 36.53 Collins 49.13
Hughes 48.13 McCabe 38.46

7.9.75 River and Mill pt (No bridges)
Carr 38min 30
Goldsmith 38.42
Morrissey 38.51
Hayres 39.26
McDonald 40.32
Hughes 42.58
Jones 43.30
Collins 44.45
Keep retired

PROGRAMME

Sunday 30th Sept 10 a.m. MCGILLIVRAY
Sunday 5th Oct 6.15 a.m. RELAY
Sunday 12th " McCALLUM

Send \$10 with this

W.A. VETERANS ATHLETIC CLUB.

October 23rd 1975.

WORLD RECORD TO JOHN GILMOUR

Last night a large crowd cheered John Gilmour onto a world record 9 min 22.8 sec for 3000M. He was competing in Canning Districts invitation meeting at Perry Lakes. Gary Bartram was second in 9min 45.8, 30 seconds better than he has done before. David Carr's 10min 26.8 was also a personal best. Other runners were not timed but Alan Merrett, Jim Coventry, George Cavill, Bob Hayres, Garnet Morgan, Bill Hughes Keith McDonald and Jack Collins showed the strength of the club.

The 200M for veterans went to Carr, from Dave Jones and Hayres. Jones showed good dash in the mid part of the race and ~~now~~ make excellent times on the track this season.

Canning are to be congratulated on the enterprise shown in staging the meeting, in bringing Boyle, Mitchell and Wardlaw to W.A., and for providing two veterans events.

PINJARRA RUN 54 miles

We fielded ten runners, most of whom ran three two-mile legs. There was very little fall off in times as the day progressed, showing that we are fit or that we climbed onto flatter terrain, or that we were anxious to get it over.

Our total time was six hours, one min and 59 secs. That was about an hour and a half behind the leaders.

Next year we will have a time to beat and can look forward to another day out with picnic and swimming at the end

The latest Veteris is out. Cost is six dollars per year and this periodical is highly recommended.

SPELLED

We have just had two weekends without competition. The idea was to rest, jog and talk around the river islands and new parklands around the Narrows interchange. The latter (8 miles?) must have seemed harder than a race for some.

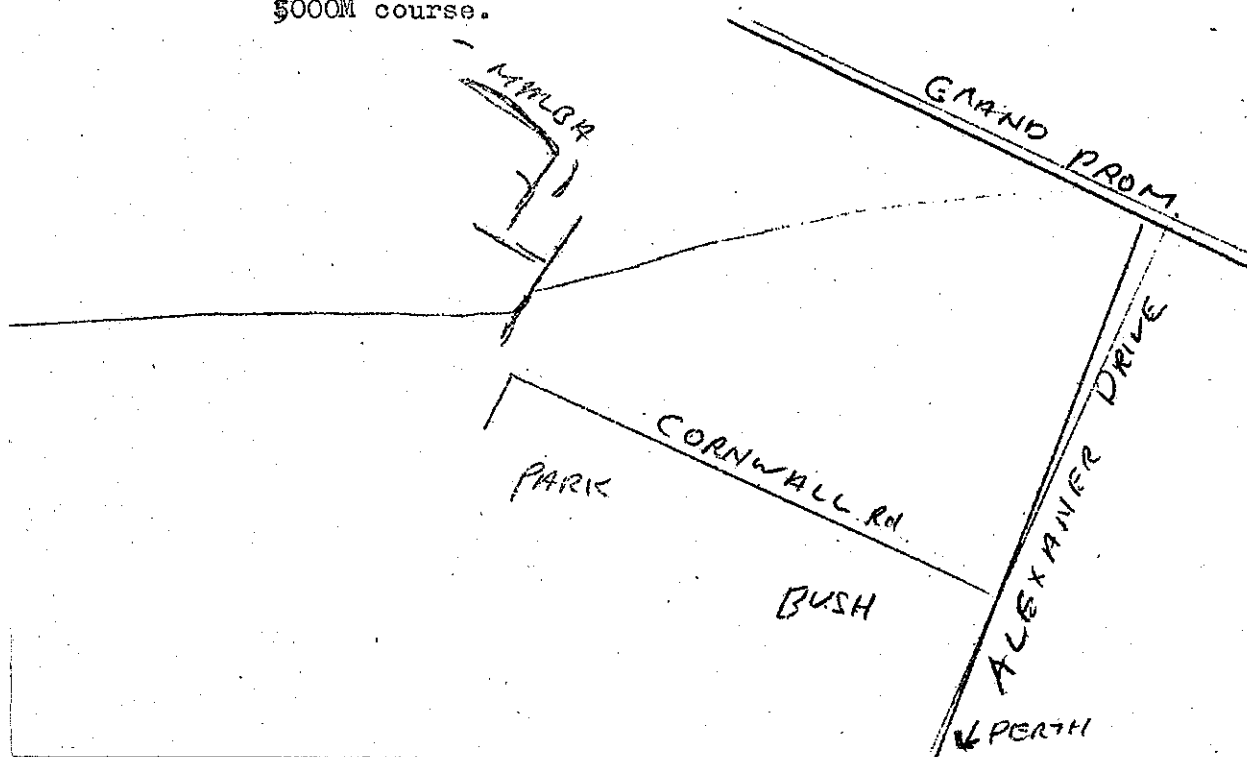
Perry Lakes season starts on November 1st. Events for veterans each Saturday.

SUNDAY NOVEMBER 2nd.

9.30 a.m. for a 10 a.m. start.

Run and drinks at Carr's. Wives welcome (maybe even run?)

37 Malba Crescent DIANELLA ph 762885, thence to Cornwall-Creswell Reserve.
\$000M course.



13th November 1975

WORLD MASTERS

Full results of Toronto events are in the current issue of The Veteran Athlete (copies from Cliff at 30 cents). Note that John Gilmour would have won the 800M by ten seconds had he run. He could have won the 1500M by about 20 secs. You can not run in all events! He did win the 3000 by about 50 secs and the 5000 by 44 seconds. Likewise, Dick Horsley's closest rival in the 5000M walk was about 5 minutes behind (in the 25K he won by 11 mins)

8.11.75 ROUND THE BRIDGES AND MILL PT RD 10K APPROX

Dave Clark was given the back mark but won well. He is extremely fit and turns 35 in January.

1st Dave Clarke	38min 56	and Taylor	59.51
2nd Jim Coventry	40 23	Collins	51.40
3rd Rob Shand	42 19	Morgan	49.26
4th Paul Morrissey	44 16	Hughes	retired
		Jones	50.29
		McDonald	61.11
		Hayres	51.16
		Cummings	51.42
		Carr	49.02

Dave won a Masters T shirt donated by Dick Horsley, who watched the race. Cliff was there too. John Goldsmith was nursing an injury, and Gary Bartram was recovering from Saturday at Perry Lakes.

2.8.75 5000M approx at Carr's

Rob Shand has done his training on a treadmill, working at six minute mile pace. That is about what he did in this event.

1st Rob Shand	19 min 36	and Morgan	28.04
2nd Jack Collins	23 28	Hughes	23.18
3rd Bill Taylor	23 43	Jones	21.54
4th Jim Coventry	18 47 27 (fastest)	McDonald	21.23
		Hayres	21.11
		Cavill	18.33
		Carr	18.32

26th Oct McCALLUM 3K on grass.

1st Clarkd	10.47 (Fastest)	and Morgan	14.04
2nd Hayres	12.25	Jones	13.45
3rd Hughes	13.14	McDonald	13.17
4th Bartram	10.56	Coventry	11.53
		Cavill	12.01

AT PERRY LAKES

The season opened on Saturday 1st Nov. Gilmour ran 1min29 which is .9 sec outside his world record for 1500M. Cavill walked 3000M in 15.49 which is his best by 20 seconds. Jim Smith walked a personal best of 16.01. In the Veterans sprint: Carr 12.3 secs, Jones 12.6, Goff 13.2 (for 100M)

Noel Goff: L/J 5.17M, Jav 25.68M, shot 9.17M

On Sat 8th 200M Carr 26 secs, Robin Johnson 26secs, Dave Jones 26.5 secs.
800M Gilmour 2min 14.7, Carr 2min 15.1
5000M Gary Bartram (time was about 17min 30)

ON THE LONG WEEKEND AT THE END OF JANUARY THE SOUTHWEST CHAMPIONSHIPS ARE HELD.
(SUNDAY AND MONDAY)

THERE IS A FULL RANGE OF EVENTS FOR VETERANS. Last year John Butts and David Carr. and Jim Smith were there. HIGHLY RECOMMENDED.

12th December 1975

GILMOUR..... W.A.'s TOP SPORTSMAN

John Gilmour is the W.A. Associated Sporting Committee's Sportsman of the Year.
The committee put it this way:

The lifetime commitment to athletics by John Gilmour,
and his involvement in administration and coaching,
makes him an extraordinary example to other sportsmen
and illustrates a dedication found in few people. "

AUSTRALIAN CHAMPIONSHIPS

Easter 1976 BRISBANE. The Queenslanders are getting ready to stage the championships. We expect entry forms soon. So far five W.A athletes have indicated that they will be there. This year, the Commonwealth refunded part of fares to clubs participating in the Adelaide championships. Future policy will be known 8 p.m. tomorrow.

Easter 1977, PERTH. This should result in about 100 W.A veterans competing with our Eastern States visitors. We will have a full range of events for each age division.

GROWTH OF VETERAN MOVEMENT

The W.A.A.A.A has over 60 registered athletes who are over the age of 35. South West, Albany and Kalgoorlie have veterans (men and women) competing regularly.

W.A. Veterans Athletic club financial members are:

Dave Clark	Bill Hughes	Golin Junner
Merv Moyle	Jim Coventry	Tony Morton
George Innes	Paul Morrissey	Noel Goff
Stan Lockwood	George Cavill	Kevin Green
Peter Williams	Garnett Morgan	John Grant
Jack Collins	Bob Hayres	Stan Morrissey
Alec Cummings	Jim Smith	Brian Lewis
Rob Shand	John Goldsmith	William Lewis
John Horwood	Keith McDonald	Mike McGann
Garry Bartram	Cliff Bould	Peter Gare
David Jones	Fred Stewart	Ross Calnan
Jim Keep	Dick Horsley	David Carr.

(Membership fee is \$2 plus Association fees where applicable.)

SOUTH WEST CHAMPIONSHIPS

BUNBURY Sunday 25th January
Monday 26th January (Public Holiday)

There will be a programme of veterans events on each day: all distances, hurdles, jumps, throws, and womens over-25 events.
No meeting at McCallum on Sunday 25th.

Entry forms from Perry Lakes on Saturdays, or from David Carr or Dave Jones.

As before, the South West will have a well attended and well-run championship meeting.

NEW (FST
NEW (FAST) MEMBERS

Peter Gare runs 400M in about 51.5 secs. Dave Clark is faster than Bartram.
George Innes is faster than Dave Clark

W.A. VETERANS ATHLETIC CLUB

26th December, 1975

GILMOUR

Following his selection by the W.A. Associated Sporting Committee as "Sportsman of the Year" John Gilmour has received another honour by being named winner of the International Veterans' Association's world track and field award for the 55 to 60 age group.

He was nominated for the award by the U.S.A. and Australia for his performances in international competition this year which included winning the 1500, 5000 and 10000m titles at the U.S.A. Veterans Championships, and also the 3000m (in record time) and the 5000m at the World Championships in Canada.

SATURDAY COMPETITION AT PERRY LAKES

Veterans turning up on Saturdays to Perry Lakes to the Interclub Competition have, as reported previously, been having difficulty in getting a race in any event other than those specifically for veterans. As these are:- 100m, 1500m and 400m in No.1 programme and 1500m walk, 200m and 110m hurdles in No. 2 programme, it means that events like 800m, 3000m and 5000m, which would attract veterans, are barred to them due to the rules of the W.A. A.A.A.

So that the full range of events are available to them, a number of veterans have joined other athletic clubs among whom are:-

George Cavill	is also a member of	Melville Districts
John Gilmour	" " " "	" Canning Districts
David Carr	" " " "	" " "
Rob Shand	" " " "	" University
Peter Williams	" " " "	" "
Ross Calnan	" " " "	" Northern Districts

NEW MEMBERS

Welcome to new members Jim Green on 13.12.75 and Des Reid on 21.12.75.

13.12.75 HEALTHWAYS COURSE

A pack run was held over a 9400m course starting from Healthways in Selby Street, Osbourne Park and running along Herdsman Parade to Dodd Street, along the North Shore of Lake Monger to Anzac Road and on to Oxford Street where a sharp left turn was made down Oxford Street to Vincent Street for the home straight along the Southern Shore of Lake Monger and back to Healthways.

Those taking part were:-