

SATURDAY, 19TH JUNE, 1976STATE MARATHON CHAMPIONSHIPS AT HERNE HILL

After weeks of sunny and dry conditions since the mud patch at Kings Meadow, the day of the Marathon was wet, windy and cold with frequent rain squalls deluging the 30 starters in the race.

Bernie Oliver (PV) ran the first 13 miles in 1h.24m.51s. and then withdrew. Of the 19 runners who finished the full 26 miles 385 yards, six were members of the Club. The championship was won by Jim Langford in 2h.19m.54.7s. which was the first time 2h.20m. had been broken by a West Australian.

The results (with previous Marathon times in brackets) were:-

Position	Class	13 mls.	2nd 13 mls. 385 yds.	Full Marathon	Av/Mile
7	John Gilmour	2B	1h.16m.49s.	1h.25m.56s.	2h.42m.47s. 6m.12.9s. (2h.46m.10s.)
10	John Butts	1A	1h.23m.16s.	1h.34m.43s.	2h.57m.59s. 6m.47.3s.
11	Rob Shand	1A	1h.28m.52s.	1h.35m.13s.	3h.04m.05s. 7m.01.3s.
15	George Cavill	2B	1h.34m.38s.	1h.36m.32s.	3h.11m.10s. 7m.17.4s.
18	David Carr	1A	1h.35m.23s.	1h.50m.34s.	3h.25m.57s. 7m.51.3s. (3h.36m.37s.)
19	David Hough	1A	1h.36m.00s.	2h.05m.09s.	3h.41m.09s. 8m.26.0s.

Making a spectacular return after injury, John Gilmour improved on his Mundi Jong Marathon time and thus created an age (57) world record. David Carr took 11 minutes off his Mundi Jong time and Rob Shand, David Hough and George Cavill completed their first ever Marathons. John Butts has not run a marathon for about three years.

Invaluable assistance was given to the Marathoners by George Innes and his wife, Mary, who were at each station to provide drinks. Thanks to Cliff Bould for timekeeping on the way round and to Paul Morrissey who helped out with drinks. Without their help and encouragement, the course would have been twice as long.

Some comparative breakdown times are of interest:

Miles	Gilmour	Butts	Shand	Cavill	Carr	Hugh
10	0h.58m.00s.	1h.05m.00s.	1h.07m.40s.	1h.12m.40s.	1h.13m.40s.	1h.12m.30s.
16	-	-	1h.51m.00s.	-	1h.58m.00s.	2h.00m.45s.
19	-	-	2h.13m.00s.	-	2h.19m.30s.	2h.22m.00s.
20	2h.00m.30s.	2h.11m.00s.	2h.21m.04s.	-	2h.52m.13s.	-
23	-	-	2h.43m.25s.	-	2h.52m.13s.	-

Walkers were competing in the 30 km Club Championships at Kewdale. Jim Smith (1A) completed the distance in 2h.54m.00s. which was 13m.22s. faster than his time last year.

Martin Davey (PVB) was timed at 3h.14m.20s. and Dick Horsley (3A) walked 20 km in 2h.01m.45s.

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SUNDAY, 20TH JUNE, 1976EXTRACTS FROM THE ANNUAL GENERAL MEETING PROCEEDINGS

24 members were present at the meeting with apologies received from Bill Hughes (overseas), Bill Taylor, George Innes and John Butts. In addition we welcomed Graham Russell from Sydney. It was good to see Alex Cummings again and that Noel Goff has recovered from his operation, and we hope that Brian Paxman and John Horwood will continue to join us at McCallum on Sundays.

Minutes of the previous Annual General Meeting were read and passed, general correspondence discussed and Cliff Bould gave the Secretary's Report. A vote of thanks for Cliff's work was passed by all present.

Jack Collins read out the Treasurer's Report and indicated that not all members had paid their \$7.50 subscriptions (\$4.00 registration and \$3.50 club subscriptions including publication of "The Veteran Athlete").

The following office bearers were elected for the year 1/4/76 to 1/4/77.

<u>Patron:</u>	Bill Hughes	Tel - 30 2352
<u>President:</u>	Keith McDonald (re-elected)	69 1746
<u>Vice Presidents:</u>	John Gilmour (re-elected)	67 6429
	Dick Horsley	85 9579
	David Carr (re-elected)	76 2885
<u>Secretary:</u>	Rob Shand	21 2252 or 31 0939
	24 Mann Street,	
	Cottesloe W.A. 6011	
<u>Liason Officer:</u>	Cliff Bould (As President of the Australian Association of Veteran Athletic Clubs, Cliff will liase between the Association and the Club).	
<u>Treasurer</u>	Jack Collins (re-elected)	30 4614 87 3002
<u>Programme Committee:</u>	David Carr, Jack Collins, Bill Hughes, David Jones, Jim Smith (68 3981), Rob Shand.	
<u>Steering Committee for 1977 Championships:</u>	Cliff Bould, Jack Collins, John Gilmour, Dick Horsley, Keith McDonald, Jim Smith, Fred Stewart (65 4093), Rob Shand, Peter Gare (81 2113).	

Voting on Matters Raised by the A.A. of V.A.C.

1. Proposal that calendar year and not birthday be adopted to determine the Class to which a competitor belongs was unanimously defeated. Birthday classification to be retained.
2. Proposal to eliminate certain events from the programme (e.g. 110 m and 400 m hurdles for Class 2 and 3, steeple chase for Class 3 etc.) was rejected unanimously on the grounds that provided that standards had been achieved, an athlete should not be prevented from competing. In Class 2 and 3 the height of hurdles could be modified to suit age but the event should be retained.
3. Proposal that orienteering, soccer, swimming, cycling etc. be incorporated into World Veteran Championship events was unanimously defeated on the grounds that, as with the Olympics, the organisation becomes too unwieldy. The Championships should be restricted to track and field.

General Business

1. All athletes wishing to participate in the Australian Veteran Championships in Perth in 1977 are to be members of Veterans' Athletic Clubs and all entries are to be channelled through Club Secretaries to ensure that they are bona-fide members.
2. The walking members of the Club took exception to the suggestions made by Jack Pennington on page 11 of issue No. 24 of THE VETERAN ATHLETE to having the walks dropped from Veteran programme. The meeting upheld the Walkers' objections and rejected any proposal to eliminate walking events.

SUNDAY, 20TH JUNE, 1976

After the Annual General Meeting, a 3,000 m race was held (three times round McCallum Oval) with the following results interpreted from a rain soaked results sheet.

Class PV	Peter Gare	12m.22s.
	Graham Russell	12m.50s.
Class 1A	Jim Coventry	11m.42s.
	Bob Hayres	12m.20s.
	Keith McDonald	13m.03s.
	Jim Smith	14m.54s.
Class 1B	Gordon Westlake	13m.38s.
	David Hough	14m.13s.
	John Horwood	16m.24s.
Class 2A	David Jones	12m.33s.
	Garnett Morgan	12m.44s.
Class 2B	John Gilmour	11m.30s.
	George Cavill	12m.40s.
Class 3A	Dick Horsley	14m.54s.

Jack Collins who has been having some leg trouble, withdrew after one lap.

David Carr (1A) withdrew after one lap and Rob Shand (1A) did not compete; both were feeling the effects of the previous day's Marathon, though John Gilmour, George Cavill and David Hough who also ran, did not appear too fatigued.

SATURDAY, 26TH JUNE, 1976
RUN THROUGH COTTESLOE

A two lap hilly course on pavements and bitumen roads of 9,200 m (5.7 mls) was contested by 50 starters in cool sunny weather.

The Veterans' results were:-

			Finishing Clock position time	Handicap	1st lap	2nd lap	Actual time
Colin Junner	2A	2	34m.12s.	Nil	17m.00s.	17m.12s.	34m.12s.
Rob Shand	1A	12	35m.14s.	2m.35s.	16m.07s.	16m.32s.	32m.39s.
Bernie Oliver	PV	26	36m.25s.	Nil	18m.02s.	18m.23s.	36m.25s.
John Butts	1A	27	36m.26s.	1m.40s.	17m.27s.	17m.19s.	36m.46s.
George Innes	1A	29	36m.27s.	2m.20s.	16m.56s.	17m.11s.	34m.07s.
David Carr	1A	37	38m.15s.	2m.25s.	17m.46s.	18m.06s.	35m.50s.
Gordon Westlake	1B	40	43m.10s.	Nil	20m.46s.	22m.24s.	43m.10s.
Fastest time on handicap -							
Ian Sinfield			35m.05s.	5m.10s.	-	-	29m.55s.

George Innes returned to competition with a good run, John Gilmour and Cliff Bould were on the sidelines and Garnett Morgan was seen with his movie camera recording the Veterans' movements.

W.A. VETERANS' ATHLETIC CLUB

Newsletter No. 41

30th July 1976

SATURDAY, 3RD JULY

Ascot Relays, originally to be held at Ascot Race Course, were transferred to the Helena Vale Race Course. The Club was represented by a six man team, each running one circuit of the race course of approximately 2.2 k, all on grass in warm sunny 19°C weather.

The results were:-

Leg 1	David Clark	(PV)	7m.03s.	7m.03s.
2	David Jones	(2A)	9m.03s.	16m.06s.
3	Bob Hayres	(1A)	8m.17s.	24m.23s.
4	Dick Horsley	(3A)	8m.37s.	33m.00s.
5	Gordon Westlake	(1B)	9m.30s.	42m.30s.
6	David Hough	(1A)	8m.22s.	50m.52s.
				(total time)

The knee injury which forced David Jones (2A) to withdraw from the last McCallum run recurred in the back straight and he made a valiant effort in completing his leg of the relay. Garnett Morgan was forced to withdraw from the team due to a calf injury sustained during the week. George Innes (1A), now apparently fully recovered from the knee injury which kept him away from running for so long, ran a 7m.24s. first leg for Canning Districts. Alan Merritt (2A) ran third leg for Y.M. in 7m.45s. John Gilmour was managing Canning Districts Team and Rob Shand looked after the Veterans who won the "C" grade competition. "B" grade was won by Canning Districts in 43m.29s. and they also won the "A" grade in 38m.54.3s. The fastest individual time was 6m.05s. by Jim Langford running fifth leg for Canning Districts "A".

SUNDAY, 4TH JULYMARATHON CLUB FOUNDERS 10 MILE AT W.A.I.T.

This commenced with a motorcade around the 5 mile circuit and the race got off to a start about 10.15 a.m. The circuit, all on bitumen, slightly undulating through the W.A.I.T. grounds, saw 10 Veterans participating. Three Veterans ran the full distance in 120C and the remainder put their efforts into the half distance. The Veterans' results for 5 miles in finishing order were:-

		<u>Clock Time</u>	<u>Handicap</u>	<u>Corrected Time</u>
1.	Art Briffa (1B)	31m.18s.	5m.00s.	26m.18s.
2.	Jim Coventry (1A)	32m.04s.	4m.30s.	27m.34s.
3.	Merv Moyle (1B)	35m.15s.	5m.55s.	29m.20s.
4.	Bob Hayres (1A)	35m.15s.	5m.30s.	29m.45s.
5.	Eamon Murphy (PVB)	36m.03s.	5m.40s.	30m.23s.
6.	Bill Hughes (1B)	37m.58s.	5m.30s.	32m.28s.
7.	Bill Taylor (1B)	38m.45s.	5m.45s.	33m.00s.

The Veterans' results for the first 5 miles for those doing the complete distance were:-

John Gilmour	(2B)	28m.20s.	scratch	28m.20s.
John Butts	(1A)	29m.27s.	2m.30s.	26m.57s.
David Hough	(1A)	33m.16s.	7m.00s.	25m.16s.

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Art Briffa won the prize for the Veterans' sealed handicap 5 mile event and returned to competition after a hip injury with a good run. He is making a habit of these wins as he also won the sealed handicap half marathon event at Darlington in May.

The Veterans' results for the full 10 miles were:-

		<u>Clock Time</u>	<u>Handicap</u>	<u>Corrected Time</u>
John Gilmour	(2B)	58m.09s.	5m.10s.	52m.59s.
John Butts	(1A)	60m.53s.	8m.00s.	52m.53s.
David Hough	(1A)	Withdrew on second round.		

The fastest time for the 5 mile distance was done by Fred Langford in 26m.48s. and the winner of the 10 mile event was Brian Marsland in 54m.54s. Rob Shand, out of competition with a knee injury, took Veterans' times and results.

At McCallum Jack Collins and Jim Green met new member Bill Carter (66) on a cold rainy morning down at McCallum. Garnett Morgan, after a visit to Cliff, did some light training late in the morning to ease his calf injury.

In the South West Association Half Marathon at Boyanup, scheduled to commence at 1 p.m., Bernie Oliver (PV) participated, however no results have been received from Bunbury yet.

In the State Combined 20 k Walking Championships and Cohen Shield Walk at Kewdale commencing at 1 p.m. Jim Smith (1A) came second in 1h.49m.46s. followed by Martin Davey (PVB) in 1h.57m.34s. This walk was 4m.01s. faster than Jim Smith's previous best time for the distance and 33m. faster than his time when he first began walking four years ago. On the way to his best time he improved on his previous best on record 10 k time by walking the distance in 53m.45s. The State qualifying time for this distance is 1h.50s. The race was won in 98m.12.4s.

SATURDAY, 10TH JULY

The 24 k (15 miles) State Road Championship over a very undulating course over pavements and roads, with a South East wind blowing, saw Jim Langford win another State title with a time of 1h.18m.09.2s. (halfway time 37m.30s.). Four Veterans were among the 34 starters and their results were as follows:-

		<u>1/2 Way Time</u>	<u>Total Time</u>	<u>Position</u>
John Gilmour	(2B)	41m.00s.	1h.27m.35s.	9th
John Butts	(1A)	-	1h.33m.59s.	19th
Colin Junner	(2A)		1h.40m.14s.	25th
Bernie Oliver	(PV)	Withdrew after 8 miles.		

Three athletes withdrew from the race, two at 8 miles. John Gilmour's 10 mile time was 56m.30s. Rob Shand (still with a knee injury), Art Briffa and David Carr officiated as traffic wardens in a course which required many more officials than were available for complete success.

Walkers Jim Smith (1A), Martin Davey (PV) and Alec Cummings (1B) participated in the 16 k handicap at Perry Lakes with Jim Smith coming second in 1h.28m.59s. Martin Davey withdrew at the 12 k mark and Alex Cummings at the 10 k mark after 1h.0m.40s.

SUNDAY, 11TH JULY
McCALLUM

We welcomed walker Frank Nelligan (1A) and he and Jim Smith (1A) walked together round the 1 k course at McCallum.

John Gilmour and Cliff Bould were there and they walked and talked in the warm sunshine around the 400 m track and were joined by David Jones who still has the knee injury sustained at Helena Vale.

Jack Collins, still restricted by a strained leg, and Rob Shand, starting to train again after a two week lay off with a knee injury, jogged and talked around the track.

Thirteen others decided to get down to some serious running and set off to chase our "newest oldest" member Bill Carter (3B) around the TWO BRIDGES & MILL POINT ROAD COURSE with Brian Ainsworth from Tasmania who has joined the Club.

Garnett Morgan and Bernie Oliver came in together at the head of the pack, and one and a half minutes later Paul Morrissey appeared from among the trees to chase Gordan Westlake over the line in his fastest finish this season.

The results were:-

		C	s	Handicap	Clock Time	Actual Time	Previous Best Time
7	George Innes	1A	22m.00s.	59m.42s.	37m.22s.	37m.48s.	11/ 4/76
3	Art Briffa	1B	18m.00s.	57m.02s.	39m.02s.	No previous run	
1	Bernie Oliver	PV	15m.30s.	56m.17s.	40m.47s.	" "	"
4	Brian Paxman	1B	15m.45s.	57m.39s.	41m.54s.	" "	"
5	Paul Morrissey	1B	14m.30s.	57m.54s.	43m.24s.	44m.16s.	9/11/75
1	Garnett Morgan	2A	11m.30s.	56m.17s.	44m.47s.	45m.38s.	11/ 4/76
8	Merv Moyle	1B	15m.15s.	60m.33s.	45m.18s.	44m.10s.	4/ 1/76
5	Gordon Westlake	1B	11m.00s.	57m.54s.	46m.54s.	No previous run	
11	Jim Coventry	1A	16m.00s.	64m.38s.	48m.38s.	40m.23s.	9/11/75
9	Bill Taylor	1B	11m.30s.	62m.12s.	50m.42s.	55m.00s.	24/ 9/75
13	Brian Ainsworth	1B	14m.00s.	65m.03s.	51m.03s.	No previous run	
11	Bill Hughes	1B	13m.30s.	64m.38s.	51m.08s.	48m.01s.	1/ 2/76
10	Bill Carter	3B	scratch	63m.30s.	63m.30s.	No previous run	

SATURDAY, 17TH JULY

The walkers participated in a 10 k track handicap at Belmont. Martin Davey (PV) withdrew after 15 laps (6 k) after 35m.42s. and Frank Nelligan (1A) after 18 laps (7.2 k) after 52m.22s. of walking. Those who completed the 25 laps were Jim Smith (1A) in 56m.36s., Dick Horsley (3A) in 61m.16s. and Alec Cummings (1B) in 64m.24s. The unseasonably warm conditions - 26.3°C at 4 p.m. - apparently affected performances.

SUNDAY, 18TH JULY

There was a small turnout at McCallum and after a warm up Ainsworth, Carter, Collins, Hayres, Innes, Jones, Morgan, Moyle and Shand set off for a pack run to investigate the suitability of the river and Mill Point course (no bridges) for future runs.

Cliff Bould is jogging again and Dick Horsley and Frank Nelligan, feeling the effects of the 10 k track walk, did some jogging and walking to loosen up.

Three veterans participated in the South West 10,000 m Cross Country Championships at Trigg Wells Farm near Donnybrook. David Hough, Bernie Oliver and Art Briffa participated in the mens' 30 years and over 4000 m which was won by Bernie Oliver (32 PVA). No times have been forwarded from Bunbury yet.

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At the Annual General Meeting of the W.A.A.A.A. on Thursday, 15th July at which eight veterans were present, Dick Horsley was re-elected President with John Gilmour re-elected a Vice-President and Fred Stewart added to the list.

Other office bearers are: third Vice-President - Robin Johnson
Secretary - F. T. Treacy
Registrar - Laurie Wilson

AUSTRALIAN WALKING CHAMPIONSHIPS

Our congratulations to Jim Smith (1A) who has been selected to represent W.A. in Sydney on 31st July, 1976 and best wishes for a successful 20 k walk.

SATURDAY, 24TH JULY

The State 10,000 m Cross Country Championships were contested over a 2 lap course of scrub, sand and grass at Perry Lakes in cool conditions by 50 athletes. The race was won by Jim Langford in a time of 31m.11.2s. The performances of those veterans who took part were:-

			<u>First Lap</u>	<u>Second Lap</u>	<u>Total</u>
David Clark	(PV)	26th	18m.06s.	18m.54s.	37m.00s.
George Innes	(1A)	29th	18m.21s.	19m.17s.	37m.38s.
John Butts	(1A)	34th	18m.37s.	19m.34s.	38m.11s.
Bernie Oliver	(PV)	36th	18m.57s.	19m.27s.	38m.24s.
Alan Merrett	(2B)	40th	18m.55s.	19m.53s.	38m.48s.
Art Briffa	(1B)	42th	19m.08s.	19m.57s.	39m.05s.
David Hough	(1A)	47th	19m.43s.	20m.31s.	40m.14s.

Rob Shand, Garnett Morgan and John Gilmour were spectators.

Walkers organised themselves into two 5 man relay teams, alternating with 4000 m and 2000 m walks. In one team, Jim Smith (1A) walked the first 4000 m leg in 20m.57s. and the last 4000 m leg in 21m.34s. against Frank Nelligan (1A) in the other team whose time was 26m.00s. In the middle 4000 m leg Martin Davey (PV) took 21m.26s. for one team against Dick Horsley's (3A) time of 21m.32s. in the other team.

(This was all too complicated for "The West Australian" correspondent who decided not to publish the results this week.)

SUNDAY, 25TH JULY

The warm sunny weather enticed 22 veterans down to McCallum. Frank Nelligan and Jim Smith got in some walking training, Gilmour, Bould, Cavill, Coventry, Goff and Jock Stewart walked and talked. Its good to see veterans coming down to McCallum to keep in contact even though they don't participate.

The remaining 13 veterans participated in a 3 x Dave Jones course. The 22nd member Jack Collins kept times and recorded the results.

The last time that this race was run was on 6th December, 1975 when George Innes ran 25m.09s., Merv Moyle 32m.27s. and Keith McDonald 33m.38s.

		<u>Handicap</u>	<u>2nd Lap</u>	<u>3rd Lap</u>	<u>Total Time</u>
Bernie Oliver	(PV)	22m.30s.	17m.15s.	8m.45s.	25m.55s.
George Innes	(1A)	24m.30s.	16m.35s.	8m.09s.	26m.34s.
Rob Shand	(1A)	18m.30s.	18m.05s.	9m.02s.	27m.07s.
David Hough	(1A)	22m.00s.	18m.18s.	9m.24s.	27m.42s.
Brian Paxman	(1B)	21m.45s.	18m.30s.	9m.25s.	27m.55s.
Garnett Morgan	(2A)	21m.30s.	18m.20s.	10m.17s.	28m.37s.
Bob Hayres	(1A)	22m.00s.	19m.27s.	10m.07s.	29m.34s.
Ron Potter	()	18m.30s.	18m.55s.	10m.46s.	29m.45s.
Merv Moyle	(1B)	19m.00s.	20m.55s.	9m.19s.	30m.14s.
Brian Ainsworth	(1B)	13m.30s.	19m.52s.	10m.28s.	30m.20s.
Dick Horsley	(3A)	19m.00s.	20m.55s.	9m.40s.	30m.35s.
Keith McDonald	(1A)	17m.30s.	20m.12s.	11m.06s.	31m.18s.
Bill Carter	(3B)	Go	25m.30s.	13m.20s.	38m.50s.

SOCIAL

An active campaign has been undertaken by the W.A. Athletes Promotion Group to raise funds to assist in sending State teams to the Eastern States for competitions.

Their Chicken and Champagne night at the Cannington Hotel on Friday, 16th July was attended by ten members of the Veterans' Club and their wives and ace punter Jack Collins won the raffle of two bottles of Champagne.

Other events which have been arranged are:-

Early August 1976: A wine bottling day - the wine to be a 1973 Shiraz Malbec - will be sold at \$1.20 per bottle.

Orders to Jock Stewart or Rob Shand

JULY BIRTHDAYS

John Butts 11th = 42 (1A)
 Alan Merrett 17th = 54 (2A)
 Tony Morton 25th = 47 (1B)
 Frank Nelligan 25th = 44 (1A)

AUGUST PROGRAMMEHAYRES HILL CLIMB - SUNDAY 1ST AUGUST

We are hoping for a big turn out of veterans at Bob Hayres' at 29 Soldiers Road, Roleystone for a 9.30 a.m. start. The Marathon Club will have about 12 runners there and the run will be organized as a sealed handicap.

Bring the family, barbeque food and drinks for afterwards and enjoy a day in the country. Maps of the route were distributed to those at McCallum on Sunday, 25th July.

SATURDAY, 7TH AUGUST

State 10,000 m Road Championships, Kings Park - 2.20 p.m.

Walkers' 15 k handicap at Thornlie.

SUNDAY, 8TH AUGUST

Veterans at McCallum.

- 9.30 a.m.

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SATURDAY, 14TH AUGUST

Canning Relays at Canning Vale Hall - 2.00 p.m.
cnr Nicholson Road and Garden Street,
Canning Vale.

We hope to enter one or two 4 man teams,
each veteran running 5000 metres over
paddocks, tracks and water.

Walkers - Veterans' 25 k Championships - 1 p.m.
(handicap) at Kewdale.

SUNDAY, 15ND AUGUST

Veterans at McCallum.

SATURDAY, 21TH AUGUST

State 12 k Cross Country Championships - 3.10 p.m.
cnr. South West Highway and Beenup Road,
Byford.

Walkers - 10 k handicap at Wireless Hill
and Club Relay at Thornlie.

SUNDAY, 22ND AUGUST

Veterans at McCallum.

SATURDAY, 28TH AUGUST

City of Stirling Cross Country Champion- - 2.00 p.m.
ships, Pascoe Reserve, Karringup.

SUNDAY, 29TH AUGUST

Marathon Club, Woodbridge - 9.30 a.m.
8 miles Guildford.

Veterans at McCallum for those not - 9.30 a.m.
running at Guildford.

Walkers - 2 hour track walk at Perry Lakes. - 9.00 a.m.

NEWSLETTER NO. 42

10TH SEPTEMBER, 1976.

AUSTRALIAN VETERANS' CHAMPIONSHIPS
PERTH, EASTER 1977

Since the Annual General Meeting on 20th June, 1976, your Steering Committee for the 1977 Championships has held three meetings and the Athletic Sub-Committee one meeting. The Committee reports as follows:-

1. Perry Lakes Stadium has been booked for 9th and 10th April, 1977 for the Championships.
2. All local Athletic Clubs have been notified of the dates and that in order to compete athletes must be members of a recognised Veterans' Club. Members can assist in ensuring that their associates who are members of other clubs and have not joined our Club do so in good time.
3. The South West Association do not wish to join our Club and intend forming their own Veterans' Club.
4. Sir Thomas Meager has accepted our invitation to open the Championships.
5. Generally the work involved in programme design and layout, numbers, sponsors, equipment and officials is well in hand and it is expected that entry forms will be ready for distribution by the end of OCTOBER 1976.

ENTRIES CLOSE 5TH MARCH, 1977

Billeting: As advised on page 5 of Newsletter No. 40, Keith McDonald and Cliff Bould want to know whether you can billet any Eastern States Athlete over the Championship period.

TRACK SEASON 1976-77

In order that the ridiculous situation regarding Veterans does not recur this coming season, a letter was written to the Secretary of the W.A.A.A.A. on 12th August, 1976 which read inter alia:-

"The Committee and members of the Club have requested that I write to you to enquire whether, in the forthcoming track season, the W.A.A.A.A. has contemplated any change of status as far as Veterans competing on Saturday afternoons is concerned. As you are aware, the Club was not satisfied with the situation as it existed last season whereby, in order to compete, a Veteran was forced to join another club and compete for it. If, however, the other club did not require his participation, the Veteran was precluded from competing as a Veteran and could not run. This situation prevented those members of our Club, who wished to remain as Veterans and not join another club, from participating during the track season at all.

We would be most interested to know whether any alteration to this situation is contemplated, especially as the need for track and competitive experience is necessary to enable our Veterans to uphold the name of the State in the forthcoming National Championships."

No reply has yet been received but should we be given reasonable conditions in which to compete it will be necessary for all members to give as much support as possible to justify the stand that the Committee has taken on behalf of the Club. Participation in the general track season on Saturday afternoons will provide the much needed competition for those members who intend competing in the 1977 Championships (and we hope that will be all members) and will aid the Veteran movement by making its presence felt in competition viewed by the public.

.2.

SUNDAY, 1ST AUGUST was Hayres' Hill Climb Day which was cool and overcast with the drizzle holding off while we ran and then falling intermittently for the rest of the day. A turn out of fourteen Veterans and ten athletes from the Marathon Club was good considering this was the last day of the Montreal Olympics. The first Veteran started off 17 minutes before the Marathon runners who all started together. John Butts, running with the Veterans, lost his way and continued along the Brookton Highway to Karagullen before returning to the start with a 44 min. 35 sec. run. The Veterans' results for the 14 kilometers were:-

		Handicap	Clock Time	Corrected Time	
PV	Bernie Oliver	18m.00s.	71m.15s.	53m.15s.	(4)
	Eamon Murphy	12m.30s.	74m.20s.	61m.50s.	(11)
IA	George Innes	21m.00s.	70m.47s.	49m.47s.	(1)
	Rob Shand	15m.00s.	68m.08s.	53m.08s.	(3)
	David Hough	13m.00s.	70m.00s.	57m.00s.	(5)
	Bob Hayres	10m.00s.	69m.03s.	59m.03s.	(7)
	Jim Coventry	9m.00s.	69m.02s.	60m.02s.	(12)
	Keith McDonald	5m.00s.	68m.00s.	63m.00s.	(13)
	John Butts	16m.30s.	61m.05s.	wrong course	
	Ron Potter	9m.00s.	69m.02s.	60m.02s.	(9)
IB	Art Briffa	14m.00s.	66m.14s.	52m.14s.	(2)
	Brian Paxman	11m.30s.	70m.30s.	59m.04s.	(8)
	Bill Hughes	5m.30s.	66m.36s.	61m.06s.	(10)
	Gordon Westlake	4m.00s.	69m.17s.	65m.17s.	(14)
2A	Garnett Morgan	11m.30s.	70m.34s.	59m.04s.	(8)
3A	Dick Horsley	8m.00s.	79m.40s.	71m.40s.	(15)

We welcomed Jeffrey Joyce and Alan Jennings (both 36) of the Marathon Club who joined the Veterans' Club and intend to participate in the Championships next year. Jeffrey was selected as one of the additional members of the W.A. team for the Australian Marathon Championships this year and also runs for Canning Districts. Alan also runs for Y.M. Harriers. Their times for the course were 48m.00s. and 50m.15s. respectively. Another Marathon Club member eligible for Veteran status is James Hoy (38) who covered the distance in 48m.43s.

Bill Carter travelled out to Roleystone to see the start of the race and Jack Collins once more took times and collated results. Our thanks to Dulcie McDonald for acting as turning post at the top of the hill 7 km from home.

The Marathon Club's winner was David Wilmer in a time of 44m.21s. and Art Briffa won the Veterans' handicap event in 52m.14s. Handicapper note that this is his third handicap win this season!

Our thanks to the Marathon Club for their turn out and to Kevin Barry and others for officiating for them. Also a special thanks to Bob and Maureen Hayres for their hospitality which was appreciated by athletes, wives and families at the lunch barbeque after the run.

Jack Collins has, while injured, been acting as timekeeper and recorder for the Club for some weeks now. While we value his services, we hope that he will soon be running again but when he does we will be in need of people to replace him if we want meetings to continue to run smoothly. This problem could be overcome if Veterans who are not participating through injury or some other reason could turn out to assist as timekeepers or guides and then take part in the festivities thereafter.

AUSTRALIAN WALKING CHAMPIONSHIPS IN SYDNEY over a 20 km course on Saturday, 31st July was won in a time of 1h.39m.12s. Jim Smith (1A) came 21st in a nation wide field of 35 in a time of 1h.56m.11s. with his progressive times of 27m.00s., 54m.20s. and 1h.25m.45s. for the 5, 10 and 15 k distances respectively. Jim commented that it was a bad course with a potholed surface and steep hills, not made any easier by too many traffic hazards.

SATURDAY, 7TH AUGUST: State 10 k Road Championships run at Kings Park after a wet and stormy night and in blustery conditions saw six Veterans participating with the following results:-

			1st Lap	2nd Lap	
12th	Jeff Joyce	PV	17m.24s.	18m.14s.	35m.38s.
16th	George Innes	1A	18m.11s.	18m.22s.	36m.33s.
20th	Alan Jennings	PV	18m.25s.	18m.55s.	37m.20s.
24th	Alan Merrett	2B	18m.22s.	18m.34s.	37m.56s.
27th	Colin Junner	2A	18m.54s.	19m.56s.	38m.50s.
30th	David Hough	1A	20m.35s.	21m.11s.	41m.46s.
	Bernie Oliver	PV	18m.51s.	withdrew and did not finish.	

40 runners completed the course.

The Walkers completed in a 15 k event at Thornlie and Jim Smith 1A was the only one to finish the course. His time was 1h.25m.12s.

SUNDAY, 8TH AUGUST: Three, five man teams were organized from the 15 Veterans at McCallum, each man running 3 laps of the oval (3000 m). Bill Hughes' team won in 63m.05s. followed by Keith McDonald's in 64m.34s. and Ron Potter's team in 70m.10s. Individual times - in order of running were:-

1. Keith McDonald 1A 12:29.	Ron Potter 1A 12:44.	Bill Hughes 1B 12:55
2. Merv Moyle 1B 13:09.	Bill Carter 3B 16:41.	Bob Hayres 1A 12:32
3. Barry Foley visitor 13:45.	Paul Morrissey 1B 13:54.	George Cavill 2B 12:13
4. Garnett Morgan 2A 13:17.	David Jones 2A 15:40.	David Hough 1A 13:55
5. Bernie Oliver PV 11:54.	George Innes 1A 11:11.	Rob Shand 1A 11:30

Although some of the later runners had to wait some time to participate, it gave ample opportunity for a thorough warm up and chat with John Gilmour, Dick Horsley and Jim Coventry who came down to train. Jim Green was seen on the oval earlier in the morning. Barry Foley was a visitor who runs with the Veterans in N.S.W. The weather was generally fine but a heavy rain squall drenched the fourth runners.

The other occasions on which a 3000 m race was run this year at McCallum were on 20th June (ref. Newsletter No. 40) and 30th May (ref. Newsletter No.38). On 8th August Keith McDonald and George Cavill improved on their previous best times.

SATURDAY, 14TH AUGUST, 1976: The long awaited rains came on Saturday to break the drought and to turn the terrain for the CANNING 4 x 5000 M RELAYS into muddy paddocks, water tracks and wet sands. It was Perth's wettest August day for 12 years with 41 mm of rain recorded. The Club entered two teams in the "C" grade competition and one of the teams won the event in a time of 73m.23s. Individual times in order of running were:-

Alan Jennings	PV	17m.59s.
Rob Shand	1A	18m.37s.
Bernie Oliver	PV	18m.42s.
David Clark	PV	18m.05s.

Individual times in order of running in the other teams were:

Bob Hayres	1A	21m.51s.
Bill Hughes	1B	24m.15s.
Ron Potter	1A	22m.12s.
Keith McDonald	1A	20m.25s.
With a total time of 88m.43s,		

.6.

At Tomkins Park on Wednesday night, 1st September a 10,000 m track race was run at 6.45 p.m. under floodlights in which 28 athletes started and 24 finished.

The results, with previous grade best performances in brackets, show a high standard in comparison with 1974 and 1975 rankings.

PV	David Clark	8th	(4th)	35m.27s.	(D. Clark	37m.56s.	7.1.76)
1A	George Innes	7th	(8th)	34m.12s.	(G. Bartram	35m.36s.	3.9.75)
1B	Art Briffa	18th	(15th)	39m.11s.	(P. Morrissey	46m.50s.	9.2.75)
1B	Bill Hughes	24th	(24th)	46m.38s.			
2A	Alan Merrett	15th	(9th)	36m.51s.	(A. Merrett	37m.50s.	7.1.76)

George Innes and Art Briffa had not previously run this event and Bill Hughes' previous best was 48m.13s. There was a sealed handicap on this event, all participants having no added times except George Innes who was + 2m.20s.

The places in brackets above relate to the handicap positions.

SATURDAY, 4TH SEPTEMBER: Only one Veteran participated in the T.V.W. Channel 7 two man 4 x 3000 Cross Country relay and that was Alan Jennings PV who ran his first 3000 m in 13 minutes and his second in 12 minutes 31 seconds.

SUNDAY 5TH SEPTEMBER saw the Walkers involved in a two hour walk on a waterlogged Perry Lakes Stadium track. Jim Smith 1A and Martin Davey PV walked. Frank Nelligan 1A arrived late and, being an association event, was not allowed to participate. Dick Horsley was away for the weekend and Alex Cummings has not been seen for some weeks.

Jim Smith covered 20.594 m in the two hours, improving on his previous best distance by 530 m and covering the first 10 k in 56m.47s. and 20 k in 1h.56m.25s. (as against 1h.59m.40s. previously). Martin Davey covered 19.727m and carried on to do 20 k.

The Walkers have no more fixtures until 6th October when the Summer Programme commences at Perry Lakes Stadium at 5.45 p.m. with distances from 1000 m to 5000 m.

Meanwhile, out in the hills the runners were battling their way up Mt. Gudgin in one of the hilliest 10 mile races of the season - The King of the Mountain. 12 Veterans and 13 Marathoners started from Mundaring Weir Hotel and there was a fair amount of walking done before returning to the hotel over an hour later. King of the Mountain this year was Bob Harrison. George Innes won the Veterans' section.

The Veterans came in in the following order:-

	Out	Back	Time In
Jeffrey Joyce PV	32m.55s.	+ 29m.00s.	= 61m.55s.
George Innes 1A	34m.25s.	+ 30m.17s.	= 64m.42s.
Colin Junner 2A	35m.10s.	+ 31m.14s.	= 66m.24s.
Bernie Oliver PV	37m.20s.	+ 32m.48s.	= 70m.08s.
Rob Shand 1A	38m.14s.	+ 32m.19s.	= 70m.33s.
Art Briffa 1B	37m.00s.	+ 33m.49s.	= 70m.49s.
Jim Coventry 1A	39m.30s.	+ 34m.10s.	= 73m.40s.
George Cavill 2B	39m.35s.	+ 34m.42s.	= 74m.17s.

Athletes completed the course in cool and overcast weather.

FOOTNOTE: Wally McCabe and Colin Junner used the 3,604 ft. ascent up Bluff Knoll as a training run in 1941!.

This is the last newsletter covering the winter competition in which the Club had a good season both in attendance and in results. Most athletes improved on their 1975 times in respective events, as well as showing a gradual improvement as the season progressed. Unfortunately many were plagued with numerous and sometimes recurring injuries and Cliff Bould has commented on these later in the newsletter.

The combined Marathon Club - Veterans' Club dinner will be held in the Adelaide Room at Park Towers Hotel from 7.30 p.m. - 11.30 p.m. on Saturday, 20th November, 1976. A three course meal will be provided and the cost will be \$12.00 per head including drinks (beer, sherry, white and red table wines - spirits not included).

Please keep this date open and support this wind up to the winter season.

SATURDAY, 11TH SEPTEMBER, 1976

Five veterans joined 42 other athletes (including juniors) on a sunny afternoon to race over grass and sandy hill tracks (up Reabold Hill) for the George Skeels Memorial Trophy over 5000 m. Stuart Tempest covered the distance in 18m.11.8s. and for the veterans the results were:-

21st			Time In	Handicap Added	Adjusted Time
21st	Alan Jennings	PV	21m.55s.	1m.11s.	23m.06s.
23rd	Alan Merritt	2B	22m.07s.	NIL	22m.07s.
29th	Art Briffa	1B	22m.38s.	0m.25s.	23m.03s.
30th	Bernie Oliver	PV	22m.38s.	NIL	22m.38s.
45th	Ron Potter	1A	27m.25s.	NIL	27m.25s.

Alan Merritt was third on handicap, John Gilmour and Rob Shand were spectators and Dick Horsley presented the Trophy.

SUNDAY, 12TH SEPTEMBER, 1976 - GEORGE INNES MT. HELENA RUN

This course was over 12.4 k (7.75 miles) over bitumen and gravel roads with long hills and a rough (ex railway line) walk trail. Nine veterans and eight Marathon Club runners turned out in cloudy but warm weather with the following veterans' results in order of finishing:-

			Clock Time	Handicap (deducted)	Corrected Time & Position	
3	David Clark	PV	44m.55s.	5m.30s.	39m.25s.	1
7	Rob Shand	1A	48m.11s.	6m.30s.	41m.41s.	4
8	Art Briffa	1B	48m.40s.	7m.00s.	41m.40s.	3
9	Jeffrey Joyce	PV	49m.05s.	3m.00s.	46m.05s.	10
10	Bernie Oliver	PV	49m.13s.	7m.30s.	41m.43s.	5
14	Brian Paxman	1B	55m.33s.	8m.00s.	47m.33s.	14
15	Ron Potter	1A	57m.20s.	9m.30s.	47m.50s.	15
16	Keith McDonald	1A	59m.13s.	10m.00s.	49m.13s.	16
17	Paul Morrissey	1B	62m.40s.	11m.00s.	57m.40s.	17

The veterans' handicap was won by David Clark who also returned the fastest time on handicap. The Marathon Club handicap was won by Dereck Hoyer in 41m.25s. Peter Taylor of the Marathon Club was the fastest over the course with a time of 44m.07s.

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It was most unfortunate that George Innes was unable to participate as he had been ill for the last part of the week, however we record our appreciation of his efforts in marking the course so clearly and of Mary and George's hospitality at the barbeque after the race.

Jack Collins, whose injury has been diagnosed as a torn calf muscle, again turned out to act as starter and timekeeper and this was appreciated by all.

Bould, Horsley and Hough were down at McCallum.

FRIDAY, 17TH SEPTEMBER

The rain started at 5.30 p.m. and among the lap scorers Jack Collins, David Clark and Rob Shand struggled with soggy paper and pencils that would not write while 23 athletes battled with wind and rain under floodlights in the John Gilmour 10,000 m at McGillivray Oval.

The Veterans' results were as follows:-

Jeff Joyce	PV	35m.22s.	11th
Alan Jennings	PV	36m.59s.	17th
Bernie Oliver	PV	37m.39s.	18th
Alan Merrett	2B	38m.52s.	20th
David Hough	1A	45m.30s.	23rd

The race was won by Mick Hill in a time of 31m.55s.

SUNDAY, 19TH SEPTEMBER

We returned to McCallum for the first time in four weeks and in the interim the grass had been extensively dug up and the whole surface had changed from a track to almost a cross country course. A free day, devoted to training with no racing, was enjoyed in warm sunny weather by Bould, Collins, Hughes, Hayres, Innes, Jones, Morgan, McDonald, Oliver, Potter and Shand.

In the afternoon at Tomkins Park, the Cross Country QUADATHON took place and the performances of the two Veterans who participated (with points scored in brackets) were:-

		<u>3000 m</u>	<u>1500 m</u>	<u>800 m</u>	<u>400 m</u>
David Hough	1A	11m.47s. (288)	-	-	-
Bernie Oliver	PV	10m.29s. (330)	5m.15s.	-	1m.13s.

SUNDAY, 26TH SEPTEMBER

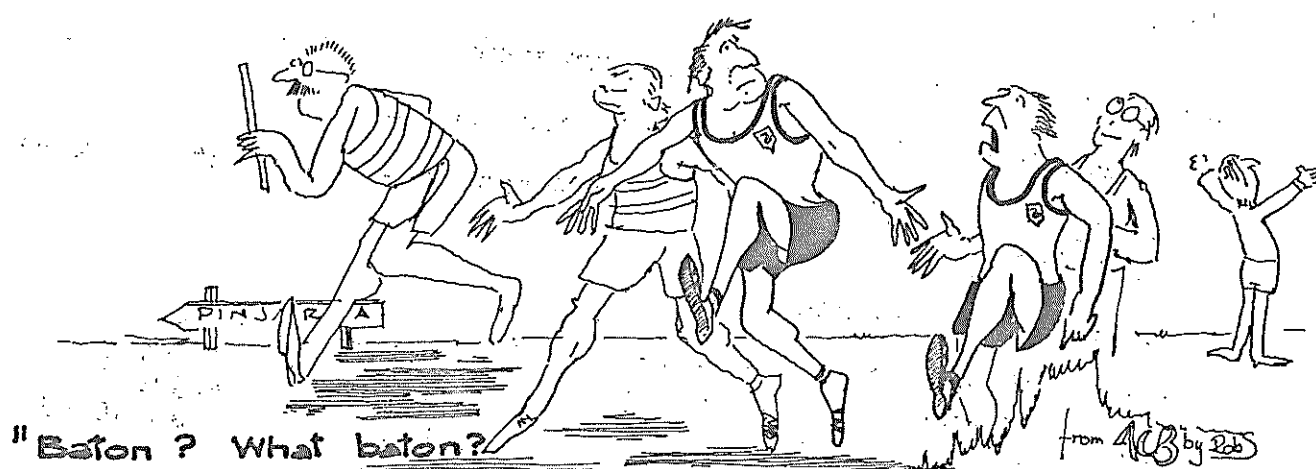
The Club participated in the annual Perth to Pinjarra Relay as a "B" Grade Club and ran 27 - 2 mile legs using a team of 12 athletes. Art Briffa started at 6 a.m. from Council House and Brian Paxman finished the last short leg over the Murray River Bridge at Pinjarra 5 hours 44 minutes 8 seconds later. The results (with the leg run in brackets) were:-

Art Briffa	(1B)	(1)	11m.28s.	(14)	11m.19s.	(25)	13m.16s.
Bill Taylor	(1B)	(2)	14m.55s.	(7)	16m.35s.		
David Jones	(2B)	(3)	14m.29s.	(15)	13m.39s.		
Bernie Oliver	(PV)	(4)	11m.49s.	(16)	12m.17s.	(26)	12m.17s.
Ron Potter	(1A)	(5)	12m.59s.	(17)	12m.51s.		
Keith McDonald	(1A)	(6)	12m.15s.	(18)	13m.00s.		
Brian Paxman	(1B)	(8)	11m.40s.	(19)	11m.26s.	(27)	8m.26s.
Bob Hayres	(1B)	(9)	14m.45s.	(20)	13m.22s.		
David Hough	(1A)	(10)	13m.00s.	(21)	13m.27s.		
Mark Cavill	(-)	(11)	11m.52s.	(22)	11m.58s.	(participating by invitation)	
George Cavill	(2B)	(12)	10m.53s.	(23)	13m.06s.		
Gordon Westlake	(1B)	(13)	14m.47s.	(24)	13m.24s.		

Not all two mile legs were accurately measured and some were much hillier than others. The time was about 15 minutes faster than the 1975 relay time and the team came 4th in B grade which was won by Canning Districts in 5 hours 5 minutes 32.2 seconds.

Veterans who ran for other clubs in this relay were:-

George Innes (Midland), Jeffrey Joyce (Canning A), John Butts and Alan Jennings (Y.M.), Colin Junner, Jim Smith and Norm Snell (Canning B).



The day ended pleasantly with beer and barbeque on the grass beneath the trees at the pub overlooking the Murray River.

Jack Collins again acted as timekeeper and Rob Shand as pathfinder and general runabout. John Gilmour was looking after his Canning Districts teams.

At McCallum Cliff Bould trained on his own with Alex Cummings making an appearance there after being off for some time with injury.

SATURDAY, 2ND OCTOBER

Veterans competed in relay teams combined with Y.M. Harriers and the Marathon Club to provide support to Jeffrey Joyce (PV), Brian Marsland and Kevin Anderson who ran the full distance of 65 kilometres (40.389 miles) from Mundaring to York.

The run started at 6.15 a.m. on the Great Eastern Highway outside the Mundaring Shire Offices with Veterans Colin Junner (2A), Jeffrey Joyce (PV) and Alan Jennings (PV) among the starters.

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The Veterans entered one full team and had three runners in a composite team but Brian Marsland and Jeffrey Joyce (PV) beat both teams across the finishing line at York Town Hall in 4h.02m.25s. and 4h.10m.0s. respectively.

The team results were:-

<u>Veterans</u>		<u>Distance mls</u>	<u>Individual Times</u>
Bill Hughes	(1B)	5	34m.40s.
Art Briffa	(1B)	5	30m.04s.
George Cavill	(2B)	10	68m.56s. (34:20 + 34:36)
George Innes	(1A)	10	61m.19s. (30:20 + 30:59)
Brian Paxman	(1B)	5	32m.30s.
Art Briffa	(1B)	5	26m.21s. (second run)
		40 mls	in 4h.13m.50s.

Composite Team

Gordon Westlake	(1B)	5	36m.06s.
Mark Cavill	(17)	5	39m.49s.
Terry Nicholson		10	62m.45s. (32:30 + 30:15)
Geoff Price	(1A)	10	74m.32s. (38:00 + 36:32)
Mark Cavill	(17)	5	30m.55s. (second run)
Bernie Oliver	(PV)	5	27m.16s.
		40 mls	in 4h.22m.23s.

Timing Rob Shand
George Innes

Incidents of interest during the run were:-

- : Geoffrey Price (1A) has since joined the Club.
- : Alan Jennings (PV) ran his first Marathon - the first 20 miles in 2h.17m.39s.
- : The Marathon distance times were:-

Jeffrey Joyce (PV)	- 2h.41m.12s.	(at 25 mls 2h.33m.30s.)
Brian Marsland	- 2h.41m.49s.	(" " 2h.34m.20s.)
Kevin Anderson	- 3h.01m.42s.	(" 20 mls 2h.17m.39s.)
		(continued to finish 40 mls in 4h.38m.55s.)
Alan Jennings (PV)	- 3h.02m.26s.	
Colin Junner (2A)	- 3h.10m.05s.	Withdrew at this distance
- : Bob Harrison, a 34 year old who wishes to join the Veterans this year, ran 20 mls in 2h.02m.11s.

Errata - Perth to Pinjarra Relay

Veterans' time 23.10.75 was 6h.01m.59s.

Veterans' time 26. 9.76 was 5h.05m.32.2s. which was 56m.26.8s. faster than last year (not 15 minutes as reported earlier).

SUNDAY, 3RD OCTOBER

A cold blustery day with frequent rain squalls swept across the river and soaked the 13 Veterans at McCallum for a "free day" of doing their own training. Ron Potter, Bob Hayres, George Cavill and Bill Hughes trained around the oval. Bernie Oliver and David Hough did the Two Bridges Run while David Jones and Stan Lockwood had some sprint training. Alec Cummings, nursing a leg injury, Jack Collins still with a calf problem and Rob Shand with his stress fracture of the heel formed the "crops" brigade with some slow jogging. Bill Hughes demonstrated some Yoga exercises which would benefit athletes for stretching muscles, and Cliff added some constructive comments and advice while Art Briffa (in long pants and with brolly furled) looked on.

Vetrun 43

WEDNESDAY, 6TH OCTOBER

In the Walkers' Club 2000 m event Jim Smith (1A) walked the distance in 10m.14s. followed by Frank Nelligan (1A) in 11m.41s.

SUNDAY, 10TH OCTOBER

The Marathon Club invaded our territory and held a Two Bridges Run on a measured 10 k route slightly different to that which we normally use. A strong headwind along the South Perth foreshore was whipping the water over the bank and made going difficult over that section.

The race was won by Graham Clewes in 32m.57s., the Veterans' results being:-

		Time In	Handicap	Corrected Time	Previous Best Time 1916	Best Time 1975
13.	John Butts (1A)	37m.48s.	5m.00s.	32m.48s. (2)	-	-
14.	Colin Junner (2A)	38m.38s.	5m.00s.	32m.38s. (1)	-	-
16.	George Cavill (2B)	40m.56s.	7m.30s.	33m.26s. (3)	-	41m.15s.
17.	Bernie Oliver (PV)	41m.35s.	6m.00s.	35m.35s. (7)	40m.47s.	-
19.	David Hough (1A)	42m.41s.	8m.00s.	34m.41s. (4)	41m.14s.	40m.55s.
20.	Bob Hayres (1B)	44m.04s.	8m.30s.	35m.34s. (6)	46m.55s.	44m.00s.
21.	Bill Hughes (1B)	45m.02s.	10m.00s.	35m.02s. (5)	48m.01s.	48m.27s.
22.	David Jones (2A)	46m.13s.	10m.00s.	36m.13s. (9)	44m.52s.	45m.00s.
23.	Ron Potter (1A)	46m.39s.	11m.00s.	35m.39s. (8)	-	-

Colin Junner won the Veterans' section handicap (again!). Rob Shand, Jack Collins and Jeffrey Joyce officiated and then Jack got in some training with Cliff Bould who had been running with Dick Horsley. Garnett Morgan, on the recovery road from his calf injury, put in some hard laps and Stan Lockwood was also on the run, as was Alec Cummings. Art Briffa did not run as his hip injury had returned but he was down to collect his new singlet. George Innes brought his fire engine down for a spin. A good turn out in general but a disappointing number of participants in this, the last run of the Cross Country Season.

WEDNESDAY, 13TH OCTOBER

Jim Smith (1A) continues to walk away from his veteran opposition and in the 3 k was timed at 15m.33s. chased by Dick Horsley (3A) back in action with 16m.42s. followed by Frank Nelligan (1A) in 18m.06s.

SUNDAY, 24TH OCTOBER

In the Marathon Club's One Hour Run held at McGillivray Oval at 9 a.m. on a sunny morning, 15 Veterans started in the large field with Horsley, Bould, Lockwood, Collins, Joyce and Shand lap scoring and time keeping.

Six Veterans retired after the 30 minute hooter and completed the following distances.

					Metres	Miles
Art Briffa	(1B)	19 laps	328 m	=	7928	4.92
George Cavill	(2B)	18 "	206 m	=	7406	4.60
Bob Hayres	(1B)	17 "	367 m	=	7167	4.45
Bill Hughes	(1B)	16 "	273 m	=	6673	4.14
Paul Morrissey	(2A)	15 "	266 m	=	6266	3.89

Eamon Murphy did 16 laps 115 m = 6515 4.04 but started at the 30 minute hooter and ran until the end.

.6.

Nine Veterans ran for the full time, covering the following distances with George Innes winning the Veterans Award.

					Metres	Miles
George Innes	(1A)	41 laps	371 m	=	16771	10.42
Alan Jennings	(PV)	40 "	136 m	=	16136	10.02
John Butts	(1A)	39 "	223 m	=	15823	9.83
Wally Beames	(2A)	39 "	181 m	=	15781	9.80
(visitor from South Australia)						
David Hough	(1A)	36 "	000 m	=	14400	8.95
Brian Paxman	(1B)	35 "	352 m	=	14259	8.86
Geoffrey Price	(1A)	33 "	259 m	=	13459	8.36
Garnett Morgan	(2A)	29 "	013 m	=	11613	7.21

Brian Marsland won the race with 45 laps 116 m=(18029 m = 11.33 miles)

There are no recorded results of the 1975 run but in 1974 John Gilmour ran 17186 m (10.68 mls) and Cliff Bould 1194.99 m (9.74 mls) in the one hour. Cliff's distance at half way was 7934.5 m followed by David Carr 7716.3 m, Dick Horsley 7651.2 m and George Cavill 7756.2 m.

An Inter Collegiate Athletic Meeting between the Universities and Advanced Colleges of Education was held following the one hour run and we were invited to enter a team in the 15 MINUTE PARLAUF. Oliver, Hayres, Paxman, Hughes, Briffa, Morrissey, Jennings and Murphy represented the maximum of eight permitted and covered 14 laps and 317 m in the allocated time, coming fourth out of five against a winning distance of 16 laps and 150 m by University of W.A.

BEFORE YOU START THE TRACK AND FIELD SEASON take heed of this sound advice from Cliff Bould who writes:

"Over the last year, and particularly towards the latter half of the recent cross country season, it has been very noticeable that there have been many athletes in our Club suffering from athletic injuries. A lot of these injuries, I am sorry to say, are self inflicted, probably from a lack of knowledge of how to prevent them.

There are too many causes of athletic injuries to be dealt with here but I think that most of those our Club athletes have sustained have been caused by too much enthusiasm - trying too hard to get fit by doing too much training too soon, by racing before being fully prepared to do so, racing too much and too often, and racing different distances on different kinds of surfaces e.g. grass one time, track or road next time. Veteran athletes who have done no running or who have not been keeping themselves fit for some time have to realise that it takes quite some time to get the body back into a good state of fitness and more so into racing fitness. All the training he does must be done with gradual progression from day to day and week to week, with a steady and gradual increase in both distance and speed.

As a matter of fact it is best to forget the word "speed" during this period of training. It is also best to keep to one kind of surface for training, preferably training on a grass surface which is easier on the legs to start with.

One should also do plenty of general body and stretching exercises as well as the running training. A good way of helping to build up distance is by using the running walking method - running a short distance and walking a short distance.

Any Veteran who has not kept himself fit for some time should really have a medical check up before he starts a training programme."

Footnote: Remember that it is six months till the Australian Veterans' Championships and April 1977 should be the date to aim at for peak fitness in the track season - not the first meeting.

CLUB NOTESResignation

Keith McDonald has formally resigned as Club President for personal reasons and it is much regretted that we have to accept his resignation. He has been involved with the Club over the past 2½ years and is now in his second term as President.

We hope that he will continue to come down to McCallum and participate in Club runs and social events.

As senior Vice President, Dick Horsley will assume the position of President until an extraordinary meeting can be arranged to elect a President and additional Vice President if necessary. Bob Hayres will take over Keith's duties on the Accommodation Sub-Committee of the Championships Committee.

Members

We welcome Ron Spearpoint (1B) who has not been down to McCallum yet but will be appearing for the Veterans as a sprinter in the forthcoming track season and Geoffrey Price (1A) who ran a 10 mile leg in the Mundaring to York relay.

Recognition is long overdue for the services that Fred Stewart has provided in organizing and time keeping at the Association events during the winter season. Always present in fair or foul weather "Jock" will be found somewhere at the event. He has been elected Championship Manager for the 1977 Veterans' Championships and his experience should be invaluable for the smooth running of the programme.

We would like to express our appreciation to Laurie Wilson, chief recorder of the Association who has provided assistance in compiling results and records. In return we hope that our Newsletters are assisting him with Veterans' performances which we trust he is listing in his records.

John Gilmour has taken his knee injury on holiday to Brisbane and will not be back in Perth until 6th November.

Birthdays

<u>August</u>	Eamon Murphy	9th = 39 (PV)
	William Hughes	15th = 49 (1B)
	Gordon Westlake	26th = 47 (1B)
<u>September</u>	Bob Hayres	16th = 45 (now becomes 1B)
	Ron Spearpoint	25th = 48 (1B)
	Stan Lockwood	29th = 47 (1B)
<u>October</u>	Garnett Morgan	6th = 52 (2A)
	George Cavill	23rd = 56 (2B)
<u>November</u>	Ross Calnan	4th = 36 (PV)
	Merv Moyle	29th = 50 (now becomes 2A)

What Has Happened To:-

Merv Moyle	last seen on 15th August at McCallum.
Brian Ainsworth	" " " 25th July " "
Bill Carter	" " " 29th August " the Woodbridge 8 mile.

Anyone knowing the whereabouts of these Veterans should encourage them to come to McCallum to collect their Newsletters and explain their absence!

.8.

Togs

It has again been noticed that some athletes who have been representing the Club on runs have not been wearing the correct Club togs which (once again) are white singlet with badge and black shorts. This has been particularly noticeable in the recent team road races and one can only assume that those members in default are not proud of representing the Club. Bask in the uniforms of glorious past performances during training times by all means but with the forthcoming track season and our participation as a Veteran Club, the more the public and others see a properly "toggled out" representation the better it will be for the Club and the Veteran athletic movement generally.

New Club Singlets - white with black piping and Club badge are obtainable from Jack Collins for \$3.75 each and it would be appreciated if all members purchased one and wore it at all Club runs.

Badges are also available from Jack Collins at \$1.00 each and he is arranging for black shorts to be made.

Social

Veterans' Club - Marathon Club Dinner will be held at the Adelaide Room in the Park Towers Hotel on Saturday, 20th November from 7.30 p.m. - 11.30 p.m. Cost of \$12.00 per head will cover a three course meal including drinks (beer, sherry, white and red table wines etc.) but no spirits. Please keep this night free and support this social function by signing your name on the notice board at McCallum or advising Jack Collins (87 3002).

Road Running During the Summer Season

The programme as advised by the Marathon Club is:-

Sunday 28th November - 10 mile race at W.A.I.T. - starting time 9 a.m.

Sunday 12th December - 20 kilometre race Mundijong - starting time 8.30 a.m.

Friday 31st December - 6 mile race at Perry Lakes - starting time 6.30 p.m.

Sunday 23rd January - 10 mile race at Rockingham - starting time 8 a.m.

Sunday 13th February - 6 mile race around bridges - starting time 9 a.m.

Sunday 6th March - 20 mile race at Wanneroo at 6 a.m. combined with 10 mile Veterans' race and 10 mile race for Walkers.

In Newsletter No. 44 we hope to have some definite news from W.A.A.A. about the Club's position in the 1976/7 Track and Field Season and there will be information about the World Championships in Gothenberg, Sweden from 8th - 14th August, 1977.

SPECIAL GENERAL MEETING

Notice is hereby given to all members that a special general meeting will be held at 9.30 a.m. on Sunday 19th December, 1976 to elect a new Club President, following the resignation of Keith McDonald.

Any member of the Club is eligible for nomination, subject to his agreement.

Please attend, and to make it as full a representation as possible, urge other members to turn out to nominate, vote and participate in a PARLAUF afterwards.

SUNDAY MORNING COMPETITION

The Northern Districts Amateur Athletic Club proposed to arrange track and field meetings on a monthly basis to provide competition varied events. A maximum of five events would be conducted at each meeting.

We have accepted their invitation to compete. The first meeting will be on Sunday 5th December at Woodchester Reserve cnr Hillsborough and Morley Drive, Nollamara starting at 9.30 a.m. Please make every effort to support this meeting. Details of programme events and dates will be advised on the McCallum notice board.

AUSTRALIAN VETERANS CHAMPIONSHIPS Perth, 9th and 10th April (Easter) 1977

Entry forms are now available from the Club Secretary. Forms have been sent to the Eastern States Clubs.

All entries must be received by the W.A. Club Secretary before 5th March, 1977.

All offers of billeting should be forwarded to Bob Hayres or Cliff Bould.

For the information of members who intend competing, the winning times in the Championships at Brisbane last Easter are listed overleaf. Relate these to your grading in the following list to then rate your performance requirements and also to the lists of suggested standards for Gothenberg which follow later in the newsletter.

The following will be the grades for the Championships; all members listed are currently financial and all ages are taken at the date of the competition i.e. 9th April, 1977.

- PVB 35-39 D. Clark, P. Gare, J. Joyce, A. Jennings, W. Taylor
R. Calnan, T. Reynolds
- 1A 40-44 J. Butts, D. Batterham, D. Carr, D. Hough, G. Innes,
K. McDonald, F. Nelligan, G. Price, J. Smith, J. Waller
T. Maslen.
- 1B 45-49 B. Ainsworth, A. Briffa, A. Cummings, J. Coventry, J. Green,
R. Hayres, W. Hughes, S. Lockwood, B. Paxman, R. Potter,
R. Shand, R. Spearpoint, G. Westlake
- 2A 50-54 C. Baker, J. Goldsmith, D. Jones, C. Junner, A. Merrett,
M. Moyle, G. Morgan, P. Morrissey
- 2B 55-59 G. Cavill, J. Gilmour, N. Goff
- 3A 60-64 C. Bould, R. Horsley
- 3B 65-69 J. Collins, W. Carter

WINNING TIMES : AUST. VET. CHAMPS : BRISBANE 1976

F I E L D	DISCUS	NIL	39.5	36.8	32.54	38.68	33.08	30.99
	HAMMER	NIL	25.56	40.28	38.58	43.82	42.10	46.04
	JAVELIN	35 32	N I L	45.94	52.68	45.68	23.54	27.90
	SHOT	NIL	11.61	12.46	9.65	13.84	9.87	10.07
	POLE	NIL	3.50	3.10	3.35	2.90	2.00	NIL
	HIGH	NIL	1.60	1.63	1.57	1.51	1.12	1.37
	TRIPLE	NIL	11.75	11.56	12.33	10.41	8.66	10.93
	LONG	NIL	5.91	5.85	5.75	5.18	4.25	4.84
W A L K S	5000	NIL	28:34	24:25	28:09	26:45	26:31.5	26:43.8
	3000	NIL	16:49.6	14:23.2	16:49.4	15:40.4	15:47.6	15:14.4
S T E E P C H A S E	3000	NIL	9:57.0	9:45.8	10:34.3	NIL	NIL	NIL
	1500	NIL	NIL	NIL	NIL	4:54.2	5:47.2	6:17.0
H U R D L E	400	NIL	57.4	64.5	68.3	74.3	77.7	81.9
	110	NIL	16.4	19.9	17.8	18.8	21.7	21.7
T R A C K	10000	NIL	31:44.6	32:10.2	33:31.6	34:52.4	34:19.0	43:00
	5000	NIL	16:00.0	15:29.4	16:16.4	16:40.4	NIL	NIL
	1500	NIL	4:16.9	4:09.3	4:21.4	4:25.0	5:09.4	5:09.4
	800	NIL	2:11.6	1:56.5	2:04.1	2:10.5	2:12.1	2:19.9
	400	NIL	51.7	51.5	54.4	57.8	63.8	63.4
	200	32.2	22.6	23.4	23.7	25.4	28.2	26.7
	100	15.3	11.6	11.9	12.0	12.6	13.8	13.1
G R O U P		F	PV	IA	IB	2A	2B	3
			35-39	40-44	45-49	50-54	55-59	60+