

6th January, 1976

28.12.75 McCALLUM

100 Meters

1st David Jones 14.0 sec.

Also ran.

Merv Moyle, Bill Hughes and Alec Cummings.

400 Meters

1st Jim Coventry 64.0 sec.

Also ran.

Alan Merritt, David Jones, Jack Collins, Bill Hughes
George Cavill and Bill Taylor.

400 Meters Walk

1st Alec Cummings

2nd David Jones

3rd Paul Morrissey and Jack Collins

Also walked.

Bill Hughes, Des Reid, Noel Goff and Bill Taylor.

1500 Meters

1st Alan Merrett 5 min. 0.5 sec.

2nd Jim Coventry 5 min. 0.7 sec.

3rd George Cavill 5 min. 41.0 sec.

4th Merv Moyle 6 min. 0.2 sec.

5th Bill Hughes 6 min. 58.0 sec.

Field Events were also participated in - shot, javelin and discus.

Cliff Bould, John Gilmour and Rob Shand were also at the track but did not participate.

CLIFF BOULD seldom misses Sunday morning meetings, and although he is not participating in the races at present, he is training for future competition.

As former British Olympic Team physiotherapist, (he wrote a book on the treatment of injuries 15 years ago) he has recently written an article entitled "Self Treatment of Achilles Tendon Soreness". This will appear in the next issue (No.23) of THE VETERAN ATHLETE so ensure that you get the Jan/Feb. 1976 issue when it comes out.

W.A. VETERANS ATHLETIC CLUB

22nd January, 1976

VETERANS' PERFORMANCES 6th - 21st. Jan. 19767th January, 1976 TWILIGHT MEETING AT MCGILLIVRAY

10.000 meters - John Gilmour ran 34 mins.05 secs., David Clarke 37 mins.56 secs. and Alan Merrett 37 mins.50 secs.

10th January, 1976 INTERCLUB AT PERRY LAKESTriple Jump

Noel Goff broke the Australian Veteran's Record for Group 2B (55 - 59 years) with 11.46 meters (37'.7 $\frac{1}{4}$ ").

Discus

Noel Goff and Alec Cumming competed throwing 25.06 meters (82'.25/8") and 19.66 meters (64'.6") respectively.

800 meters

George Cavill ran in the D Grade in approximately 2 mins. 25.0 secs.

5,000 meters

Unfortunately the "clash" between two of the world's leading veteran distance runners did not take place as Jack Ryan of Victoria pulled a calf muscle at McGillivray on 7th January and could not compete. John Gilmour finished 5th in 16 mins. 34.8 secs., about 200 meters behind the winner (M.Hill 15 mins.44.6 secs.)

1,500 meters walk George Cavill came 5th in 7 mins.20 secs.

11th January, 1976 McCALLUM4,000 meters walk/run relay

Those present were divided into teams of two, the first named to walk 1,000 meters, second named to run 1,000 meters then first named to run 1,000 meters and second named to walk 1,000 meters to finish. The results were:-

Bill Taylor and Don Walters	20 mins. 22 secs.
Alec Cummings and Keith McDonald	20 mins. 30 secs.
Bob Hayres and David Jones	20 mins. 58 secs.
Bill Hughes and Dave Clarke	21 mins. 31 secs.
Jack Collins and George Innes	21 mins. 35 secs.
Dick Horsley and Brian (non member)	21 mins. 57 secs.
Des Reid and George Cavill	22 mins. 05 secs.
Rob Shand and Merv Moyle	22 mins. 10 secs.

18th January, 1976 McCALLUM

Jones Course 5,000 metres.

Alan Merrett and Jim Coventry were given back mark both with a 9 mins. 15 secs. handicap. Don Walters came in first and the results were as follows:-

	handicap	clock time	actual	previous time 23.11.75
1. Alan Merrett	9m.15s.	25m.35s.(3)	17m.20s.....	-
2. Jim Coventry	9m.15s.	26m.50s.(11)	17m.35a.....	19m.30s.
3. George Cavill	8m. 0s.	25m.45s.(8)	17m.45s.....	19m.27s.
4. Don Walters	6m. 0s.	23m.52s.(1)	17m.52s.....	-
5. Dick Horsley	6m.30s.	25m.35s.(3)	19m.05s.....	-
6. Alec Cummings	6m.15s.	25m.39s.(7)	19m.24s.....	22m.03s.
7. Bob Hayres	7m. 0s.	26m.27s.(9)	19m.27s.....	-
8. Rob Shand	7m.30s.	27m.15s.(12)	19m.45s.....	18m.50s.
9. David Jones	5m.30s.	25m.20s.(2)	19m.50s.....	21m.15s.
10. Garnett Morgan	5m.15s.	25m.37s.(6)	20m.22s.....	-
11. Jack Collins	3m.30s.	25m.36s.(5)	22m.06s.....	23m.58s.
12. Keith MacDonald	5m.45s.	29m.48s.(13)	24m.03s.....	21m.04s.
13. Des Reid	scratch	26m.25s.(16)	26m.25s.....	-

Merv Moyle was nursing a heel and achilles tendon injury and Paul Morrissey unfortunately arrived too late to compete. It was Rob Shand's first competitive run after pulling a hamstring four weeks ago. Cliff Bould completed his training before the run and kept times and recorded results. Stan Lockwood and John Gilmour were training.

21st January, 1976 TWILIGHT MEETING AT MCGILLIVRAY

A quadrangular meeting.

An open 5,000 metres was run in which veteran John Gilmour participated, finishing 9th with a new W.A. Record with a time of 16 mins. 917 secs. (The world record is 16 mins. 2.7 secs.) The race was won by M. Hill in 14 mins. 58.8 secs.

John Gilmour's previous 5,000 metres at Perry Lakes on 10th January was 16 mins. 34.8 secs.

25th & 26th January SOUTH WEST CHAMPIONSHIPS

Entries at Bunbury that we know of include David Carr (who advised before he went on holiday that he was entering everything)

Stan Lockwood	100 metres	200 metres	400 metres.
John Gilmour	800 metres	1,500 metres	
Bob Hayres	800 metres	1,500 metres	
George Cavill	3,000 metres	walk	
Alec Cummings	3,000 metres	walk, discus & shot	put
Jim Smith	3,000 metres	walk	
Noel Goff	100 metres	& field events.	

Dick Horsley will be going down as a spectator.

5th February, 1976

SATURDAY 24TH JANUARY INTERCLUB AT PERRY LAKES

		<u>Winning Time</u>
<u>800 metres</u>	John Gilmour ran 2 mins.13.3 secs. in his fastest time this season.	
<u>1,500 metres walk</u>	Alec Cummings came second. in 8 min 4 sec.	7 min.12.8 secs.

SUNDAY 25TH JANUARY AT McCALLUM

Members not participating in the South West Championships came down to McCallum on a hot morning for a training session. No events were held. Those participating in the training session were Cliff Bould, Jack Collins, John Gilmour, Garnett Morgan, David Jones, Don Walters, Jim Green and Rob Shand.

SOUTH WEST CHAMPIONSHIPS - CAPEL

As promised, David Carr participated in just about everything and did well to gain places in six events. Congratuations to record breakers Ross Calnan (200m. & long jump), George Innes (1,500m. steeple chase) and George Cavill (3,000m. walk).

FIRST DAY, SUNDAY 25TH JANUARY, 1976

		<u>Winning Time/Distance</u>
<u>200 metres</u>	1. Ross Calnan (record) 2. David Carr	26.1 secs. 26.4 secs.
<u>800 metres</u>	1. J. Rowlands (record) 2. David Clarke 3. George Innes 4. Bob Hayres	2m.10.8 secs. 2m.13.4 secs. 2m.19.0 secs. 2m.25.0 secs.
<u>1,500 metres steeplechase</u>	1. George Innes (record) 2. David Clarke 3. J. Rowlands	5m.05.6 secs. 5m.19.0 secs. 5m.45.3 secs.
<u>3,000 metres walk</u>	1. George Cavill (record) 2. Jim Smith 3. Alex Cummings	16m.16.2 secs. 16m.38.0 secs. 17m.21.7 secs.
<u>Long jump</u>	1. Ross Calnan (record) 2. P. Smith (Bunbury) 3. D. Ryan	5.3m.(17'5") 4.95m.(16'3") 4.66m.(15'3½")
<u>Pole vault</u>	No results published	
<u>Javelin</u>	1. P. Smith (Bunbury) 2. D. Ryan 3. Alex Cummings	25.58m.(77'4") 23.02m.(75'5¼")

W.A. VETERANS ATHLETIC CLUB

12th February, 1976

WORLD over 50 3000 metre RECORD TO GILMOUR.

At the twilight meeting at Perry Lakes last night, John Gilmour ran 3000M in 9min 20 secs. He broke his own over 55 record (9min 22.8) and Theo Orr's over 50 record (9min 22.3 secs).

His lap times were 35 secs (half lap)

71
76
74
78
78
77
72

Well done John.

Another good performance was that of Peter Gare, aged 35+ who ran 400M in 50.8 seconds. He is expected to go to Brisbane for the Australian Veterans Championships in April (Easter).

David Carr ran 100m in 12.3 and 400m in 55.6.

Ross Calnan ran 100m in 12.6 secs.

Meanwhile Alex Cummings was in the W.A. Walkers Clubs 3000M on the other track.

FLOREAT RUN

On Sunday 22nd February we will meet at 9.30 a.m. for a 10 a.m. start at Floreat Beach car park. Inspiration and course by Bob Hayres.

AND Bill Hughes' place on ~~March 14th~~ *Feb 26th* *Bob 5)* ~~PROBABLY~~. Details later.

Wed 4th Feb. Walkers Club. 2000m

Jim Smith 10min 20

Dick Horsley 10min 39

Alex Cummings 11 min 3

Sat 7th Feb Perry Lakes Interclub.

1500M WALK 3rd Jim Smith 7min 42 secs

4th Alex Cummings 8min 10 secs

200M

Carr 25.6

Williams 26.0

Calnan 25.9

Gare 23.5

800m Carr 2min 19.9

5000M Gilmour 16min 45.8

W. A. VETERANS ATHLETIC CLUB

26th FEB 1976

CITY BEACH RUN 22.2.76

Bob Hayres planned and measured an 8K course which included Reabold Hill.

Alan Merrett won the handicap event convincingly from Bob and Dave Jones.

Actual times were:

Collins	43	min 48.
Hughes	45	30
McDonald	46	45
Jones	38	44
Horsley	38	47
Cummings	39	53
Morgan	40	04
Hayres	37	52
Waters	36	34
Monagle	36	40
Coventry	40	40
Carr	40	40
Shand	35	44
Cavill	36	03
Merrett	34	00

(Peter Menagle has recently arrived from Victoria.)

TWICE ROUND THE DAVE JONES CIRCUIT 15.2.76

Garnett Morgan won it from Jack Collins and Dave Carr. Actual times were:

Jack Collins	21	min 43
Stan Lockwood	22	10
Garnett Morgan	19	32
Bill Hughes	20	55
Keith McDonald	22	53
Dave Jones	19	25
Bob Hayres	19	27
Alex Cummings	24	03
Rob Shand	17	24
Dave Carr	17	00
Don Waters	17	42
Jim Coventry	21	10
George Innes	15	49

George's run was great and we have yet to see just how good he is. His first lap took 7min 55 and the second was covered in 7min 54. Who else can run so evenly? Jack, whose split was 10min 50 / 10min 53. All other runners took significantly longer to run the second lap.

STATE CHAMPIONSHIPS

The high standards did not daunt the vets who were often seen trailing along behind their betters. Len Vlahov, who on his seventeenth consecutive discus title would not think of himself as a veteran.

Peter Gare ran 50+ secs for 400M. This follows his 50.8 secs at a recent twilight meeting. He should be able to break 50 seconds in Brisbane in the 35 to 40 years event.

Ross Calnan ran 24.9 secs for 200M and Peter Williams did 25.4 for the same event.

Phil Smith came up from Bunbury to gain second place in the Pole Vault. (Incidentally Phil has sent up full vet results for the S.W. Championships - D. Carr has them.)

Noel Gough triple jumped 11.08M

John Gilmour's 10K time was 34 min 41

WALKERS CLUB 2400M 18.2.76

Cummings	12	min 54
Horsley	12	57
Smith	12	30
Davey	11	46 (non-vet)
Cavill	13	06

PROGRAMME

SUNDAY Feb 29th 3K McCALLUM
SUNDAY Mar 7th WANAROO 6 a.m.
SUNDAY Mar 14th MIDLAND FOR FIFTY
DOLLAR TROPHY, AFTERNOON
Entries due now.
Sunday Mar 21st FUN RUN 9 a.m.
SUNDAY March 28th BILL HUGHES PLACE

URGENT MIDLAND ENTRIES

As the race is a handicap, you must enter now so that marks can be worked out and programmes printed.

TWILIGHT LAST NIGHT

Rob Shand and Dave Carr had a great battle in the 3000M, with the latter coming in 4 secs in front. As next Sunday's event is over the same distance, Rob can expect 4 seconds start

CONGRATULATIONS TO NOEL AND MRS GOFI
ON THEIR WEDDING ANNIVERSARY (PEARL)

22nd March, 1976.

FUN RUN

It was good to see so many vets in the fun run field yesterday. The 12K did not worry many, but the heat did. It seems unreasonable to have such a race in March. Those 2000 runners would have more fun in July.

There were a handful of quite fast veterans that are unknown to us. Best of these was an ex-Victorian, aged 50. (Duff or Duffy). He ran the distance in about 50 minutes, in 60th position.

John Gilmour was 7th in 41 min 51 secs, which is about a mile every 5 1/2 minutes. We had not seen Col Junner for ages, but he was there and did about 45 minutes. Club members gained three of the medals: John for 7th, John in the winning team and David Carr in the Parent & child (Peta)

Dave Clarke was running well until he was forced to withdraw through injury. Our Class 3 runners, Jack Collins and Dick Horsley can not obtain much recognition as neither can be "oldest to finish". Perhaps we should make a few suggestions when next year's event is being planned.

THIS TIMES.		Position 2000 or 2005	LAST YEAR	
Paul Morrissey	58 min 01	175th	56 min 13	
Jack Collins	64 45	237th	65 56	
George Innes	45 50.2	21st	53 +	
Garnett Morgan	60 15	200th	58 41	
Wally McCabe	50 30	69th		
Alex Cummings	60 34	207th	57 34	
John Gilmour	41 51	7th		
Nerv Moyle	59 16	190th		
Bob Hayres	58 50	182nd	59 27	
Keith McDonald	63	220th	65 24	
Jim Smith	55 11	135th		
Col Junner	45 approx	15th	45 40	
Rob Shand	47 41	39th		
Dick Horsley	57 37	157th	53 08	(About 200 finished in the first hour)
David Carr	49 54	55th	50 53	
John Fatter	45	15th		

Bill Hughes arrived back from England in time to run but was ill. He invites all members and families to run and swim at his place, 8 Brown Ave Attadale on Sunday next.

THE WESTRAL 3000 14.3.76

The official result sheet explains that Midland club gained first, second and third placings without unfair handicapping. For instance, the winner, Dean Maxwell had never raced longer than 800M (and very slowly at that).

Nine veterans competed. The section was won by John Gilmour, though we had handicapped him severely.

Gilmour	9 min 53	Jim McCaulay is a much better runner
Shand	11 08	than that. He came up from Albany
Cavill	11 18	for the event.
Innes	10 18	
McCabe	11 57	
Morgan	13 09	
Carr	12 04	
McCaulay	13 27	
Collins	15 06	

IF THE COOL OF THE NIGHT.

10.3.76 Rob Shand and David Carr had a close look at some good running at the twilight meeting at Penry lakes. In the 1500, Phyllis Lazarakus ran an Australian record (unofficial). Nearly half a lap behind, Carr 4 min 40 and Shand 4 min 43. In the 3000M, Gaylene Clows ran 2min 47 (Australian age best). In the same event, Carr 10min 29, Shand 10 min 33.2 .

4.3.76 Twilight , McGillivray. 8000R (5 miles)

JOHN GILMOUR	27 min 02	(previous best in the world by a 55 year old was about 33 seconds slower)
George Innes	28	29
Rob Shand	30	48
David Carr	30	23

9th April, 1976

NL33

28.3.76

BILL HUGHES COURSE.

The host bolted in. Carr second. Shand third.

Welcome to Dave Hough, Dennis Morgan, and Gordon Westlake.

Times were:

Collins	34	min 14
Morgan	42	58
Hughes	29	27
McDonald	31	57
Jones	30	15
Hayres	30	54
Morgan	29	29
Westlake	32	54
Moyle	30	25
Hough	26	27
Carr	25	22
Coventry	38	35
Shand	24	53

George Innes had competed with Marathon Club that morning.

Our thanks to Bill and Sheila for a great day.

Dave Jones ran 59 min 3 secs in the Fun Run

4.376

TWICE ROUND THE DAVE JONES COUSE

Won by Gordon Westlake, from Dick Horsley and Bill Hughes.

Times were:

Westlake	20 min 39
Collins	21 37
McDonald	22 23
Hughes	19 12
Horsley	18 11
Jones	19 23
Morgan	19 18
Morrissey	19 20
Oliver	18 38
Hough	18 21
Cavill	17 17
Coventry	20 17
Shand	15 49
Carr	16 23
Innes	15 40
Merrett	16 21

Welcome Bernie Oliver.

COMING EVENTS

Sun 11th April	McCALLUM	ROUND THE BRIDGES
Sun 18th "	McCallum	(John , David, George and Cliff in Brisbane)
Sun 25th "	"	(But also ALBANY EVENTS
Sun May 2nd	MUNDIJONG	HALF MARATHON 8.a.m
	Assemble near Shire hall (start 1000m up Hall St)	

W. NL34

VETERANS ATHLETIC CLUB

23rd April 1976

Change of time. Marathon and half marathon 2nd May. STARTS 9 a.m.

Map of course available from Rob Shand.

WAAAA cross country season opens Saturday May 1st at Trinity playing fields
Hanning.

AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS.

BRISBANE, EASTER.

John Gilmour starred, with 4 wins in good times. George Cavill won his
steeplechase.

Some highlights: Queenslander G. Vickers, 55+ 100m in 19.2 secs
on one leg.

Hillard (80+ yrs) 54 min 57 for 10000m

Cavill placed in 7 events including sprints, distance events,
steeple and walk.

Sit down dinner for about 3000 people.

Approval for W.A. to hold championships next Easter.

Great hosts and Gold Coast hospitality for John and David.

Smooth programme. Well organized.

Fifty per cent more entries than anticipated.

Every competitors place and time or distance printed and
duplicated 30 mins after the last race.

FULL RESULTS FROM JOHN, DAVID, CLIFF, OR ROB.

W.A. results:

Gilmour: won 800m 2.12.9, 1500m 4 min 42.2 secs, 10000 34 min 19
5000m 16 min 40.4 secs

Carr 100m 4th 11.8 secs, 200m 4th 24.7 secs, 400m 3rd 55.2 secs
800m 3rd 2min 11.1

Care Second 200m 23.5 secs second 400m 52.2 secs

Valman unplaced in 100m in 12.9 secs and 200m 26.2.

Bould 3rd 5000m 20 min 39.4 secs

Cavill 2nd 5000m walk 27min 46secs, 100m 4th 15.4 secs, 400m 2nd 66.3 secs
2nd 3000m walk 15min 49.4secs, WON 1500m steeple 5min 47.2secs

3rd 200m in 30 secs

APRIL, 1976

11th April, 1976BOTH BRIDGES AND MILL POINT ROAD

Some new faces appeared on Sunday and participated in the 10,000m course. The results were:-

	Class	Handicap	Clock Time	Actual Time	Previous Best This Season
Rob Shand	1A	11m.30s.	48m.54s.	37m.24s.	42m.19s. 9/11/75
George Innes	1A	14m.00s.	51m.48s.	37m.48s.	38m.06s. 1/ 2/76
David Carr	1A	10m.00s.	50m.45s.	40m.45s.	46m.32s. 1/ 2/76
David Hough	1A	6m.15s.	47m.10s.	40m.55s.	No previous run
Jeff Beament	-	10m.00s.	52m.58s.	42m.58s.	" " "
Dick Horsley	3A	6m.00s.	49m.38s.	43m.38s.	48m.23s. 1/ 2/76
Garnett Morgan	2A	5m.25s.	50m.59s.	45m.34s.	48m.32s. 1/ 2/76
Dave Jones	2A	5m.00s.	51m.48s.	46m.48s.	47m.15s. 1/ 2/76
Jim Coventry	1A	5m.00s.	52m.12s.	47m.12s.	40m.23s. 9/11/75
Jack Collins	3B	scratch	50m.46s.	50m.46s.	51m.24s. 4/ 1/76
Keith MacDonald	1A	"	51m.08s.	51m.08s.	50m.43s. 4/ 1/76
Graham Bedells	PV	"	52m.35s.	52m.35s.	No previous run

Rob Shand and George Innes' times of 37m.24s. and 37m.48s. were the first times this season that 38 minutes had been broken for the course. Previous times in the 38 minutes this season were Dave Clarke 38m.56s. (9/11/75), Jack Ryan 38m.32s. (4/1/76) and George Innes 38m.06s. (1/2/76).

At the same time in a 7,500m scaled handicap race held by the W.A. Marathon Club in Kings Park, John Gilmour recorded the fastest veterans' time of 26m.27.02s. and George Cavill with a handicap of 4m.30s. came second with a time of 30m.25s.

18th April, 1976 (Easter Sunday)

While John, Cliff, David and George were battling with the Eastern States' Athletes in Brisbane, a pack run with no handicap was run as training round Mill Point Road and both bridges.

Rob Shand and Dave Hough took approximately 42 minutes followed in by Dave Jones (46m.55s.), Bill Hughes, Keith MacDonald, Jack Collins (51m.34s.), Alex Cummings and Bob Hayes.

Dick Horsley was at McCallum but did not participate.

25th April, 1976 (Anzac Day)MILL POINT ROAD AND BOTH BRIDGES

David Carr came in first 10 seconds in front of Rob Shand with Garnett Morgan 5 seconds later.

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The results were as follows:-

	Class	Handicap	Clock Time	Actual Time	Previous Best This Season
Rob Shand	1A	11m.30s.	50m.03s.(2)	38m.33s.	37m.24s. 11/4/76
David Carr	1A	9m.00s.	49m.53s.(1)	40m.53s.	40m.45s. 11/4/76
David Hough	1A	9m.00s.	50m.14s.(4)	41m.14s.	40m.55s. 11/4/76
Garnett Morgan	2A	5m.00s.	50m.08s.(3)	45m.08s.	45m.34s. 11/4/76
Dave Jones	2A	5m.00s.	51m.15s.(5)	46m.15s.	46m.48s. 11/4/76
Bob Hayres	1A	5m.00s.	55m.48s.(7)	50m.48s.	46m.55s. 1/2/76
Jack Collins	3B	scratch	51m.38s.(6)	51m.38s.	50m.46s. 11/4/76
Bill Hughes	1B	5m.00s.	57m.14s.(9)	52m.14s.	48m.01s. 1/2/76
Keith MacDonald	1A	2m.30s.	55m.48s.(7)	53m.18s.	50m.43s. 4/1/76

Best times were recorded by Garnett Morgan and Dave Jones. The "opposite" direction of running the course presents Mill Point Road hill as a longer, though more gradual climb at a time when the runners are fresh.

SUBS. & REGISTRATION

Our season commences annually on 1st April. Subscriptions of \$3.50 are now due. This subscription includes issues of the VETERAN ATHLETE and should be paid to Jack Collins as soon as possible.

W.A.A.A.A. registration is \$4.00 and all veterans contemplating participating in cross country must have numbers displayed. Registration can be effected through Jack Collins who has forms.

ANALYSIS OF ACTIVE MEMBERS

David Carr has carried out an analysis of the average number of competitors in each three monthly period since the club began two years ago.

Three Months Ending	Veterans per Meeting
July 1974	= 10.5
October 1974	= 8.0
January 1975	= 10.0
April 1975	= 11.0
July 1975	= 10.0
October 1975	= 10.0
January 1976	= 12.5
April 1976	= 13.0

This analysis indicates that the veterans' movement has grown in 1976, which is a good sign, especially with the Australian Veterans' Championships scheduled for Perth in 1977 at Easter at which, being host club, we should have as many competitors as possible entered.

SPORTS PSYCHOLOGY LECTURES by Professor Richard Alderman for those interested are as follows:-

Monday 3rd May at 7.30 p.m. - FREE PUBLIC LECTURE

"The Psychology of Sportsmen and Competition" -
Ross Lecture Theatre,
Physics Department,
University of W.A.

Wednesday 5th May 7.30 p.m. to 9 p.m. - cost \$2

"Personality and Motivation Factors Influencing Sports Performance" -
Conference Room,
Perry Lakes Stadium,
Wembley

WINTER PROGRAMME 1976

The following are the fixtures as advised by the Marathon Club and for the Cross Country season from May to October 1976. The Veteran Club intends participating in as many of the fixtures as possible.

MC = Marathon Club CC = Cross Country RR = Road Race

DATE	EVENT AND VENUE	DISTANCE	STARTING TIME
MAY			
Sat. 1st	National Park Tea Rooms, Pack Run non-competitive informal run with bush track course through hills marked at various turning points. Athletes may determine individual distances run. Family bar.b.q. 3.45 p.m. facilities available; supply your own food.	CC	2.00 p.m.
Sun. 2nd	MC Marathon (or half Marathon) at Mundijong.	RR 26 ml. or 13 ml. Maps with previous newsletter	9.00 a.m.
Sat. 8th	Lord Mayor's sealed handicap Trophy at Trinity College Playing Fields, Manning Road, Manning <u>Terrain</u> ; Grass, limestone roads - shoes recommended	CC 8,000m (5 ml.)	3.00 p.m.
Sun. 9th	Veterans at McCallum		9.30 a.m.
Sun. 16th	State CC Championships and Regional Championships, Kings Park Playground Lake; May drive <u>Terrain</u> ; Scrub, sand and grass.	CC 8k (5 ml.)	2.30 p.m.

.4.

DATE	EVENT AND VENUE	DISTANCE	STARTING TIME
MAY			
Sat.22nd	Midland National Park Handicap, Brown Park, Salisbury Road, Swan View.	CC 10,000m (6.2 mls.)	3.00 p.m.
	<u>Terrain:</u> Bed of disused mountain railway and forest paths start/ finish 450m bitumen.		
Sun.23rd	M.C. Half Marathon: Gladys Street, Darlington.	13 miles	9.30 a.m.
Sat.29th	Kings Meadow Scratch Race: Kings Meadow Oval, Hill Street, Guildford	CC 6,000m (3.75 mls.)	3.30 p.m.
	<u>Terrain:</u> Flat grass, paddocks and obstacles.		
Sun.30th	Veterans at McCallum		9.30 a.m.
JUNE			
Sat. 5th	State Road Race: Caversham	RR 16k (10 mls.)	
Sun. 6th	Veterans at McCallum		9.30 a.m.
Sun.13th	Fremantle Town Hall - Perth Relay (Family Bar-B-Q)	RR	8.00 a.m.
Sat.19th	State Marathon - Herne Hill	RR 26 miles	
Sun.20th	Veterans at McCallum		9.30 a.m.
Sat.26th	Cottesloe Run Through	RR	
Sun.27th	Veterans at McCallum		9.30 a.m.
JULY			
Sat. 3rd	Ascot Race Course	CC Relay 6 x 2k (1.2 mls.)	
Sun. 4th	M. C. Founders 10 miles at West Australian Institute of Technology	10 miles	9.30 a.m.
	South West Association half marathon at Boyanup.	RR 13 miles	
Sat.10th	State 24k: Kings Park Restaurant	RR 24k (15 mls.)	
Sun.11th	Veterans at McCallum		9.30 a.m.
Sun.18th	South West Championships, Donnybrook	CC 10,000m (6.2 mls.)	
Sat.24th	State Cross Country at Perry Lakes	CC 10,000m (6.2 mls.)	

DATE	EVENT AND VENUE	DISTANCE	STARTING TIME
JULY			
Sun. 25th	Veterans at McCallum		9.30 a.m.
Sat. 31st	Australian Marathon Championships: Sydney	26 miles	
AUG.			
Sun. 1st	Veterans at Bob Hayres: 29 Robin Rd. RR Roleystone	8 miles	9.30 a.m.
Sun. 7th	State 10,000m Road at Kings Park (Family Bar-B-Q)	RR 10,000m. (6.2 mls.)	
Sun. 8th	Veterans at McCallum		9.30 a.m.
Sat. 14th	Canning Vale Relay	CC 4x5,000m (3.1 mls.)	
Sun. 15th	Veterans at McCallum		9.30 a.m.
Sat. 21st	State 12k at Byford	CC 12k (7½ mls.)	
Sun. 22nd	Veterans at McCallum		9.30 a.m.
Sat. 28th	City of Stirling Championships, Scratch Race	CC	
Sun. 29th	M.C. Woodbridge Race: Guildford	CC 8 miles	9.30 a.m.
SEPT.			
Sat. 4th	Channel 7 Relays, Nollamara	CC	
Sun. 5th	M.C. King of the Mountains at Mundaring Weir	CC 8 miles	9.30 a.m.
Sat. 11th	George Skeel's sealed handicap at Perry Lakes	CC 5,000m (3.1 mls.)	
	Australian 12k Championships, Hobart		
Sun. 12th	Veterans at McCallum		9.30 a.m.
Fri. 17th	M.C. John Gilmour 10,000m at McGillivray Oval	10,000m (6.2 mls.)	6.00 p.m.
Sun. 19th	Quadlathon at Tompkins Park	track	
Sun. 26th	Perth - Pinjarra Relay (Family Bar-B-Q)	RR	
OCT.			
Sun. 3rd	M.C. Mundaring to York Veterans entering teams	RR 40 miles	6.00 a.m.
Sun. 10th	Veterans at McCallum		9.30 a.m.
Sun. 17th	Veterans at McCallum		9.30 a.m.
Sun. 24th	M.C. One hour run at McGillivray Oval		9.30 a.m.

.6.

TRACK SEASON RECOMMENCES ABOUT END OCTOBER

Starting times, distances and terrain information for events after the end of May have not been received but will be included in future newsletters.

NOTE:

- (1) Any athlete can run in CC or RR events and veteran athletes do not have to be members of other clubs in order to compete.
- (2) It is suggested that for the 3rd October 40 mile road relay from Mundaring to York the veterans enter relay teams for groups 1A and 1B covering ages 40-49 and group 2A upwards ie. over 50 years.

NOTE:

The results in this newsletter are suffixed by a series of numbers and letters behind each name (1A, 2B etc.). These represent the veterans age classification as at 17.4.76 as follows:-

PVA 30-34	1A 40-44	2A 50-54	3A 60-64
PVB 35-39	1B 45-49	2B 55-59	3B 65-69
		4	70 and over

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W.A. VETERANS ATHLETIC CLUB

6th May, 1976

About 40 athletes turned out for the start of the W.A. Marathon Club's MUNDIJONG MARATHON at 9 a.m. on Sunday 2nd May. This included a good turn out of 11 athletes from the Veterans Club plus Wally McCabe running as an independent, and John Butts, both of whom are eligible but have not yet joined the club.

The Veterans' course was one circuit of 13 miles 193 yards (21.097 km).

Of those who started, five finished the complete 26 miles 385 yards (42.195 km) course and two of those are Veterans. The race was won by Graham Marsland of Y.M.C.A. in 2h.29m.28s.

The Veterans' results were:-

	Class	13 Miles (20.917 km)	Half Marathon (21.097 km)	Marathon	Previous time 17.5.75 for Half Marathon
John Gilmour	2B	1h.15m.35s.		2h.46m.10s.	1h.13m.54s.
George Innes	1A		1h.20m.31s.	-	No previous run
Rob Shand	1A	-	1h.22m.20s.	-	No previous run
(John Butts	-	1h.27m.16s.	1h.27m.56s.	-	No previous run)
David Hough	1A	-	1h.32m.30s.	-	No previous run
George Cavill	2B	-	1h.32m.38s.	-	1h.29m.20s.
David Carr	1A	1h.32.36s.	1h.33m.20s.	3h.36m.37s.	1h.41m.48s.
(Wally McCabe	-	-	1h.35m.30s.	-	1h.40m.30s.)
Garnett Morgan	2A	-	1h.39m.53s.	-	1h.47m.16s.
David Jones	2A	-	1h.41m.07s.	-	1h.47m.08s.
Bob Hayres	1A	-	1h.43m.45s.	-	1h.51m.37s.
Keith McDonald	1A	-	1h.45m.00s.	-	1h.55m.14s.
Bill Hughes	1B		2h.14m.22s.		No previous run

John Gilmour, on the eve of his 57th birthday, showed his athletic versatility by finishing fourth in the full Marathon in 2 hours 46m. 10s. - Compare this time with others in his class 2B in the world - George McGrath (Sydney) 2h.40m.44s., Tom Buckingham (England) 2h.54m.18s. and G. Anderson (Sweden) 2h.56m.11s. The time is however an age (56) world record.

David Carr is to be congratulated on completing the full distance in his first ever Marathon.

David Hough intended to run the full distance in bare feet but was forced to pull out after 15 miles.

Bill Hughes running sockless in new shoes ended up with a pair of "strawberry jam" toes which considerably slowed him up at the end of the race, but finished his longest ever run.

Jack Collins - our thanks to Jack for taking times and collating results.

The next opportunity to run a half marathon will be in three weeks time on 23rd May at Darlington.

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What has happened to:-

Garv Bartram last seen briefly at McCallum in March but not in running
cogs, Alex Cummings last seen on Easter Sunday in the bridges pack run,
David Clark last seen in the Fun Run, Denis Horgan and Merv Moyle last
 seen at Bill Hughes' in March, Stan Lockwood last seen at McCallum on
 15th February, Alan Merrett, Paul Morrissey, Bernie Oliver and Gordon
Westlake last seen on the bridges run on 4th April, Bill Taylor and
Peter Bolonsky last seen on the bridges run on 1st February, Don Waters
 last seen at the City Beach run on 22nd February and Des Reid last seen
 at McCallum on 11th January. We have also seen nothing of Kevin Green
 since the Healthways run on 13th December, 1975, John Goldsmith and
Jim Keep since even earlier on September 1975 and little of John Horwood.
Jim Coventry says he is still on the injured list.

If anyone is in contact with these veterans, every effort should be made
 to encourage them to come back to McCallum and join us again and become
 active members of the Club. Any new members are always welcome.

Noel Goff is in the Stirling Hospital at Mt. Yokine. He had a major
 stomach operation on Monday 3rd May which is reported to have been
 successful. Good wishes on behalf of the Club for his speedy recovery
 have been forwarded to the Ward Sister.

SATURDAY 8TH MAY 1976

The opening of the cross country season saw nine members of the Veterans Athletic Club participating in the LORD MAYORS TROPHY 8,000m CROSS COUNTRY at 3 p.m. at Trinity Playing Fields, Manning Road, Manning.

Conditions were dry but warm (about 24°C) and terrain was reported to be grass, limestone roads, but the mud and loose sand made the going tough.

79 competitors took part and the race was won by Jim Langford in 28 min. 01 sec.

The Veterans' results were:-

	Class	Time In	Handicap Added	Corrected Time	Place
John Gilmour	(2B)	30m.55s.	3m.30s.	34m.25s.	16
George Innes	(1A)	32m.32s.	2m.50s.	35m.22s.	30
Rob Shand	(1A)	32m.59s.	2m.50s.	35m.49s.	33
Alan Merrett	(2A)	34m.33s.	1m.45s.	36m.18s.	42
(Art Briffa	(1B)	34m.36s.	2m.50s.	35m.26s.	43)
(John Butts		35m.22s.	2m.28s.	37m.50s.	50)
David Carr	(1A)	35m.28s.	1m.00s.	36m.28s.	51
David Hough	(1A)	38m.40s.	2m.50s.	41m.30s.	66
(Bernie Oliver	(PV)				
N O T T I M E D					

At the same time four veterans were participating in the WALKERS CLUB 15 km Road Handicap at Kewdale with:

Dick Horsley	(3A)	winning in	1h.34m.25s.
Jim Smith	(1A)	with fastest time	1h.27m.05s.
Alex Cummings	(1B)	third	1h.38m.55s.
George Cavill	(2B)	fifth	1h.39m.21s.

SUNDAY 9TH MAY 1976

Seventeen veterans gathered at 9.30 a.m. to face the West Australian and Channel 9 photographers who were coming down for publicity photographs. The West Australian did not appear so Channel 9 got the "scoop", but unfortunately nothing came of it and the film has been archived for about a month.

Apart from those who participated in the 1,500 m events later, we thank Dick Horsley, George Cavill and John Gilmour for coming down to swell the ranks as well as Jack Collins for acting as timekeeper

After the festivities were over, we welcomed Art Briffa (1B), Ron Potter and Bernie Oliver (PV) to the gathering and were glad to see Graham Bedells, Jim Coventry and Paul Morrissey at the track and participating.

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Alan Merrett, who had been at the Cross Country Meeting the day before, had a previous (fishing competition) engagement and could not come down to McCallum.

Two 1,500 metres races were run to finish off the day and the results were:-

B. GRADE		Previous Best Time at McCallum	
Art Briffa	(1B)	5m.18s.	No previous run
Ron Potter	()	5m.29s.	" " "
Keith McDonald	(1A)	5m.31s.	5m.24s. 24/8/75
David Jones	(2A)	5m.33s.	No previous run
Bill Hughes	(1B)	5m.33s.	6m.13s. 24/8/75
Paul Morrissey	(2A)	5m.49s.	5m.46s. 24/8/75
Graham Bedells	(PV)	6m.01s.	No previous run
Jim Coventry	(1A)	Not timed	5m.05s. 24/8/75

The two "unknowns" showed the way but Keith MacDonald must have been doing some secret training and ran well. Jim Coventry tested his leg out with a devastating burst in the third lap and jogged home satisfied that he was on the mend. On this performance Art Briffa will be running in A Grade next time.

A. GRADE developed into a Carr/Shand battle, with determined David developing devastating drive to dash to a definite discomfit.

B. GRADE		Previous Best Time	
David Carr	(1A)	4m.47s.	4m.39.9s. 10/3/76 (Perry Lakes)
Rob Shand	(1A)	4m.48s.	4m.43.0s. 10/3/76 (Perry Lakes)
George Innes	(1A)	4m.56s.	4m.46.7s. 26/1/76 (S.W. Champs.)
Bernie Oliver	(PV)	5m.29s.	No previous run
David Hough	(1A)	5m.34s.	" " "
Bob Hayres	(1A)	Not timed	5m.20.2s. 26/1/76 (S.W. Champs.)

15th May, 1976 was a rest day this week for runners but the WALKERS' CLUB were out at Wireless Hill in a 12 k. handicap with George Cavill - first in 68m.34s.
Jim Smith - second in 64m.47s.
Alex Cummings - fifth

16th May, 1976

McCallum: Eleven Veterans turned out at 9.30 a.m. and it was good to see Bill Taylor back at the track.

We welcomed Joe Keeling who came down with Bill Hughes to start training and also Norm Snell.

The event of the day was TWICE ROUND THE DAVE JONES COURSE (approximately 4.6 k.) which was won by George Innes from Bill Hughes. The results were:-

Race Postn.	Class	Handicap	Clock Time	Actual Time	Previous Best
1	George Innes	1A	5m.00s.	20m.45s.	15m.45s. 15m.40s. 4/4/76
3	David Carr	1A	5m.00s.	21m.21s.	16m.21s. 16m.23s. 4/4/76
6	Norm Snell	PV	4m.45s.	22m.16s.	17m.31s. No previous run
8	Dave Hough	1A	4m.45s.	22m.28s.	17m.43s. 18m.21s. 4/4/76
4	Bob Hayres	1A	3m.00s.	21m.22s.	18m.22s. 19m.27s. 18/1/76 & 15/2/76
9	Garnett Morgan	2A	3m.30s.	22m.46s.	19m.16s. 19m.18s. 4/4/76
7	David Jones	2A	3m.00s.	22m.23s.	19m.23s. 19m.23s. 4/4/76
2	Bill Hughes	1B	0m.45s.	20m.52s.	20m.07s. 19m.12s. 4/4/76
10	(Peta Carr by invitation)	-	3m.00s.	23m.08s.	20m.08s. -----
5	Jack Collins	3A	scratch	21m.39s.	21m.39s. 21m.37s. 4/4/76
11	Bill Taylor	1B	scratch	23m.18s.	23m.18s. No previous run

The warm (18°C) sunny firm conditions after two days of rain appeared to be good as David Carr, Dave Hough, Bob Hayres and Garnett Morgan all ran their best times for the distance and David Jones equalled his best.

Lap times were as follows:-

	1st Lap		2nd Lap
Innes	8m.19s.	+	7m.26s.
Carr	8m.27s.	+	7m.54s.
Snell	8m.57s.	+	8m.34s.
Hough	8m.53s.	+	8m.53s.
Hayres	9m.05s.	+	9m.17s.
Morgan	10m.01s.	+	9m.15s.
Jones	8m.39s.	+	10m.44s.
Hughes	10m.12s.	+	9m.55s.
P. Carr	10m.22s.	+	9m.44s.
Collins	10m.46s.	+	10m.53s.
Taylor	10m.48s.	+	12m.30s.

Note the even lap times run by Dave Hough and Jack Collins. Rob Shand and John Gilmour did the time keeping and recording.

KINGS PARK: THE STATE 8 K CROSS COUNTRY CHAMPIONSHIPS at 2.30 p.m. saw eight members of the Veterans Athletic Club as well as six others who would be eligible for membership starting in a field of 65 run over 8,000 metres of scrub, loose sand and grass.

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The race was won by Jim Langord in 26m.47.4s. and the Veterans' results were:-

	Class	Time In	Position
Rob Shand	(1A)	32m.12sec.	28
(John Butts	()	33m.09sec.	37)
Alan Merret	(2A)	33m.30sec.	41
George Innes	(1A)	33m.31sec.	42
(Bernie Oliver	(PV)	34m.00sec.	45)
(Art Briffa	(1B)	34m.12sec.	46)
David Carr	(1A)	34m.33sec.	47
David Hough	(1A)	36m.03sec.	53
George Cavill	(2B)	36m.17sec.	56
(Wally McCabe	(1A)	38m.41sec.	60)

John Gilmour, resting a strained thigh muscle, did not take part in this event.

Noel Goff has been discharged from hospital and is recuperating at home.

Hayres Hill Climb

The Marathon Club have been invited to participate in this event on Sunday, 1st August. Maps of the course are now being prepared and will be attached to a Newsletter nearer the date.

ANNUAL GENERAL MEETING SUNDAY 29TH JUNE, 1976SUNDAY, 22ND MAY, 1976

MIDLAND NATIONAL PARK HANDICAP Cross Country at Brown Park, Salisbury Road, Swan View is reputed to be the toughest course in the cross country encompassing the bed of a disused mountain railway and forest paths in the 10,000 meters with 450 meters of bitumen at the start and finish. Fastest time for the course was set by Roy Edwards (Belmont) in 43m.08s.

Only three Veterans took on the course on Saturday afternoon with the following results:-

David Carr finished equal 17th in a time of 54m.51s. With a handicap of 11.00 minutes and starting at "Go" his nett time was 54m.51s. which gave him 24th place.

Art Briffa finished 19th in a time of 55m.10s. With a handicap of 10.05 minutes and starting at 55 seconds, his nett time was 54m.15s. which gave him 31st place.

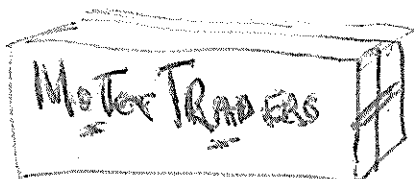
Bernie Oliver finished 29th in a time of 58m.51s. With a handicap of 10.00 minutes and starting at 1 minute, his nett time was 57 m.51s. which gave him 31st place.

WALKERS' CLUB 25 km Handicap at Kewdale saw Jim Smith (1A) finish in the winning position in 2h.31m.10s. followed in by a new name to the newsletter in 39 year old Martin Davey (PV) in 2h.39m.00s.

SUNDAY, 23RD MAY, 1976

MARATHON CLUB HALF MARATHON AT DARLINGTON starting at 9.30 a.m. from 17 Gladys Street, Darlington. The veterans plus some of the Marathon Club's "slower" runners were sent off six minutes ahead of the main group along the 6 miles 1,078 yards (10,549 m) outward leg of the half marathon through scenic hilly bushland in fresh country air towards the Mundaring Hotel, where some stopped while others undertook the return leg to Gladys Street.

The race was won by Jim Langford in 1h.10m.15s. and the results of the veteran section were:-



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	Handicap		Outward leg actual	adjusted	Return leg	Half Marathon Time	Pos. over all
John Butts	(1A)	scratch	41.55	41.55 (1)	39.20	1.21.15	5
Rob Shand	(1A)	scratch	43.02	43.02 (2)	38.44	1.21.46	7
Colin Junner	(2A)	scratch	44.18	44.18 (4)	39.42	1.25.00	10
Bernie Oliver	(PV)	scratch	44.20	44.20 (5)	44.02	1.28.22	15
David Carr	(1A)	2.00	49.07	47.07 (11)	41.20	1.28.27	16
Art Briffa	(1B)	2.00	46.07	44.07 (3)	44.56	1.29.03	18
David Hough	(1A)	2.00	47.10	45.10 (8)	50.02	1.35.12	19
Paul Morrissey	(2A)	6.00	50.32	44.32 (6)	53.05	1.37.37	21
Garnett Morgan	(2A)	5.00	49.55	44.55 (7)	-	-	-
Bob Hayres	(1A)	6.00	52.05	46.05 (9)	-	-	-
Jim Coventry	(1A)	3.00	49.54	46.54 (10)	-	-	-
Bill Hughes	(1B)	10.00	58.51	48.51 (12)	-	-	-
(Wally McCabe also ran)	-	-	48.31	48.31	49.28	1.37.59	22)

The Veterans award was made to Art Briffa. George Innes acted as time keeper and recorder.

The run was followed by hot soup provided by our hosts and the day rounded off with a family barbeque and refreshments - there should be more of it!

A letter on behalf of the Club has been forwarded to Mr. & Mrs. Kevin Basley thanking them for their hospitality.

Meanwhile "back at the ranch" Cliff Bould, Jack Collins, John Gilmour and Dick Horsley trained at McCallum with Merve Moyle.

SUNDAY 30TH MAY, 1976

Sixteen members turned out on an overcast morning which started off with a warm up followed by publicity photographs for The West Australian which it is hoped will be published in the various suburban sections in the coming week. Jim Smith trained by himself getting some mileage in walking. Dick Horsley, Jack Collins and Cliff Bould trained and it was encouraging to see John Gilmour jogging again. Cliff was kept busy attending to John and to George Innes who is having trouble throwing off his hamstring problem. Art Briffa trained but did not participate in the races.

Two races were run during the morning as follows:-

800 m

Class 1A	Rob Shand	2m.25.5s.
	David Carr	2m.34.0s.
	Bob Hayres	2m.37.0s.
	Keith McDonald	2m.43.0s.
	Jim Coventry	2m.49.0s.
	David Hough	3m.10.0s.

Class 2A	David Jones	2m.45.0s.
	Garnett Morgan	2m.51.0s.

3,000 m on grass (three circuits of McCallum)

Class 1A	David Carr	10m.45s.
	Rob Shand	10m.46s.
	Jim Coventry	12m.12s.
	David Hough	12m.41s.
	Bob Hayres	not timed

Class 2A	Garnett Morgan	12m.57s.
	Paul Morrissey	12m.58s.
	David Jones	13m.44s.

THE VETERANS 10,000 METERS CROSS COUNTRY CHAMPIONSHIP OF AUSTRALIA will be held on Sunday 13th June, 1976 by the South Australian Veterans' Club on behalf of the Australian Association of Veteran Athletic Clubs at Minda Home Farm near Adelaide.

Anyone interested should obtain entry forms from John Gilmour or Cliff Bould.

ENTRIES CLOSE TUESDAY 1ST JUNE, 1976

ANNUAL GENERAL MEETING will be held at McCallum Oval at 10 a.m. on SUNDAY 20TH JUNE followed by some athletic effort. Please make every effort to attend and to get as many members along as possible. If your name is not included in the 21 listed below, please bring your \$3.50 to the meeting:

Bould, Briffa, Butts, Carr, Cavill, Collins, Coventry, Gilmour, Hayres, Horsley, Hough, Hughes, Innes, Jones, Morgan, Morrissey, Moyle, Oliver, Shand, Smith and Westlake.

We have 61 names listed in the membership list so there are a large number of subscriptions outstanding which will be needed to assist in financing the forthcoming Australian Veterans' Championships at Easter 1977.

ANNUAL GENERAL MEETING will be held at McCallum Oval at 10 a.m. on Sunday 20th June, 1976. The AGENDA will be as follows.

1. APOLOGIES
2. MINUTES OF PREVIOUS ANNUAL GENERAL MEETING
3. BUSINESS ARISING FROM ABOVE MINUTES
4. GENERAL CORRESPONDENCE
5. SECRETARY'S REPORT
6. ELECTION OF OFFICE BEARERS:
PRESIDENT
VICE PRESIDENTS(3)
SECRETARY
ASSISTANT SECRETARY
TREASURER
7. PROGRAMME COMMITTEE
8. STEERING COMMITTEE FOR AUSTRALIAN
VETERANS' CHAMPIONSHIPS IN PERTH AT
EASTER, 1977
9. VOTING ON MATTERS RAISED BY AUSTRALIAN
ASSOCIATION OF VETERAN ATHLETIC CLUBS
10. GENERAL BUSINESS

CONGRATULATIONS to Cliff Bould who, in line with tradition, was elected President of the Australian Association of Veteran Athletic Clubs for 1976/77.

CONGRATULATIONS to the following members of the Club who have gained places in the 1975 world rankings in Track as published in "VETERIS".

David Carr	400m Class 1	: 19th position	:	54.0secs.
Dick Horsley	800m Class 3	: 8th	"	2m.30.4secs.
John Gilmour	800m Class 2	: 7th	"	2m.11.9secs.
	1,500m Class 2	: 2nd	"	4m.22.0secs.
	3,000m Open	: 33rd	"	9m.22.8secs.
	5,000m Class 2	: 5th	"	16m.25.8secs.
	10,000m Class 2	: 9th	"	35m.06.4secs.

John's time of 9m.21.0secs. for the 3,000m on 11th February, 1976 would re-position him 30th, his time of 16m.07.8secs. for the 5,000m on 21st January, 1976 would re-position him second and his time of 33m.44.2secs. for the 10,000 on 4th February, 1976 would place him at the top of the list in this event.

"TRACK AND FIELD NEWS" also selected John as 1975 "Master of the Year" for Class 2B (55-59).

RECOMMENDED READING "THE NEW AEROBIS" by Kenneth H. Cooper M.D., a revised edition of the book "Aerobis" by the same author which now includes an expanded range of exercise options with adjustments for age which relate to the veterans' classifications. Cost \$1.50 published by Bantam Books and available in Perth.

.4.

George Cavill ran into a fire hydrant in Fremantle, lost about a minute in time, but carried on to finish his section of the race.

Walkers' Results A walkers' team of seven completed the distance in 1h.33m.15.6s. and included Jim Smith (1A).

The Road Relay was followed by a 5,000 metre sealed handicap which was won by David Clark.

The Veterans' results were:-

		Time In	Handicap Added	Corrected Time
David Clark	(PN)	17m.27s.	NIL	17m.27s.
John Butts	(1A)	18m.16s.	4m.40s.	22m.56s.
David Carr	(1A)	18m.32s.	1m.50s.	20m.32s.
George Cavill	(2B)	19m.59s.	5m.00s.	24m.59s.
Jim Smith	(1A)	21m.05s.	NIL	21m.05s.
David Jones	(2A)	21m.42s.	NIL	21m.42s.
Garnett Morgan	(2A)	21m.55s.	NIL	21m.55s.
David Hough	(1A)	22m.16s.	NIL	22m.16s.
Stuart Tempest came in first with the fastest time of		15m.52s.	7m.30s.	23m.22s.

Welcome back to David Clark who, from his performance, appears to have recovered from his hamstring injury. George Innes (still injured) and Cliff Bould assisted in the Road Relay as officials and with transport.

MEMBERSHIP ANALYSIS

Continuing David Carr's analysis of active members, figures for May 1976 indicate that we have improved on the April average (13.0) by recording 13.4 for McCallum attendances. For cross country and road races in the W.A.A.A.A. programme we averaged 7.3 members per meeting.

Laurie Wilson, (Registrar and Recorder for the Association) has made out a list of registered athletes over 30 and over 40 years. Of the 239 registered athletes registered this season, 56 are over 30 and of those 18 are over 40. Considering that fields this cross country season have varied in number from 40 - 79 runners (average 56), there is quite a large proportion in veteran ranks.

Forthcoming Events to be considered for July.

Saturday, 3rd July - Ascot Relays: Six man teams, each man running 3 km over grass - two teams from Veterans' Club should be possible. Starting time 2.15 p.m.

Sunday, 18th July: South West Open Cross Country Championships at Trigwells Farm, Donnybrook - a 4,000 m course for men over 30 years old at 1.30 p.m. over cross country terrain. David Carr recommends this as a good outing.

Footnote: Heared on a local radio station "If you nose runs and your feel smell you must be built upside down."

Gear: It was noticed that two of our runners in the Fremantle to Perth relay last Sunday were not in gear. The "in gear" for representing the Club is white singlet, black shorts, registration number and veterans badge. Besides presenting a unified club image, it assists officials in timing and positioning runners at the end of races.