

W.A. VETERANS ATHLETIC CLUB

Newsletter No. 51

July 1977

"A short life is given to us by nature but
the memory of a well spent life is eternal"

CICERO

SUNDAY 12TH JUNE saw the Veterans at Perry Lakes for a 10 km pack run - the group of 22 members and potential members set off to jog around the three lap cross country course first used for the Veteran Championships. The group gathered halfway through the second lap at the corner of Perry Drive and Underwood Avenue for a leg stretching dash for home and finished up with a third lap to cool off. Jones, Hough, Carr, Innes, Hayres, Shand, Paxman, Tyson and Usher were there with Morgan appearing from a side street to lead the pack in on the first lap. It was good to see Gordon Westlake not letting his fun run fitness slip away and to see Cliff back in action and enjoying himself with the group. Jack Collins and Reg Briggs ran together and MacDonald and Hughes kept each other company (slowly!). George Innes brought the two Peasant brothers down and we were joined by visitors Bruce, Glen, Theo and George. Garnett Morgan, on his "home" ground suggested a run up Reabold Hill and was taken on by Hayres, Paxman, Jones, Carr, Shand and Bruce and a three mile bush run on a gravel track resulted.

DAVID CARR'S birthday 15th June 1977, turned 45 and altered from 1A to 1B

COLIN JUNNER'S birthday 16th June 1977, turned 55 and altered from 2A to 2B

STATE 10 KM CROSS COUNTRY at Perry Lakes on Saturday 18th June was run on the three lap "veteran" course in cool sunny weather with a light breeze. The winner (F. Langford) covered the distance in 31m34s and the Veterans' results were:

30th	George Innes	(1A)	36:37
32nd	Rob Shand	(1B)	36:53
49th	David Hough	(1B)	39:12
53rd	David Carr	(1B)	40:22
56th	Geoff Price	(1A)	41:14
64th	Dennis Batterham	(1B)	47:15
65th	Garnett Morgan	(2A)	49:15
	Bernie Oliver	(PV)	withdrew at the end of the second lap.

Veterans competing for other clubs turned in the following performances:

15th	Alvin Willis	(PV)	34:43	(YMH)
19th	John Gilmour	(2B)	35:15	(CD)
26th	Jeff Joyce	(PV)	35:59	(CD)
31st	John Butts	(1A)	36:47	(YMH)
36th	Art Briffa	(1B)	37:14	(UNI)
40th	Alan Jennings	(PV)	37:27	(YMH)
41st	Colin Junner	(2B)	37:56	(CD)

Cliff Bould and Bob Fergie were seen among the spectators. Bob is now able to start light training after the removal of bone splinters from his ankle - an old Rugby injury which flared up last Track season when he returned to athletics.

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BILL HUGHES' HANDICAPS on Sunday 19th June started at 9.45 a.m. from the corner of Brown and Moering Roads with Reg Briggs and Jack Collins starting from scratch down Moering Road towards the river. By the time they turned into Burke Drive Noel Goff was after them. Seventeen Veterans followed round to Alfred Cove and up the Canning Highway on an uphill leg back to Moering Road to the finish at the bus stop outside Bill's house where John Gilmour, Cliff Bould and Pat Carr timed and recorded. Alan Tyson was first home to be followed by a group together. It was good to see Jack back on the road again and jogging a full distance. The results of the run were:

Finishing Position	Group	Clock Time	Handicap	Actual Time	Pos.	Actual Times 1976
1 Alan Tyson	1B	34:57	4:00	30:57	16	-
2 Bernie Oliver	PV	35:39	10:30	25:09	7	-
3 Frank Usher	2A	35:42	7:00	28:42	12	-
4 Bob Hayres	1B	36:07	11:15	25:52	8	30:54
5 Brian Paxman	1B	36:14	11:30	24:44	4	-
6 Reg Briggs	4	37:22	scratch	37:22	19	-
7 Gordon Westlake	1B	37:37	7:00	30:37	14	32:54
8 Jack Collins	3A	37:47	scratch	37:47	20	34:14
9 Merv Moyle	2A	37:57	11:15	26:42	9	30:25
10 Paul Morrissey	2A	38:00	10:00	28:00	10	-
11 Bill Hughes	1B	38:09	8:00	30:09	13	29:27
12 Ron Potter	1B	38:11	10:00	28:11	11	-
13 Noel Goff	2B	38:15	1:00	37:15	18	-
14 David Hough	1B	38:37	13:30	25:07	6	26:27
15 Rob Shand	1B	38:40	15:00	23:40	1	24:51
16 Keith Beament	PV	38:42	14:00	24:42	3	-
17 Stan Lockwood	1B	39:07	7:00	32:07	17	-
18 David Carr	1B	39:18	14:30	24:48	5	25:22
19 George Innes	1A	39:25	15:30	23:55	2	-
20 John Hughes	Visitor	39:52	9:00	30:52	15	-

The overall results show an improvement in fitness in most of the participants as compared with the 1976 times. Once again Bill and Sheila Hughes provided a magnificent lunch and our thanks to them and their daughters whose help was invaluable, for a great day, good weather and wonderful companionship. We were able to meet Alan and Frank's wives, Valerie and Betty, and to welcome KEITH BEAMENT (PV) to the club and to meet his wife Robyn. Effie Moyle, Marion Shand, Mary Innes, Phyllis Bould and Alma Gilmour were all there and Dennis and Linley Batterham joined the group later in the morning.

The Club extended its congratulations to Alan on his win and to Rob on his fastest time when Bill Hughes presented a T-shirt to the winner and Bob Hayres offered best wishes to Noel, Cliff and John who will soon be leaving for competition overseas in England and Gothenberg.

Over this winter season Club members have shown a high standard of fitness and improvements on last year's times prove this. Bob Hayres is turning in good times and should improve as the season progresses. David Hough is running well at present and seems to be getting out of the "one pace groove" he found himself in last season. There seems to be no reason why Dennis Batterham could not begin to improve from now on as he is beginning to move well and a bit faster.

We welcome THEO FERMANIS and BASIL WORNER to the Club and look forward to meeting them at McCallum or on one of our forthcoming runs. Basil is with the Community Recreation Council and at 45 is in group 1B. Theo participated in our pack run at Perry Lakes on 12th June and at 42 is in group 1A. His Fun Run time was 55:45. KATH and ROSS HOLLAND from Manjimup have joined the Club but as they compete in the South West...

this year. Kath, who won the women's 100 m, 200m, 800 m, long jump and discus at the Championships at Easter, is going to Gothenberg and has entered in the 100 m, 400m, 1500 m and long jump. The Club's best wishes go to her for a successful trip.

It is good to see sprinters like Stan Lockwood and Dave Jones as well as field events specialists like Noel Goff participating in some aerobic running during the winter. This can do them no harm at all. Dave is away for a month's holiday touring the North West, so will need some reconditioning when he gets back!

The MARATHON CLUB is looking for helpers for its FUN RUN on Sunday 17th July (Two Bridges) so any members who are not running and can assist please ring Jeff Joyce on 21 0291 or at home on 47 8545, Rob Shand or George Innes. While on the subject of helpers, Jack Collins is running again and we will need help from non participants at Club runs, especially at Bob Hayres (21 Aug.), George Innes (4 Sept) and David Carrs (24 July) runs, so please assist by being there - the social get together afterwards is always worth the effort.

NOTE THE SOUTH WEST HALF MARATHON is now on Sunday 18th September (and not 14th August), starting at the Boyanup Hotel at 1 p.m. Sunday 14th August will be a VETERANS AT McCALLUM day, and talking of half marathons, we apologise for not including LEN MERRICK in the results of the half marathon at Darlington. In his first run over this distance he recorded 110 minutes, handicap 20.00 giving him an encouraging adjusted time of 90.00.

Two further additions to our ranks after the Bill Hughes Handicaps were KEITH BEAMENT (32) PV and JOHN HUGHES (41) 1A and, after eventually getting his transfer from Karrinyup, we also welcome JOHN ROWLAND (39) PV in time to run in the Run through Cottesloe.

RUN THROUGH COTTESLOE: On Saturday 25th June, in warm sunny weather, the two lap hilly 9200 m open handicap saw 8 Veterans participating with the following results with 1976 times in brackets:

		Clock Time	Handi- cap	1st Lap	2nd Lap	Actual Time	
John Rowland	PV	withdrew	Nil	17:11	-	-	
David Carr	1B	35:52	Nil	17:47	17:05	35:52	(35:50)
David Hough	1B	37:22	Nil	18:22	19:00	37:22	
Bernie Oliver	PV	38:03	Nil	18:34	19:29	38:03	(36:25)

Veterans Running for other Clubs

Colin Junner	2B	34:52	0:15	17:19	17:33	34:37	(34:12)
Alan Jennings	PV	withdrew	0:40	17:24	-	-	
Charles Spare	1A	36:10	Nil	17:28	18:42	36:10	
Martin O'Rourke	PV	37:35	2:20	19:00	18:35	35:15	

After a hot evening which developed into strong winds with heavy rain overnight, Sunday 26th June dawned drizzly and cold but by the time that the Marathon Club's FOUNDERS 10 MILE AT W.A.I.T. started the conditions had improved considerably. Sixteen Veterans started off; all finished the 5 mile run and 8 continued for the full distance, 6 finishing. The results were as follows for the two sections of the race. Times for the previous run on 4th July, 1976 are in brackets.

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5 MILES

		Clock Time	Veteran Club Handicaps	Adjusted Time	Handicap Position
George Innes	1A	29:15	0.17	28.58	3 (and fastest time)
Rob Shand	1B	30:07	scratch	30:07	7
Bernie Oliver	PV	30:39	1:50	28:49	2
David Hough	1B	31:33	1:45	29:48	5
		(33:16)	(7:00)	(25:16)	
Martin O'Rourke	PV	31:43	1:20	30:23	8 (equal with K. Mazey)
Colin Junner	2B	31:55	1:20	30:35	11
Geoff Price	1B	32:25	2:40	29:45	4
Bob Hayres	1B	33:25	2:45	30:40	12
		(33:15)	(5:30)	(29:45)	
Merv Moyle	2A	33:35	3:45	29:50	6
		(33:15)	(5:55)	(29:20)	
Len Merrick	1A	35:25	5:00	30:25	10
Nick Laven	2A	36:44	2:40	34:04	15 (competed by invitation)
Frank Usher	2A	36:44	6:00	30:44	13
Ken Mazey	1A	36:53	6:30	30:23	8 (equal with M. O'Rourke)
Alan Tyson	1B	36:59	8:50	28:09	1
David Carr	1B	39:26	1:20	38:06	16 *
Bill Hughes	1B	40:42	7:15	33:27	14
		(37:58)	(5:45)	(33:00)	

10 MILES

			Marathon Club Handicaps	Veteran Club Handicaps in brackets below	Overall Position with Veteran Club Position in brackets
George Innes	1A	58:56	4:50	54:06	16
			(0:30)	(58:26)	(1)
Rob Shand	1B	60:34	6:40	53:54	12
			scratch	(60:34)	(3)
Geoff Price	1B	64:28	10:00	54:28	20
			(5:30)	(58:58)	(2)
David Hough	1B	65:01	9:00	56:01	21
			(3:30)	(61:31)	(5)
Colin Junner	2B	65:40	5:45	59:55	22
			(2:45)	(62:55)	(6)
Bob Hayres	1B	66:58	12:00	54:58	23
			(6:00)	(60:58)	(4)

* Wanneroo 10 ml 6.3.77

David Carr 67m00s

Geoff Price

Bob Hayres

The winner ran 52.08 for the 10 miles and with a 0:20 handicap had an adjusted time of 51:48. Jack Collins and Reg Briggs came out together and did some training around the oval and John Gilmour assisted in organisation but did not compete as he had a strained calf muscle. Assistants were in short supply and again we ask that if you are not running and can get out to help please do so, especially in our Club runs.

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OVERSEAS TRIPS for some of our members are about to commence:

ART BRIFFA (1B) leaves on 22nd July for Europe to compete in the 10 km at Bruges in Belgium and then in the 5000 m and 10 000 m at Gothenberg.

CLIFF BOULD (3A) leaves on 10th July for U.K. where he intends to run in the G.B. Championships on 16th and 17th July in the 5000 m and 10 000 m and then on to Gothenberg to compete in the same events.

JOHN GILMOUR (2B) leaves on 13th July for U.K. where, like Cliff, he intends to run in the 800 m, 1500 m, 5000 m and 10 000 m in the G.B. Championships, then on to Bruges on 30th July for the 10 km followed by the 800 m, 1500 m, 5000 m and 10 000 m at Gothenberg. He also intends to start in the Marathon.

ALAN MERRETT (2A) leaves on 2nd August and is going straight to Gothenberg to concentrate all his efforts on the 5000 m, 10 000m and 3000 m steeplechase.

NOEL GOFF (2B) leaves on 2nd July and will be competing in the G.B. Championships in the 100 m, 110 m hurdles, long jump, triple jump and Pentathlon. He then goes on to Gothenberg to compete in the same events, excluding the Pentathlon.

We hear that WALLY McCABE (1B) will be competing in Bruges and in the Marathon at Gothenberg but he is saying nothing about it!

BILL HUGHES (1B) is going in the other direction and leaves on 30th June for South Africa where he hopes to have a run with the South African Veterans in Johannesburg if arrangements can be made and time permits.

BRIAN PAXMAN (1B) on the other hand is going nowhere; he had an argument with a car while running on Wednesday 22nd June and is now on crutches with a suspected fractured ankle. Tough luck Brian but keep in touch as we will be needing timekeepers and helpers on Sundays at our runs.

DICK HORSLEY (3A) is back from his trip to U.K. where on 19th June he competed in the U.K. in the Southern Counties Veterans Championships, gaining 4th place overall in the 3km walk but winning the over 60 title.

RELAYS: Please nominate for forthcoming relays by advising Rob Shand (21 2251 w 31 0939 h) in advance or putting your names down on the notice board at McCallum. Forthcoming relays are:

Saturday 16th July, Canning Relays: 4 x 5000 m - we won C Grade last year (ref Newsletter 42).

Sunday 25th September, Perth to Pinjarra: 2 mile legs maximum number of runners 14 - last year we came 4th in B Grade with 12 runners.

Saturday 8th October, Mundaring to York: 5 x 10 mile legs but shorter distances can be included if runners nominate - last year we had two teams of 6 (ref Newsletter 43).

Early advice would be appreciated as it gives us time to select teams and notify competitors in time and without panic.

CLUB RUNS: Remember the Club runs on 24th July, 21st August and 4th September at Dave Carrs, Bob Hayres and George Innes respectively. There will be barbeques after so bring your own food, drink and company. If you do not intend to participate, helpers are always needed so please make an effort to come along.

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Newsletter No. 52

August 1977

"Take time to work, its the price of success
 Take time to think, its the source of power
 Take time to play, its the secret of youth"

Anon.

FREMANTLE TO KINGS PARK RELAY - SUNDAY 3RD JULY 1977

It was ridiculous the way that the Association graded the Veterans for this relay by sticking to the rules laid down on page 13 of the 1977 Winter Season Programme and making us run A and B Grade against the State's best runners. We were graded C for the Helena Valley relays. The Rules state that "Clubs need not enter for A Grade and/or B Grade and/or C Grade, providing approval is received from the Competitions Management Committee". Unfortunately one member of this committee was not present at the run and another was too busy organising and competing and we therefore had no avenue for appeal. As it happens, our teams would not have won C or D Grades, however anomalies in this rule should be examined by the Association and amended before next year's run. Last year we ran (and won) C Grade under the same rule!

Veteran team results (with 1976 times in brackets below) were as follows:-

Leg No.	Distance in km	"A" Team	"B" Team	Veterans Running for Other Teams
1	3.5 km	Shand 1B 12:07 (Shand 1A) 12:15	Tyson 2A 13:00 (Cavill 2B) 14:35	Briffa 1B UNI 12:32 Junner 2B CD 12:39
2	3.0 km	Carr 1B 10:34 (Coventry 1A) 10:47	Batterham 1B 15:05 (Morgan 2A) 12:46	
3	1.0 km	Rowland PV 3:15 (Hayres 1A) 4:26	Potter 1B 3:48 (Jones 2A) 4:13	
4	2.0 km	Moyle 2A 7:27 (McDonald 1A) 7:58	Usher 2A 8:14 (Collins 3A) 9:09	Joyce PV CD No time
5	3.0 km	Hayres 1B 11:32 (Hough 1B) 12:45	Beament PV 10:59 (Horsley 3A) 13:54	Maslen 1A UNI 10:05 Jennings PV YM No time
6	2.0 km	Price 1A 7:42 (Westlake 1B) 9:48	Morrissey 2A 8:56 (Murphy PV) 8:39	
7	2.0 km	Innes 1A 6:55 (Clark PV) 6:55	Mazey 1A 8:58 (Morrissey 1B) 8:49	Merrett 2A YM 7:32
Totals	16.5 km (ie 10.25 mls)	59m32s (64m54s)	69m00s (72m05s)	

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Overall final team times were:

1.	YM	A	51:55.2
2.	UNI	A	52:40
3.	CD	A	53:58
4.	UNI	B	55:17
5.	SWAN	A	56:30
6.	MID	A	57:12
7.	UNI	C	58:15
8.	VETS	A	59:32
9.	YM	B	60:31
10.	UNI	D	61:50
11.	CD	B	62:24
12.	SWAN	B	65:28
13.	VETS	B	69:00

Jack Collins and Gordon Westlake are to be commended for leaving their warm beds on a cold, though dry, morning to manage the teams and to take times at each changeover.

After finishing the first leg, Rob Shand continued to run the 16.5 km as a training run in 70:22. In the 5000 m supporting cross country event at Kings Park afterwards there were seven participants, one of whom was Keith Beament who came 5th in 20:11, the winner doing 17:22.8. Briggs, Price, Morrissey, Mazey, Shand, Potter and Hayres went for an easing down jog of 4½ miles around Kings Park.

ROBERT FERGIE - birthday 3rd July turned 42 and remains 1A.

The 16 km (10 miles) Road Run at Caversham on 9th July 1977 was run in 18° temperature, dry and sunny conditions, starting at 3 p.m.

Veterans' results were:-

Position	Name	Group	½ Way	Full Time	1976	W.A.I.T. 26/6/77	Wanneroo 6/3/77
20	Innes	1A	29:22	58:08	-	58:56	
24	Shand	1B	29:30	58:36	58:50	60:34	
33	Oliver	PV	30:30	61:12	62:23	-	
37	Carr	1B	31:11	62:38	61:48	-	67:00
40	Beament	PV	31:58	63:56	-	-	
42	Hough	1B	31:49	64:34	-	65:01	74:20
43	Price	1A	32:02	65:39	-	64:28	67:30
48	Morrissey	2A	35:39	70:54	-	-	
49	Usher	2A	36:20	77:57	-	-	

VETERANS RUNNING FOR OTHER CLUBS

14	Joyce	PV	28:28	56:21	-
25	Junner	2B	29:17	58:48	65:40
27	Briffa	1B	29:23	59:12	-
29	Jennings	PV	30:14	59:41	-
34	O'Rourke	PV	30:23	61:41	-
35	Merrett	2A	30:32	62:11	-

WINNER'S TIME 51m12.8s (last year 50m12.8s)
COURSE RECORD 49m22.6s

It was Stan Lockwood's day at McCallum on Sunday 10th July 1977 when we ran a 3 x Dave Jones circuit as a time trial and pace judgement over the 6699 m (4.16 mile) course. All the distance runners were shown up by a sprinter when Stan Lockwood judged his run to within 3 seconds of his nominated time. Rob Shand, on the other hand, showed shocking pace judgement as the results show but broke George Innes' course record of 25m09s created on 6/12/75. The results were:

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			1st Lap	2nd Lap	Final Time	Nominated Time	Diff- erence
1.	Stan Lockwood	1B	10:36	21:46	33:03	33:00	+0:03
2.	Merv Moyle	2A	9:43	19:56	30:07	30:15	+0:08
3.	Keith McDonald	1A	9:30	20:05	31:37	30:00	-1:37
4.	Dave Carr	1B	9:30	18:44	31:43	29:30	-2:13
5.	Garnett Morgan	2A	9:53	20:35	31:15	33:30	-2:15
6.	Dick Horsley	3A	9:53	19:56	30:00	32:30	-2:30
7.	Bob Hayres	1B	8:53	18:03	26:53	29:34	-2:41
8.	Alex Cummings	1B	9:52	19:57	32:40	35:30	-2:50
9.	Rob Shand	1B	8:15	16:35	24:43	28:30	-3:47
10.	Peter Hughes		8:15	16:51	25:18	30:00	-4:42
	(Invitation)						
	Reg Briggs	4	12:15	24:45	withdrew	40:00	-
	Bill Hughes	1B	12:15	withdrew	-	33:30	-

It is interesting to note from the results that we have a "modest mob" - all runners except those who gained 1st and 2nd place ran faster than their nominated times.

Extracts from the records show that the following did their best times for the course.

Stan Lockwood's previous best time for 3 DJ was 41:00 on 6/12/75
 Merv Moyle's " " " " " " 30:14 on 25/ 7/76
 Rob Shand's " " " " " " 27:07 on 25/ 7/76

Also of interest is that for 2 D.J. Stan Lockwood's previous best time was 22:10 on 15/2/76 and Bob Hayres' was 18:22 on 16/5/76 so in this run they both bettered their previous best.

Jack Collins did the time keeping and was assisted in recording the results by Brian Paxman who came down to help out but is not yet mobile enough to jog. John Gilmour was seen training and Cliff Bould was doing some final jogging before leaving at 7.00 p.m. for his overseas trip.

Bernie Oliver did a bridges run instead of competing, and Bill and Peter Hughes, Rob Shand and Bob Hayres did a slow one afterwards. David Hough "spectated".

Saturday 16th July 1977 - Canning 4 x 5000 m Relays were held this year at W.A.I.T. over a new course on grass, sand and road in overcast and cool weather. Once again we were to run A and B Grade, however an appeal to the Competitions Management Committee enabled us to run B and C Grade. The results were:

B Grade			C Grade		
Geoff Price	1A	18:55	John Rowland	PV	18:44
Bernie Oliver	PV	18:42	Alan Tyson	2A	22:10
Bob Hayres	1B	19:48	Frank Usher	2A	22:05
George Innes	1A	17:43	Art Briffa	1A	18:23
		75:08			81:22
Position		4th	Position		4th
Winner's time	YMH	67:49		YMH	71:15

Our B Grade time was good enough to get second position in C Grade in which grade we ran last year and won.

Veterans running for other clubs were:

Alan Merrett 2A 18:20 and Jeff Joyce PV (no time available)

The fastest leg was run in 15:07.

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KEITH BEAMENT - birthday 16th July, turned 32 and remains PV.

ALAN MERRET - birthday 17th July, turned 55 and altered from 2A to 2B in which group he has entered in the World Championships at Gothenberg. Apologies to Alan whose winning time of 5:27.6 for the 2A-1500 m steeplechase at the Championships at Easter was not listed on page 3 of Newsletter No. 50. The time is recorded in the Residential and Open records lists.

Marathon Club's 10 km "Run Round the Bridges" on Sunday 17th July attracted 350 starters, although conditions at the start were bleak and wet after a stormy night which made the river section of the course muddy and slippery underfoot. The race was won in 31:45 and the Veterans' results were:-

15th	Rob Shand	1B	36:45
21st	David Hough	1B	37:45
23rd	Bernie Oliver	PV	38:00
24th	Keith Beament	PV	38:13
44th	Geoff Price	1A	39:48
63rd	Bob Hayres	1B	41:17
78th	Ron Potter	1B	42:43
127th	Dick Horsley	3A	45:20
130th	Ken Mazey	1A	45:52
139th	Frank Usher	2A	47:21
145th	Keith McDonald	1A	47:40
158th	Stan Lockwood	1B	48:53
-	David Jones	2A	52:12
220th	Reg Briggs	4	59:58

Reg Briggs' time for the City to Surf 12 km in May was 7 min. per km and in this run he took 1 min. per km off that time. A great effort but perhaps too much too soon?

VETERANS RUNNING FOR OTHER CLUBS

-	Art Briffa	1B	Time not claimed
17th	Alan Jennings	PV	37:16
18th	Martin O'Rourke	PV	37:30

Perhaps the organisers would consider an over 40 section in next year's run.

In the 7th British Veterans Track and Field Championships held on 16th and 17th July at Copthall Stadium, Hendon, London, W.A. Veterans performed well in their groups as follows:

2B	<u>JOHN GILMOUR</u>	800 m	2:20.0	1st
		5,000 m	16:47.0	1st
		10,000 m	34:36.8	1st
3A	<u>CLIFF BOULD</u>	5,000 m	20:50	3rd
		10,000 m	42:42	3rd

In the first National Veterans Pentathlon, Noel Goff came first in Group 2B with the following performances:

Long Jump	- 5.09 m	1st
Shot	- 9.73 m	2nd
200 m	- 28.4 sec.	3rd
110 m Hurdles	- 20.4 sec.	1st
1500 m	- 6 mins. plus	last

In other events (just to fill up time in the two day meeting) Noel ran second in the 100 m (no time given), and won the Triple Jump with a leap of 9.97 m.

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In the 10th World Veteran 10 km Road Champs. held on Saturday 30th July at Bruges, Belgium, there were 799 starters. John Gilmour came second in 2B and 28th overall in a time of 34:53. 2B was won by Erik Oestby from 140 runners in 34:21. In the 1B group Art Briffa came 26th and 86th overall and Wally McCabe 47th and 112th overall - no times are known.

On his return to London, John won a 3000 m in 9:35 with Wal Sheppard second in 9:51.

State 12 km Cross Country at Byford on Saturday 23rd July on a 4 km course involving hills, rough tracks, paddocks, streams, a fence and two logs to negotiate saw 48 athletes complete the course in dry sunny weather. The winner finished in 38:55.4. The course was slightly different to the 1976 course and a little more difficult.

Veterans' results were:

26th	Rob Shand	1B	46:32
35th	David Carr	1B	49:22
38th	Bernie Oliver	PV	50:59 (52:51 in 1976)
41st	David Hough	1B	53:17
47th	Dennis Batterham	1B	60:31

VETERANS RUNNING FOR OTHER CLUBS

23rd	Jeff Joyce	PV	46:12 (46:27 in 1976)
32nd	Martin O'Rourke	PV	48:07
34th	Alan Merrett	2A	49:00 (49:06 in 1976)
	Alan Jennings	PV	pulled out (48:29 in 1976)

Sunday 24th July was David Carr's Run at Dianella, a run of about 5 km on a clear, sunny, crisp morning in which 12 Veterans and 3 visitors participated.

		Go at	Clock Time	Actual Time	Finish Position	Actual Position
Jack Collins	3A	Go	33:06	33:06	2	14
Stan Lockwood	1B	5.30	Not timed		15	15
Dave Jones	2A)		35:19	26:19	13	13
Kevin Cameron	VIS)		31:52	22:52	1	6
Len Merrick	1A)	9.00	33:19	24:19	3	8
Frank Usher	2A)		34:59	25:59	12	12
George Atzemis	VIS)		33:49	24:49	6	10
Dick Horsley	3A)		34:09	25:09	8	11
Alan Tyson	2A	9.30	34:04	24:34	7	9
Glen Mallett	VIS	12.00	34:49	22:49	11	5
David Hough	1B)	12.30	34:33	22:03	10	4
Bernie Oliver	PV)		35:30	23:00	14	7
Keith Beament	PV)	13.00	33:40	20:40	5	3
David Carr	1B)		33:34	20:34	4	2
George Innes	1A	14.00	34:32	20:32	9	1

Rob Shand and Peta Carr took times and calculated the results which were ready by the time showers were finished and the athletes joined wives and families for the get together barbeque afterwards. Dennis Batterham and Brian Paxman and their wives joined in the festivities.

Our thanks to Pat Carr, Peta and Terry for a most enjoyable day and to David who put a lot of thought into the preparation and organisation for the run.

FRANK NELLIGAN - birthday 25th July, turned 45 and altered from 1A to 1B.

Newsletter No. 52

August 1977

Did you know that the Club has the second highest number of senior athletes registered with the W.A.A.A.A. this season? With 25 we are second to University who have 32 and are followed by Canning and YM Harriers who have 18 each.

Transfers Recently athletes have been prevented from running during the period when they are transferring from one club to another. Any administrative system which does this is wrong, no matter how long it has been in operation, however until the system is streamlined athletes who intend to transfer from one club to another should make every effort to minimise the delay by:-

1. Writing to the Secretary of their current club requesting clearance to enable transfer to be made - this cannot be refused if the athlete is financial (a copy of this letter to the W4A Registrar would alert him of the intention to transfer).
2. Ensuring that the Club Secretary brings the item up to the earliest committee meeting and that the W4A Secretary is notified as soon as possible after.
3. Filling in the application for registration with the new club and forwarding it to that Club Secretary.

There was no official run on Saturday 30th July and on Sunday 31st July only three Veterans ~~journéed~~ down from Perth to participate in the South West Cross Country Championships at Donnybrook. Obviously the wet conditions and the feeling of mud oozing between the toes suited Bernie Oliver (PV) who won the Men's 30 year and over 4000 m event in 14:45.1 followed in by David Carr (1B) in 15:13. Ten athletes competed, most of whom were from the South West and finished as follows:-

3.	Capes	16:41.0	
4.	Holland	17:10.0	
5.	Smallwood	17:15.0	Albany
6.	White	17:20.0	Rockingham
7.	Goymer	17:35.0	Albany
8.	MacCaulay	19:33.0	Albany
9.	Fergie	22:35.0	W.A. Veterans
10.	Allen	23:05.0	Albany

At McCallum Moyle and Shand (who had not run for a week following calf injury in the Byford C.C.) made an early start and had 5 laps behind them when Hayres arrived and joined in. Jack Collins did some laps while Lockwood, Jones, Moyle, Shand and Hayres did a "Bridges" run and passed Usher and Tyson going the other way and were caught up by Alec Cummings at the Narrows. Bill Hughes ran a couple of miles but has not had much opportunity to get any running in since returning from overseas.

At the W4A AGM on Monday 1st August, Dick Horsley retired as President of the Association and his place was taken by Theo Tracey. Laurie Wilson was voted in as Secretary and John Gilmour re-elected as Vice-President.

Garnett Morgan advised that he may be out of training and competition for some weeks with a foot injury sustained during training.

Saturday 6th August 1977 George Skeels Memorial Trophy of 5000 m of hilly sand track and some grass at Perry Lakes was won in 17:48. A small field of five Veterans competed on a warm sunny day with the following results:-

August 1977

		Time In	Handicap Added	Adjusted Time
David Carr	(1B)	22:43	1:29	24:12
Rob Shand	(1B)	23:26	1:17	24:43
Dick Horsley	(3A)	26:44	off go	26:44
Dennis Batterham	(1B)	28:11	"	28:11
Len Merrick	(1A)	30:51	"	30:51

Martin O'Rourke running for Canning Districts went off go and ran 22:34.

A good effort for Dick Horsley in his first competitive run since returning from overseas.

In the sidelines - Bernie Oliver, John Rowland, Bob Fergie, Alex Tyson and Frank Usher. None of last year's Veterans competed (ref. Newsletter No. 43).

Sunday 7th August The Marathon Club's 8 mile Zig Zag Run was held in warm weather before an impending storm which broke in

26 athletes (9 Veterans) started the uphill course and only two pulled out. Geoff Wall set a record for the course by running 43:51 (23:26 at the turn) and Bill Hughes (1B) won the day on handicap. The Veterans' results were:-

Pos.		Out	Back	Total	H/cap	Adj. time & Position
(2.	Phil Wall	PV	23:55	20:28	44:23	SCR 44:23 6)
(4.	Jeff Joyce	PV	25:04	21:19	46:23	1:30 44:53 9)
6.	George Innes	1A	25:40	21:46	47:26	3:00 44:26. 8
(9.	Paul Hughes	INV	26:39	23:22	50:01	8:00 42:01 ..2)
(10.	Martin O'Rourke	PV	26:46	23:30	50:16	4:00 46:16 13)
11.	David Carr	1B	28:12	23:03	51:15	5:30 45:45 12
14.	Geoff Price	1A	28:58	24:47	53:15	8:30 44:25 7
16.	David Hough	1B	29:25	24:54	54:19	6:30 47:49 21
17.	Bernie Oliver	PV	28:02	26:35	54:37	7:00 47:37 20
18.	Kevin Cameron	PV	29:20	25:47	55:07	8:30 46:37 15
(19.	Colin Junner	2B	29:59	28:54	58:53	4:00 54:53 24)
22.	Bill Hughes	1B	33:30	27:59	61:29	21:00 40:29 1
23.	Alan Tyson	2A	32:00	29:31	61:31	14:30 47:01 17
24.	Frank Usher	2A	34:00	29:16	63:16	12:30 50:46 22

In the same run in 1976 (ref Newsletter No. 42) Jeff Joyce, Bernie Oliver and Colin Junner did faster times, but this year George Innes ran 25 seconds faster and Bill Hughes ran 7 mins. 8 secs. faster and he tells us that he has not managed to do much training!

TED MASLEN - birthday 8th August, turned 42 and remains 1A.

EAMON MURPHY - birthday 9th August, turned 40 and alters from PV to 1A.

Saturday 13th August. On a warm sunny day after a night of rain and morning of drizzle, the State 10 km Road Championship was held in Kings Park on a two lap course. The winner's time was 31:25.8 and the 8 Veterans who participated performed as follows:-

		1st Lap	2nd Lap	Full Time
George Innes	1A	17:13	17:40	34:54
Rob Shand	1B	21:09	18:49	39:58
Geoff Price	1A	19:53	20:19	40:12
David Carr	1B	21:19	19:58	41:17
Dick Horsley	3A	21:24	23:36	45:00
Dennis Batterham	1B	21:42	23:27	45:09
Frank Usher	2A	21:22	Pulled out at 3 mls	
Len Merrick	1A	22:14	Pulled out at 4½ mls	

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August 1977

VETERANS RUNNING FOR OTHER CLUBS

		1st Lap	2nd Lap	Full Time
Jeff Joyce	PV	17:23	17:51	35:14
Martin O'Rourke	PV	17:59	Pulled out at 3 mls	

Last year (ref. Newsletter No. 42), George Innes ran 36:33 and Jeff Joyce 35:38.

K Keith Beament, Alan Tyson and Bernie Oliver were spectators.

Sunday 14th August A cool overcast day brought 16 Veterans out to McCallum and the decision to do a Bridges run was unanimous. Cameron, Hayres, McDonald, Shand, Innes, Tyson and Cummings went one way and Merrick and Usher the other. Oliver and Hough were there when all returned, having done a Bridges run. Investigation of the possibilities of using Herrison Island as a future course were looked into with Carr and Batterham who brought a bicycle with mileometer (or kilometer meter) to measure the distance after which Hughes, Batterham, Shand and Cameron had a Bridges run. Jack Collins and Bill Carter did some slow laps and after all the running we were glad to see Bill back in action after his long lay off with leg injury.

We met Brian Keating and welcomed R.G. Martin 2B and W.J. Darcey 2A as members of the Club.

Others who have recently joined the Club are George Atzemis, Glen Mallett and Des Carter (all PV) and Gordon Gregson (2B).

BILL HUGHES - birthday 15th August, turned 50 and altered from 1B to 2A.

In this Newsletter we have a Walkers' Section and in it some Veterans' walking records, both existing and new for road walks correct as at June 1976. Some have been standing for quite some time now:-

8 km	1A	J. Smith	29.5.73	Thornlie	42m17s
10 km	1A	J. Smith	21.6.75	Wireless Hill	53m59s
	3A	R. Horsley	9.6.73	Melville	54m26s
20 km	1A	J. Smith	9.8.74	Kewdale	113m47s
30 km	1A	J. Smith	19.6.76	Kewdale	2h54m00s
35 km	1B	C. Baker	4.9.71	Melville	4h04m06s
50 km	1B	C. Baker	4.9.71	Melville	6h11m35s
3 mls	3A	R. Horsley	23.1.74	-	16m55s
5 mls	3A	R. Horsley	23.6.73	Balga	43m47s
10 mls	3A	R. Horsley	1.9.73	Kewdale	89m08s
20 mls	1B	C. Baker	7.8.71	Melville	3h44m51s
1 hr	3A	R. Horsley	19.8.73		10,690 m
2 hr	1A	J. Smith	16.6.74		20,064 m

It would appear that the only Veteran walking in W.A. at present is Jim Smith (1A) and his performances this winter season are:

14 km	J. Smith	10.4.77		1h22m53s
10 km	J. Smith	7.5.77	Wireless Hill	53m36.8s
8 km	J. Smith	4.6.77	Perry Lakes	44m10s
20 km	J. Smith	11.6.77	Kewdale	116m00s
10 km	J. Smith	18.6.77	W.A.I.T.	54m07s
20 km (State)	J. Smith	26.6.77	Kewdale	114m54s
15 km	J. Smith	2.7.77	Wireless Hill	84m20s
10 km	J. Smith	9.7.77	W.A.I.T.	54m44s
50 km (State)	J. Smith	17.7.77	Kewdale	5h29m27s

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In this latter race Jim broke the State 1A Veterans Record by 45 minutes and walked 33 seconds inside the national qualifying time to walk for W.A. In his record breaking walk Jim also broke the 20 mile record by 23m17s with a time of 3h21m34s and the 35 km record by 19m57s with a time of 3h44m09s. Great walking Jim.

Jim was selected to walk in the 50 km senior road walking championships in South Australia on 6th August 1977 but unfortunately could not make the trip.

Don Waters (1B) walked 14 km on 10.4.77 in the same time as Jim and, as walking records are taken as best times by walkers over 40 years of age for the distance, presumably they would both claim the record for this distance.

In Newsletter No. 51 we requested that members nominate for forthcoming relays so that the Committee can organise for these events - WE HAVE HAD NO RESPONSE so how about some action from members to assist and reduce some of the chasing around that has to be done to ensure Club representation.

W.A. VETERANS ATHLETIC CLUB

Newsletter No. 53

AUG SEPT 1977

If you can force your heart and nerve and sinew
To serve your turn long after they are gone
And so hold on when there is nothing in you
Except the Will which says to them "Hold on"

If you can fill the unforgiving minute
with sixty seconds' worth of distance run

Rudyard Kipling

OMEGA STOP WATCH 30 second dial for sale \$20.00 or nearest offer.
Anyone interested please contact Dick Horsley - phone 85 9579.

Dick also states that, with reference to the Walkers' Section in Newsletter 52, he could not walk 3 miles in 16m55s. and that the distance should be 2 miles.

There had been enough rain over the previous week to fill the creek to a depth of about 1200 mm as the 35 competitors found out on Saturday 20th August 1977 in the City of Stirling Championships at Pascoe Reserve in Karrinyup. The day was overcast and cool and the course rough and complicated - one gets tired enough in a difficult 10 000 m cross country without having to navigate as well. 8 Veterans started, 3 lost their way and one finished with a short cut. The winner's time was 35:39 and the Veterans' results were:-

18	Rob Shand	1B	19:38	+	21:12	=	40:50
19	Keith Beament	PV	19:59	+	21:04	=	40:63
22	David Carr	1B	19:37	+	22:52	=	42:29
27	Geoff Price	1A	21:48	+	21:50	=	43:38

Dennis Batterham 1B was placed 25th with 19:03 + 24:24 = 43:27, however he took a wrong turn and ran about 1 km short. Alan Tyson, Frank Usher and Bill Hughes took wrong turns during the course of the race and pulled out after the first lap. Bernie Oliver was there again this year as a spectator.

Sunday 21st August was this year's Hayres Hill Climb day which, like last year, was overcast but rain held off all day. The course was slightly altered this year to eliminate the steep downhill finish by adding some 300 metres of uphill at the end of the outward leg.

Eighteen Veterans turned out for an open handicap and sixteen athletes for a sealed handicap from the Marathon Club. The course was well marked and this year nobody got lost. The Veterans' results for the 14 kilometers were as follows with last year's times in brackets.

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		Handicap	Clock Time & Race Position	Corrected Time & Position
K. Beament	PV	14:30	68:13 (5)	53:43 (4)
K. Cameron	"	13:00	70:27 (13)	57:27 (6)
G. Mallett	"	5:30	63:33 (1)	58:03 (7)
B. Oliver	"	13:30	73:57 (15)	60:27 (10)
				(53:15)
G. Innes	1A	20:30	69:15 (7)	48:45 (1)
				(49:47)
B. Keating	INV	6:30	98:50 (16)	92:20 (16)
R. Shand	1B	17:00	69:33 (9)	52:33 (2)
				(53:08)
D. Hough	"	11:30	65:07 (3)	53:37 (3)
				(57:06)
D. Carr	"	16:00	71:62 (14)	55:42 (5)
R. Hayres	"	11:30	70:22 (11)	58:52 (8)
				(59:03)
B. Paxman	"	11:15	70:22 (11)	59:07 (9)
				(59:04)
A. Tyson	2A	6:30	68:35 (6)	62:05 (11)
W. Hughes	"	6:30	69:45 (10)	63:15 (13)
				(61:06)
F. Usher	"	0:00	65:42 (4)	65:42 (14)
D. Jones	"	2:30	69:15 (8)	66:45 (15)
J. Darcey	"	0:00	102:20 (17)	102:20 (17)
R. Martin	2B	0:00	102:20 (17)	102:20 (17)
R. Horsley	3A	2:30	64:42 (2)	62:12 (12)

George Innes ran the fastest time for the Veterans and the fastest time of the day was 42:33 (last year 44:21).

Our thanks to the Marathon Club for their turn out, and to Kevin Barry for officiating for them, to Jack Collins for time keeping and collecting results and to Bob and Maureen Hayres for opening their home to the 60 adults and innumerable children who enjoyed the barbeque and get together afterwards.

GORDON WESTLAKE - birthday 26th August, turned 46 and remains 1B.

More Bruges News

We now have the full results of the 10th World Veteran Championships.

The 10 km results were as follows:

Fastest

1A	Gaston Roelants	(40)	Belgium	1st	30:37
1B	Roger Monseur	(46)	Belgium	9th	33:02
2A	Hans Hinderks	(50)	W. Germany	14th	35:52
2B	Erik Oestbye	(56)	Sweden	21st	34:21
3A	Gustl Pauls	(60)	W. Germany	132nd	38:50
3B	Norman Bright	(67)	U.S.A.	212nd	41:00
4A	Kiyoshi Kiuchi	(70)	Japan	307th	43:18
4B	Karl Gruenewalt	(76)	W. Germany	495th	50:14
5	Fritz Schreiber	(82)	Sweden	598th	57:35
Women					
35/44	Liane Winter	(35)	W. Germany	87th	37:16
45/54	Ulla Seger	(46)	Sweden	240th	41:37
over 55	Georgina Descamps	(56)	Belgium	519th	51:51

All groups and women ran together and 656 competitors finished. Australian results were:

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John Gilmour	(WA)	(58)	28th in 34:53	2nd in Group 2B
Art Briffa	(WA)	(49)	85th in 37:14	26th in Group 1B
Wally McCabe	(WA)	(46)	112th in 38:10	38th in Group 1B
Alex Hutt	(NSW)	(45)	121st in 38:27	41st in Group 1B
John MacDonnell		(42)	Entered but no results.	

The 25 km results were as follows:

<u>Fastest</u>				
Winner & 1A	Gaston Roelants	(40)	Belgium	1st 79:59
1B	P. Van Alphen	()	Holland	6th 82:44
2A	Robert Blanchard	()	France	46th 90:06
2B	Erik Oestbye	(56)	Sweden	35th 88:48
3A	Robert McMinnis	()	Britain	185th 98:43
3B	Ernest Harrison	()	Britain	373rd 109:29
4A	Kurt Kristahn	(70)	W. Germany	571st 122:50
4B	Friedrick Temple	()	W. Germany	511th 118:47
5	Nil			
<u>Women</u>				
35/44	Liane Winter	(35)	W. Germany	189th 98:52
45/54	Betty Norrish	()	Britain	298th 104:59
over 55	Nil			

All groups and women ran together and 714 competitors finished. Australian results were:

Joseph N. Patterson	()	()	12th in 83:47	11th in Group 1A
George McGrath	(NSW)	(56)	64th in 91:36	2nd in Group 2B
Andrew Sample	(Q)	(50)	127th in 95:54	10th in Group 2A
Art Briffa	(WA)	(49)	225th in 100:58	56th in Group 1B
Wally McCabe	(WA)	(46)	303rd in 105:26	81st in Group 1B
George Haymes	()	()	325th in 106:30	89th in Group 1B
John Charles Baker	(NSW)	()	595th in 125:50	57th in Group 2B

Both races were run over the same course, the 10 km being one lap which included running through the stadium. The 25 km was three laps and three times through the stadium which kept the spectators interested for the full duration of the race.

Details of performances at Gothenberg are still very sketchy though we do know that:-

Alan Merrett won the 3 km steeplechase in Group 2B with a new world record of 11:29.8.

John Gilmour won the 800 m, 1500 m and 5000 m and came second in the Marathon, all group 2B but no times available.

Cliff Bould ran in the 5000 m Group 3A.

Art Briffa did 17:33 for the 5000 m and 36:40 for the 10 000 m in Group 1B.

Noel Goff wrote to say that he did not perform well and would say no more.

Wally McCabe decided not to run due to the recurrence of an achilles injury.

George Cavill was seen there.

Kath Holland won the women's 400 m in 65.5 secs.

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Newsletter No. 53

28th August: Those of Club members who could not face the King of the Mountain race (or were wise enough not to attempt it!) were down at McCallum to meet some potential new members. Dick Horsley, Stan Lockwood, Jack Collins, Alec Cummings and RR Rob Shand met Alan Croxford, Keith Wombell and Bill Shepherd, all 35 years old and Ross Riley (52) and there was a lot of discussion and some laps run to introduce the new members to the basics of the Club. Later Horsley, Cummings and Shand did a Bridges jog and were met half way by Garnett Morgan. Brian Paxman arrived later and ran a Bridges on his own.

Meanwhile up in the hills 29 athletes were contesting the Marathon Club's King of the Mountains, a ten mile open handicap on a hilly bitumen course including a climb up Mt. Gudgin on gravel. The Veterans' results were:-

	Clock Time	Handicap	Adjusted Time	Last Year 5/9/76
PV				
Jeff Joyce	76:27	14:30	61:57	61:55
Keith Beament	74:35	7:45	66:50	-
Bernie Oliver	withdrew at bottom of Mt. Gudgin.			70:08
1A				
George Innes	78:07	14:30	63:37	64:42
1B				
David Carr	73:40	6:10	67:30	-
Art Briffa	79:30	12:00	67:30	70:49
David Hough	79:50	7:45	72:05	-
2A				
Frank Usher	81:13	0:00	81:13	-
Alan Tyson	81:53	0:50	81:03	-
Bill Hughes	95:22	1:00	94:22	-
Jack D'Arcey	walked and jogged the course and enjoyed the scenery - no times taken.			
2B				
Colin Junner	76:15	9:20	66:55	66:24
Ray Martin	accompanied Jack D'Arcey.			
Gordon Gregson	injured a leg before starting.			

Gordon Gregson (55) who recently joined the Club injured a leg before starting this, his first run.

The time of the first man across the line, who became KING OF THE MOUNTAIN, was 70:42 and a course record of 57:22 (adjusted time) was created by B. Marsland of the Marathon Club.

On 30th August, Bill Hughes (2A) managed to squeeze in an extra bit of competition between his King of the Mountain run and George Innes run by participating in a 2 mile track race at Box Hill in Melbourne and covering the distance in 12:47.

In the TVW7 Trophy on Saturday 3rd September held over 3000 m of scrub, sand and bush tracks, each member of the two man team had to alternatively traverse the cross country course twice. Veterans were represented by David Carr (1B) and Kevin Cameron (PV) in one team and by John Rowland (PV) and Dick Horsely (3A) in another. The results were:

K. Cameron	11:32	J. Rowland	11:57
D. Carr	11:29	R. Horsley	13:08
K. Cameron	11:48	J. Rowland	12:42
D. Carr	11:54	R. Horsley	13:10
Total time	46:43		50:57

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On the sidelines Stan Lockwood, John Gilmour, Bernie Oliver, Bob Fergie and Rob Shand enjoyed the warm sunning day and encouraged our four representatives.

The winning time was 39:51.6 and the fastest lap 9:43.

Fourteen Veterans and ten Marathoners escaped the commercial pressures of Fathers Day on Sunday 4th September to take to the hills for GEORGE INNES' MT. HELENA RUN. Veterans participated in an open handicap with three women starting with the front markers and the Marathon Club members starting with our back marker on a sealed handicap. The course was well marked with lime and signs and was run over the same bitumen and gravel roads and a rough walk trail as last year. The weather was warm and sunny.

Veterans' results were:

	Race Position & Clock Time	Handicap	Adjusted Time & Position	1976
<u>PV</u>				
John Rowland	1.57:50	5:30	52:20 . 9	
Keith Beament	3.61:11	15:00	46:11 . 2	
William McGuigan (INV)	8.62:56	10:00	52:56 . 10	
Jeffrey Joyce (MC)	18.66:00	20:00	46:00 . -	49:05
Bernie Oliver	21.67:57	14:15	53:42 . 11	49:13
Geoff Beament (INV)	2.60:32	10:00	50:32 . 5	
<u>1A</u>				
George Innes	13.64:46	20:00	44:46 . 1	
Geoff Price	17.65:55	14:15	51:40 . 7	
<u>1B</u>				
Bob Hayres	5.62:07	10:00	51:07 . 8	
David Carr	12.64:39	16:00	48:39 . 3	
Rob Shand	15.65:38	16:30	49:08 . 4	48:11
David Hough	19.66:03	15:00	51:03 . 6	
<u>2A</u>				
Alan Tyson	23.62:28	6:15	56:13 . 12	
William Hughes	6.62:07	5:30	56:37 . 13	
Jack D'Arcey	26.86:26	Nil	86:26 . 14	
<u>2B</u>				
Ray Martin	25.86:37	Nil	86:37 . 15	

George Innes returned the fastest time for Veterans with 44:46 which broke the inaugural record of 44:55 set by David Clark (PV) last year. He also created a new 1A record. David Carr broke the 1B record by 1 second with his run. The Veterans' open handicap was won by John Rowland and the age group records for this run are:

Previous Record

PV	David Clark	44:55	12/9/76	as existing
1A	George Innes	44:46	4/9/77	Rob Shand 48:11
1B	David Carr	48:39	4/9/77	Art Briffa 48:40
2A	Alan Tyson	56:13	4/9/77	nil
2B	Ray Martin	86:37	4/9/77	nil

The Marathon Club sealed handicap was won by Dereck Hoyer in 45:52 (he also won last year in 45:55) and the fastest time was returned by Brian Marsland in 42:07 (last year's fastest being 44:07).

In the women's invitation race Eileen Hindle completed the full distance in 66:18 in 20th position followed by Judy Marsland in 74:35 in 24th position. Gwen D Arcey completed 6.7 km in her first run.

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Newsletter No. 53

Jack Collins and Priscilla Joyce took times and results and Bill Hughes made the presentations to the winners at the social gathering afterwards. Our thanks to our hosts Mary and George Innes for their hospitality.

At McCallum Stan Lockwood was doing some light training when Alex Cummings, Merv Moyle, Keith Wombell and Bill Shepherd did a Bridges Run.

GORDON WESTLAKE - birthday 26th August, turned 47 and remains 1B
 BASIL WARNER - birthday 4th Sept., turned 46 " " "
 JOHN WALLER - birthday 5th Sept., turned 44 " " "

Referring back to Hayres Hill Climb on page 2, the following are the Group records for this race:-

PV	Bernie Oliver	53:15	1/8/76
1A	George Innes	48:45	21/8/77
1B	Art Briffa	52:14	1/8/76
2A	Garnett Morgan	59:04	1/8/76
2B	Ray Martin	102:20	21/8/77
3A	Dick Horsley	62:12	21/8/77

In the run on 21st August George Innes broke his own 1A record by over a minute and Dick broke his old 3A record of 71:40 by an incredible 9:28.

Walking: On Saturday 3rd September Jim Smith broke the previous 1A record for 1 hour track walk by covering 10,713.5 m. The old record was 10,061 m. On his way through to the 1 hour mark he covered the first 10 km in 55:57 which bettered his 10 km track time of 56:12 which he walked on 13/8/77 at Belmont Track. To bring the records up to date Jim walked 3 km on Belmont Track on 23/7/77 in 15:17 and on 30/7/77 walked 10 km in 55:08. On the same date Dick Horsley (3A) walked 8 km in 49:12. The only other track time not so far recorded in newsletters is Jim's walk of 89:16 for 16 km on 14/6/75.

After all that walking he decided to have a change of pace when he lined up with 9 other Veterans on a cold evening on Wednesday 7th September at Tomkins Park for a 5 km track race. The winner's time was 14:58.2 and the Veterans' results were:-

PV	(Martin O'Rourke	17:36)	
	Keith Beament	17:56	4
1A	George Innes	16:19	1
	(Jim Smith	20:56)	
1B	David Carr	17:19	2
	Rob Shand	17:42	3
	Bob Hayres	20:02	5
2A	Bill Hughes	20:53	6
	Alan Tyson	21:10	7
	Frank Usher	21:20	8

In the 1B group Rob Shand equalled the W.A. Residential Record (held jointly by himself and Art Briffa) but David Carr's run of 17:19 created a new record. The efforts of the 2A group were good for the first track run of the season.

In the 25 km State Road Championships held at Mundijong on 10th September on an out and back course which most competitors claim was about 1 mile too long, the winner set up a time of 1h.24m.26.8s. Veterans' results were:-

G. Price	1A	1h50m38s
R. Hayres	1B	1h56m34s
A. Tyson	2A	1h58m38s
D. Batterham	1A	2h06m16s
W. Hughes	2A	2h32m00s

Veterans running for other clubs performed as follows:-

J. Joyce	PV	1h29m47s
J. Gilmour	2B	1h34m21s
C. Junner	2B	1h38m40s
M. O'Rourke	PV	1h39m41s
A. Briffa	1B	1h40m20s
C. Spare	1A	1h54m06s

The conditions for the run were warm and sunny and, as always seems to be the problem with Mundijong, there were numerous minor injuries - Geoff Price cramped 200 metres from the finish and slowed to a walk, Bob Hayres suffered from a calf muscle problem at the half way mark and Bill Hughes developed a hip problem due to the distance but struggled to the line. Alan Tyson's was a very good effort considering it was his first time over the distance and Dennis Batterham showed great determination to complete the whole course NON STOP in a reasonable time. Art Briffa did a better time than his 25 km in Bruges but finished with "toothache of the foot".

Sunday dawned bright and sunny and in perfect conditions with a 14°C temperature and light easterly wind we held our TWO BRIDGES AND MILL POINT ROAD open handicap. 22 Veterans competed, among whom were some new faces, and we welcomed Hans Buenger (49), Kevin Seaman (35), Bob Johnstone (35), Brian Flenley (42), Barry Adamson (40) and Donald Caplin (38). Jack D'Arcey and Ray Martin started the race off 25 minutes ahead of the back marker. Don Caplin came in at the head of the field 55 minutes later. All competitors came in within 9 minutes of each other. Gwen D'Arcey completed the whole course in her own time and it was good to have her along. The records for this race stand at:-

PV	Jeff Joyce	35:12	13/ 2/77
1A	George Innes	35:39	13/ 2/77
1B	Art Briffa	39:02	11/ 7/76
2A	Colin Junner	38:38	10/10/76
2B	George Cavill	40:56	10/10/76
3A	Cliff Bould	41:25	13/ 2/77
3B	Bill Carter	63:30	11/ 7/76

The results of the race were as follows:- * Indicates July Fun Run
F Indicates First Run

		Race Position & Clock Time	Handicap	Adjusted Time & Position	Previous Best Time
PV	Keith Beament	16/60:18	25:00	35:18/ 1	42:58
	Don Caplin	1/55:35	19:30	36:05/ 2	38:25*
	Ken Cameron	20/60:55	22:00	38:55/ 5	F
	Bill McGuigan	17/60:19	19:30	40:49/ 6	41:00*
	Bob Johnstone	6/58:00	13:00	45:00/14	49:44*
	Kevin Seaman	22/64:34	12:00	52:34/20	51:43*
1A	Keith McDonald	8/58:26	13:00	45:26/15	44:00
	Barry Adamson	10/59:35	14:00	45:35/16	47:39*
1B	Rob Shand	12/59:51	23:30	36:21/ 3	36:35
	David Carr	11/53:37	22:00	37:37/ 4	40:45
	Brian Flenley	3/56:26	14:00	42:26/ 8	F
	Hans Buenger	2/55:38	12:00	43:38/10	45:36*
	Alec Cummings	4/57:10	13:00	44:10/11	47:32
	Stan Lockwood	13/60:05	13:00	47:05/18	57:58

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		<u>Race Position & Clock Time</u>	<u>Handicap</u>	<u>Adjusted Time & Position</u>	<u>Previous Best Time</u>
2A	Frank Usher	5/57:25	14:00	43:25/ 9	47:21*
	Alan Tyson	19/60:50	16:00	44:50/12	F
	David Jones	9/58:54	14:00	44:54/13	45:00
	Garnett Morgan	15/60:17	14:00	46:17/17	44:47
	Bill Hughes	14/60:16	12:00	48:16/19	45:02
	Jack D'Arcey	21/63:03	Nil	63:03/22	F
2B	Ray Martin	18/60:29	Nil	60:29/21	F
3A	Dick Horsley	7/58:08	16:00	42:08/ 7	44:57

The weather was perfect for this run and almost all performances were good, many showing improvement over the shorter fun run course. Keith Beament ran a fast time, only 6 seconds outside the record for the course and Art Briffa lost his second 1B record in a week, this time to Rob Shand who took 2m41s off the old record. All other records remained. There was a good turn out of helpers and assistants with Jack Collins, Bob Hayres and Art Briffa assisted by Len Merrick in organising the event. Bernie Oliver did some early training and we met Michael Berry (46) who had also trained earlier and came down to see what was going on. After everyone had recovered their breath, we drifted over to Art Briffa's house for unscheduled refreshments and barbeque and our thanks to Mary and Art for their hospitality which was enjoyed by all.

Martin O'Rourke is going over to Melbourne for 10 weeks at the end of this month and intends running in the Victorian Veterans' Marathon on 1st October. He will be sending his results back to us so we can keep in contact. We wish him every success in the East.

PROGRAMME

You will note that during September the programme has been organised to gradually phase out the longer runs and introduce the shorter events of track and field with mid-week 5 km and 10 km runs. We understand that the Marathon Club will still be having runs over 10 km throughout summer and we hope to have a composite programme in the next Newsletter. Our October Programme will be:

- Sunday 2nd Veterans' Pack Run at Perry Lakes. Meet 9.00 a.m. outside the warm up track.
- Saturday 8th Marathon Club's Mundaring to York 40 mile run in which we enter relay teams running 5 or 10 mile legs.
- Sunday 9th Veterans at McCallum for general training and talk on Yoga Exercises for Athletes by Jack D'Arcey - 9.00 a.m.
- Sunday 16th) Veterans at McCallum - 9.00 a.m.
- Sunday 23rd)
- Sunday 30th One Hour Run. McGillivray Oval - 9.00 a.m. As this is organised by the Marathon Club, all members are welcome to participate. For those who do not wish to run for the full hour a ½ hour run is conducted at the same time.

We intend organising mid-week time trials on Wednesday evenings, probably at Perry Lakes, commencing at 6.00 p.m. and involving a sprint, a middle distance and a field event each week.

We will have more information for you in the next Newsletter.

"I do not run for fitness, fitness is only a by-product. I run because I enjoy it, just as I enjoy going out to dinner or a movie, however I feel that a person who just runs and never races is missing a lot, just like a writer who writes a book and never publishes it. Climaxes are needed in life and competition can offer them but....."

(Bob Anderson, Publisher, Runners World)

"....we should keep it a game by not planning everything so carefully that the mystery is taken away. Leave us with the freedom to fail as humans rather than giving us the ability to succeed as robots."

(Dr. Per-Olof Astrand)

ROBERT HAYRES -- birthday 16th September 1977 turned 46
and remains 1B

THEO FREMANIS -- birthday 17th September 1977 turned 43
and remains 1A

There was an early start to SATURDAY, 18th SEPTEMBER 1977, when about 30 athletes turned out at 9 a.m. for the Marathon Club's John Gilmour 10 km track race at McGillivray Oval. After a night of heavy and welcome rain, the weather was warm and humid, but times were generally good for the first long race of the track season. The race was won in 32m 04s and the veterans performances were:

	Race Position & Time		Handicap	Adjusted time & Veteran Position	
PV Don Caplin Kevin Cameron Jeff Beament (invitation)	10	37:02	5:15	31:47	4
	17	40:50	5:45	35:05	6
	16	40:38	4:30	36:08	-
1A George Innes Geoff Price	5	33:32	3:00	30:32	1
	15	39:46	6:15	33:31	5
1B David Carr Rob Shand	8	36:14	5:15	30:59	2
	9	36:45	5:00	31:45	3
2A Alan Tyson Frank Usher	21	43:45	9:15	34:30	7
	22	44:13	8:45	35:28	8
3A Dick Horsley pulled out after 12 laps in 19m 45s					
Veterans running for other clubs were					
PV Phil Wall	4	33:36			-
1B Art Briffa	pulled out after 11 laps in 15m 35s				
2B John Gilmour	pulled out after 7 laps in 9m 18s				
Colin Junner	11	37:35	4:15	33:20	-

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George ran a great race to win the overall handicap and to break his own W.A. Residential 1A Record by 12 seconds. David Carr continues his systematic removal of Art Briffa's name from the record sheet by creating a new W.A. Residential 1B record by 17 seconds. Congratulations to both veterans. Bob Hayres, still worried by a calf injury, was at the track to assist with lap scoring.

(Note 1A 10 km Residential Record wrong at 34; should have been 44)

At McCALLUM on SUNDAY 19th SEPTEMBER we welcomed Donald Whitten (39) and Gwen D'Arcey (48) to the Club on a warm sunny morning. After some warm up laps and some group runs around Heirisson Island those present were divided into three teams for a PARLAUF. Brian Paxman's team scraped home, the times for the full kilometer covered being

Brian Paxman (1B)	Bill Hughes (2A)	Paul Hughes (inv)
Don Whitten (1A)	Bob Johnstone (PV)	Bill McGuigan (PV)
Rob Shand (1B)	Barry Adamson (1A)	Brian Flenley (1B)
Dave Jones (2A)	George Innes (1A)	David Carr (1B)
Stan Lockwood (1B)	Ray Martin (2B)	Jack D'Arcey (2A)
Alec Cummings (1B)	Bob Hayres (1B)	Gwen D'Arcey (F)
18m 02s	18m 04s	18m 07s

At TOMKINS PARK in the afternoon, the Cross Country Quadathon took place and only one veteran participated, which was unfortunate as although this competition is tiring, it provides some good interval training. From the times recorded it is obvious that more is needed.

	3000m	400m	1500m	800m
Rob Shand (1B)	11m 25s (337)	66.0 (263)	4m 45s (494)	2m 21.2 (437)
	= (1513)			

The winner's time of 9m 55s for the 3000m "cross country" (mostly on flat grass) would indicate that this leg was over distance, the other events were on the track.

SUNDAY 25th SEPTEMBER This year the Club entered two teams in the PERTH TO PINJARRA RELAY in B grade, each team running 27 - 2 mile legs using ten runners. The Club's results were as listed overleaf, and if comparing the times with one another, it must be remembered that not all legs were exactly two miles, and some were hillier than others.

Section	TEAM A	Time	TEAM B	Time	1976 Times Ref. Newsletter 43
1	F. Usher	12.59	K. Beament	10.17	11.28
2	A. Tyson	12.31	G. Innes	10.47	14.55
3	K. Cameron	12.15	R. Shand	11.11	14.29
4	G. Mallett	11.31	W. Hughes	15.17	11.49
5	D. Hough	11.37	R. Fergie	15.13	12.59
6	D. Jones	12.52	B. Flenley	12.00	12.15
7	D. Carr	12.47	B. Adamson	15.07	16.35
8	R. Hayres	10.03	D. Caplin	8.57	11.40
9	A. Cummings	16.15	R. Horsley	15.41	14.45
10	S. Lockwood	14.17	B. Paxman	13.05	13.00
11	F. Usher	12.00	K. Beament	11.15	11.52
12	A. Tyson	11.36	G. Innes	8.32	10.53
13	K. Cameron	12.20	R. Shand	11.25	14.47
14	G. Mallett	11.40	W. Hughes	14.25	11.19
15	D. Hough	12.36	R. Fergie	16.25	13.39
16	D. Jones	13.41	B. Flenley	12.58	12.17
17	D. Carr	14.09	B. Adamson	14.40	12.51
18	R. Hayres	11.07	D. Caplin	9.55	13.00
19	A. Cummings	12.28	R. Horsley	12.13	11.26
20	S. Lockwood	14.10	B. Paxman	13.32	13.22
21	F. Usher	14.30	W. Hughes	14.28	13.27
22	A. Tyson	12.49	G. Innes	10.47	11.58
23	K. Cameron	12.31	R. Shand	11.32	13.06
24	G. Mallett	11.37	K. Beament	11.08	13.24
25	D. Hough	12.45	D. Caplin	11.13	13.14
26	D. Carr	11.39	R. Horsley	12.24	12.17
27	R. Hayres	8.57	B. Paxman	9.15	8.26
Total		5h 37m 42s	5h 33m 42s		
Average per mile		6m 29.6s	6m 25.0s		
Average age		45.9 yrs	44.2 yrs		

The selection of teams produced an exciting competition within the Club with the B team taking an early lead with runs by Beament, Innes and Shand, but by the end of the 6th section, with a good run by Hough, the A team were one minute ahead, a lead which they increased by 40 seconds at the end of the 9th section. Good runs by Caplin and Horsley for the B team closed the gap; by the 11th section the lead was lost. The B team increased its lead to 4m 16 s in the next two sections but a good 14th by Mallett cut it back to 31 seconds and the race "seesawed" again as the A team gradually took a lead of 2m 18s. Usher and Hughes, however, battled out the 21st section with Hughes making the change over one second in front to bring the teams virtually level - 42 miles had been run in 4h 27m 23s. The B team began pulling away then to a lead of 5m 03s at the end of the 25th section, but Carr, chasing Horsley in the semi-final section, pulled back to 4m 18s with his final run for the A team. Only 4 minutes separated the two teams at the finish as Hayres and Paxman ran the last short sections over the Murray River into Pinjarra.

The "B" Grade was won by University B in 5h 05m 36s and our two teams came 4th (B) and 5th (A). Of pure academic interest, the total time of our best sections would have been 5h 07m 54s!!

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The "luck" of the draw presented Cummings with some hill work and it was good to see Bob Fergie back in action. The race provided some aerobic training for sprinters Jones and Lockwood. New members Flenley and Adamson each had two sections which they ran well, and Tyson and Cameron had some hard running to do against their B team opponents.

Veterans running for other Clubs were: Jeffrey Joyce and John Gilmour (Canning A), Ted Maslen (University A), Peter Gallagher (Y.M. Harriers A), Art Briffa (University B), Colin Junner and Jim Smith (Canning B).

The day was sunny and warm and ended socially with beer and barbeque on the grass at the pub overlooking the Murray River. We were joined by Ray Martin and Jack and Gwen D'Arcey at Pinjarra, and those wives and girl friends who did not make the early morning roll call.

Jack Collins acted as time keeper for the B team, and Frank Usher and Alan Tyson recorded times for the A team.

Alan Tyson left on Sunday night for a couple of months in Victoria where he intends doing some running with the veterans over there.

DONALD SCOTT - birthday 25th September turned 41 and remains 1A.

Wednesday, 28th September 1977 In the last event of the winter programme and at the end of the Show Day holiday (for some) 10 veterans made up almost half the field of 23 for the George Yownes 10k Track Race at Tomkins Park, run at 6.30 p.m. under floodlights. Once again the cool weather produced more records with George Innes creating another W.A. Residential 1A record, and David Carr, hard pressed by Rob Shand, lowering the 1B record. All three 1B runners broke the record of 36m 14s created only ten days ago, David Hough's barefoot run being a particularly good performance. The results were as follows:

PV	Don Caplin	14th	36m 03s	
	Keith Beament	16th	36m 33s	
	John Rowland	19th	39m 46s	
1A	George Innes	6th	33m 14s	New 1A Record
	Bob Fergie	Pulled out after 5k in 26m 01s		
1B	David Carr	12th	35m 32s	New 1B Record
	Rob Shand	13th	35m 37s	personal best
	David Hough	15th	36m 10s	
2A	Bill Hughes	21st	41m 04s	personal best
	Frank Usher	pulled out		

The winner's time was 31m 26s.

STANLEY LOCKWOOD - birthday 29th September turned 48 remains 1B.

On Saturday 1st October Martin O'Rourke (PV) competed in the Victorian Veterans Marathon Championship at Werribee but failed to finish. The Championship was won by Theo Orr (2A) in 2h 43m 40s. Twentyfive started, twentytwo finished.

PV	First to finish	2h 36m 07s	Barry Brooks
1A	3rd	2h 46m 03s	Rob Morgan Morris
1B	10th	3h 12m 46s	Gerry Riley
2A	2nd	2h 43m 40s	Theo Orr
2B	21st	4h 30m 12s	Derrick Bevan
3A	22nd	5h 12m 34s	Richard Baker
3B	9th	3h 11m 52s	Stan Nicholls**NOTE!
Women	20th	3h 50m 39s	Anne Callighan

In a 15k race held over the same course, Alan Tyson 2A came 10th in 65m 04s (winner's time 54m 31s).

On Sunday, 2nd October 19 veterans gathered for a pack run round Perry Lakes and into the hill tracks behind Raebold Hill. The course, designed in three differing circuits to come "home" twice so that late comers could be picked up and those who wished could drop off, included grass, bitumen, hilly ground tracks and sand. Newcomers Mike Berry and Brad Watson joined George Innes, Stan Lockwood, Glen Mallett, Dick Horsley, Rob Shand, Geoff Beament, Keith Beament, Bob Hayres, David Carr, Kevin Cameron, Don Caplin, David Hough, Bob Fergie and Frank Usher. Reg Briggs was also there, and it was good to see him down with us again. Garnett Morgan was there, but did not participate, and Jack Collins came down to distribute "The Veteran Athlete" and tell us that Paul Morrissey had come down from Pearce to McCallum and was joined there by Len Merrick, Alec Cummings and John Gilmour.

GARNETT MORGAN - birthday 6th October turned 53 and remains 2A.

Saturday, 8th October dawned cold and damp as athletes gathered at the Mundaring shopping centre for the start of the Mundaring to York 40 mile run. This year we entered one 8 man team with each veteran running 5 miles but, as last year, were beaten to the finish by Brian Marsland who covered the distance in 4h 03m 34s. We came in with the second runner in 4h 06m 40s and were followed in by Jeffrey Joyce (PV) in 4h 13m 04s who went through the marathon distance in 2h 39m 32s.

The team results with last year's times in brackets were:

David Carr	(1B)	29m 59s	(34m 40s)
Bill Hughes	(2A)	39m 05s	(30m 04s)
Don Caplin	(PV)	28m 19s	(34m 20s)
Bob Hayres	(1B)	33m 22s	(34m 36s)
Geoff Price	(1A)	31m 38s	(30m 20s)
Peter Gallagher	(PV)	29m 05s	(30m 59s)
Kevin Cameron	(PV)	31m 04s	(32m 30s)
Rob Shand	(1B)	24m 08s	(26m 21s)

(the last leg is 400m short, the equivalent time for the full distance would be 25m 40s)

Total time	4h 06m 40s (4h 13m 50s)
Average age	42.38 years (48.33 years)

George Innes ran a full marathon distance in a personal best time of 2h 54m 02s with the following time breakdown:

5 miles	32m 00s
10	1h 04m 40s
15	1h 37m 20s
20	2h 12m 30s
25	2h 46m 20s

At McCallum on Sunday 9th October 15 veterans turned out to listen to Jack D'Arcey and watch him demonstrate some basic yoga exercises relative to athletics. When they were attempted we realised what a stiff group of Golden Oldies we really were and would be well advised to do a lot more stretching exercises than we do.

A Two Bridges run followed the talk, with Don Caplin taking the lead from Brian Flenley, Brad Watson and Eric Pearton, a 1B sprinter who joined us for the first time. Dick Horsley and Rob Shand set up a steady pace to find Len Merrick going round in the opposite direction. Bob Hayres, Ross Riley, David Jones and Alec Cummings formed the bulk of the group and were followed around by Jack and Gwen D'Arcey and Ray Martin. Jack Collins and Stan Lockwood remained at McCallum. Merv Moyle and Bernie Oliver had completed a bridges run before 9 a.m. and John Gilmour started his training again after a short lay off.

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A book for further information on Yoga as suggested by Jack D'Arcey is "LIGHT ON YOGA" by B.K.S. Yengar, available in paperback.

WES CARTER - birthday 13th October turned 40 and changes from PV to 1A

LEN MERRICK - birthday 16th October turned 41 and remains 1A

While on Sunday, 16th October Brad Walker, Frank Usher, Eric Pearton, Bill McGuigan, Barry Adamson and Brian Flenley met at McCallum and trained round the bridges, 14 veterans attended Bruce Stanton's first training session of the season at Woodchester Reserve, which concentrated on field events and hurdles, with Mike Berry, Alec Cummings, Bob Fergie, Ken Cameron, Bob Hayres, Merv Moyle, Brian Paxman, David Carr, David Jones, Don Caplin, Jack and Gwen D'Arcey and Ray Martin. Noel Goff made his first appearance on his return from overseas, and Jack Collins did some discus throwing and met seven potential new members.

ART BRIFFA - birthday 17th October turned 50 and changes from 1B to 2A

CONGRATULATIONS to Phil Wall (PV) in obtaining a University of W.A. Half Blue for Athletics for the season 1976-1977.

News of Cliff Bould is that he is still in England having had an operation which has been successful, and he is now well on the way to recovery and returning to Perth.

LIBRARY: We now have a library, firmly established in the boot of Jack Collins car. Jack is now Treasurer and Librarian so if you are not up to date with subs you probably will not get any books!

Thanks to the generosity of our Patron Bill Hughes we now have 18 books on various aspects of running and its related problems together with a book on the History of the Olympics donated by Bill Carter. Any members who wish to add to this collection by their own contributions of a book will be at liberty to do so.

EQUIPMENT - With the Track and Field season almost upon us "be it known" that the club has one 800g javelin, one 2K, one 1½K and one 1K discus, and a shot (of about 7.25kg weight though it feels heavier) all of which are available at McCallum on Sundays. Jack Collins is custodian of this equipment.

On Sunday 23rd October we met at McCallum for a handicap race over the Dave Jones circuit - three laps for a total of 6699m (4.16 miles). The day was cool and overcast and 14 veterans lined up to be timed by Jack Collins and Stan Lockwood. The handicap was won by Paul Morrissey (2A) and George Innes (1A) regained his record from Rob Shand (1B). The results were :-

	LAP 1	TIMES 2	3	FINAL TIME	POSITION RACE	ADJUSTED	PREV. BEST
<u>1A</u>							
George Innes	7:57	8:08	7:54	23:59	7	1	25:09
Brian Flenleg	9:26	9:55	10:03	29:24	13	5	-
Barry Adamson	9:35	10:13	10:33	30:21	5	7	-
<u>1B</u>							
Rob Shand	7:55	8:20	8:06	24:21	5	2	24:43
Eric Pearton	10:25	9:42	9:40	29:47	3	6	-
Alec Cummings	10:25	10:18	12:29	33:12	11	10	32:40
Jim Coventry	13:05	14:08	13:46	40:59	7	12	27:20
<u>2A</u>							
Paul Morrissey	10:07	10:25	10:13	30:45	1	8	34:28
David Jones	9:55	10:35	11:09	31:39	9	9	35:56
Jack Darcey	11:55	14:01	15:11	41:07	10	13	-
Merv Moyle	9:28	WITHDREW		-	-	-	30:07
<u>2B</u>							
Ray Martin	12:00	13:40	14:40	40:20	12	11	-
<u>3A</u>							
Dick Horsley	9:28	9:32	9:24	28:24	21	3	30:00
?							
Brad Watson	9:25	9:35	9:43	28:43	2	4	-

Personal Best times were recorded by Innes, Shand, Morrissey, Jones and Horsley and of course those who were attempting the course for the first time.

Merv Moyle had completed a bridges run before anyone arrived at McCallum and George Innes warmed up by training with John Gilmour. Frank Usher did a bridge run and Bill Hughes, somewhat in need of some miles behind him joined the run spasmodically.

It was good to see Jim Coventry back at McCallum again after a long absence and we hope that he will continue his running with us. It is a pity that so many of the "regulars" of some months ago seem to be fading away and we would like to see them back in action on Sundays in the summer.

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Sunday 30th October, 1977.

The day dawned with the sound of rain falling and no doubt many had second thoughts about leaving a warm bed to spend an hour running round the 400metre track at McGillivray, however 51 athletes including 26 veterans fronted up to the starting line at 9.30am.

Seven Veterans retired after the 30 minute gun and completed the following distances:

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				<u>Metres</u>	<u>Miles</u>
1A	Geoff Price	18 laps	343m.	7543	4.69
	Brian Flenley	18 laps	100m.	7300	4.54
	Brad Watson	17 laps	300m.	7100	4.41
1B	Eric Pearton	16 laps	090m.	6490	4.03
2A	Jack Darcey	13 laps	043m.	5243	3.26
2B	Ray Martin	13 laps	043m.	5243	3.26
4	Reg Briggs	13 laps	040m.	5240	3.26

The remainder of the veterans (19) ran for the full time covering the following distances.

				<u>Metres</u>	<u>Miles</u>
PV	Don Caplin	40 laps	122m.	16122	10.02
	Keith Beamont	39 laps	312m.	15912	9.89
	William McGuigan	37 laps	111m.	14911	9.27
	Bob Johnstone	31 "	110m.	12510	7.77
	Charles Spare.	37 "	281m.	15081	9.37
1A	George Innes	41 "	380m.	16780	10.43
	Barry Adamson	31 "	200m.	12600	7.83
1B	Rob Shand	40 "	248m.	16248	10.10
	David Hough	38 "	191m.	15391	9.56
	Brian Paxman	38 "	045m.	15245	9.474
	David Carr	37 "	133m.	14933	9.28
	Dennis Batterham	32 "	158m.	12958	8.05
	Bob Hayres	31 "	192m.	12552	7.80
2A	Art Briffa	38 "	380m.	15580	9.68
	Frank Usher	31 "	023m.	12423	7.72
	Bill Hughes	28 "	000m.	11200	6.96
2B	John Gilmour	42 "	191m.	16991	10.56
	Colin Junner	38 "	037m.	15237	9.469
4	Joe Shephard	28 "	183m.	11383	7.07

Jim Langford in his first competitive run since returning from overseas showed that he had lost none of his form by running 46 laps 077m. = 18477 metres or 11.48 miles to win the race. Of interest, the South Australian Vets Magazine No. 16 reports a one hour run on August 17th in which P. afford (1A) was the best Veteran covering 10mls 391 yds, 2ft, which is 10.22 miles or 16444m.

John Gilmours run was only 191m short of his world age (55) record of 17182m and did you know that Cliff Bould holds the 54 year old record of 16442m.

Jack Collins and Bernie Oliver assisted with lap scoring and measuring distances.

Our Club members have been doing some running over East and results which have come through from Victoria are:

Bill Hughes	(2A)	13 Sept.	3200 H/Gap	13min. 12sec -
Alan Tyson	(2A)	1 Oct.	15k	65min. 04sec. 10th
Martin O'Rourke	(PV)	1 Oct.	Marathon	failed to finish
Alan Tyson	(2A)	16 Oct.	10k.	42min. 05sec. 13th

PLEASE NOTE: A On some programmes the 100m at 3.05pm has been omitted from the Perry Lakes Inter Club programme 2
Please add this event to your copy.

aa

- B W.A.VETERANS STATE CHAMPIONSHIPS. The dates of Sat 4th March and 25th Feb may have to be altered with the events spread over Sat 11th 18th & 19th February and 11th March at the request of W.A.A.A.A. Confirmation will be advised in good time once a programme has been finalised with the Association.
- C INTER CLUB MEETINGS ON SATURDAYS. We are required to provide SIX athletes to act as officials each saturday afternoon. Competing athletes are acceptable. So that the same six people do not have to do duty every time, volunteers are required. The club gets fined if we do not provide these bodies and as the tasks are not difficult we hope that you will assist.
- D TWILIGHT MEETINGS. Venues will be as follows unless advised otherwise:
- | | | | |
|----------|-----|-------------------|------------|
| 9.11.77 | 10K | Tomkins Park | (YMH) |
| 23.11.77 | 5K | P.L.Warm up track | (ND) |
| 14.12.77 | 5K | do | (CD) |
| 21.12.77 | 10K | McGillivray | (UNI) |
| 11. 1.78 | 5K | Tomkins Park | (MEL) |
| 1. 2.78 | 5K | McGillivray | (UNI) |
| 3. 2.78 | 10K | P.L.Warm up track | (MID) |
| 1. 3.78 | ? | ? | (UNI/CD) |
| 15. 3.78 | 10K | Belmont Track | (BEL/VETS) |
- E ROB SHAND has been appointed to the W.A.A.A.A. Competitions Management Committee for the remainder of this season.

FOR THE TYPING OF THIS NEWSLETTER OUR THANKS GO TO DOREEN LOCKWOOD AND TO JOHN GILMOURS TYPING POOL. MARION SHAND, WHO HAS TYPED ALL THE PREVIOUS NEWSLETTERS (ie FROM NEWSLETTER NO 35 DATED 26 APRIL 1976) IS HAVING A WELL EARNED BREAK FROM THIS "LABOUR OF LOVE". ANY VOLUNTEERS FOR FUTURE ISSUES WILL BE MOST WELCOME. PLEASE ADVISE THE SECRETARY.

"He that would thrive, must rise at five
He that hath thriven, may lie till seven"

- John Clarke

John Gilmour's One Hour Run of 16991 metres on Sunday, 30th October, 1977, is a WORLD AGE RECORD for 58 year olds, the previous record of 15647 metres was created on the 26th June, 1975, by Wayne Zock in San Diego, California. John also holds the 55 year old record which is also the Group 2B record at 17128 metres.

Gothenberg Results

Kath Holland	Womens 400 m.	1st in 56.5 (No Heats)	
		(the 65.5 reported in Newsletter 53 is incorrect).	
	Womens 100 m.	1st in 12.4 in heat	
		2nd in 12.5 in final	
	Womens 1500 m.	9th in 5 m. 21.9 s.	
	Womens L.J.	4th in 5.07 m.	
John Gilmour	2B 800 m.	1st in 2 m. 14 s.	
	1500 m.	1st 4 m. 28.3 s.	
	5000 m.	1st 16 m. 29 s.	
	Marathon	2nd 2 h. 50 m. 14 s.	
Alan Merrett	2B 5000 m.	10th 17 m. 50 s.	
	3000 m. s/c	1st 11 m. 29. 8 s. NEW	
		WORLD RECORD.	
	10k Cross		
	Country	10th 36 m. 22 s.	
Noel Goff	2B 110 H	5th 19.1 s.	
	T.J.	5th 10.29 m.	
	L.J.	4.84 m.	
	200 m.	27.3 s.	
	100 m.	12.9 s.	
Art Brilla	1B 5000 m.	17 m 33 s.	
	10000 m.	36 m. 40 s.	
George Cavill	2B 5 k walk	5th 25 m. 57 s.	
	20 k walk	8th 1 h. 55 m. 44 s.	

Wednesday, November 2nd, 1977

Time Trials at Perry Lakes.

800 metres	LAP. 1.	LAP. 2.	TIME
Don Caplin (PV)	67.0	66.3	2.13.3
David Carr (1B)	68.0	67.4	2.15.4
Brian Flenley (1A)	69.0	75.0	2.24.0
Bob Hayres (1B)	78.0	76.9	2.34.9
Dennis Batterham (1B)	76.0	93.0	2.49.0
David Hough (1B)	83.0	91.0	2.54.0
Bill Hughes (2A)	88.0	91.0	2.59.0

This run of Don Caplin (PV) is faster than the W.A. State P.V. record of 2.13.4 set on 25.1.76. Time keeping by Rob Shand, Dick Horsley, Garnett Morgan and Bob Fergie.

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Shot Put

4.0 kg

Dick Horsley	(3A)	7.98
Jack Collins	(3B)	7.29
Reg Briggs	(4)	7.49

5.5 kg

John Rowland	(PV)	8.31
Bob Fergie	(1A)	11.09
Brisi Flenley	(1A)	8.79
Rob Shand	(1B)	8.57
Bob Hayres	(1B)	7.75
David Carr	(1B)	7.57
David Hough	(1B)	7.42
Dennis Batterhan	(1B)	6.19
Bill Hughes	(2A)	8.39

NOTE: Reference Newsletter No. 54. Phil Wall's time John Arlmour 10k on 18.9.77. should be 33:26 and not 33:36 as reported.

ROSS CALNAN - birthday 4th November turned 37 and remains PV

COLIN BAKER - birthday 4th November turned 52 and remains 2A

At the Marathon Club Dinner at the Riverside Lodge on Friday November 4th, veterans who received presentations were - Jeff Joyce (PV) medallion for 3rd in the 40 mile Mundaring to York run.

George Innes (1A), David Carr (1B), Jeff Joyce (PV) and John Gilmour (2B), were awarded Marathon Certificates.

Colin Jonner (2B) was declared the outstanding veteran from George Innes (1A) and David Hough (1B) on the basis of results and participation in Marathon Club events during the year.

Saturday November 5th - Track and Field Programme 1. Perry Lakes.

Don Caplin (PV) continued to show his potential by creating two new W.A. veteran P.V. Residential records in the 800 m. and 1500 m. as follows:

Previous Record 800 m.	2 m 13.4 s.	D. Clark	25.1.76.
New Record 800 m.	2 m 09.9 s.	D. Caplin	5.11.77.

Previous Record 1500 m.	4 m. 46.6 s.	A. Jennings	9.4.77.
New Record 1500 m.	4 m 27.0 s.	D. Caplin	5.11.77.

TRACK	60 m	100 m	400 m	800 m	1500 m	3000 m
PV						STEEPLE

D. Caplin				2:09.9	4:27.0	
P. Gare	7.4	11.8	52.5			
R. Calnan	8.2	13.0				
K. Cameron	8.1	13.0	57.2	2:20.7		
P. Williams	8.2	-	64.4			

1A E. Maslen					4:28.0	10:14.2
--------------	--	--	--	--	--------	---------

2B J. Gilmour					4:21.0	
---------------	--	--	--	--	--------	--

FIELD	P.V.	(7.25k) Hammer	T.J.	Shot (7.2k)	110 Hurdles	2k walk
PV E. Niemanis		44.74		12.21		
1A A. Fergie		27.30				
J. Smith						10:20.0
1B A. Cummings		18.42	8.95	7.13	21.9	
2B N. Goff	2.30	21.74	10.15	8.44	21.7	

The following members acted as on assisted officials:

Rob Shand
 Bob Hayres
 Don Caplin
 Bob Fergie
 Kevin Cameron
 Alec Cummings

Sunday 6th November - Veterans 5000m at McCallum

Five times round McCallum, the poplars at the top and lamp posts at the bottom, everyone off at the same time and timing done by Jack Collins. Two P.V. led the way followed by a 1B group with the whole event over in 25 minutes to allow Collins, Cummings, Shand and Goff to do some discuss throwing and Carr, Hayres, Pearton, Caplin and Flenley some run throughs.

The results for the actual distance of 5025 m were

PV	Phil Wall	16:52.0	1
	D. Caplin	18:12.0	2
	B. Johnstone	21:50.2	10
1A	B. Flenley	20:55.8	7
	K. McDonald	21:37.0	9
	B. Watson	22:04.0	11
	L. Merrick	23:07.4	13
1B	R. Shand	18:42.0	3
	D. Carr	19:34.5	4
	D. Hough	19:42.8	5
	R. Hayres	20:12.8	6
	E. Pearton	21:20.7	8
	A. Cummings	25:46.4	16
2B	R. Martin	23:48.8	withdrew after 4 laps

In the 10k twilight on Wednesday 9th November at Tomkins Park six veterans participated all completing the distance under 40 minutes despite the cold and blustery conditions as follows:

previous best times this season in brackets

Ted Maslen (1A)	9th	34 m 05 s (-)
George Innes (1A)	10th	34 m 06 s (33:14)
Don Caplin (PV)	14th	35 m 31 s (36:03)
David Hough (1B)	18	38 m 10 s (36:10)
Kevin Cameron (PV)	19	38 m 54 s (40:50)
Brian Flenley (1A0 ran 5k in		19 m 30 s (-)

The race was won by Jim Langford in 31 m 56 s.

Veterans Club Christmas Barbeque

- will be held at 233 Mill Point Road, South Perth, commencing at 6 p.m. and finishing long after Art has gone to bed on Sunday 18th December, The Club will put on the first 10 gallon keg and the barbeque, Members to bring their own food to cook, exotic drinks and company. Let Rob Shand or Bob Hayres know if you will be there and how many you are bringing with you.

You may have noticed that in Issue No. 32 of "The Veteran Athlete", Jack Pennington states on page 16 "sorry W.A. - can't find any up to date results for you (Ed) - will double up in No. 33". Your secretary advises that Newsletter No. 53 and our summer programme were both forwarded to Canberra on 16.9.77. in ample time to make his November issue. Newsletter No. 54 was sent on 3.11.77. so by the time he goes to press with No. 33. he will have more than enough up to date information to publish.

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Fremantle Fun Run Entries will be accepted after the closing date 19th November, 1977. but get your entry in as soon as possible.

"A minutes success pays the failure of years"

Robert Browning

"(yet) Even victors are by victories undone"

John Dryden

Note the following -

1. The South West Championships will be held on Saturday 28th and Sunday 29th January 1978, but not at Capel. The 1978 championships will be held at PAYNE PARK OVAL in BUNBURY where facilities are better than at Capel!! Accommodation has been arranged for 96 athletes at the Craig House Hotel which overlooks the main swimming and surfing beach in Bunbury. The Hostel would cost approximately \$1 per day per athlete on a self catering basis, there is a large well equipped kitchen and accommodation is in dormitories. As allocations will be on a first come first accommodation basis, advise the secretary as soon as possible.

Alternatively, as we enjoyed camping at Capel we could again form our Camp but the Bunbury Council will not permit camping at the oval. The closest park to the oval is the Koombana Caravan Park with no limit of tent sites the charges for which are:-

Tent without power - 2 persons \$2.00 + 50 ¢ for each extra person
Tent with power - 2 persons \$2.00 + 50 ¢ for each extra person

Entry forms are ~~not~~ available, the programme will be basically the same as previous years and entries close on Saturday, December 31st 1977 and no entries will be accepted after that date and they are serious about this as some found to their disappointment last year.

2. Pan Pacific Twilight Meeting on Wednesday 7th December, on the main Perry Lakes Track will commence at 5.30 p.m. and will be a programme of events to stage the first major international Athletics Meeting since the Commonwealth Games - there will be no veteran events at this meeting which for us will be a spectator evening. We have 50 tickets to sell at \$2.00 per adult and must sell all tickets as the W.A.A. have levied us \$100.00 towards this event so get your ticket now.

3. Sunday December 11th, 1977 has been programmed as follows:-

- a) Marathon Club 20 km Mundijong at 7 a.m.
- b) SPOT ON TIMETHON at Perry Lakes anytime between 9 am and 5 pm during which you can compete for \$1.00 entry fee - by estimating how long it will take you to run or walk or joy a wheel chair 4 laps of the track. Prizes will be awarded to those who are "SPOT ON" and for those who are closest in various categories.

Listen to 6 IX for further details and entries are accepted on the day.

- c) Veterans Christmas Barbeque at 6 p.m. at Art Briffas - see Newsletter No. 55.

This could be a busy day if you want to participate in all events, those who are not going to run the 20 k should try their pace judgement at Perry Lakes and then all come to the barbeque.

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4. Canteen Roster at Perry Lakes: The Club has been rostered by the W.A. Athletes Promotion Group to assist in the canteen on the following Saturday afternoons:-

December 3rd in conjunction with Canning Districts at 12.15 p.m.
December 17th in conjunction with six other clubs.

Could we please have one assistant (athlete or wife) for each day.
Please advise Club Secretary 384 0939 or 321 2251.

5. Marathon Club A.G.M. Monday 5th December, 1977, at 7.30 p.m.
Savoy Hotel Hay Street, Perth.

Saturday 12th November - Track and Field Programme 2 - Perry Lakes

Apart from the 200 m Hurdles and a medley relay, all events have now been covered by programmes 1 and 2.

TRACK	100	200	800	3000	3k steeple	3k walk
PV						
P. Gare	11.9	25.3	2:18.4		12:21.0	
K. Cameron	12.3		2:09.0	9:40.0		
D. Caplin				9:05.0		
P. Wall						
1A						
L. Merrick	13.3			9:43.0	10:24.2	
E. Maslen						15:39.0
J. Smith						
1B						
D. Carr	12.7		2:18.2	NT		
2A						
D. Jones		27.9		10:23.0		
A. Briffa						
3A						
R. Horsley						16:44.0
FIELD	Discus	Discus	Pole			
	2k	1.5k	Vault			
PV						
P. Gare	30.82		2.41	Don Caplin's 800 m is a new PV residential record and Dave Carrs time equals the 1B record for the 100 m which he now holds jointly with Stan Lockwood. Ken Cameron broke the PV steeple record held previously by Ross Holland at 13:13.0. Ed Niemanis broke his own PV discus record by 0.42 m and Phil Wall broke the 3 k record by 0.4 sec previously held by Alvin Willis.		
E. Niemanis	39.20					
1A						
E. Maslen			2.63			
1B						
A. Cummings		30.26				
2B						
N. Goff		22.18	N.J.			
3A						
R. Horsley		28.52				

POINTS TOTALS FOR PROGRAMMES 1 AND 2

PV Gare 40. Calnan 0. Cameron 7. Williams 0. Caplin 29. Niemanis 20
Wall 14.

1A Maslen 41. Smith 23. Fergie 6. Merrick 0.

1B Cummings 3. Carr 1

2A Jones 0. Briffa 4.

2B Goff 3.

3A Horsley 9.

On Sunday 13th the Club was divided between McCallum and Woodchester. Merv Moyle, Bob Johnstone, Rob Shand, Brian Flenley, Mike Berry, Dick Horsley and John Rowland ran the Bridges with Frank Usher who was last seen doing a second round. Stan Lockwood did some laps and Ed Niemanis was devastating the trees with his hammer throwing.

Meanwhile at Woodchester Reserve only 7 veterans turned out. This is a disappointing response to Bruce Stanton's energetic assistance to the club. The results were:-

	100m	Javelin	L.J.	Discus	Hammer	H.J.
PV K. Cameron	12.8	33.55	4.94	16.50	19.35	1.49
1B A. Cummings	13.6	23.74	3.95	24.99	31.25	-
R. Hayres	14.3	22.55	3.67	18.67	21.55	1.26
D. Carr	13.0	24.05	3.05	16.36	19.25	1.15
2A W. Hughes	14.3	23.38	-	-	20.98	-
P. Morrissey	17.8	14.40	-	11.48*	-	-
2B N. Goff	-	-	4.05	18.57*	24.13	-
Weights		800 g		2 kg 1.5 kg*	4.5 kg	

An 800 m handicap race was run and won by Kevin Cameron who, from the overall results seems to have some talent for high jump and javelin as well as running.

	Clock Time	Handicap	Corrected Time
PV K. Cameron	2m 44.1	22 sec.	2m 22.1
1B R. Hayres	2m 56.0	18 sec.	2m 38.0
D. Carr	Pulled out		
A. Cummings	3m 05.0	11 sec.	2m 54.0
2A P. Morrissey	3m 01.0	0 sec.	3m 01.0

Wednesday November 16th Time Trials at Perry Lakes 6 p.m.

	1500 m	Long Jump m
PV Don Caplin (1)	4 m 27.8 s	-
Kevin Cameron (4)	4 m 48.1 s	(1) 4.84 (15' 10 1/2")
John Rowland (5)	5 m 04.0 s	(2) 4.81 (15' 9 1/2")
1A Brian Flenley (6)	5 m 04.8 s	(3) 4.15 (13' 7")
Bob Fergie (9)	6 m 48.0 s	-
1B Rob Shand (2)	4 m 36.4 s	(5) 4.08 (13' 4 1/2")
David Carr (3)	4 m 44.1 s	(3) 4.15 (13' 7")
Mike Berry (8)	5 m 23.2 s	-
Bob Hayres (7)	5 m 08.0 s	(6) 3.86 (12' 8")
4 Reg Briggs (10)	7 m 34.8 s	(7) 2.72 (8' 11")

Time keeping by Jack Collins and Dick Horsley who did some training afterwards. After his long lay off it is good to see Jack back on the track. Reg Briggs created a Residential Record for Group 4 with his run.

Bernie Oliver - birthday 19th November turned 34 and remains PV.

Sunday 20th November, 1977

Eighteen veterans turned out for an early start to the Marathon Clubs 10 miles at W.A.I.T. two circuits in a figure of 8 through the pine trees of houses all on bitumen roads. There were no handicaps and the race was won by Chris Jones in 55 m 04 s.

Veteran results were:-

	FIRST 5 MLS	SECOND 5 MLS	TOTAL TIME
5th J. Gilmour 2B	28 m 06 s	28 m 48 s	56 m 54 s
6th D. Caplin PV	29 m 11 s	31 m 19 s	60 m 30 s
7th J. Joyce PV	30 m 48 s	31 m 08 s	61 m 56 s
10th R. Shand 1B	32 m 08 s	31 m 10 s	63 m 18 s
11th D. Hough 1B	30 m 54 s	33 m 50 s	64 m 44 s
12th G. Price 1A	32 m 08 s	33 m 30 s	65 m 38 s

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Veteran Results (continued)

	FIRST 5 MLS	SECOND 5 MLS	TOTAL TIME
13th C. Junner 2B	31 m 48 s	34 m 04 s	65 m 52 s
15th R. Johnstone PV	35 m 58 s	37 m 42 s	73 m 40 s
16th M. Berry 1B	35 m 58 s	37 m 42 s	73 m 40 s
17th R. Horsley 3A	36 m 04 s	37 m 44 s	73 m 48 s
18th F. Usher 2A	37 m 19 s	41 m 20 s	78 m 39 s

The following ran 5 miles and then withdrew

A. Briffa 2A	29 m 24 s
R. Hayres 1B	34 m 01 s
B. Flenley 1A	34 m 57 s
D. Jones 2A	36 m 42 s
B. Oliver PV	37 m 23 s
W. Hughes 2A	47 m 01 s
R. Martin 2B	47 m 01 s

In this race David House was the only one to improve on his previous time for this course. (ref. Newsletter 51 for other times) and to record a personal best for 10 miles.

JOHN ROWLAND - birthday 21st November turned 40 and becomes 1A.

Write the vision and make it plain upon
tables, that he may run that readith it

Book of Habakkuk

The following are the W.A. Residential Records for the 3000m track which were not included in the list issued with newsletter No. 50 in June 1977.

PV	1A	1B	2A	2B	3A	4
A. Willis 9:05.4 19.3.77 broken by P. Wall 9:05.0 12.11.77 & again 8:54.0 3.12.77	E. Maslen 9:32.0 12.3.77 broken by E. Maslen 9:30.0 3.12.77	A. Briffa 10:20.0 12.3.77 broken by R. Shand 10:14.0 19.11.77 & again 10:04.7 30.11.77	A. Morrett 10:20.0 12.3.77 broken by A. Briffa 9:59.0 19.11.77	J. Gilmour 9:20.0 11.2.76	R. Horsley 11:08.0 30.11.74	R. Briggs 17:08.5 30.11.77

There are no records for females or 3B in this event. Before anyone starts claiming records from antiquity, these times have been extracted from the information in the newsletters back to October 1975. If anyone has better performances relative to their age group which they wish to claim and can substantiate, please advise the Secretary as soon as possible.

NOTE

1. Newsletter No. 55 Page 2 Results of Saturday, 5th November T & F at Perry Lakes. The 1500m shown for John Gilmour of 4:21 is incorrect in as much as John did not run on that day. Had he done this time, it would have been a world 2B record.....Apologies J.G.
2. For the typing and duplicating of Newsletters Nos. 55 and 56, our thanks go to Bob Fergie.
3. Distribution of Newsletters by mail is expensive and only country members are allowed this privilege. We urge members to attend Club days at McCallum or our Wednesday twilight time trials and collect your (and others if possible) copies. Until now the secretary has been acting as unpaid postman without a whistle, and this has become too time-consuming.

Saturday, 19th November. Track & Field Programme 3. Perry Lakes

Day sunny with temperature approximately 27°C. Strong sea breeze.

Track	60	200	400	1500	3000	Medley Relay (appx times)
PV P. Gare K. Cameron R. Calnan D. Caplin P. Wall C. Spare J. Rowland	7.7 7.8 8.1	26.5	52.3 56.9 57.5	4:24.0	9:48.0 9:11.0 10:19.0	28.5 (200) 2:18.5 (800) 58.0 (400)
1A L. Merrick E. Maslen	8.3		66.3	4:29.0	9:35.0	

- 2 -

Track	60	200	400	1500	3000	Medley Relay (appx times)
1B R. Shand				4:41.0	10:14.0	
R. Hayres				5:04.0	10:53.0	
B. Paxman				5:16.0	11:12.0	
A. Cummings	8.6					
2A A. Briffa					9:59.0	
D. Jones	8.0		63.6			24.5 (200)
2B J. Gilmour				4:38.0		

NOTE: The times in the Medley Relay are approximate with the total time taken for the 200 . 200 . 400 . 800 at 4m 09.5 sec. The Club got 4 points for the relay. Don Caplin again lowered the PV 1500m record by 3 sec and Bob Hayres ran a personal best 3000m beating his previous time by 9 sec. Rob Shand broke Art Briffa's 1B record by 6 seconds while Art broke Alan Merritt's time by 21 sec.

FIELD	7.25kg Hammer	2 kg Discus	7.25 kg Shot	H.J.
PV K. Cameron	-	-	-	1.50
PV E. Niemanis	43.75	40.24	11.81	-
1A A. Fergie	25.33	25.24	9.68	-
1B A. Cummings	22.32	25.88	7.55	-

NOTE: Bob Fergie's discus throw broke his own record by 1.74m, and Ed Niemanis broke his own discus record by 1.04m.

Cumulative Points Totals for Programmes 1, 2 and 3

PV Gare 53, Calnan 0, Cameron 16, Williams 0, Caplin 48, Niemanis 46,
Wall 28, Spare 5
1A Maslen 58, Smith 23, Fergie 11, Merrick 0
1B Cummings 5, Carr 1, Shand 8, Hayres 1, Paxman 0
2A Jones 0, Briffa 11
2B Goff 3, Gilmour 6
3A Horsley 9

In a Twilight Meeting at Perry Lakes warm up track on Wednesday, 23rd November four track events and a walk were held. Veterans' efforts are as below.

		100m	400m	5000m	5km walk
PV	R. Calnan	12.7			
	P. Gare		52.0		
	K. Cameron	12.3		w/d	
	D. Caplan			16:31.0	
	P. Wall			15:47.0	
1A	J. Smith				26:27.0
	G. Price			19:15.0	
	E. Maslen			16:15.0	
	G. Innes			16:36.0	
1B	R. Shand			17:14.0	
	D. Carr		57.4		
2A	A. Briffa			17:42.0	

The winning time in the 5000m was 14m 56.0 sec; however in the ideal cool conditions a number of records were set as follows.

Phil Wall broke Alvin Willis' P.V. record of 16:01.2 (9.4.77) by 14.2 seconds as well as running a personal best time. Similarly, in the 1B group Rob Shand ran a personal best in breaking David Carr's record of 17:19 (7/9/77) by 5.0 seconds. In his first run over 400m this season, David Carr broke the 1B record previously held by Brian Paxman at 62.2 sec. The run was also a personal best for Geoff Price by 36 seconds.

PHIL WALL - birthday 26th November turns 36 and remains P.V.

Saturday, 26th November - Track and Field Programme 1 (Second Round)
Perry Lakes (4)

Day overcast with some slight drizzle, strong sea breeze, temperature approximately 20°C.

TRACK	60m	100m	400m	800m	1500m	3km steeples
PV P. Gare	7.6		52.5			
R. Calnan	7.9	12.6				
K. Cameron	7.8	12.4	56.6			
P. Williams	7.9	13.00				
D. Caplin			57.7	2:11.2	4:32.0	
P. Wall					4:23.0	
1A E. Maslen					4:30.0	10:42.0
1B D. Carr			56.9	2:13.9	p/•	
R. Shand				2:14.9	4:38.0	
2A D. Jones	8.2	12.6	60.8			
W. Hughes		14.3	73.6	3:02.9		
2B J. Gilmour				2:27.0	4:42.0	
3A R. Horsley						

NOTE In the PV 1500m Phil Wall broke Don Caplin's record of 19/11/77 by 1 second

FIELD	PV	7.25kg Hammer	2km walk
PV P. Gare	2.30		
E. Niemanis		43.46	
1A E. Maslen	2.45		
A. Fergie		23.32	
J. Smith			10:19.0
3A R. Horsley			10:41.0

NOTE: In the PV Pole Vault Peter Gare's leap of 2.30 was not good enough to Cumulative Points Total. worry his PV record of 2.41 created on 12.11.77

PV Gare 68, Calnan 5, Cameron 24, Williams 1, Caplin 61, Niemanis 57, Wall 36, Spare 5.

1A Maslen 75, Smith 34, Fergie 12, Merriek 0

1B Cummings 5, Carr 8, Shand 15, Hayres 1, Paxman 0

2A Jones 1, Briffa 11, Hughes 0

2B Goff 3, Gilmour 9

3A Horsley 18

Sunday, 27th November, was the first of the three Woodchester Reserve training sessions. 9 veterans turned up and performed as follows:

	TJ	200m	Javelin	Hammer	PV
PV D. Caplin	8.940 (4)	28.4s (3)	-	23.416 (3)	-
K. Cameron	10.134 (1)	25.7s (1)	30.937 (2)	17.728 (7)	2.083 (2)
B. Johnstone	N.J.	29.5s (4)	-	-	-
1A R. Fergie	9.283 (3)	31.8s (5)	33.121 (1)	33.299 (1)	2.337 (1)
1B D. Carr	-	w/d	15.138 (6)	18.440 (6)	-
A. Cummings	-	-	24.129 (3)	30.098 (2)	-
2A D. Jones	7.797 (5)	27.2s (2)	21.031 (5)	21.234 (5)	-
2B N. Goff	9.652 (2)	-	21.818 (4)	23.215 (4)	-

In the field events requiring varying weights, the results were:

	1 kg	DISCUS 1.5 kg	2.0 kg	SHOT 5.5 kg	4.0 kg
PV D. Caplin	-	22.668	-	8.546	-
K. Cameron	-	-	14.680	NT	-
1A R. Fergie	-	-	24.841	11.151	-
1B A. Cummings	-	-	25.487	8.483	-
D. Carr	-	-	-	8.152	-
2A D. Jones	-	15.404	-	8.571	-
2B N. Goff	-	23.509	-	-	2.698
3B J. Collins	20.611	-	-	-	7.365

David Jones broke two of his own 2A records in shot put and hammer, while Bob Fergie broke Rob Shand's 1A Javelin record and his own hammer record.

At McCallum, John Gilmour was training at 500m run-throughs under the trees, while Flenley, Watson, Berry and Pearton ran the bridges, followed by Innes and Shand, who passed Hersley and Usher both running in the opposite direction.

Wednesday, 30th November 1977 - Time trials at Perry Lakes

	800g Javelin	100m	3000m
PV D. Caplin	-	12.90	9m 53.2 (1)
K. Cameron	36.04 (1)	11.99 & 12.0	w/d
P. Gare	-	11.69	-
R. Calnan	-	12.30	-
1A J. Rowland	22.10 (6)	-	-
B. Adamson	19.95 (7)	14.60	12m 15.5s (6)
B. Flenley	24.37 (4)	12.85	11m 28.4 (4)
A. Fergie	30.47 (2)	15.30	17m 09.0 (9)
1B R. Hayres	22.22 (5)	13.80 & 14.0	11m 27.0 (3)
R. Shand	29.76 (3)	-	10m 04.7 (2)
D. Batterham	N/T	13.7 & 13.5	12m 59.0 (7)
3A R. Hersley	-	-	11m 36.2 (5)
3B J. Collins	14.34 (9)	-	-
4 R. Briggs	15.17 (8)	-	17m 08.0 (8)

Timing, measuring and general assistance by all above, and Stan Lockwood who came down to help out.

We will not be having time trials again until Wednesday, 28th December, due to a tight programme and Christmas.

In these trials, there being no previous record for the Group 4 - 3000m or javelin, Reg Briggs' efforts will stand as the new records, as will his Long Jump of 16.11.77. Dick Horsley ran well in his first track 3km for over a year, and Rob Shand, paced by Don Caplin, took 10 seconds off the 1B record which had been broken ten days previously.

MERV MOYLE - birthday 29th November, turns 51 and remains 2B

We welcome Dr. Val Lishman (47) from Bunbury to the 1B ranks, and Barbra Campbell (40) to our women's ranks. Barbra's birthday was on 25th November.

The Fremantle Fun Run on Sunday, 4th December, starting from Wauhep Oval (near Leeuwin) in East Fremantle, and after a scenic run through Fremantle, and a long drag along Marine Terrace to the hand staining check point in Deure Road, the last leg up South Terrace was a battle against fatigue and heat, to finish with one lap of Fremantle Oval. The Veterans Club did well in taking out fastest athlete (Phil Wall PV), over 40 (George Innes 1A), over 50 (John Gilmour 2B), over 60 (Dick Horsley 3A) and over 70 (Joe Shepherd 4) - perhaps next year we can enter a team.

The individual times of the 29 veterans for the 10km course all on bitumen were as follows:

PV	Phil Wall	31m 32s	(The winner's time was 31m 23s, Phil was second)
	Don Caplin	34m 55s	
	Keith Beament	35m 40s	
	Jeff Joyce	36m 15s	
	Glen Mallett	38m 39s	
	Charles Spare	39m 29s	
	Bob Johnstone	40m 57s	
	Bernie Oliver	45m 31s	
	George Atzemis	49m 24s	
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1A	Geoff Price	37m 22s	
	Brian Flenley	41m 32s	
	Brad Watson	42m 44s	
	Barry Adamson	43m 15s	
	Theo Fermanis	44m 09s	
	Ken Mozey	44m 43s	
	John Hughes	withdrew after 30 minutes	
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1B	George Innes	33m 33s	
	Rob Shand	35m 00s	
	David Hough	36m 28s	
	Eric Pearson	40m 48s	
	Bob Hayres	41m 18s	
	Dennis Batterham	51m 34s	(arrived at the start about 5 minutes late)
	Gwen D'Arcey	61m 26s	(first woman club member)
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2A	Paul Morrissey	44m 35s	
	Bill Hughes	46m 18s	
	Ross Riley	45m 00s	
	Frank Usher	45m 06s	
	Jack D'Arcey	61m 26s	
<hr/>			
2B	John Gilmour	33m 07s	
	Ray Martin	62m 19s	
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3A	Dick Horsley	41m 00s	
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4	Joe Shepherd	53m 42s	

John Goedheer has taken up running again, and it was good to see him participating - we hope that he will return to run with the Club soon. Ever the gentleman, Joe Shepherd escorted the only 70 year old female competitor round the last lap when she came into the Oval.

Congratulations to Westwools and Bill Hughes, to Fremantle Police and Citizens' Club, and to Ross Capes on a good first effort. But next year make it a little earlier in the year, or earlier in the day, and a little less red ink in the pad at the check point!

JOHN HUGHES	-	birthday 6th December turns 42 and remains 1A
<u>REG BRIGGS</u>	"	7th December turns 72 and remains 4
<u>PETER WILLIAMS</u>	"	8th December turns 38 and remains PV
<u>MARTIN O'ROURKE</u>	"	10th December turns 36 and remains PV
<u>NOEL GOFF</u>	"	12th December turns 57 and remains 2B

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" People entering for Fun Runs in future are requested to put "M" or "F" in the box where it says SEX_ not "yes please" or "Afterwards"

Our thanks again to Doreen Lockwood for the typing of the stencils for this newsletter

As this will probably be the last newsletter for this year we wish you all a MERRY XMAS and a HAPPY NEW YEAR with miles of injury free running in 1978

Remember : Wed 14th 5000m TWILIGHT at Perry Lakes

Wed 21st 10000m TWILIGHT at McGillivray

Mon 26th Vets 5 mile run at Lake Leschenaltia. & B.B.Q after

Sat 31st Marathon Club 6 mile at Perry Lakes.