

W.A. VETERANS' ATHLETIC CLUB

NEWSLETTER NO. 45

JANUARY, 1977

In youth we run into difficulties; in old age difficulties run into us (Josh Billings).

Your new President is Bob Hayres, voted into office at the meeting at McCallum on Sunday 19th December, 1976. Vice Presidents are Dick Horsley, John Gilmour and David Carr.

We regret to advise that Ron Spearpoint died from a heart attack on Friday 17th December, 1976 at the age of 48. He joined the Club in October and shortly after ruptured an achilles tendon in sprint training. This injury prevented him from coming down to McCallum to meet more of the members. He trained a group of youngsters in Mundaring Little Athletic Clubs.

SOUTH WEST CHAMPIONSHIPS at Capel 29th and 30th January includes events for men over 35 years. Entries closed on 3rd January, 1977. The Club will be entering a 4 x 100 m and a 4 x 400 m relay team in the senior men's events.

AUSTRALIAN VETS T & F CHAMPIONSHIPS, APRIL 1977: Please note the following revision to the programme attached to Newsletter No. 44:

First Day add Event No. 33a
Time 3.45 p.m.
Event Long Jump
Class 2A, 2B, 3A, 3B, 4

FIELD EVENTS & HURDLES: In answer to numerous enquiries, the weights of implements and heights of hurdles relative to age groups are as follows:-

	<u>Class 1</u>	<u>Class 2</u>	<u>Class 3 & 4</u>
Javelin	800 g	800 g	600 g
Shot	7.25 kg(14lb)	5.5 kg	4.0 kg
Hammer	7.25 kg(16lb)	5.5 kg	5.5 kg
Discus	2.00 kg	1.5 kg	1.0 kg
110 m Hurdles	99.6 cm (39")	91.4 cm (36")	84.0 cm (33")
400 m Hurdles	91.4 cm (36")	84.0 cm (33")	76.2 cm (30")

BIRTHDAYS

<u>December</u>	Don Waters	15th	Remains 1B
	Dick Horsley	21st	Remains 3A
	Jack Collins	24th	Remains 3B
<u>January</u>	Bill Taylor	5th	Remains PV
	David Clark	26th	Remains PV
	Paul Morrissey	28th	Alters from 1B to 2A
	Ron Potter	29th	" " 1A to 1B

MEMBERS

In the "Veteris" for December 1976 we find David Carr's times for the British Track Championships - 200 m 4th in 25.4 and 400 m 6th in 57.5, both in Class 1A. Also hidden amongst results we see that Bill Hughes has been doing some competing while visiting the Eastern States, coming 17th in a 10 km road race in Victoria on 25th in a time of 48.47.

We welcome Bob Fergie (1A) who started participating in field events for the Club on 5th January, 1977.

Newsletter No. 45

.2.

McCALLUM TRAINING: During the hot months it is suggested that training commence at 9 a.m. or earlier. Many athletes have been starting at 8.15 a.m. to "beat the heat".

Note the following revisions in the TRACK AND FIELD PROGRAMME for:-
FEBRUARY 1977

Wednesday	2nd	Twilight 10,000 m Perry Lakes warm-up track.	6.00 p.m.
Saturday	5th	Perry Lakes Inter Club (Day 3 Programme)	
Sunday	6th	<u>Northern Districts Meeting</u>	9.00 a.m.
Saturday	12th	Perry Lakes Inter Club (Day 4 Programme)	
Sunday	13th	<u>Marathon Club</u> 6 mile Bridges Run	9.00 a.m.
Wednesday	16th	Twilight 5000 m McGillivray	6.00 p.m.
Saturday	19th	Perry Lakes, State Championships*	
Sunday	20th	McCallum and/or Perry Lakes State Champs.*	
Saturday	26th	Perry Lakes State Championships* *Veterans' events included in State Championships	9.00 a.m.
Sunday	27th	McCallum	

MARCH PROGRAMME

Wednesday	2nd	Twilight 5000 m Tomkins Park	6.00 p.m.
Saturday	5th	Perry Lakes Inter Club (Day 5 Programme)	
Sunday	6th	<u>Marathon Club</u> 10 mile Road Race for Veterans at Wanneroo	6.00 a.m.
Saturday	12th	Perry Lakes Inter Club (Day 6 Programme)	
Sunday	13th	Westral 3000 m	
Sunday	20th	<u>Northern Districts Meeting</u>	9.30 a.m.
Sunday	27th	McCallum - Bridges & Mill Point Road	9.00 a.m.

APRIL PROGRAMME

Sunday	3rd	McCallum Training Session	9.00 a.m.
Saturday	9th	(Australian Veterans' Track & Field	
Sunday	10th	(Championships at Perry Lakes	12 noon
Monday	11th	10 km cross country at Perry Lakes	9.30 a.m.
Sunday	17th	Annual General Meeting Election of Office Bearers for 1977. Subs due for 1977.	9.30 a.m.

1977 SUBSCRIPTIONS: In order to assist in financing the forthcoming Championships at Easter it would be appreciated if all currently financial members could pay \$5.00 towards the subs for this year. Payments should be made to Jack Collins as soon as possible and by 1/3/77 at the latest. It will be necessary to increase subs for 1977/78 and these will become due at the A.G.M. on 17/4/77.

RESULTS: With results now being published by W.A.A.A.A. we will be able to provide information on Track and Field performances at Perry Lakes.

With reference to Newsletter No. 44 the following should be amended and/or added:-

Saturday 27/11/76

- 2000 m Steeplechase (results not previously available) E. Maslen (1A) 6m37s
B. Oliver (PV) 8m06.2s
- 800 g Javelin A. Cummings (1B) 20.67 m
- 1.5 kg Discus A. Cummings (1B) 22.46 m
- Pole Vault E. Maslen (1A) 2.70 m

Saturday 4/12/76

- 800 m Amend A. Merrett (2B) result from 2:27.0 to 2:26.7
- 1500 m " W. Hughes (1B) result from 5:55.6 to 5:43.6
- 1.5 kg Discus A. Cummings (1B) 24.88 m
E. Maslen (1A) 22.64 m
- 1.0 kg Discus E. Horsley (3A) 28.16 m
- 12 lb Shot E. Maslen (1A) 9.05 m

WEDNESDAY 8TH DECEMBER, 1976: Jim Smith was the only Veteran to walk the 3 km race and covered the distance in 15:16.

FRIDAY 10TH DECEMBER, 1976: The W.A.I.T. Joggers & Athletic Club invited us to their 5 mile road run at 5 p.m. and seven Veterans were in the field of 14 runners. The race was won in 27:26 with the Veterans coming in as follows:-

Position	Name	Time	Previous Best Over the Course
2	G. Innes (1A)	28:12	29:33 (28/11/76)
4	R. Shand (1A)	29:16	31:27 (")
7	E. Murphy (PV)	32:14	33:32 (")
8	R. Hayres (1B)	33:11	34:24 (")
10	W. Hughes (1B)	34:23	37:58 (#/ 7/76)
13	D. Batterham (1A)	38:39	Nil
14	W. Taylor (1A)	45:19	38:45 (4/ 7/76)

Conditions were ideal - cool and overcast with a light breeze.

SATURDAYS 11TH & 18TH DECEMBER, 1976: Perry Lakes Christmas Championships:

ATHLETICS

SATURDAY - FIRST DAY - Christmas Championships - at Perry Lakes Stadium - MEN - SENIORS - 100m: C. O'Sullivan (U) 11sec. 1. D. Mercer (CD) 11.0. 2. G. Stewart (U) 11.1. 3. 400m: G. Wright (SD) 48.2sec. 1. C. Pettit (CD) 48.5. 2. G. Plant (CD) 48.6. 3. 1500m: W. Isted (MD) 3min. 58.7sec. 1. A. Hilton (SD) 4:02.6. 2. A. Shepherd (ND) 4:02.9. 3. 3000m: P. Watson (ND) 8min. 42.4sec. 1. K. Willmer (K) 2. E. Maslen (U) 3. 4x100m: University 4:25sec. 1. Canning Dist. 2. Swan Dist. 3. 400m hurdles: J. Sheridan (U) 53.9sec. 1. M. Edwards (CD) 55.0. 2. 3000m walk: I. Hodgkinson (M) (Mid.) 13min. 50.8sec. 1. M. Davey (N) 2. M. Wall (U) 2. Pole vault: G. Niven (CD) 3.20m. 1. M. Stanton (ND) 2. D. Stanton (ND) 3. Long jump: R. Dayman (Bun.) 7.50m. w.a. 1. G. Stewart (U) 7.31m. w.a. 2. D. Willmer (K) 3. Shot put: A. Brown (ND) 14.93m. 1. E. Carroll (U) 2. M. Stanton (ND) 3. Javelin throw: D. Stanton (ND) 67.16m. 1. M. Stanton (ND) 53.4m. 2. I. Osborne (U) 51.98m. 3.

etres P. Gare (PV) Heat 1 52.9
Semi Final 53.8
Final 51.2 (6th)

metres J. Butts (1A) Entered but did not start.

metres E. Maslen (1A) 9:37.0 (3rd)
(J. Butts & J. Gilmour did not start)

metres E. Maslen (1A) 17:01.4 (3rd)
(J. Butts & J. Gilmour did not start)

metres steeplechase E. Maslen (1A) 10:20.6 (2nd)

Javelin T. Reynolds (PV) 41.01 (800 g)

Newsletter No. 45

.4.

SUNDAY 12TH DECEMBER, 1976: The ten Veterans who went to McCallum instead of out to Mundijong met John Waller who trained with Dave Jones and Bob Hayres over the sprint course. Bob Hayres warmed up with 10 laps while Dick Horsley joined Cliff Bould in his 15 lap run. Brian Paxman accompanied Rob Shand on 8 of his 16 lap training run, while Jim Green did his laps through the trees. Stan Lockwood trained while Alex Cummings and Jack Collins made great efforts to throw the discus into the river, but some trees prevented this.

Down at Mundijong four Veterans participated in the Marathon Club's 20 km road run on their Marathon course in very warm conditions. The Veterans' results were:-

5th	John Gilmour (2B)	73:38	10 miles in 58:52
10th	John Butts (1A)	85:39	" " 68:25
11th	George Innes (1A)	86:56	" " 69:57
13th	David Hough (1A)	93:26	" " 73:40

WA MARATHON CLUB - 20km
road race at Mundijong. S. Sault
1st 70min 28sec. 2nd J. Jones
72min. 3rd F. Langford 72min 45
4th 73min. 5th G. Wall 74min 40
6th 75min. 7th G. Gilmour 75min 10
8th 76min. 9th S. P. Harrison 79min 21sec
10th S. P. Ford 79min 21sec equal
11th K. Elroy 80min 54sec. 12th

WEDNESDAY 15TH DECEMBER, 1976: Walkers Club Meeting at Perry Lakes over 5000 m resulted in Dick Horsley (3A) covering the distance in 27:45 and Alex Cummings (1B) following in 29:25.

SUNDAY 19TH DECEMBER, 1976: Special General Club Meeting at 9.30 a.m. resulted in the election of Bob Hayres as President with Vice Presidents elected as previously.

Apologies were received from Horsley, Hughes, Potter and Stewart and 19 member sat round on the grass and discussed general topics of Club interest.

It is suggested that for the remainder of the track season in January, February and March, 1977 that as many Veterans turn out at Perry Lakes as possible to participate in the track and field events and to gain much needed competitive experience. Those not running should encourage the competitors in their efforts and assist on the track moving hurdles etc.

Following the meeting a 5 lap parlauf was held between two teams composed of Carr, Cavill, Cummings, Hough, Hayres and Morgan in one team and Batterham, Collins, Jones, Merrett, Paxman and Shand in the other.

John Gilmour completed his training beneath the trees before the meeting started and Cliff Bould split his training into two sessions with distance running before the meeting and sprint training after. George Innes took a break off fire fighting to record his vote and Bernie Oliver and Stan Lockwood did some laps, and it was good to see Merv Moyle in action again. Unfortunately Bruce Stanton was unable to provide a training session; however Noel Goff was on hand to divulge some practical secrets to potential field event participants.

We welcomed the return of David Carr from his overseas trip and understand that Jim Coventry is back from India but is still meditating.

SUNDAY 26TH DECEMBER, 1976: On a hot 35°C Boxing Day morning Hayres, Bould, Shand and Jim Green were out training early to beat the heat. Ron Potter appeared and joined in doing some laps and George Cavill was seen running in the shadows under the trees to be joined later by Collins, Lockwood, Carr, Jones and Hough. All were through with training by 10.30 a.m.

FRIDAY 31ST DECEMBER, 1976: Marathon Club 6 mile race round Perry Lakes at 6.30 p.m. was their last event for the 1976 season and there were 26 starters for this inaugural event. The six miles, which was three circuits of a cross country route on grass all the way, was won by Graham Clews in 31:26. Veterans' results were:-

10th	George Innes	(1A)	35:08
11th	Rob Shand	(1A)	36:10
14th	John Butts	(1A)	37:18
21st	George Cavill	(2B)	40:25
23rd	Geoff Price	(1A)	41:14
24th	David Hough	(1A)	41:29
25th	Bob Hayres	(1B)	42:23
26th	David Carr	(1A)	42:48
-	Bernie Oliver	(PV)	withdrew
			2 miles

Cross-country to Clews

The inaugural New Year's Eve six-mile (9.1 km) cross-country race around Perry Lakes was won convincingly by Graeme Clews of the Northern Districts club.

Details:
G. Clews, 31min.26sec. 1: D. Eittringham, 31.51 2: F. Langford, 33.03 3: D. Wilmer, 33.08 4: G. Ford, 33.09 5: D. Jones, 33.11 6: G. Wall, 33.39 7: P. Wall, 34.08 8: K. Barry, 34.39 9: G. Innes (veteran) 35.08 10.

Alan Merrit (2A) warmed up but did not start and Jim Green (1B) had completed his training before the event. Jeffrey Joyce (PV) officiated and kept times.

SUNDAY 2ND JANUARY, 1977: Jim Green, Bob Hayres, Rob Shand and George Innes made an 8.15 a.m. start to get most of their running over before the day got hotter. Cliff Bould arrived soon after 8.30 a.m. and ran his 16 laps, accompanied by Ron Potter and later Brian Paxman. Larry Foley, a Veteran from Victoria, was welcomed and joined in with George Cavill in training under the trees.

Alex Cummings warmed up with a couple of laps of walking and then moved onto the discus circle with Jack Collins and Noel Goff. Bernie Oliver did some slow laps to try out an injured calf muscle and Stan Lockwood and Garnett Morgan participated in lap training while Dave Jones did some sprint training.

After training was completed, we gathered under the trees to farewell George Cavill who is moving to Sydney. Although he will be visiting Perth periodically and will be running in W.A. colours in the Easter Championships, he will probably not be down at McCallum again.

SATURDAY 8TH JANUARY, 1977: Perry Lakes Track & Field First Round, Day Six: Fourteen Veterans were at Perry Lakes including Larry Foley (1B) from Victoria who was running by invitation. Cliff Bould and Jack Ryan (from Victoria) were spectators and Dick Horsley was officiating.

Track	60 m	100 m	200 m	400 m	800 m	3000 m	2000 Steeple	200 Hurdles
R. Calnan (PV)	8.0	12.4	26.1					
P. Gare (PV)				52.2				
T. Reynolds (PV)								29.9
E. Maslen (1A)						10:00	6:51.0	
R. Shand (1A)					2:22.8	10:25		
R. Johnson (1A)								30.1
G. Innes (1A)						10.01		
B. Paxman (1B)					2:25.0			
R. Hayres (1B)					2:35.0	11.27		
D. Jones (2A)	8.1	13.0	26.6					
J. Gilmour (2B)						10.01		
N. Goff (2B)	8.4	13.6						

Newsletter No. 45

.6.

Field	P.V.	Shot 16 lbs	Shot 12 lbs	L.J.	T.J.	3000 m Walk
R. Calnan (PV)		7.71		4.98	9.93	
T. Reynolds (FV)	2.55	8.94 & 10.48		6.36		
R. Fergie (1A)				4.22		
E. Maslen (1A)	2.55		9.37			
R. Johnson (1A)				5.21		
J. Smith (1A)						16:03.4
A. Cummings (1B)		7.08		4.99		17:43.4
N. Goff (2B)			8.86	5.03	10.02	

SUNDAY 9TH JANUARY, 1977: Woodchester Reserve

Nineteen Veterans turned out for competition and instructions from Bruce Stanton on a hot morning while Horsley, Gilmour, Moyle and Bould trained at McCallum. A great improvement on the December turn out with the following results in a varied programme.

		200 m	800 m	Hammer	Triple	Jav. 800 g	Shot 16 lb	Discus	L.J.
J. Collins (3B)		36.1			(600g)	18.40	8 lb 8.06	14.72	4.11
N. Goff (2B)		30.3		20.28	9.64*	22.45	12 lb 8.03	22.90*	4.1
D. Jones (2A)		29.1	2:53.0	17.96	7.78	18.30	12 lb 7.33		4.46*
G. Morgan (2A)		32.9	2:51.0						
B. Paxman (1B)		29.4	2:23.2		8.78	N.T.	5.96	12.98	
S. Lockwood (1B)		30.5	3:00.0						
R. Hayres (1B)		29.6	2:38.0	21.34	8.60	23.60	6.59	19.12	
D. Batterham (1B)		31.7	3:02.0			N.T.	12 lb 6.15		3.40
L. Foley (1B)		30.7	2:45.0	12.54	8.28	20.05	5.95		
A. Cummings (1B)				21.34	8.50	23.85	7.26	20.62	
J. Green (1B)				10.80					
A. Briffa (1B)				18.12					
D. Hough (1A)									
A. Fergie (1A)				24.12*		32.20	9.68*	22.48	
R. Shand (1A)		33.8	2:25.0		9.18	33.07*	7.24	19.00	
D. Carr (1A)		26.0*	2:22.6*		8.12	24.70	6.13		
G. Innes (1A)		30.1	2:27.0						
B. Oliver (PV)		31.1							
K. Beaumont (FV)		27.2	2:26.0				8.57		

A 4 x 100 m relay was held to finish off the meeting with -

Hayres	Cummings	Paxman	(Another)	58.0 sec.
Jones	Collins	Shand	Goff	59.9 sec.

WEDNESDAY 12TH JANUARY: Twilight 5000 m at Tomkins Park. Nine Veterans participated in a field of 25 with the following results:-

6th	G. Innes (1A)	16:52	17th	C. Bould (3A)	20:48
11th	R. Shand (1A)	18:14	18th	L. Foley (1B)	20:48
13th	K. Beaumont (FV)	18:24	19th	M. Moyle (2A)	21:11
15th	A. Merrett (2A)	18:56	20th	D. Batterham (1B)	23:47

W. Hughes (1B) withdrew after 2½ laps.

George's time was very good considering the extremely blustery conditions during the race. The race was won in a time of 15 minutes 22.4 seconds.

STATE CHAMPIONSHIPS: Some events have been arranged for Veterans at the State Championships and your support is necessary for the following:-

Saturday 19th : 400 m
Sunday 20th : 800 m : 100 m
Saturday 26th : 200 m : 1500 m

Veterans wishing to run in other events will compete in open championships. It is hoped that, depending upon support, other Veterans' events can be arranged next year.

CLUB BARBEQUE and fund raising get together has been arranged for Sunday 20th February at 6.30 p.m. immediately after the last event of the State Championships on that day.

Venue: Art & Mary Briffa's residence
233 Mill Point Road, South Perth

Cost: \$6.00 double or \$3.00 single to cover all food and drink. Payment at the door.

PLEASE MAKE EVERY EFFORT TO COME AND GET TO KNOW OTHER MEMBERS OF THE CLUB YOU HAVE NOT MET OR SEEN RECENTLY.

RAFFLE: Jack Collins will be distributing raffle ticket books to all members to sell to raise funds for the Easter Track & Field Championships. Three prizes are offered and the draw will be made on Sunday 10th April, 1977 at Perry Lakes.

YOUR EFFORTS IN SELLING TICKETS IS VITAL TO THE FINANCIAL SITUATION FACING US IN HOLDING THESE CHAMPIONSHIPS IN PERTH AT EASTER.

ENTRY FORMS for the Australian Veterans' Track & Field Championships are now available from the Secretary to fully paid up members only. Completed forms are to be returned to the Secretary before 5th March, 1977.

There will be a function at the conclusion of the programme on Sunday 10th April at the Rugby Club at the warm-up track at Perry Lakes.

Cost per person \$5.00 to be forwarded with Entry Form so that tickets can be issued with competitors' numbers.

CLUB COLOURS: It would be appreciated if, for the sake of regularity and presenting a solid representation of the State, that the following be worn by W.A. competitors at the National Championships:-

Black shorts and gold singlets or gold T shirts with "W.A. VETERANS A.C." on the back.

These singlets, with badge, are obtainable from Jack Collins at \$4.00 and the T shirts at \$4.00 without badge. Badges are obtainable for \$1.00 each.

The black and white singlets will be used only within W.A. at meetings under the auspices of W.A.A.A.A.

.2.

RESULTS have not been included in this newsletter as there has been a delay in the publication of the Track & Field programme since 15th January, 1977. These are now available and will be included in Newsletter No. 47 as soon as possible.

TRACK & FIELD PROGRAMME ALTERATIONS: Note the following further programme alterations as advised by W.A.A.A.A. since the last Newsletter (No. 45).

February, 1977

1. 10,000 m at Perry Lakes warm-up track originally scheduled for 2/2/77 is now to be on 12/2/77 at Perry Lakes at 6.15 p.m. and is a State Championship.
2. 9th February Twilight meeting at Perry Lakes warm-up track with W.A.W.A.A.A.

March, 1977

3. 16th March Additional 10,000 m at Tomkins Park at 6.30 p.m.
4. 18th March "Westral" open 3000 m is at Midland Oval in the afternoon.

Athletes are advised to check the revised programme for each Saturday's events as some alterations have been made to times and events. Obtain copies from Fred Stewart at Perry Lakes or see Club notice board.

Sunday 20th March will be at McCallum (not at Woodchester).

Sunday 27th March will be at Woodchester (not at McCallum).

Minutes of Meeting No. 7 of the Steering Committee
for 1977 Championships

Date: Tuesday 8th February, 1977 at 8 p.m.

Place: Jack Collins' residence, 100 Birkdale Street, Floreat Park.

Present: Horsley, Gilmour, Bould, Shand, Collins, Smith, Gare, Hughes and Carr.

Apologies: Hayres (in country) and Stewart (in country).

Absent: Briffa, Baker and Jones.

Minutes of meeting No. 6 were accepted by those present. Secretary apologized for not notifying Messrs. Gare and Baker of alteration of date from 1st February to 8th February.

1. Items Arising from Meeting No. 6

(a) Entry Forms: Additional 20 required by Victoria and 6 to South Australia. Distribution of forms locally commenced on Sunday 6th February. Some S.W. entrants given forms on 30th January.

(c) Delegates' Meeting: E. States Secretaries informed in a circular distributed on 9/2/77. Copy attached.

(d) Social: Briffa and Smith to finalize venue and advise as soon as possible. Smith to be advised of numbers to be catered for by 8/3/77. E. States Secretaries informed of cost in circular distributed 9/2/77.

Cutlery has been organized by John Gilmour from Hollywood Hospital Social Fund on free loan. Donation should be made to this fund from profits, if any, after the Championships.

(e) Medals: Gilmour suggested that State Veterans' Championships be run at the same time as National Titles. This was not accepted due to the additional organization required, especially relating to presentations.

Method of National Title medal presentation to be discussed at next meeting i.e. after each final, end of day, etc?

(f) Championship Officials: Horsley provided partial list of officials with some still to be finalized. Bould advised that physiotherapists and St. John Ambulance could not give names and that organization only be named.

Carr advised that Ross Holland had offered to officiate and advised Horsley of other names. Gilmour advised that Marathon Club members would assist.

(g) Numbers on Singlets: No information from Laurie Wilson - Horsley to expedite urgently as numbers should be ready by mid March for allocation.

(h) Sponsorship: Hughes advised that response was poor but many letters still had to be answered. Hughes and Hayres to continue.

2. Advertising

(a) Carr was briefed on advertising requirements through newspapers, media etc. Carr and Hughes to confer to prevent overlapping of duties. Carr authorized to spend up to \$50.00 at his own discretion for advertising.

Minutes of Meeting No. 7 .2.

2. Advertising (Contd)

- (a) Hayres advised (through Shand) that Stewart had advised that signs at Perry Lakes could not be used as there was an arrangement between Perth City Council and W.A.A.A.A. Smith stated that he did not think this was correct. Stewart to advise at next meeting.
- (b) Posters have been printed by David Jones and have been put up at Perry Lakes. Hayres distributing others.

3. S.W. Association

No worthwhile contact made at Championships but Ross and Keith Holland have joined Club at \$2.00 subs till 14/4/77.

4. Club Colours

Collins requested confirmation of Club colours. These will be black shorts with gold singlets and badges or gold T shirts with "W.A. Veterans A.C." in black on back, with or without badge. Collins to order stocks and sell singlets and T shirts at \$4.00 each with badges at \$1.00 each, separately.

Item to be included in newsletter and to S.W. athletes advising that it would be appreciated if, for the sake of regularity in representation, all could perform in Club colours.

"Novelty T shirts" for sale at Championships - Collins, Gare and Hayres to confer and advise at next meeting with samples if possible. Collins advised transfers reading "Australian Athletic Championships

1977

Perth, Western Australia"

would cost \$1.00 each with a minimum order of 50.

5. Equipment

Collins advised that the Club now owned 1 kg, 1.5 kg and 2 kg discus and an 800 g javelin, the latter costing \$24.00 purchased from the donation of \$20.00 from George Cavill.

Secretary to write to George and thank him for his donation.

6. W.A.I.T.

The effect of the cost of moving the Club to W.A.I.T. at \$6.00 to join the Guild and 50c to join the Joggers' Club, added to the increased subscriptions would bring the total to \$21.50 which would probably discourage many. Shand advised that John McGuire was to obtain Entry Forms. Meeting decided this was a general Club item and should be left to the A.G.M. in April.

7. Correspondence

Secretary advised that letters to Heart Foundation and University Sports Medicine Foundation had not been written.

Secretary to write to Belmont thanking them for their hospitality after the Twilight 5 km on 20/1/77.

Letter had been written to Sir Thomas Meagher enclosing copy of programme and to Sweden regarding Championships.

8. Transport from Airport

Members to advise Carr of availability for transport from airport for visiting E. States athletes when they finalize their accommodation.

Minutes of Meeting No. 7

.3.

9. Brochure

Shand provided sample of brochure which State Government Tourist Authority intend to provide. We are to advise Kevin Basley as soon as we know how many visiting athletes there are.

12. Raffles at Stadium

Hayres advised (through Shand) that Stewart suggested we write to the Association - meeting decided to let the matter drop.

13. Separate account has been opened for the Championships - current balance Nil.

NEW BUSINESS

1. Lack of coverage of veterans' events in press discussed. e.g. No reports of S.W. Championships or of 5 km at Belmont (results phoned in 27/1/77). Secretary has written to the West Australian on the subject.

2. Raffle

Permit obtained from Lotteries Commission for 2,000 tickets at 20c should net \$400 as all prizes have been donated. Collins is distributing books.

Hughes offered sheepskin for second raffle nearer to time of Championships, depending on how 1st raffle goes.

3. Briffa BBQ

\$3.00 single 20/2/77 after State Championships at 6.30 p.m. Food and drink donated.

4. State Championships.

Veterans' events 100 m, 200 m, 400 m, 800 m and 1500 m have been included this year and must be supported in view of letter received from W.A.A.A.A. asking for our views on running Veterans' Championships.

5. Payment to P.C.C. for Perry Lakes Stadium

Collins was authorized to make this payment as soon as possible.

6. Printing of Programme

Proofs to be produced for approval, as soon as possible, of those sections which are complete.

7. Next Meeting 7.30 p.m. Tuesday 8th March, 1977 at David Carr's residence, 37 Malba Crescent, Dianella. "If you get lost phone 76 2885".

NATIONAL TITLESAUSTRALIAN VETERANS' TRACK & FIELD CHAMPIONSHIPS9TH & 10TH APRIL, 1977PERRY LAKES STADIUMPERTH, WESTERN AUSTRALIAVenue:

Underwood Avenue, Perth (see your Secretary for locality map).

Track:

Rubber bitumen.

Spikes:

Maximum 3 mm.

Entries:

To be submitted to your Club Secretary to enable him to have entries in Perth by 5th March, 1977.

Entry Fee:

\$1.00 per event. Make cheques payable as required by your Club Secretary.

Awards:

Australian Veterans' Championship Medals will be presented to placegetters in each Championship event.

Groupings:

Pre Vets.	35-39 years	Non-Championship Events
Females	30 years & over	" " "
1A	40-44 years	Championship Events
1B	45-49 "	" "
2A	50-54 "	" "
2B	55-59 "	" "
3A	60-64	" "
3B	65-69	" "
4	70 years & over	" "

Programme:

See your Club Secretary. Note that Long Jump for Groups 2A and upwards will be included as event 33A at 3.45 p.m. on Saturday, 9th April.

Conference:

Delegates' Conference will be held on Saturday, 9th April at 7.30 p.m. - 10.30 p.m. at the South End Terrace Conference Room, Perry Lakes Stadium, Perth.

Function:

A function will be held at the conclusion of the programme on Sunday, 10th April at the Rugby Club at the Warm-Up Track at Perry Lakes, Perth.

Cost per person \$5.00 to be forwarded with Entry Forms so that tickets can be issued with competitors' numbers.

Travel & Accommodation:

Arrangements by individuals or by group bookings - see your Club Secretary for range of accommodation available.

.2.

Liason Officers will meet each group at the airport.

Officials:

Names of persons wishing to act in an official capacity are welcome, but it would be appreciated if such names and desired positions were submitted as soon as possible.

Enquiries should be directed to your Club Secretary.

Women's Events:

Please advise the number of women and the events in which they wish to participate so that programme adjustments can be made to incorporate these events should the numbers be sufficient to do so. This information is urgently required.

W.A. VETERANS' ATHLETIC CLUB

NEWSLETTER NO. 47

MARCH 1977

"Out of the strain of the doing into the peace of the done."

J.L. Woodruff

PROVISIONAL PROGRAMME (excluding W.A.A.A.A. Cross Country)

MARCH 1977

Saturday	12th	Perry Lakes, Day 6
Sunday	13th	Woodchester
Wednesday	16th	Twilight 10,000 m at Tomkins Park
Friday	18th	Westral 3000 m at Midland Oval, 9 p.m.
Saturday	19th	Shield Competitions, 1st Day
		Veterans' Events - 100 m women
		- 100 m, 400 m, 1500 m
Sunday	20th	Shield Competitions, 2nd Day
		Veterans' Events - 200 m women
		- 200 m, 800 m, 3000 m
Sunday	27th	McCallum

APRIL 1977

Sunday	3rd	McCallum
		Wally Cairns 10 k c.c. Kings Park 9.00 a.m.
Saturday	9th	Veterans' Championships 12.15 p.m.
Sunday	10th	Perry Lakes 12.00 noon
Monday	11th	10 k Cross Country
		Perry Lakes 9.30 a.m.
Sunday	17th	Annual General Meeting, McCallum 9.30 a.m.
Sunday	18th	Hash House Harriers Invitation Run 6.00 p.m.
Sunday	24th	"Fallen Comrades" 10 k at Albany
Saturday	30th	M.C. Marathon at Mundijong 9.00 a.m.

MAY 1977

Sunday	1st)	
Sunday	8th)	McCallum
Sunday	15th)	
Sunday	22nd	Half Marathon at Darlington 9.00 a.m.
Sunday	29th	Fun Run

JUNE 1977

Sunday	5th)	
Sunday	12th)	McCallum
Sunday	19th)	
Sunday	26th	W.A.I.T. 10 miles

JULY 1977

Sunday	3rd)	McCallum
Sunday	10th)	
Sunday	17th	Two Bridges, McCallum Oval
Sunday	24th)	McCallum
Sunday	31st)	

AUGUST 1977

Sunday	7th	Helena Valley Zig Zag, 8 miles
		(Woodbridge Race)
Sunday	14th	South West Half Marathon,
		Boyanup to Capel
Sunday	21st	Hayres Hill Climb, Roleystone
Sunday	28th	King of the Mountains, Mundaring Weir

.2.

SEPTEMBER 1977

Sunday 4th George Innes Run 7 3/4 miles at Mt. Helena
 Sunday 11th McCallum
 Sunday 18th John Gilmour 10 k, McGillivray Oval
 Sunday 25th McCallum

OCTOBER 1977

Sunday 2nd McCallum
 Saturday 8th 40 mile Mundaring to York (to include full
 Marathon distance and Veterans' relay teams)
Start 6.00 a.m.
 Sunday 9th)
 Sunday 16th) McCallum
 Sunday 23rd)
 Sunday 30th One Hour Run, McGillivray Oval

NOVEMBER TRACK SEASON RECOMMENCES

Welcome to our first two women members to the Club -
 Kathleen Holland from Manjimup and Jean Wijesundera, both of
 whom intend participating in the Championships at Easter.

We also welcome Charles Spare (37), Peter Williams (37),
 Ross Holland (39), Edmund Carrol (36) and Ed Neimanis (35),
 all of whom are Pre-Veterans.

WEDNESDAY 12TH JANUARY - Twilight 5000 m at Tomkins Park
 Cliff Bould (3A) ran the distance in 20 min. 28 sec. (and
 not 20 min. 48 sec. as reported in Newsletter 45).

THURSDAY 13TH JANUARY: At the Annual General Meeting of the
 Marathon Club, John Gilmour was elected President, Jeffrey Joyce
 as Treasurer, Colin Junner as Secretary and George Innes as a
 Committee Member. George was described in the Secretary's
 Report as the most improved distance runner in the state - well
 done George and congratulations to those elected. What a pity
 George won't be competing at the Championships at Easter.

SATURDAY 15TH JANUARY - Perry Lakes Second Round, Day One

Track		* 60m	100m	200m	400m	800m	1500m	3000m	110m
								steeple	H(91c)
R. Calnan	PV	8.5	12.7						
P. Gare	PV			23.9	52.4				
P. Williams	PV	8.9	13.0						
T. Reynolds	PV		12.2						17.2
C. Spare	PV						5.03.0		
R. Johnson	1A	8.3	12.3						19.5
D. Carr	1A		12.6	26.3	59.1	2.14	5.02.0		
R. Shand	1A					2.17	4.45.0		
E. Maslen	1A						4.39.0	10.39.6	
A. Cummings	1B								22.0
R. Hayres	1B				62.7		5.04.0		
B. Paxman	1B				62.2	2.25	5.21.0		
A. Merrett	2A						4.56.0		
N. Goff	2B	9.0	13.5						20.5
J. Gilmour	2B					2.15	4.37.4		

* The 60 m was conducted over 65.25 metres and all races were
 declared "NO EVENT".

.3.

<u>Track</u>	<u>Hammer</u> <u>5.5 k</u>	<u>High</u> <u>Jump</u>	<u>Long</u> <u>Jump</u>	<u>Discus</u> <u>1.5 k</u>	<u>2 k Walk</u>
T. Reynolds PV				28.83	
P. Gare PV				27.23	
E. Maslen 1A				24.98	
R. Johnson 1A		1.40	5.43		10.20.8
A. Cummings 1B	18.64		4.23	23.96	
N. Goff	22.02		4.89	24.71	

At McCallum on SUNDAY 16TH JANUARY a group consisting of Gilmour, Shand, Hayres and Innes were down just after 8 a.m. doing some lap training, to be joined later by Briffa and Paxman in some stride throughs. Dave Jones joined in the last lap and then continued with some speed work. Larry Foley from Victoria came down with Bill Hughes and ran under the trees with George Cavill. Alex Cummings, Jack Collins and Noel Goff moved over to the discus circle after a short run. Cliff Bould, Jim Green, Garnett Morgan, Ron Potter and Stan Lockwood put in a few training laps and it was good to see Don Waters running again after a long lay off due to a heel injury. David Carr ran to McCallum, then accompanied Dave Hough and Bernie Oliver on the first part of their run round the Bridges. In all 22 Veterans were at McCallum.

WEDNESDAY 19TH JANUARY - Twilight 10,000 m at McGillivray Oval
After a wet and windy Tuesday it appeared that we would have a repeat of the stormy conditions in which the previous twilight 10 k was run at McGillivray on 17th September, 1976. However, the weather settled down to a cool evening with a light wind - almost perfect conditions which suited John Gilmour who ran the 25 laps in 33m.41s., just one second outside his 57 year old World Record. The race was won in 30m.24.2s. and among the 32 runners who completed the distance, Veterans were placed as follows:-

John Gilmour	2B	10th	33:41
George Innes	1A	13th	34:00
Ted Maslen	1A	14th	34:15
Rob Shand	1A	20th	37:37
Alan Merrett	2A	21st	37:50 (1 lap short)
David Hough	1A	27th	39:37
David Carr	1A	28th	39:49
Bill Hughes	1B	30th	40:45
Larry Foley	1B	31st	44.05 (Victorian Veteran)
Dennis Batterham	1A	32nd	45:32
Bernie Oliver	PV	withdrew	

There appears to be some confusion about times and positions in this race as Alan Merrett's time indicates and in the official results Martin O'Rorke was given a time of 35:05 but finished well behind Rob Shand and claims to have run 1 lap short.

SATURDAY 22ND JANUARY - Perry Lakes Second Round, Day Two

<u>Track</u>	<u>60m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>3000m</u>	<u>3000m</u> <u>steeple</u>
R. Calnan PV	7.9			60.4			
P. Gare PV	7.3			53.2			
E. Maslen 1A							9:44.0
R. Johnson 1A	7.8	12.0	26.4				
R. Shand 1A					2:14.8	9.59.4	
D. Carr 1A		12.1	26.7	59.4	2:19.2	12:03.0	
B. Paxman 1B						11.03.0	
R. Potter 1B	8.6			65.5			
R. Hayres 1B				64.2	2:25.3	11:11.0	
A. Merrett 2A						10:30.0	
N. Goff 2B	8.3						

.4.

<u>FIELD</u>		<u>Pole</u>	<u>Discus</u>	<u>Javelin</u>	<u>Shot</u>	<u>Shot</u>	<u>Triple</u>	<u>110 H</u>	<u>200 H</u>
		<u>Vault</u>	<u>2 K</u>	<u>800 g</u>	<u>7.25 k</u>	<u>5.5 k</u>	<u>Jump</u>	<u>(9 km)</u>	
T. Reynolds	PV		28.74	40.46	8.96				
E. Carroll	PV				11.18				
P. Gare	PV					9.11			
R. Calnan	PV					7.62			
R. Johnson	1A							20.5	31.0
E. Maslen	1A	2.70				8.96			
A. Cummings	1B		30.40			6.95	9.45	22.9	
N. Goff	2B		26.34			8.88	10.20	20.0	

SUNDAY 23RD JANUARY: While Bould, Briffa, Collins, Foley, Green, Horsley, Hughes, Morgan, Moyle and Shand trained at McCallum, seven Veterans were participating in the Marathon Club's 10 mile road race at Rockingham. With a 7 a.m. start Jeff Joyce (PV) was just beaten to the finish by 1 second in 55m.47s. followed by George Innes (1A) in 56m.32s. Other Veterans' times were:-

John Butts 1A 63:04
David Hough 1A 71:20
Eamon Murphy PV 80:05

and Bob Hayres (1B) and Ron Potter (1B) came in together in 86:44. The runners reported that while the course was a good one, some lime on the road at an indecisive junction would have prevented some of the leading runners from going off course.

WEDNESDAY 26TH JANUARY: Twilight 5000 m at Belmont Track
Prior to the run a 2 k walk was held on the track in which Jim Smith (1A) did 10:11 and Dick Horsley (3A) did 10:35.

31 athletes started on a cool evening on the rubber bitumen track and 28 finished. Of these there were 17 Veterans, 10 of whom were running as Veterans of the Veterans' Club.*

The race was won in 15m.02s.

3. E. Maslin	1A	16:20
5. J. Gilmour	2B	16:30
7. G. Innes	1A	16.52*
10. R. Shand	1A	17.17*
12. A. Jennings	PV	17.37
13. C. Junner	2A	17.58
14. A. Merrett	2A	18.09
19. B. Paxman	1B	18.56*
22. G. Price	1A	19.44*
23. R. Hayres	1B	19.45*
24. C. Bould	3A	20:22*
25. W. Hughes	1B	20:33*
26. M. Moyle	2A	20:39*
27. D. Jones	2A	21:48*
28. D. Batterham	1A	25:05*
W/D J. Joyce	PV	withdrew after 8 laps in 9 m.54s.

The Club's thanks for assistance given in time keeping and lap scoring go to the Belmont officials and Dick Horsley, David Carr, Jack Collins, Garnett Morgan, Alec Cummings and Jim Smith.

After all efforts were expended the Belmont Club provided refreshments for competitors and spectators and we would like to thank our hosts for a very pleasant evening.

SOUTH WEST CHAMPIONSHIPS AT CAPEL

There was a good representation of the Veterans' Club in the over 35 events at the Championships with 17 Veterans travelling from Perth and three participating from local clubs. This year the organisers refused to accept late entries and those who tried to get into events or additional events (if they had any energy left) were disappointed. Next year make certain you enter, even if the closing date is early and is confused with Christmas and New Year festivities.

The Club entered in the open 4 x 100 and 4 x 400 relays but did not participate in either event.

Results were not published and were difficult to get hold of. However, the following are Veterans' performances for over 35 events:-

DAY 1 - 29th January

1500 m Steeplechase: Run with junior members as there was only one entry. G. Innes (1A) ran 4m.51.9s., breaking the record of 5:05.6 he created in 1976.

200 m Heat 1:

B. Old	(-)	
J. Rowland	(-)	25.8
D. Jones	(2A)	26.0
T. Reynolds	(PV)	26.1
S. Lockwood	(1B)	28.7
R. Hayres	(1B)	29.1

Heat 2:

D. Carr	(1A)	25.4
R. Johnson	(1A)	25.4
R. Capes	(-)	25.5
R. Calnan	(PV)	26.9
R. Potter	(1B)	28.9

Final:

D. Carr	(1A)	24.9 RECORD (previous 26.1)
R. Johnson	(1A)	
D. Jones	(2A)	26.2

200 m Open - Women: K. Holland 26.3

Senior 3000 m Walk:

J. Smith	(1A)	17:08)	Walkers covered one
A. Cummings	(1B)	18:20)	extra lap

800 m Final:

D. Carr	(1A)	2:13.7
R. Shand	(1A)	2:14.0
J. Gilmour	(2B)	2:16.0
Mair	(-)	-
R. Hayres	(1B)	2:30.0
R. Potter	(1B)	2:35.0

10,000 m Open Final:

G. Innes	(1A)	34:20
A. Briffa	(1B)	36:31

		<u>Shot</u>	<u>Long Lump</u>	<u>Javelin</u>	<u>Pole Vault</u>
N. Goff	2B	8.86	4.98	-	2.35
T. Reynolds	PV	10.18	6.13 (MR)	45.52 (MR)	2.65
A. Cummings	1B	8.34	-	25.20	-
R. Fergie	1A	10.79	-	26.44	-
R. Hayres	1B	-	-	26.20	-
D. Carr	1A	-	-	-	-

Results unavailable

.6.

A great evening barbeque with some amber fluid to replace the liquid lost during a very hot afternoon followed the 10 km which was run in the dark at 7.30 p.m. Cummings, Carr, Goff, Hayres, Innes, Jones and Shand and families camped together overnight and Ron Potter, who became a 1B, slept in the open and snored all night. Lockwood and Fergie also camped but on the opposite side of the Oval.

Art and Mary Briffa returned to Perth late on Saturday night and Gilmour and Calnan spent the night in Busselton.

Sunday saw the arrival of Jack Collins and David Hough (who was not permitted to enter), and the contest continued through a very hot day with the following Veteran performances.

DAY 2 - 30th January

<u>400 m Final</u>	1. D. Carr	(1A)	55.7	RECORD (old rec. 56.6)
	2. J. Rowlands	(-)	56.3	
	3. Mair	(-)	57.2	
	4. Old	(-)	60.1	
	5. R. Calnan	(PV)	61.2	
	6. G. Innes	(1A)	64.2	
	7. R. Potter	(1B)	66.1	
	8. D. Jones	(2A)	Not timed	

<u>400 m Women</u>	K. Holland	64.2
--------------------	------------	------

<u>100 m Final</u>	1. T. Reynolds	(PV)	12.0	(Meet Record)
	2. D. Carr	(1A)	12.1	
	3. R. Capes	(-)	12.2	
	4. R. Johnson	(1A)	12.4	
	5. Mair	(-)	12.5	
	6. D. Jones	(2A)	12.8	
	7. R. Calnan	(PV)	13.1	
	8. S. Lockwood	(1B)	13.3	

<u>1500 m Final</u>	1. J. Gilmour	(2B)	4:32.0	RECORD
	2. G. Innes	(1A)	4:33.4	
	3. R. Shand	(1A)	4:33.6	

<u>110 m Hurdles</u>	1. T. Reynolds	(PV)	16.2	(Meet Record)
	2. N. Goff	(2B)	19.6	

<u>3000 m Walk Open</u>	J. Smith	(1A)	16.03
-------------------------	----------	------	-------

<u>3000 m Open</u>	J. Gilmour	(2B)	9:36.0
	R. Shand	(1A)	10:36.0

	<u>Triple</u>	<u>Discus</u>	<u>Hammer</u>	<u>High Jump</u>
A. Cummings (1B)	9.35	27.64	21.72	-
J. Collins (3A)	-	17.40	-	-
N. Goff (2B)	10.05	-	-	1.35
R. Fergie (1A)	9.35	23.50	24.74	1.40
T. Reynolds (PV)	-	32.50	-	1.50

Meanwhile, "back in the big smoke" Cliff Bould, Merv Moyle and Dick Horsley kept active at McCallum in a Sunday training session.

SATURDAY 5TH FEBRUARY - Perry Lakes Second Round, Day Three
Results not available at time of typing but will be recorded in next Newsletter.

The reward of a thing well done is to have done it. - Emerson

CHAMPIONSHIPS REPORT

Entries for the Championships have been most encouraging and a total of 138 Veterans have entered as follows:-

South Australia : 20, including one group 4 Veteran
 Victoria : 37, including 2 women and 2 group 4 Veterans
 Queensland : 6
 New South Wales : 17, including one group 4 Veteran

The oldest competitors will be Joe Shepherd of W.A. and Tom Millard of N.S.W. Both are 73 and both will be running in the 10,000 metres.

Don't forget the SOCIAL at the Rugby Union Club (at the warm up track at Perry Lakes) at 6.30 p.m. on Sunday 10th April after the last event of that day. Cost - \$5.00 per head to Jack Collins as soon as possible.

SATURDAY 5TH FEBRUARY - Perry Lakes Track & Field, Second Round, Day Three

<u>TRACK</u>		<u>60m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>	<u>3000m</u> <u>Steeple</u>	
P. Gare	(PV)	7.4	11.5	24.4	51.5				
R. Calnan	(PV)	N.T.		27.4					
P. Williams	(PV)	N.T.	13.0						
T. Reynolds	(PV)		11.9						
E. Maslen	(1A)						4:20.0	10:32.0	
D. Carr	(1A)		12.4	27.1		2:16.6	4:50.0		
S. Lockwood	(1B)		13.4						
A. Merrett	(2A)						5:00.0		
D. Jones	(2A)		12.5	27.5					
N. Goff	(2B)		13.2						
J. Gilmour	(2B)					2:19.1	4:32.0		
<u>FIELD</u>		<u>Hammer</u>		<u>Shot</u>		<u>Triple</u>	<u>High</u> <u>Jump</u>	<u>Long</u> <u>Jump</u>	<u>2k Walk</u>
E. Niemanis	(PV)	45.98	(16)	12.36	(16)				
P. Reynolds	(PV)						1.65	5.97	
R. Calnan	(PV)					10.07			
J. Smith	(1A)								10:10.0
R. Fergie	(1A)	19.3	(12)	8.69	(12)				
E. Maslen	(1A)			8.99	(12)				
N. Goff	(2B)			9.41	(12)	10.34			

.2.

SUNDAY 6TH FEBRUARY: At McCallum, Cliff Bould, Merv Moyle and Dick Horsley did an early morning two bridges run and were followed later by Dave Hough. Rob Shand and John Gilmour did 10,000 m of run throughs and John Waller did some light training after a lay off.

At Woodchester Reserve twelve Veterans turned out for the third instruction and training session from Bruce Stanton.

<u>FIELD</u>	<u>Javelin</u> 800 g	<u>Discus</u> 2 k	<u>High</u> <u>Jump</u>	<u>Triple</u> <u>Jump</u>	<u>Shot</u> 7.25 k	<u>Hammer</u>	<u>Long</u> <u>Jump</u>
J. Collins (3)	15.45	22.33(1k)			6.64(4k)		
N. Goff (2B)	24.60	23.96(1.5k)	1.24	9.49	8.72(5.5k)	21.33	
D. Jones (2A)		18.09	1.24		7.17(5.5k)	17.47	4.11*
R. Haynes (1B)	25.70	17.00			6.71	21.51	
R. Potter (1B)							3.72
D. Batterham(1B)		13.24	1.19		4.96		3.85
A. Cummings (1B)	24.00	23.30			7.38	22.15	
W. Hughes (1B)	19.45	14.67			7.34		
D. Carr (1A)	22.00	17.66	1.29	8.45	7.07		
K. McDonald (1A)				6.55	5.96		
R. Shand (1A)	29.80	21.53			7.13		

In TRACK events the results were as follows:-

<u>100 m</u>	<u>400 m</u>	<u>1500 m</u>
D. Carr (1A) 13.0	D. Carr (1A) 64.3	R. Shand (1A) 4:53.3
D. Jones (2A) 13.9	D. Jones (2A) 65.0	D. Carr (1A) 5:43.1
N. Goff (2B) 14.1	R. Shand (1A) 65.1	K. McDonald (1A) 5:52.0
R. Potter (1B) 14.5	R. Potter (1B) 70.0	W. Hughes (1B) 6:01.5
W. Hughes (1B) 14.6	W. Hughes (1B) 71.0	G. Morgan (2A) 6:02.0
D. Batterham (1B) 15.5	K. McDonald (1A) 73.0	D. Batterham (1B) 6:44.5
	D. Batterham (1B) 75.0	
	G. Morgan (2A) 76.0	
	N. Goff (2B) 78.0	

It was good to see Keith McDonald back with the Club and in training again.

WEDNESDAY 9TH FEBRUARY: Invitation Veterans' 1500 m at the W.A.W.A.A.A. Twilight Meeting at the warm up track saw five of us running the last event at 7.10 p.m. The race was won by Ted Maslin (1A) in the good time of 4:20.9 followed by John Gilmour (2B) in a World 57 Year Old Record of 4:24.0. David Carr and Rob Shand did battle at the finishing line once again, both being given a time of 4:32.1, and Alan Merritt finished in his fastest time this season of 4:49.1.

Dic and Jim Smith were assisting and Bob Fergie, Art Briffa and Bernie Oliver were seen in the crowd. Jack Collins assisted with lap times.

SATURDAY 12TH FEBRUARY - Perry Lakes Second Round, Day Four

<u>TRACK</u>		<u>60m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>3000m</u>	<u>2000m</u> <u>Steeple</u>	<u>110m</u> <u>H</u>	<u>3000m</u> <u>Walk</u>
P. Gare (PV)		7.2	11.5	23.8						
T. Reynolds (PV)		7.5	12.0						16.5	
P. Williams (PV)		8.0	13.0	28.3						
R. Calnan (PV)		8.0	12.8	26.9						
J. Smith (1A)										15:59.0
G. Innes (1A)						2:19.0	9:36.0			
R. Shand (1A)						2:17.1	9:52.0			
D. Carr (1A)	7.9	12.3	25.8	57.7						
R. Fergie (1A)			14.1						22.9	
A. Cummings (1B)									21.8	
B. Paxman (1B)						2:24.6				
D. Jones (2A)	8.2	12.7	26.4						22.0	
A. Merrett (2A)						10:39.0	7:41.0			
N. Goff (2B)			28.1						19.1	
R. Horsley (3A)										16:19.0

<u>FIELD</u>		<u>Pole</u> <u>Vault</u>	<u>Javelin</u> <u>800 g</u>	<u>1.5k</u>	<u>D i s c u s</u> <u>1.0k</u>	<u>2.0k</u>
T. Reynolds (PV)		2.35				28.64
R. Calnan (PV)				27.69		
E. Carroll (PV)						32.36
R. Fergie (1A)		N.J	29.48			
R. Shand (1A)			32.10	25.33		
A. Cummings (1B)				25.34		
N. Goff (2B)		2.20		21.64		
R. Horsley (3A)					24.61	

The State 10,000m Track Championships were held at 6.15 p.m. at Perry Lakes.

SUNDAY 13TH FEBRUARY: At McCallum, 16 Veterans turned out in a field of 28 for the Marathon Club's 10 k "Round the Bridges" run. The fastest time was 33:49 and the sealed handicap was won by Cliff Bould.

Veterans' actual times were as follows, with previous run times in brackets.

Jeffrey Joyce (PV)	35:12 (-)
George Innes (1A)	35:39 (37:22)
Rob Shand (1A)	36:35 (37:24)
Colin Junner (2A)	39:54 (38:38)
Brian Paxman (1B)	40:53 (41:54)
David Carr (1A)	41:13 (40:45)
Cliff Bould (3A)	41:25 (-)
Geoff Price (1A)	42:33 (-)
David Hough (1A)	42:46 (42:41)
Merv Moyle (2A)	44:15 (45:18)
Ron Potter (1B)	44:22 (46:39)
Dick Horsley (3A)	44:57 (48:23)
Garnett Morgan (2A)	47:35 (44:47)
Keith McDonald (1A)	49:38 (51:08)
Dave Jones (2A)	52:23 (46:13)
Bill Hughes (1B)	56:34 (45:02)

Art Briffa and Jack Collins took times and officiated in conjunction with the Marathon Club.

Alex Cummings was practising his discus spin and Stan Lockwood did some sprint training.

.4.

SATURDAY 19TH FEBRUARY: State Championships at Perry Lakes

On the first day of competition an invitation Veterans' 400 m was held at 1.45 p.m. with David Carr (1A) romping home in 54.8s. followed by Ross Calnan (PV) in 60.6s., David Jones (2A) in 62.5s. and Brian Paxman (1B) in 63.3s.

In the 200 m Open Peter Gare (PV) ran the distance in 23.6s. and then in the Veterans' 200 m ran 24.7s. followed by:-

D. Carr	(1A)	25.0
D. Jones	(2A)	26.1
N. Goff	(2B)	27.7
S. Lockwood	(1B)	28.2
B. Paxman	(1B)	28.5

In the Open 400 m Peter Gare (PV) ran 52.0s. and Ted Maslen (1A) ran a slow 18 minute 5000 m and 10m.29.6s. for the 3000m steeple-chase. Jim Smith (1A) completed the 3000 m Walk in 16m.36.0s. and in the field events Ed Niemanis hurled the 16 lb. hammer 46.85 m.

In the Veterans' 1500 m John Gilmour (2B) had a hard race to win in 4m.28.5s. and hold off George Innes (1A) 4m.29.0s. and Rob Shand (1A) 4m.30s. Alan Merrett (2A) and David Carr (1A) were given the same time of 4m.53.0s. and Brian Paxman (1B) ran 5m.04.0s.

SUNDAY 20TH FEBRUARY: State Championships at Perry Lakes

On the second day of competition when the temperature rose to 43°C at 2.30 p.m. an invitation Veterans' 800 m was held at 2.15 p.m. David Carr (1A) again showed his superiority in the sprint home to record his fastest time this season of 2m.11.4s. followed by Rob Shand (1A) whose time of 2m.13.8s. was also his fastest this season. Brian Paxman (1B) came third in 2m.25.3s.

In the 100 m held under the threatening skies of a thunderstorm building up from the North West, which created some wind assistance, the Veterans' 100 m produced an exciting finish for second place between David Carr (1A) in 11.8s. and John Waller (1A) in 11.9s. followed in by Ross Calnan (PV) 12.5s., David Jones (2A) 12.7s. and Stan Lockwood (1B) 13.2s. The race was won by Peter Gare (PV) in 11.2s. who previously, in a heat of the Open 100 m, produced the same time with no wind assistance and created a PVB record (35-39).

Ted Maslen won the 3000 m steeple in 10:39.2.

In the Open 100 m for Women Kath Holland gained 5th place in 11.9s.

Earlier in the morning, with a 7 a.m. start, the Marathon Club Half Marathon was held at Mundijong in hot conditions with a strong Easterly wind blowing.

Twelve athletes competed in the race won in 78.00 minutes. -Veterans' results were:

7th	Jeff Joyce	(PV)	80.24
8th	George Innes	(1A)	84.30
10th	Colin Junner	(2A)	90.00
12th	David Hough	(1A)	101.55

Down at McCallum, Jim Green, Garnett Morgan, Merv Moyle, Jack Collins, Cliff Bould, Stan Lockwood, Alex Cummings and Ron Potter got together.

Although the Club's members were scattered over three venues during the day, the evening saw a gathering of 26 members of the Club and their wives, together with 8 members of the Marathon Club with their wives, at Art and Mary Briffa's residence in South Perth for the Barbeque and Social Get Together.

Our thanks to Art and Mary for the vast amount of work they put into making the evening the success it was, especially after a day of contrasts to have to contend with ~ 43°C maximum temperature followed by a devastating storm which swept wind and rain through South Perth, causing untold damage and followed by a power blackout until 9 p.m. Our thanks too to Bob Hayres for organising the keg and raffles, and to all those ladies who assisted and added to the heaps of food which was laid out for our consumption.

SATURDAY 26TH FEBRUARY: State Championships at Perry Lakes

On the third and final day of competition an invitation Veterans' 1500 m was run at 3.24 p.m. with a field of six starters, resulting in an exciting finish 4:28.8 later with John Gilmour just holding off a determined sprint by George Innes (1A) who narrowly edged Rob Shand (1A) out of second place in 4:29.0. George's time and the 4:30.0 given Rob were both personal bests. David Carr (1A) and Alan Merrett (2B) were both timed at 4:53.0 and Brian Paxman (1B) ran 5:04.0.

Earlier in the meeting Peter Gare (PV) ran 23:6.5 in the Senior 200 m and followed this up almost immediately with a 24.7 to win the Veterans' 200 m from

David Carr	(1A)	25.0
David Jones	(2A)	26.1
Noel Goff	(2B)	27.7
Stan Lockwood	(1B)	28.2
Brian Paxman	(1B)	28.5

Kath Holland ran third in the Women's 400 m but was not timed!

SUNDAY 27TH FEBRUARY was our first Club gathering at McCallum for a month and saw Bould, Horsley, Gilmour, Moyle, Innes, Paxman, Potter, McDonald, Hayres and Shand out at 8 a.m. and finished training by the time Jones, Goff, Collins, Hough and Morgan appeared about 9.30 a.m. John Waller was not training and Colin Baker dropped in to submit his Entry for the Championships. We also met Don Scott, a sprinter from N.S.W. who intends participating at Easter.

WEDNESDAY 2ND MARCH: Twilight 5000 m at Tomkins Park

A mass of 33 runners started at 6.30 p.m. on a cool evening with a light breeze. Veterans' results were:-

George Innes (1A)	16:14	(12.1.77 times)
John Gilmour (1A)	16:24 16:52	(in 2nd column)
Rob Shand (1A)	17:35 16:52	
Alan Merrett (2A)	18:09 18:56	
Art Briffa (1B)	18:50 -	
Brian Paxman (1B)	18:22 -	
Bob Hayres (2B)	19:21 -	
Cliff Bould (3A)	20:17 20:48	
Merv Moyle (1B)	20:44 21:11	

Two participants who joined the Club after the race as PV's were Alvin Willis and Robert Harrison who did 15:55 and 16:55 respectively.

Compared with the times on the previous run on the same track every Veteran showed improvement.

.8.

During the week we welcomed the following who joined the Club:
Wally McCabe (1A) and Joe Shepherd (4) who, at 73, is now our oldest member, making Bill Carter (67) and Jack Collins (65) the youngsters of the "senior" group.

WEDNESDAY 16TH MARCH Twilight 10,000 m at Tomkins Park was run in cool weather and resulted in a magnificent run by George Innes whose time of 33 min. 44 secs. is a W.A. 1A record for the distance. Cliff Bould also created a new 3A record as did newly joined Alvin Willis in the PV group. Veterans' results were as follows:

A. Willis	(PV)	33:37	(prev.rec. D.Clark 37:56)
G. Innes	(1A)	33:44	(prev.rec. G.Innes 34:00)
R. Harrison	(PV)	34:01	
K. Anderson	(PV)	34:08	
J. Gilmour	(2B)	34:22	
M. O'Rourke	(PV)	37:19	
A. Jennings	(PV)	37:55	
D. Carr	(1A)	39:10	*
R. Hayres	(1b)	39:11	*
D. Hough	(1A)	39:23	
C. Bould	(3A)	40:32	(prev.rec.J.Collins 49:13)
M. Moyle	(2A)	42:06	
D. Batterham	(1A)	47:23	
A. Briffa	(1b)	pulled out at 8,000 m after 29:45	
B. Oliver	(PV)	did not finish.	

Congratulations to George Innes, Alvin Willis and Cliff Bould for creating new W.A. 1A, PV and 3A records in this distance.

Jim Green's birthday 17/3/77 when he turned 47 and remains 1B.

FRIDAY 18TH MARCH - Westral 3000 m at Midland Oval was run at 9 p.m. at night. Only two Veterans competed with George Innes running 9:51.0. Brian Paxman's results were not available. The fastest time was 9:39.0.

George Innes left for a holiday on Wednesday 23rd March and will unfortunately not be in Perth for the Championships, however he intends to show the Scots how a W.A. Veteran can run while he is in the U.K.

SATURDAY 19TH MARCH - Perry Lakes Track & Field : Shield Competitions

Though Veterans events were included in the programme, many Veterans were competing for their Clubs in order to obtain points in this two day competition. This resulted in seeing many athletes in unfamiliar events and the Veterans' results on the first day of competition were:

FIELD		L.J.	Shot	P.V.	Javelin
T. Reynolds		6.11	9.46	2.50	
R. Holland	(PV)		9.66		
R. Johnson	(1A)	4.58		*	
D. Carr	(1A)				
D. Scott	(1A)	5.32			17.50
A. Cummings	(1B)				
D. Jones	(2A)	4.11			
N. Goff	(2B)	5.13		2.25	

* Ed Carrol said that David Carr threw the javelin a long way!

TRACK		110m Hurdles	100m	400m	1500m	3000m	3000m Walk
T. Reynolds	(PV)	17.4					21:30
P. Gare	(PV)		13.1				
R. Calnan	(PV)		13.4				
C. Spare	(PV)				5:06.0	10:46.0	
R. Holland	(PV)				5:33.0		
A. Willis	(PV)					9:05.4	
E. Johnson	(1A)	20.0	13.5	62.8			
D. Scott	(1A)		12.8				
D. Carr	(1A)		13.1	53.9	4:36.0	10:41.0	
E. Maslen	(1A)				4:29.4		21:08
R. Shand	(1A)				4:42.7	10:18.0	
J. Smith	(1A)				5:29.0		15:59
A. Cummings	(1B)	22.0					17:42
R. Hayres	(1B)				5:00.0	11:02.0	
A. Briffa	(1B)					10:23.0	
A. Merrett	(2A)					10:20.0	
M. Moyle	(2A)				5:25.0		
D. Jones	(2A)		13.3				
J. Goff	(2B)	20.6					

Alan Merrett created a new W.A. record for the 2A 3000m and Bob Hayres one in the 1B 1500m, while Alvin Willis (PV) took a minute of the record for the 5000m.

Rob Shand's birthday 20/3/77 when he turned 45 and alters from 1A to 1B.

SUNDAY 20TH MARCH: Before the second day of competition, some Veterans gathered at McCallum in the morning to train but most did not compete in the afternoon. Oliver, Bould, Moyle, McDonald, Morgan and Jones were there; Briffa brought his dog down for a walk and Collins and Shand flung the discus around the place and Bill Hughes, just returned from another overseas trip, did a good session of training. In the afternoon competition the number of Veterans competing was certainly down and the following results were recorded.

TRACK		200m	800m	5000m	400 H	3000m Steeple
P. Gare	(PV)	25.5				
R. Calnan	(PV)	26.0				
R. Holland	(PV)			W/D		13:13.0
R. Harrison	(PV)			16:38		
C. Spare	(PV)			18:10		
B. Old		30.0				
D. Carr	(1A)	25.7	2:10.8	19:58	1:14.5	
E. Maslen	(1A)			16:30		10:35.0
R. Johnson	(1A)	27.2				
W. McCabe	(1A)			18:36		
R. Shand	(1B)			17:42		
A. Cummings	(1B)				1:28.8	
A. Briffa	(1B)			18:04		
J. Gilmour	(2B)			16:40		
FIELD		Hammer		Discus	H.J.	T.J.
T. Reynolds	(PV)			28.34	1.70	12.37
R. Holland	(PV)			20.32		
R. Johnson	(1A)				1.35	
D. Carr	(1A)			17.20	N.J.	
A. Cummings	(1B)	21.66		26.58		

.10.

David Carr's performance in the 800 m created a new W.A. 1A record to add to his record of 53.9 for the 400 m 1A run the day before. Rob Shand, celebrating his 45th birthday and thus entering 1B, created a new 5000 m record of 17:42.0. Alec Cummings created a 1B 400 Hurdles record of 82.8 and David Carr's 1A time of 74.5 was also a record - no previous records existed for these events. Tom Reynolds (PV) bettered his jump of 20.11.76 and beat Ross Calnan's record of 9.98 for the Triple Jump. Art Briffa broke Briam Paxman's 1B record for the 3000 m and Alan Merrett broke his own 2A record for this distance by 10 seconds. Ross Holland's Steeplechase was a new PV record.

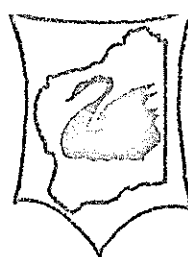
This was a weekend of good competition with some record creating performances to end the Track and Field Season with three weeks to go to the Championships at Easter.

<u>Alex Cumming's</u>	birthday	23/3/77	when he	turned	46	and	remains	1B.
<u>Jim Smith's</u>	"	28/3/77	"	"	"	44	"	1A.

This will be the last Newsletter before the Championships so we take this opportunity of wishing all competitors the best of luck and success at Perry Lakes at Easter.

REMEMBER THE AGM at Mc Callum on Sunday 17th April, 1977 at 9.30 a.m. sharp. Please attend as there are a number of items to be discussed and voted on which may affect the future of the Club.

oooooooooooooooo

ANNUAL GENERAL MEETING

9.30am. Sunday 17th April 1977 at McCallum Oval.

Apologies

R. Horsley & G. Innes (overseas) R. Hayres (E. Stiles) J. Shephard

Present

Messrs.

G. Morgan	D. Batterham	A. Connings	D. Hough
M. Moyle	A. Merrett	D. Jones	A. Briffa
W. Hughes	S. Lockwood	B. Paxman	K. McDonald
C. Bould	P. Morrissey	R. Potter	N. Goff
J. Goodheer	D. Carr	J. Gilmoor	J. Collins
R. Shand			

TOTAL 21 members.

Previous Minutes

Reference was made to the minutes of the previous annual general meeting held on 20th June 1976 which were included in the Newsletter No 40. It was moved that these minutes be adopted. There was no business arising.

Secretary's Report: Since the last A.G.M. the membership of the club has increased from 30 to 53 fully paid members - this shows an encouraging increase in the interest taken in the Veteran movement. Quite a number of the new members, especially Pre Vets, joined the club just before the championships & we hope that they remain with us in the coming winter & summer seasons.

During the year 9 Newsletters were distributed to keep members up to date with results & news of forthcoming competition & events & we hope that they have been of interest & will continue to provide information to members for immediate & future reference. If there are any items which members wish to be included or deleted, a few letters to the Editor would be welcome.

Accurate distances for two club runs were established with the help of a borrowed wheel - THE DAVE JONES COURSE at 2233m.
- ONCE ROUND MCCALLUM OVAL at 1005m.

Socially - Two social events were held during the year - the Marathon Club Veterans Dinner in November & the Briffa Barbeque in February

Three new club runs were inaugurated & have been included in the Marathon Clubs programme (!), which proves their popularity:-

(a) HAYRES HILL CLIMB in which 16 veterans participated & which was won by George Innes

(b) GEORGE INNES MT HELENA RUN in which 9 veterans participated & which was won by David Clark

(c) BILL HUGHES RUN in which 13 veterans participated & which was won by Rob Shand

The club joined the Marathon Clubs Founders 10 mile event at W.A.V. as a popular run & the Mundering to York 40 mile run which the Marathon Club intends to have as an annual event

ATTENDANCE at McCallum averaged 14 members each Sunday morning while the average of 7 at cross country meetings represented those running

as veterans & not for other clubs. At Marathon Club events we averaged 9 veterans per-event (range 4-18) while at Twilight meetings the average was 8 veterans (range 2-17)

The recognition by the WAAAA of the Veterans Club as a graded club in the track & field competition was very welcome (& long overdue) & the club members responded to this recognition by an increased participation at Perry Lakes Track & Field meetings from 5 to 15, & after the South West Championships at Capel (at which there were 17 veterans) the average each Saturday remained at 15, however many were still competing for other clubs.

WOODCHESTER: The four instructive meetings at Woodchester put on for us by Bruce Stanton was poorly attended at the start with only 8 vets making the effort, but attendance increased to 19, 11 & 11 for the next three meetings as the value of the coaching was realised. The club will be writing to Bruce to thank him for his efforts & generous assistance & to see whether he will give us further instruction toward the end of the winter season.

TEAM ACHIEVEMENTS: We had some successful team achievements with the Perth to Pinjarra Relay team of 12 covering the distance in 5h 44m 08s bettering the 1975 time of 6h 01m 59s. Perhaps in the 1977 relay with more veterans running as Veterans we can improve on this time & possibly win the "B" GRADE. In the Ascot Relays at Helena Vale Race Course our team of 6 won the "C" Grade competition & in the Cunning Relays one of our teams won the "C" Grade pennant. In the MUNDARING TO YORK 40 MILE RUN we had two teams of 6 but could not catch Jeff Joyce who ran the distance in 4h 10m to beat us in by 40 minutes.

COMMITTEES: Our congratulations to Dick Horsley on his re-election as President of WAAAA & to John Gilmour on his re-election as Vice President. In the Marathon Club John Gilmour was elected President, Jeff Joyce as Treasurer, Col Junner as secretary & George Innes as a committee member. This strong representation of veterans in the Marathon Club should ensure the continued good fellowship which has developed between the two clubs. In a special general meeting on 18th DECEMBER 1976 Bob Hayres was elected President of the Club to fill the position left vacant by the resignation of Keith McDonald.

RECORDS: A schedule of W.A., Australian & World Records was prepared by the Secretary in consultation with Jack Pennington (Sen. Vice Pres of A.A. of V.A.C. & editor of "The Veteran Athlete") & Mike Sheehan (Statistician of the A.A. of V.A.C.) & was brought up to date on 1.4.77 in preparation for the championships. This is at present being updated following the championships & it is hoped that it can be published with the club rankings for all events in each age group for the seasons 74, 75 & 76. In consultation with Mr & Mrs Wilson (Recorders for WAAAA) a list of W.A. OPEN & RESIDENTIAL RECORDS is being prepared.

The track & field season climaxed over Easter with the Australian Veterans Track & Field Championships at Perry Lakes Stadium & over the two days of competition 26 W.A. Residential records were broken & 2 equalled, 52 new Australian Records created of which 2 were by a W.A. athlete.

ACHIEVEMENTS by individuals are well known but I feel that mention should be made

of a number of performances. In the 1A GROUP GEORGE INNES, described in the Marathon Club Secretary's report as "the most improved distance runner in the state", showed unbeatable form throughout the track season & will be hard to beat this winter season. DAVID CARR, who had a good season on the track, broke the S.W. Records for 200m & 400m at Capel, TED MASLEN, who ran that incredible 1500m to beat Alby Thomas at the Championships, JIM SMITH who holds all the W.A. walking records in this group is to be congratulated on his selection to represent W.A. in Sydney last July & DON SCOTT who has performed well in his short return to competitive athletics.

In the 1B Group: STAN LOCKWOOD continued to show good sprinting form while ALEC COMMINGS has improved considerably to show his potential in the field events. ART BRIFFA has gained in fitness since his return from Europe & is expected to perform well in the winter season. DON WATERS returned to walking at the championships & we hope that he will be able to persevere with his training & join us on the road. ROB SHAND broke into 1B with 800m & 1500m records & provided he can get some miles behind him without the injuries of last winter he may go well through the cross country season.

In the "SENIOR GROUPS" DAVE JONES has run well all season & some cross country running should help to build up stamina for his 400m efforts next summer. JOHN GILMOUR continues to outrun all the veterans in the club, but was pushed a bit more than usual this season by Cam, Innes & Shand. We congratulate him on his selection as "ATHLETE OF THE CHAMPIONSHIPS". NOEL GOFF is an evergreen in the field events & it never ceases to amaze how he can drink so many cups of tea & still reach nearly 5 metres in the long jump. GEORGE CAVILL's transfer to Sydney is a great loss to the club & it was disappointing that he could not return to W.A. for the Championships - we wish him well on the "other" side. ALAN MERRETT & COL JUNNER, so much part of the scene in the long distance races showed their long built up potential in winning their events at the championships. JACK COLLINS came through in the field events after a long period of leg trouble & CLIFF BOULD showed that he still has a fighting spirit with his performances at the championships can settle down to some serious training for Gothenberg & to all those who are going overseas to compete go the club's best wishes for a successful & enjoyable trip.

To the "P.V." group so far not mentioned, go the club's thanks for the support they have given us over the Track & Field season & at the Championships. They are the veterans of the years to come & their continued support will help to ensure the future of the veteran movement. Our congratulations to all those who succeeded at the Championships & especially to PETER CHACE, TOM REYNOLDS & ED NIEMANIS. and also to JEFF JOYCE on his selection last winter as a member of the W.A. Marathon Team.

CHAMPIONSHIP ORGANISING COMMITTEE: I would like to mention this committee, firstly JACK COLLINS whose services in time keeping & recording on Sundays throughout the winter season were invaluable to the club & also his part in championship organisation with togs & things like that, BOB HAYRES who worked really hard as president carrying out the unenviable task of fund raising, DICK HORSLEY who got all the officials together & sorted them out before having to go overseas & being unable to participate.

Jim Smith who organised, & was responsible for all the catering at the function on Sunday night, Bill Hughes who, among many other contributions made the facilities of his office available for the duplication of the results sheets at the end of the championships. Dave Jones who, on his own produced all the numbers for the singlets. Fred Stewart for running the programme over Easter without any visible hitches. David Carr for the difficult task of trying to get the media to recognise our existence & then trying to get them to do something about spreading the word. Art Briffa for organising the venue of the amber liquid Colin Baker for running the "stall" at the stadium & to John Gilmore, Cliff Bould & Peter Carr for assisting in innumerable ways during the last few months of organising.

Special thanks go to Laurie & Mrs Wilson for the fantastic job which they did with the recording at the Championships & also to Peta & Terry Carr for "manning" the stand over Easter, to Mary Briffa & her helpers who did a magnificent job at the Briffa B.B.Q after such a stormy start, to all the behind the scenes wives & helpers who encouraged (or did not discourage) & to all those who helped to make the past year the successful one it has been & finally to Marion Shand for the hours of typing needed to produce the Club Newsletters

(Rob Shand)

Acceptance of this report was moved by Art Briffa & seconded by Alan Merrett.

TREASURERS STATEMENT: During the past year there has been a decided improvement in the Clubs financial position. From a cash balance of \$130.56 at 1st April 1976, we now have \$242.72 after having purchased equipment (3 discus, javelin & additions to notice board) & having stock-in-hand of Club singlets & t-shirts to the value of \$49.05 (cost).

An amount of \$119.00, which was advanced by some members toward their 1977/78 subscriptions has not been included & is being accounted for in the current year.

(Jack Collins)

Acceptance of this report was moved by Alan Merrett & seconded by David Jones.

ELECTION OF OFFICE BEARERS: A motion was put to the meeting by Noel Goff & seconded by Keith McDonald that those members who held office between June 1976 & April 1977 be re-elected for the forthcoming year & the meeting voted unanimously for the motion which was carried. The Committee for the year April 1977 - April 1978 will be:

PATRON	<u>W.J. Hughes</u>
PRESIDENT	<u>R. Hayres</u>
VICE-PRESIDENTS	<u>R. Horsley, J. Gilmore, D. Carr</u>
SECRETARY	<u>R.I. Shand</u>
TREASURER	<u>J. Collins</u>
COMMITTEE MEMBERS:	<u>A. Briffa & C. Bould</u>

AMENDMENTS TO THE CONSTITUTION were necessary in terms of club colours, Membership & Records. After discussion the following amendments were accepted by the members present & the constitution is to be amended as follows:-

ITEM 4 to be amended to read:

"The colours of the club for competition within W.A. shall be black shorts & white singlet trimmed in black & bearing the club badge. For interstate Veteran competition & competition outside W.A. the club colours shall be black shorts & gold singlet trimmed in black & bearing the club badge"

(Amendment proposed by Rob Shand, seconded by Jack Collins & adopted by vote)

ITEM 11 to be amended as follows:

ITEM 11 LIFE MEMBERSHIP to become item 11a LIFE MEMBERSHIP.

ADD NEW ITEM 11(b) HON MEMBERSHIP: "On reaching the age of 70 years (GROUP A) a member automatically receives an Hon membership, irrespective of his length of membership of the club & will not be required to pay club subscription fees"

(Amendment proposed by Rob Shand, seconded by David Carr. Discussion which followed established that WAAAA registration fees & cost of newsletters & publications would still have to be paid for by the member. Amendment was adopted by vote)

ITEM 13 Additional Clause RECORDS.

"The schedule of records dated 1st April 1977 prepared by the secretary of the W.A.V.A.C. & the statistician of the Australian Association of Veteran Athletic Clubs be adopted as a true record of performances at that date & be amended by the secretary as & when new records are confirmed. In addition a schedule of W.A. Open & Residential records be prepared from the performances of the 5th Veterans Track & Field Championships & be amended from time to time as & when new records are confirmed.

(Open records can be held by W.A. or any other registered athlete competing in W.A. : Residential records can only be held by athletes registered in W.A.)

(Amendment proposed by Rob Shand, seconded by Art Briffa & adopted by vote)

GENERAL BUSINESS

1. ANNUAL SUBSCRIPTION. Jack Collins advised the meeting that the cost of membership in the previous year did not cover the newsletter & other publications. The meeting was also advised that the WAAAA registration would be increased to \$6.50 (ie \$4.00 registration plus the \$2.50 equipment levy concealed in the fee). The new subscription for 1977-78 was discussed & a figure of \$13.00 was proposed (with regret) by Keith McDonald, seconded by Ron Potter & accepted by the meeting to include the club newsletter & "The Veteran Athlete" (\$6.50) plus the WAAAA registration (\$6.50)

2. HON MEMBERSHIP It was agreed by the meeting that Hon membership for 1977-78 be given to Joe Shepherd (d.o.b. 3.2.07) being our only member over 70 years. It was also moved by Art Briffa, & seconded by Cliff Gould that, in recognition of the efforts of Dick Horsley & Rob Shand in the organisation of the 5th Aust. Vet. T & F Champs, they both be given Hon membership for the 1977-78 year. All proposals were accepted by the members present.

3. VENUE FOR CLUB MEETINGS: Three alternatives were put forward by the Secretary for the venue for future club meetings:

(a) W.A.I.T. at a cost of \$6.50 in addition to the Annual Subscription for a grass track (not yet laid), hot & cold showers, sauna, gymnasium & other facilities

(b) PERRY LAKES STADIUM at no additional cost for bitumen track, hot & cold showers (both not available on Sundays) & a variety of cross country venues

(c) McCallum Oval with no track other than one which we mark out ourselves, no showers & no additional costs.

Discussions followed & points raised queried whether any of the WAIT facilities would be used. A vote was taken & the meeting decided to remain at McCallum but to vary the venue of club meetings to include Perry Lakes facilities, W.A.I.T. being used when we run with the Marathon Club.

4. ADDITIONAL CLUB MEETINGS Dennis Batterham requested that the committee consider an additional club meeting one evening when events could be run among veterans. The secretary advised that this would be difficult during the winter season but could be looked at for summer twilight meetings when the evenings are longer.

5. ANNUAL DINNER Bob Hayres proposed (in absentia) that an annual dinner / social for members & wives (or others) be held, the costs to be covered by members attending & to be held at an acceptable venue to be decided by the committee. The proposal was seconded by John Gilmore & the meeting decided that the time should be pre Christmas.

6. FUN RUN ON 29th MAY. The Club decided not to enter a team, but that each veteran who intends running be responsible for his own entry but to run in a W.A. VETERANS state (gold) singlet or preferably T shirt with W.A. VETERANS A.C. on the back.

7. AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS delegates to the 6th T & F Championships in Melbourne at Easter 1978 to be selected at the end of the T & F season early in 1978. No report from the delegates meeting held on Sat 9th April 1977 was available from John Gilmore or Cliff Bould.

B We welcomed LEN MERRICK & BOB POWELL to the meeting & expressed our wish that they join the club.

The meeting concluded at 11am after which a group run Round the Bridges was held. BRIAN MANNIX (18) veteran from N.S.W. joined in the run & he & Rob Shovel eventually ran round the Bridges twice to get some mileage in.

A report of the delegates meeting was received in May 1974
Cliff Bould is a vice president of the Association & John Gilmore a selector

The 6th Australian Championships are to be held in Melbourne & a cross country championship is to be held in conjunction with the track & field championships.

Australia would not nominate for the 1979 World Championships but Queensland advised they may be interested in the 1981 Championships.

Australian Veterans Marathon championship be held annually at the same venue as the A.A.U. championship. This is to be confirmed. Unless there are representatives from 3 states in each age group then no event be held for such age group. - This is to ensure that National titles do not degenerate into state titles.
A.A.U. Marathon Championships are due to be held



"Success is never final & failure never fatal"
'Tis the courage & the effort that counts"

The Championships are over & the successes of Easter are now a memory except for those who are off to Gothenberg in September to do battle with the worlds best & to them go our best wishes for an enjoyable & successful trip. Those who are going & require forms of accreditation from the club should ensure that they are financial & advise the secretary as soon as possible.

Copies of the Championships results were issued to all competitors at the social on the final night & a separate list of records (W.A. open & residential, Australian & World) is being prepared & will be available soon.

The Winter Programme, which includes W.A.A.A., Marathon Club & Veterans events has been distributed, however copies are still available for those who have missed out. Full details of the Associations events are included in their programme, available for 30c at any Saturday afternoon meeting. Those interested in participating in Association events are advised to get their copy & to register through the club secretary.

SUBSCRIPTIONS are now due & you are requested to pay JACK COLLINS as soon as possible. Subscriptions are as follows:

Club Subs including the club newsletter & "The Veteran Athlete"	\$6.50
W.A.A.A.A. Registration if you register to run with the club	\$6.50
(If you register to run with another club you pay this amount to their secretary)	

There are a number of team events included in the winter programme & selections for club representation, irrespective of ability, will be made from full club members. Veterans registered from other clubs will be co-opted if required & available to make up team numbers.

PLEASE ASSIST BY PAYING YOUR SUBS AS SOON AS POSSIBLE

The following veterans are required to pay \$2.50 to cover an equipment levy imposed on all clubs by W.A.A.A.A. for last season. The club was billed & has paid these amounts to the Association & your repayment to JACK COLLINS would be appreciated again as soon as possible

HUGH	WESTLAKE	MOYLE	AINSWORTH	MCDONALD	MORGAN
HAYRES	POTTER	WALLER	LOCKWOOD	PAXMAN	OLIVER
HUGHES	COLLINS	TAYLOR	PRICE	FERGIE	MURPHY
MORRISSEY	NEWLAN	JONES	CLARK	BATTERHAM	

In a pre - championship cross country event on Sunday 3rd April fourteen veterans of two Eastern states visitors took the chance to warm up when the Marathon Club held their annual WALLY CAIRNS 15,000m (9 1/2 miles) event at Kings Park. The course was two circuits & most veterans completed one circuit with the following results

		<u>1/2 distance 7500m</u>	<u>full distance 15,000m</u>
John Gilmoor	2B	26:30	
Bill Williamson	1B-NSW	26:30	
Rob Shand	1B	27:35	
Art Briffa	1B	28:10	
Wally McCabe	1B	30:05	63:20
Ed Junner	2A	29:07	59:25
Brian Paxman	1B	31:05	
Bernie Oliver	PV	31:32	
Dave Jones	2A	35:10	
Bill Hughes	1B	40:34	
Dennis Batterham	1A	37:51	
Harry Batterham	3B-NSW	37:51	
Martin O'Rourke	PV	-----	58:21
John Butts	1A	-----	60:08
Jell Joyce	PV	-----	55:16
Bob Harrison	PV	-----	55:33

At the 5th AUSTRALIAN VETERANS TRACK & FIELD CHAMPIONSHIPS

at Perry Lakes Stadium the final medal tally was as follows:

GOLD.	144 medals won of which W.A. Veterans won	52
SILVER	97 medals won of which W.A. Veterans won	25
BRONZE	61 medals won of which W.A. Veterans won	20
TOTAL	302	97

West Australian Veterans who gained medals are as follows:

WOMEN.	GOLD MEDALS			W.A. RESIDENTIAL RECORDS.
K. HOLLAND.	100m			
	200m			
	800m			
	Long Jump			
	DISCUS.			
PRE-VETERANS				
P. GARE	100m.	11.7		11.2
	200m	24.3		23.2
	400m	51.3		50.5
A. JENNINGS	1500m.	4:46.6	W.A open & residential record	4:49.2
A. WILLIS	5000m	16:01.2	W.A. open & residential record	16:38.0
K. FINDERSON	10000m	34:58.4		33:37.0
E. NIEMANIS	Hammer	43.82		46.85
	Shot	12.32	W.A. open & residential record	12.36
	DISCUS	38.78	W.A. open & residential record	32.50
T. REYNOLDS	110 Hurdles	16.4	Equals AUSTRALIAN RECORD. W.A open & residential record.	16.4

Vetrun 50

PRE VETERANS contd		GOLD	MEDALS	W.A. RESIDENTIAL RECORDS
T. REYNOLDS	Javelin	43.06		45.32
	Long Jump	6.28		6.36
	Pole Vault	2.64		2.70
	Triple Jump	11.59		12.37
	High Jump.	1.71	AUSTRALIAN RECORD W.A. open & residential record	1.70
1A. D. SCOTT	100m	11.8	W.A. open & equals residential record	11.8
	Long Jump.	5.94	W.A. open & residential record	5.41
D. CARR	400m	55.8		53.9
	200m	25.4		24.7
E. MASKEN	1500m.	4:15.0	W.A. open & residential record	4:20.0
	Pole Vault	2.76	Equals W.A. open & residential record	2.70
	3k steeple	10:18.8		9:44.0
1B. R. SHAND	800m	2:13.6	W.A. open & residential record	2:21.0
	1500m	4:34.0	W.A. open & residential record	4:55.0
H. BRIFFA	5000m	17:42.0	W.A. open & equals residential record	17:42.0
	10000m	37:15.0		36:31.0
D. WATERS	5k walk	28:29.0	W.A. open & residential record	29:25.0
	3k walk	16:41.0		15:31.0
H. CUMMINGS	110 Hurdles	22.4		21.8
	400 Hurdles	79.4	W.A. open & residential record	88.8
2A. D. JONES	110 Hurdles	22.5		18.3
	400 Hurdles	71.2	W.A. open & residential record	NIL
C. JUNNER	5000m	17:53.0		16:05.8
	10,000m	37:17.0		33:05.0
C. BAKER	3k walk	20:36.0		15:31.0
2B. N. GOFF	High Jump	1.30		1.35
	Hammer	24.16	W.A. open record (although this performance is recorded it was not measured by the referee)	23.60
	100m	13.2		12.9
	110 Hurdles	19.1	Equals Australian record. W.A. open & residential record	19.1
	Javelin	25.96	W.A. open & residential record	25.86
	Shot	9.20		10.01
	Long Jump	4.82		5.13
	200m.	28.40		26.50
	Triple Jump	10.76		11.46
J. GILMOUR	800m	2:22.0		2:11.9
	1500m	4:31.5		4:22.0
	5000m	17:10.4		16:09.7
	10000m	34:58.6		33:40.0
3A. C. BOULD	5000m	20:10.0		19:50.0
	10000m	41:56.0		40:32.0
3B. J. COLLINS	Javelin	16.14		18.40
4 J. SHEPHERD	10000m	57:07.0	W.A. open & residential record	NIL

OPEN RECORDS

AS AT 17-4-77

Vetrin 50

GROUP		F	PV	1A	1B	2A	2B	3A	3B	4
TRACK EVENTS	100	HOLLAND, K. 12.5 WA	GARE, P. 11.7 WA	SCOTT, D. 11.8 WA	SNELLING, L. 11.9 SA	HOCHREITER, R. 12.5 V	GOFF, N. 13.2 WA	LAMPARD, A. 14.2 SA	NIL	SIMPSON, G. 15.2 V
	200	HOLLAND, K. 26.6 WA	GARE, P. 24.3 WA	CARR, D. 25.4 WA	SNELLING, L. 24.6 SA	HOCHREITER, R. 26.2 V	GOFF, N. 28.4 WA	LAMPARD, A. 29.8 SA	NIL	SIMPSON, G. 34.1 V
	400	NIL	GARE, P. 51.3 WA	CARR, D. 55.8 WA	SNELLING, L. 54.3 SA	CLARKE, R. 57.9 SA	PAYNE, R. 62.0 NSW	STEVENS, J. 63.3 V	NIL	NIL
	800	HOLLAND, K. 2:36.4 WA	CHARLES, N. 2:19.3 SA	WISE, G. 2:01.7 V	SHAND, R. 2:13.6 WA	CLARKE, R. 2:15.3 SA	GILMOUR, J. 2:22.0 WA	STEVENS, J. 2:28.3 V	NIL	MILLARD, T. 3:37.9 NSW
	1500	McKERR, C. 5:33.0 V	JENNINGS, A. 4:46.6 WA	MASLEN, E. 4:15.0 WA	SHAND, R. 4:34.0 WA	SHEPPARD, W. 4:42.0 V	GILMOUR, J. 4:31.5 WA	STEVENS, J. 5:17.0 V	NIL	BARNES, P. 7:06.0 SA
	5000	McKERR, C. 22:26.0 V	WILLIS, A. 16:01.2 WA	M-MORRIS, R. 15:55.4 V	BRIFFA, A. 17:42.0 WA	JUNNER, C. 17:53.0 WA	GILMOUR, J. 17:10.4 WA	BOULD, C. 20:10.0 WA	BATTERHAM, H. 20:50.0 NSW	BARLOW, R. 22:24.0 V
	10 000	McKERR, C. 46:18.0 V	ANDERSON, K. 34:58.4 WA	M-MORRIS, R. 33:06.0 V	BRIFFA, A. 37:15.0 WA	JUNNER, C. 37:17.0 WA	GILMOUR, J. 34:58.6 WA	BOULD, C. 41:56.0 WA	BATTERHAM, H. 42:41.0 NSW	SHEPHERD, J. 57:07.0 WA
HURDLES	110	NIL	REYNOLDS, T. 16.4 WA	DELLER, L. 18.7 V	CUMMINGS, A. 22.4 WA	JONES, D. 22.5 WA	GOFF, N. 19.1 WA	LAMPARD, A. 20.4 SA	NIL	SIMPSON, G. 26.0 V
	400	NIL	NIL	DELLER, L. 66.2 V	CUMMINGS, A. 79.4 WA	JONES, D. 71.2 WA	PAYNE, R. 73.7 NSW	LAMPARD, A. 76.6 SA	NIL	SIMPSON, G. 85.8 V
STEEPLE	1500	NIL	NO EVENT	IN THESE	GROUPS	MERRETT, A. 5:27.6 WA	NIL	NIL	NIL	NIL
	3000	NIL	CHARLES, N. 13:52.0 SA	MASLEN, E. 10:18.8 WA	SARA, R. 12:46.0 SA	NO EVENT	IN THESE	GROUPS		
WALK	3000	NEWMAN, B. 18:36.0 V	MARTIN, G. 15:50.0 V	HALL, K. 14:46.2 V	WATERS, D. 16:41.0 WA	BAKER, C. 20:36.0 WA	NIL	McCONCHIE, S. 18:48.0 V	DAINTY, T. 15:48.0 V	NIL
	5000	NEWMAN, B. 32:33.0 V	MARTIN, G. 27:38.0 V	HALL, K. 25:39.0 V	WATERS, D. 28:29.0 WA	NIL	NIL	McCONCHIE, S. 32:49.0 V	DAINTY, T. 28:24.0 V	NIL
FIELD EVENTS	LJ	HOLLAND, K. 5.19 WA	REYNOLDS, T. 6.28 WA	SCOTT, D. 5.94 WA	LEANE, P. 5.36 V	FRAWLEY, D. 5.22 Q	GOFF, N. 4.82 WA	LAMPARD, A. 4.50 SA	NIL	SIMPSON, G. 3.80 V
	TJ	NIL	REYNOLDS, T. 11.59 WA	HANCOCK, T. 10.43 V	SCOTT, J. 10.47 NSW	HOCHREITER, R. 11.05 V	GOFF, N. 10.76 WA	LAMPARD, A. 9.40 SA	NIL	NIL
	HJ	NIL	REYNOLDS, T. 1.71 WA	HANCOCK, T. 1.57 V	LEANE, P. 1.57 V	HOCHREITER, R. 1.42 V	GOFF, N. 1.30 WA	LAMPARD, A. 1.30 SA	NIL	NIL
	PV	NIL	REYNOLDS, T. 2.64 WA	MASLEN, E. 2.76 WA	DELLER, L. 2.76 V	LEANE, P. 2.82 V	NIL	NIL	LAMPARD, A. 1.86 SA	NIL
	SP	NIL	NEIMANIS, E. 12.32 WA	HANCOCK, T. 11.07 V	LEANE, P. 11.43 V	PAVULINS, A. 13.78 V	GOFF, N. 9.20 WA	FRASER, J. 12.87 V	TUNALEY, W. 8.12 V	BARNES, P. 8.44 SA
	J	NIL	REYNOLDS, T. 43.06 WA	HANCOCK, T. 52.02 V	LEANE, P. 52.70 V	FRAWLEY, D. 48.24 Q	GOFF, N. 25.96 WA	FRASER, J. 28.42 V	COLLINS, J. 16.14 WA	BARNES, P. 23.98 SA
	I	NIL	NEIMANIS, E. 43.92 WA	THAMMINDIS, R. 45.42 NSW	MURRAY, LEE, C. 35.26 V	FRAWLEY, D. 41.32 Q	GOFF, N. 24.16 WA	FRASER, J. 43.30 V	TUNALEY, W. 27.70 V	BARNES, P. 24.68 SA
	D	HOLLAND, K. 26.26 WA	NEIMANIS, E. 38.78 WA	HANCOCK, T. 32.46 V	LEANE, P. 35.94 V	FRAWLEY, D. 38.40 Q	GOFF, N. 22.86 WA	FRASER, J. 42.70 V	TUNALEY, W. 22.36 V	BARNES, P. 25.76 SA

WEST AUSTRALIAN VETERANS ATHLETIC CLUB
RESIDENTIAL RECORDS
AS AT 17-4-77

Vetrun 50

GROUP		F	PV	1A	1B	2A	2B	3A	3B	4
TRACK EVENTS	100	HOLLAND, K 12.5 9.4.77	GARE, P 11.2 20.2.77	CARR, D 20.2.77 11.8 SCOTT, D 9.4.77	LOCKWOOD, S 12.7 9.4.77	JONES, D 12.5 5.2.77	GOFF, N 12.9 17.1.76	COLLINS, J. 15.1 26.1.75	NIL	NIL
	200	HOLLAND, K 26.6 10.4.77	GARE, P 23.2 21.2.76	CARR, D 24.7 18.4.76	JONES, D 26.0 6.12.73	JONES, D 26.0 29.1.77	GOFF, N 26.5 24.1.76	COLLINS, J 33.6 20.12.75	COLLINS, J 36.1 9.1.77	NIL
	400	NIL	GARE, P 50.5 14.2.76	CARR, D 53.9 29.3.77	PAXMAN, B 62.2 15.1.77	JONES, D 59.6 10.4.77	CAVILL, G 66.3 18.4.76	NIL	NIL	NIL
	800	HOLLAND, K 2:35.4 10.4.77	CLARK, D 2:13.4 25.1.76	CARR, D 2:10.7 10.4.77	SHAND, R 2:13.6 10.4.77	CAVILL, G 2:25.0 11.8.75	GILMOUR, J. 2:11.9 11.1.75	HORSLEY, R 2:30.4 8.2.75	NIL	NIL
	1500	NIL	JENNINGS, A 4:46.6 9.4.77	MASLEN, E 4:15.0 9.4.77	SHAND, R 4:34.0 9.1.77	MERRITT, A 4:49.1 9.2.77	GILMOUR, J 4:22.0 15.11.75	HORSLEY, R 5:06.0 30.11.74	NIL	NIL
	5000	NIL	WILLIS, A 16:01.2 9.4.77	MASLEN, E 16:10.0 1.12.76	BRIFFA, A 9.4.77 17:42.0 SHAND, R 20.3.77	GILMOUR, J 16:05.8 13.9.72	GILMOUR, J 16:09.7 22.1.76	HORSLEY, R 15:50.0 26.10.73	NIL	NIL
	10000	NIL	WILLIS, A 33:37.0 16.3.77	INNES, G 33:34.0 16.3.77	BRIFFA, A 36:31.0 29.1.77	GILMOUR, J 33:05.0 27.8.72	GILMOUR, J 33:40.0 5.8.74	BOULD, C. 40:32.0 16.3.77	NIL	SHEPHERD, J. 54:07.0 10.4.77
HURDLES	110	NIL	REYNOLDS, T. 16.2 30.1.77	JOHNSON, R 19.5 15.1.77	CUMMINGS, A 21.8 12.2.77	GOFF, N 18.3 17.8.75	GOFF, N 19.1 12.2.77	NIL	NIL	NIL
	400	NIL	NIL	CARR, D 74.5 20.3.77	CUMMINGS, A 79.4 10.4.77	JONES, D 71.2 10.4.77	NIL	NIL	NIL	NIL
STEEPLE	1500	NIL	CLARK, D 5:19.0 26.1.76	INNES, G 4:51.9 29.1.77	NIL	MERRITT, A 5:27.6 10.4.77	CAVILL, G. 5:47.2 18.4.76	NIL	NIL	NIL
	3000	NIL	HOLLAND, R 13:13.0	MASLEN, E 9:44.0 22.1.77	HUGHES, W. 15:50.0 10.4.77	MERRITT, A 11:46.0 5.3.77	CAVILL, G. ?	NIL	NIL	NIL
WALK	3000	NIL	REYNOLDS, T. 21:30.0 19.3.77	SMITH, J 15:16.0 8.12.76	WATERS, D 16:41.0 10.4.77	CAVILL, G. 15:31.0 ?	CAVILL, G. 16:22.0 23.2.74	HORSLEY, R 15:22.0 16.11.74	NIL	NIL
	5000	NIL	NIL	SMITH, J. 26:37.0 20.10.76	WATERS, D 28:29.0 9.4.77	CAVILL, G. 27:54.0 ?	HORSLEY, R 26:42.0 ?	HORSLEY, R 26:33.0 27.2.74	NIL	NIL
FIELD EVENTS	LJ	HOLLAND, K 5.19 9.4.77	REYNOLDS, T. 6.36 8.1.77	SCOTT, D 5.94 9.4.77	CUMMINGS, A 4.99 8.1.77	GOFF, N 5.64 14.12.74	GOFF, N 5.13 19.3.77	NIL	NIL	NIL
	TJ	NIL	REYNOLDS, T. 12.37 20.3.77	FERGIE, R. 9.93 10.4.77	CUMMINGS, A 9.93 10.4.77	GOFF, N 11.30 18.1.75	GOFF, N 11.46 10.1.76	NIL	NIL	NIL
	HJ	NIL	REYNOLDS, T. 1.71 10.4.77	JOHNSON, R 15.1.77 1.40 FERGIE, R. 5.12.76	CUMMINGS, A 1.35 20.11.76	JONES, D 1.25 6.2.77	GOFF, N. 1.35 29.3.76	NIL	NIL	NIL
	PV	NIL	REYNOLDS, T. 2.70 12.3.77	MASLEN, E 2.76 9.4.77	NIL	GOFF, N 2.40 29.3.75	GOFF, N 2.35 29.1.77	NIL	NIL	NIL
	SP	NIL	NEIMANIS, E 12.36 5.2.77	FERGIE, R 10.79 29.1.77	CUMMINGS, A 8.34 29.1.77	JONES, D 7.33 8.1.77	GOFF, N 10.01 17.1.76	HORSLEY, R 10.73 12.4.74	COLLINS, J 8.01 9.1.77	NIL
	J	NIL	REYNOLDS, T. 45.52 29.1.77	SHAND, R 33.07 9.1.77	SHAND, R 36.26 9.4.77	GOFF, N. 25.28 29.3.75	GOFF, N 25.96 9.4.77	NIL	COLLINS, J 18.40 5.12.76	NIL
	I	NIL	NEIMANIS, E 46.85 19.2.75	FERGIE, R 24.74 30.1.77	CUMMINGS, A 23.74 13.3.77	JONES, D 17.96 9.1.77	GOFF, N 24.16 10.4.77	NIL	NIL	NIL
	D	HOLLAND, K 26.26 10.4.77	NEIMANIS, E 38.78 10.4.77	FERGIE, R 23.50 30.1.77	CUMMINGS, A 30.40 22.1.77	JONES, D 20.83 13.3.77	GOFF, N 26.34 10.76	HORSLEY, R 29.11 12.4.74	COLLINS, J. 22.33 6.2.77	NIL

SILVER MEDALS			BRONZE MEDALS		
WOMEN.			WOMEN.		
B. TEASDALE	100m	13.5	J. WIJESUNDERA	100m	14.4
	200m	29.0		200m	29.8
	Long Jump	4.76		Long Jump	4.52
J. WIJESUNDERA	DISCUS	20.30	B. TEASDALE	DISCUS	16.64
PRE. VETERANS			PRE VETERANS		
P. WILLIAMS	110m Hurdles	20.4	M. O'ROURKE	5000 m	17:39.0
R. CALNAN	Long Jump	4.95	R. HARRISON	10000 m	36:30.0
	Triple Jump	9.82	1A D. CARR	100 m	12.5
R. HOLLAND	DISCUS	22.70	W.J. SMITH	5k walk	29:21.0
J. JOYCE	5000 m	16:47.0		3k walk	15:45.0
	10000 m	35:17.0	R. FERGIE	Javelin	29.21
1A D. BATTERHAM	400 m	69.9		Shot	8.91
A. FERGIE	Triple Jump	10.32		discus	18.74
The W.A. Residential record remains at 9.98m as this jump was wind assisted			E. MASLEN	10,000 m	34:45.0
D. CARR	800m	2:10.7	1B R. PAYRES	1500 m	4:54.0
W.A. Residential Record			R. SHAND	Javelin	36.26
1B W. McCABE	5000 m	18:07.0	W.A. Residential Record		
W. HUGHES	3k steeple	15:50.0	A. CUMMINGS	Hammer	21.50
W.A. Residential Record			W. McCABE	10,000 m	35:28.0
A. CUMMINGS	3k walk	18:15.0	2A M. MOYLE	1500 m	5:11.0
	Triple Jump	9.39		800 m	2:32.3
	High Jump	1.19	A. MERRETT	10,000 m	41:27.0
R. SHAND	10,000 m	37:24.0	In the second heat of the 1B - 100m Stan Lockwood ran 12.7 sec & created a new W.A. Residential Record, the previous record being 13.1 sec		
2A A. MERRETT	5,000 m	18:27.0			
D. JONES	100m	12.9			
	200m	26.6			
	400m	59.6			
W.A. Residential Record					
3B J. COLLINS	shot	7.12			
	DISCUS	20.82			

On Monday 11th April a 10,000 m cross country for veterans was organised by the Marathon club & was run on a new course at Perry Lakes. The course of 2 miles required to be run three times to complete the full distance & proved to be a good course for veterans with sufficient variation to provide interest to all groups. The results, divided into groups were as follows:

	STATE	FIRST LAP	SECOND LAP	FULL TIME	FINISHING POSITION
P.V.					
P. GALLAGHER	W.A.	11:14.0	22:36.0	34:07.8	1
P. WALL	W.A.	11:14.0	22:57.0	35:37.0	3
A. WILLIS	W.A.	11:28.0	24:06.0	36:34.0	4
J. JOYCE	W.A.	12:18.0	25:23.0	37:50.0	8
A. JENNINGS	W.A.	no intermediate times taken		38:14.0	10
B. OLIVER	W.A.	13:31.0	27:38.0	41:36.0	15
C. SPARE	W.A.	13:16.0	27:38.0	41:47.0	16

		STATE	FIRST LAP	SECOND LAP	FULL TIME	FINISHING POSITION
1A	R. MORGAN-MORRIS	Vic	11:14.0	22:57.0	35:00.0	2
	E. MASLEN	WA	11:46.0	24:14.0	36:38.0	5
	A. THOMAS	NSW	11:46.0	24:24.0	37:13.0	7
	P. AFFORD	SA.	12:00.0	24:50.0	38:06.0	9
	W. HUGHES	Vic	12:12.0	25:32.0	39:11.0	12
	C. PRICE	WA	13:51.0	28:51.0	43:24.0	18
	W. O'LOUGHLAN	Vic	15:26.0	28:36.0	43:34.0	20
	D. CARR	WA	16:46.0	35:36.0	50:17.0	26
1B	W. McCABE	WA	13:06.0	28:20.0	43:09.0	17
	R. HAYRES	WA	13:58.0	28:51.0	43:24.0	18
	M. WOODGATE	Vic	14:03.0	29:28.0	44:23.0	21
	W. HUGHES	WA	16:13.0	34:06.0	52:14.0	27
	R. POTTER	WA	16:13.0	33:36.0	52:14.0	27
	K. McDONALD	WA	15:10.0	36:34.0	54:00.0	30
2A	J. PENNINGTON	NSW	12:42.0	26:03.0	39:44.0	13
	P. MORRISSEY	WA	16:46.0	33:36.0	50:17.0	25
2B	J. GILMOUR	WA	12:22.0	24:40.0	36:52.0	6
	G. Mc GRATH	NSW	13:06.0	26:08.0	39:53.0	14
	R. PAYNE	NSW	14:55.0	29:59.0	45:03.0	22
	P. COLTHUP	Vic	14:55.0	29:59.0	45:17.0	23
3A	A. SMITH	Vic	17:03.0	35:42.0	53:58.0	29
4	G. SIMPSON	Vic	25:32.0	withdrew		-
W	C. McKERR	Vic	16:46.0	33:36.0	50:16.0	24
	M. COLTHUP	Vic	20:17.0	41:45.0	withdrew	-

THE HASH HOUSE HARRIERS non competitive run through the pine plantations around W.A.I.T. & through the streets of East Victoria Park, Kensington & Como on Monday 18th April 1977 was an evening of fun running to be remembered. Starting at 6pm, Potter, Batterham, Merrett, Hughes & Shand set out with about sixty (60!!) H.H.H men to follow arrows on the road & paper trails through the pines. The "Fartlek" type training which the hour on the trail, false trails & checking provided left us tired but feeling good & with no stiffness reported next day although about 7 miles was covered during the evening, which ended with refreshments (hash) & a barbeque (sausages) in good hearty company. This is an event to be recommended & if we are invited again perhaps more veterans could participate. Seen among the crowd was Graham Berdells who some may remember & the evening was organised by Wes Carter to whom we direct our thanks for a good outing. Wes reports that his father Bill is still having leg troubles

DAVE JONES birthday 12 APRIL 1977 turned 51 & remains 2A

JEFF JOYCE birthday 13 APRIL 1977 turned 37 & remains PV

DAVID HOGAN birthday 18 APRIL 1977 turned 45 & alters from 1A to 1B

AT MCCALLUM on Sunday 24th April Jones, Carr, Collins, Cummings, Potter, Oliver, Poxman, Bould & Doyle ran the Bridges to get some mileage behind them. We welcomed new member LEN MERRICK (1A) & hosted NORM EFFORT who had come down to see how he felt about the club

BILL CARTER birthday 30 APRIL 1977 turned 66 & remains 3B

On SATURDAY 30th APRIL 1977 the Marathon Club held their first MARATHON AT MUNDIJONG, probably too soon after the Veterans Championships for most club members but nevertheless 14 veterans were at the starting line at 6.30am. Only John Gilmour completed the full marathon distance, his time being 2 hours 44min 26sec which was 1min 44sec better than the time he did over the same course last year. Jeff Joyce pulled out after 17 miles. Although the course was clearly marked, the half marathon times were taken 400 metres short of the correct distance, consequently the half marathon times shown in the results have been calculated. Most veterans improved on their last years times & came through the course with remarkably few injuries - Garnett Morgan had cramp at the end of his run & Rob Shand finished up with badly blistered feet.

		10 MILES	TIME AT FINISH	HALF MARATHON (calculated)	PREVIOUS RUN 6. MAY 1976
J. JOYCE	PV	59:00	75:05	76:30	-
J. GILMOOR	2B	60:31	77:40	78:49	76:15
C. JUNNER	2A	62:45	81:15	82:47	-
D. CARR	1A	64:50	81:55	83:28	93:20
M. O'ROURKE	PV	65:20	83:12	84:46	-
R. SHAND	1B	66:00	83:16	84:50	82:20
J. BUTTS	1A	66:00	85:00	86:37	87:56
A. JENNINGS	PV	66:00	85:00	86:37	-
G. PRICE	1A	-	89:42	91:24	-
D. HOUGH	1B	-	91:25	93:09	92:30
R. HAYRES	1B	-	91:39	93:23	103:45
R. POTTER	1B	-	94:04	95:51	-
D. JONES	2A	-	95:58	96:47	101:07
G. MORGAN	2A	77:16	103:36	105:34	99:53

JOHN GILMOOR birthday 3 MAY 1977 turned 58 & remains 2B

At MC CALLUM on Sunday 1st May the drought broke & the day dawned overcast & drizzling. Moyle, Lockwood, Gilmour & Cummings trained around the oval while Hayres, Hough, Merrick, & Hughes went round the "bridges" followed later by Bould, Jones & Potter running clockwise. Paxman went round twice. Collins & Shand were present in an administrative capacity only collecting registrations & subs. Sprinters note the mileage being put in by Dave Jones during the winter season!

During the week David Cam had a minor operation & spent a week in Stirling Hospital having a rest & taking the weight off his feet for a while & Jack Collins spent a weekend in Sir Charles Gardner having a break from the (horse) race track. Cliff had another setback which was most unfortunate as he was really getting fit & looking well. We all hope that he will soon be back in training in readiness for the Gothenberg games in September.

The Cross Country Season started on May 7th with the 8000m LORD MAYORS TROPHY at Trinity Playing fields. Conditions were dry & after some overnight rain the sand was reasonably firm but the going was still tough over this difficult course. The race was won on handicap by Phil Wall who at 38 recently joined the club as a Pre Veteran but has registered with

University, however the fastest time was 28min 42sec. The veterans results were as follows with 1976 times in brackets

ROB SHAND	1B	33min 49sec	(32:59)
BRIAN PAXMAN	1B	35 " 34 "	-
BERNIE OLIVER	PV	36 " 20 "	(N.T.)
DAVID HOUGH	1B	37 " 22 "	(38:40)
MERV MOYLE	2A	38 " 23 "	-
BOB HAYRES	1B	38 " 24 "	-
RON POTTER	1B	40 " 25 "	-
BILL HUGHES	1B	48 " 41 "	-

Other club members who competed but represented other clubs were:

JOHN BUTTS	1A	32min 41sec.	(35:22)	Y.M.H.
ALAN MERRETT	2A	33 " 49 "	(32:59)	Y.M.H.
ART BRIFFA	1B	34 " 12 "	(-)	University

AT McCALLUM on Sunday May 8th 1977 a small group escaped from the commercial clutches of mothers day to get some training in & we met 71 year old Reg Briggs who joined Merrick, Potter, Hayres, Jones & Shand to run round the "Bridges", which he managed without much difficulty. After a 10 min rest all except Briggs decided to repeat the jog & on returning found Hough, Lockwood & Cummings at McCallum. Paul Morrissey ran the bridges following the second group around.

THE STATE BK. CROSS COUNTRY CHAMPIONSHIP was run on Saturday May 14th in Kings Park in an unseasonably warm 28°C, however the two lap course including the sand paths was reasonably firm. The fastest time was 27min 49.8sec with veterans coming in well down the field led by William Hughes, a Victorian 1A veteran in 37th place in 33min 39sec. followed by:

40 th	ROB SHAND	1B	33m.53sec	(32:12 in 1976)
49 th	GEOFF PRICE	1A.	36 " 25 "	
5 th	RON POTTER	1B	39 " 36 "	
55 th	BILL HUGHES	1B	45 " 40 "	

Other veterans representing other clubs ran as follows:

9 th	PHIL WALL	PV	29min 48sec.	31 st JOHN BUTTS 1A.	33:01 (33:09)
20 th	JOHN GILMORE	2B.	31 " 32 "	36 th MARTIN O'ROURKE PV	33:31
24 th	JEFF JOYCE	PV	32 " 05 "	42 nd ART BRIFFA 1B	34:02 (34:12)
28 th	ALAN JENNINGS	PV	33 " 01 "	52 nd WALLY McCABE 1B	39:48 (38:41)

AT McCALLUM on Sunday May 15th the run was again round the bridges which has become the most popular run of the club. William & Bill Hughes, Hayres, Shand, Paxman, Merrick, McDonald, Moyle & Jones took the river route in preference to Mill street while Gilmore & Morgan trained around the oval watched by Goff. Jack Collins, still with a calf injury was limited to a walk & light jog

TOM REYNOLDS birthday 1B May 1977 turned 36 & remains PV

THE KINGS MEADOW CROSS COUNTRY on Saturday 21st May at Guildford over 6000m saw four veterans among the 34 athletes running over the obstacle course of fences & water jump & grass paddocks.

21 st	ALAN MERRETT	2A	10:23 + 10:39 =	21:02	running for Y.M.H.
22 nd	ALAN JENNINGS	PV	10:34 + 10:35 =	21:19	" " Y.M.H.
23 rd	DAVID CARR	1A	11:09 + 11:07 =	22:16	
27 th	BERNIE OLIVER	PV	12:00 + 11:48 =	23:51	

PETER CARE birthday 21 May 1977 turned 37 & remains PV

HALF MARATHON AT DARLINGTON a Marathon Club run on Sunday May 22nd started at 9am from the Darlington oval, a change in the beginning of the run from last year as Kevin Basley and family had moved from the house which had been the start of the race. The first 1000m was along the gravel surface of an old railway track & across a small brook before joining the main route. This was not bad over the outer leg but required caution on the return being at the end of a steep downhill. Conditions were cool, sunny & dry to provide a fast time of 68m 30s for the winner (1976 time 70m 15s) & the Veterans results, with the 1976 times in brackets

		OUTWARD	RETURN	ACTUAL TIME	HANDICAP	ADJUSTED TIME
ART BRIFFA	IB	40:36 (46:07)	(44:56)	(91:03)		
ROB SHAND	IB	41:46 (43:02)	37:25 (38:44)	79:11 (81:46)	10:15	68:56
GEORGE INNES	IB	41:46	38:04	79:50	5:00	74:50
GEOFF PRICE	IA	44:58	42:32	87:30	20:00	68:30
BOB HAYRES	IB	45:58 (52:05)	43:39	89:37	20:00	69:37
MERV MOYLE	2A	45:58	43:39	89:37	20:00	69:37
DAVE HOUGH	IB	46:15 (47:10)	45:00 (50:02)	91:15 (97:12)	20:00	71:15
RON POTTER	IB	46:39	46:08	92:47	20:00	72:47
PAUL MORRISSEY	2A	48:10 (50:32)	45:44 (53:06)	93:54 (103:37)	20:00	73:54
DAVID JONES	2A	49:56	52:52	102:48	20:00	82:48

Rob Shand returned the fastest Veteran time but Geoff Price won on handicap. Other veterans competing as members of the Marathon Club.

GEOFF JOYCE	PV	38:04	34:58	73:02		
JOHN GILMOUR	2B	38:11	36:19	74:30	5:30	68:33
JOHN BUTTS	IA	39:24 (41:55)	38:58 (39:20)	77:22 (81:15)	10:00	67:22
MARTIN O'ROURKE	PV	41:11	39:22	80:33	9:50	70:43
COLIN JUNNIER	2A	41:30 (44:18)	40:41 (39:42)	82:11 (84:00)	11:00	71:11

The day ended, after cold showers, with some veterans & their wives having a barbeque in National Park.

DEYNNIS BATTERHAM birthday 25 May 1977 turned 45 & altered from 1A to 1B

MIDLAND OPEN CROSS COUNTRY HANDICAPS held on Saturday

28th May over 10,000m saw only 16 senior competitors, none of whom were veterans. Everyone was obviously more interested in the Fun Run to be held next day - Is there perhaps something to be learned by the Association that, even though this event is not completely under their control, it is sufficiently popular to be taken into consideration in their programming in future.

FUN RUN : CITY TO SURF on Sunday 26th May, more sensibly held at this time of year rather than in March. The weather was sunny, dry & not too warm. Though the temperature at the start at Council House was around 11°C, the crowd of 1500 crowded into the terrace soon warmed things up, especially when the gun went off.

Our oldest veteran, Reg Briggs managed to outdo Stan Fenner this year to become "oldest to finish". Most of the 24 veterans who participated finished within one hour. The winners time of 38min 03.6sec was a new record for the course. It was interesting to note that a team entered by QUANTAS included ALBY THOMAS from N.S.W who competed in the 1A 1500m at the Championships here at Easter; his time of 39min 58sec gained him sixth place.

		TIME	POSITION	1976 TIME			TIME	P		1976 TIME
ROB SHAND	1B	44m 48s	50th	47m 41s	JEFF JOYCE	PV	41m 55s	17		
GEORGE INNES	1A	45m 00s	52nd	45m 50s	ALAN JENNINGS	PV	43m 40s	38		
DAVID HOUGH	1B	47m 03s	92nd	-	PHIL WALL	PV	40m 34s	8		
DAVID CARR	1A	47m 40s	106th	49m 54s	JOHN GILMOUR	2B	pulled out in Bagot Rd with muscle tear			
GEOFF PRICE	1A	48m 02s	121st	-	COL JUNNER	2A	45m 03s	55	45m approx	
BRIAN PAXMAN	1B	48m 21s	133rd	-	ALAN MERRETT	2A	45m 30s	63		
BOB HAYRES	1B	51m 02s	224th	58m 50s	ALVIN WILLIS	PV	41m 53s	16	-	
MERV MCNILE	2A	51m 37s	247th	59m 16s	1149 runners finished the course					
EAMON MURPHY	PV	51m 46s	255th	-	It was good to see Don Waters back in action again & to find Gordon Westlake appear in the crowd in running gear & it is hoped that they will participate in club runs during the winter season.					
BERNIE OLIVER	PV	52m 45s	POSITIONS NOT GIVEN	-	After it was all over Hough, Paxman Shand, McNile, Carr, Hayres, ran back to Council House, taking about an hour for the return trip.					
DON WATERS	1B	52m 45s		-						
PAUL MORRISSEY	2A	53m 26s		58m 01s						
BILL HUGHES	1B	53m 30s		-						
DAVE JONES	2A	54m 18s		59m 03s						
GARNETT MORGAN	2A	55m 55s		60m 15s						
GORDON WESTLAKE	1B	57m 00s		-						
NOEL COFF	2B	67m 35s		-						
REG BREGS	4	82m 50s		-						

STATE MARATHON AT HERNE HILL was held two weeks earlier than last year on Saturday 4th June & saw 26 starters reduced by 50% at the end of the full distance by the warm overcast conditions. The race was won by Brian Marsden (30) in 2h 26m 40.2s. Only two veterans completed the course & our congratulations go to GEORGE INNES (1A) on completing his first marathon & to DAVID CARR (1A) on completing his third with an improvement of 14 1/2 minutes over his previous time for the course. What is more amazing is the fact that three weeks prior to the race David was in hospital & certainly not able to walk, let alone run! Once again invaluable assistance was given to the competitors by wives & helpers & on behalf of the competitors we thank them as well as Brian Paxman & Bernie Oliver who came out to help. The veterans results are tabulated below & comparisons with last years results can be made by referring to Newsletter NO 40. Veterans running for other clubs are listed in the lower part of the table:

		HALF MARATHON	20 MILES	FULL MARATHON
GEOFF PRICE	1A	1h 27m 52s	withdrew at half marathon	-
GEORGE INNES	1A	1h 28m 34s	2h 20m 0s	3h 06m 03s 10th
ROB SHAND	1B	1h 28m 34s	2h 20m 0s & withdrew at 20 miles	-
DAVID HOUGH	1B	1h 28m 34s	withdrew at 15 miles	-
DAVID CARR	1A	1h 31m 46s	2h 20m 0s	3h 11m 27s 12th
EAMON MURPHY	PV	1h 40m 37s	withdrew at 21 miles	-
BILL HUGHES	1B	1h 45m 03s	withdrew at half marathon	-
DENNIS BATTERHAM	1B	1h 45m 03s	-	-
JEFF JOYCE	PV	1h 18m 53s	-	2h 56m 04s 7th
COL JUNNER	2A	1h 19m 39s	withdrew at half marathon	-
JOHN BUTTS	1B	1h 24m 37s	-	3h 05m 16s 9th
WOL McCABE	1A	1h 37m 39s	withdrew at half marathon	-
MARTIN O'ROURKE	PV	1h	-	3h 16m 32s 13th
CHARLES SPARE	PV	1h 28m 34s	withdrew at half marathon	-

"Footnote!!" to the Marathon results: Jack Foster (1B) 46 year old veteran won the Canadian Marathon Championships on 6th June 1977 in a time of 2 hours 22 min 06 secs.

At McCallum on Sunday 5th June a group of 19 veterans gathered in overcast weather to participate in 2 man x 2 kilometer relays which was a complete contrast to the previous days running. We welcomed two new members, both in the 2A group: FRANK USHER & ALLEN TYSON. We also hosted a visitor from South Australia in DAVID MURPHY (1A). After a warm up the relays took place with Moyle & Merrick coming in winners in 15 min 36 sec, one second ahead of the Lockwood - Murphy combination. Innes & Cummings took third place in 15 min 55 sec followed by Hughes & Jones in 16 min 24 sec and Usher & Tyson in 17 min 33 sec. A trio of Bould, Hough & Shand resulting from Goff running out of puff on the back straight managed to make themselves untimable by all running the same leg together at one stage. Frank ran 56m 44s in the Fun Run & Alan at 02:02. It was good to see Cliff back on the track again & running well & Reg Briggs was in good form in training & discussion with Jack Collins who made his presence felt by taking time & money. Paul Morrissey joined Shand, Innes, Hough, Hughes, Moyle & Jones to run a slow bridges & came back to McCallum to meet Ron Potter who had walked down to the track to exercise a damaged calf muscle & wait for Innes to walk slowly in as the full effects of the previous days effort took its toll.

John Gilmour started training again after a weeks forced lay off to rest the injury sustained in the fun run. Reading through last years newsletters John seems to have an injury at exactly the same time of the year so he seems to be making this an annual event!

HELENA VALLEY RELAYS at Helena Vale Race Course on Saturday 11th June gave us the opportunity to demonstrate the team capabilities of the club when two six man teams were entered in "C" grade, one team coming in first & its members being presented with spoons ("because we are shiners"). A grade was won in 36 min 31.6 sec with the fastest lap (2k) in 5m 49.6s. B grade was won in 41 min 21.0 sec & C grade in 42 min 39 sec, only 1 min 18 sec behind. Each man ran once round the race track, a distance of 2km. all on grass made heavy by overnight rain & run in overcast conditions & drizzle:

GEORGE INNES	1A	6m 46s	DAVID HOUGH	1B	7m 49s
BOB HAYRES	1B	7m 12s	KEN MAZEY	1A	8m 52s
BERNIE OLIVER	PV	7m 24s	LEN MERRICK	1A	8m 27s
BRIAN PAXMAN	1B	7m 21s	BILL HUGHES	1B	8m 43s
ROB SHAND	1B	6m 56s	ART BRIFFA	1B	7m 18s
DAVID CARR	1A	7m 00s	RON POTTER	1B	8m 03s.
		42m 39s.			49m 12s.

We welcomed KEN MAZEY 1A to the club by his inclusion in the team.

Veterans running for other clubs were: Alvin Willis (PV) 6m 16s, Alan Merrett

(2A) 7m 21.0 sec & Alan Jennings (PV) ran twice in 6m 59s & 7m 12s.

Last years results in Newsletter 41 showed that we won "C" grade in 1976 in a time of 50m 52s (B grade was won in 43m 29s!) & the only two members of that team to run again this year were Bob Hayres & David Hough whose times last year were 8m 17s & 8m 22s respectively.

Read "THE BULLETIN" APRIL 23rd & "TIME MAGAZINE" JUNE 6th ON JOGGING