

He who conquers others is strong  
He who conquers himself is mighty

Lin Yutang

6th June - Kevin Cameron turned 38 and remains M35.

Please add the following new members to your lists:-

<u>Martin Jim</u>	(M50), 22 Colin Street, Dalkeith	386 7558
<u>Sutherland Ian</u>	(M ), 17 Millington Street, Ardross	364 5145
<u>Godkin Ralph</u>	(M55), 90 Tyrill Street, Nedlands	386 5438

#### MARATHON CLUB'S TWO BRIDGES FUN RUN ON 30TH JULY

It would be appreciated by the Marathon Club if any Veterans who are not running in this event would make themselves available to assist in the running of the race as marshalls, time-keepers, recorders, etc.

Anyone willing to help, please contact Jeff Joyce at work on 321 0291 or at home on 447 8545.

George Innes, who has been transferred to Exmouth for two years, can be contacted at P.O. Box 147, Exmouth if anyone wants to write to him. If you are going up that way George will be certain to want to have a run with you.

Rob and Marion Shand wish to thank the Club, Marathon Club, Y.M. Harriers, W.A. Walkers Club and the W.A.A.A.A. for cards and letters, those who conveyed personal expressions of sympathy and those who attended the funeral on Friday, 16th June of their son Neil (17) who was tragically killed in a motor accident in Kings Park.

SATURDAY, 10TH JUNE - HELENA VALLEY RELAYS at Helena Vale Race Course was tough going round the one lap course of 2 km in cool and overcast conditions. We entered three x 6 man teams in C Grade and our C1 team took out the grade for the third year in succession.

The following were the results:-

Leg	Team C1	Team C2	Team C3
1	Carr (M45) 6:46	Oliver (M35) 7:36	Hough (M45) 7:36
2	Rowland (M40) 7:29	Moyle (M55) 7:36	Tyson (M50) 7:45
3	Sheppard (M35) 7:13	Hayres (M45) 7:26	Potter (M45) 7:06
4	Caplin (M35) 6:53	Murphy (M35) 8:25	Riley (M50) 8:54
5	O'Hare (M35) 6:51	Johnstone (M35) 7:38	Horsley (M65) 9:40
6	Cameron (M35) 7:41	Paxman (M45) 7:35	Flenley (M40) 8:18
TOTAL TIME		42:53	46:34
			49:19

Total time - 1977 42:39

Total time - 1976 50:52

Fastest lap Carr (M45) 6:46

Fastest lap Innes (M40) 6:46

Fastest lap Clark (M35) 7:03

Times of Veterans running for other clubs were:-

Geoff Wall	6:30
Phil Wall	6:28
Art Briffa	7:18
Ted Maslen	6:29
John Gilmour	6:54
Peter Gallagher	6:50
Wal McCabe	7:17

.2.

Overall Team Times were:-

Melville A	37:25.4	Y.M.H.	B	43:08.0
Canning A	37:45.0	Midland/Karrinyup		42:45.0
Y.M.H. A	38:23.0	Veterans	C <sub>1</sub>	42:53.0
Uni A	38:37.0	Swans	B <sub>1</sub>	43:27.0
Swans A	39:02.0	Uni	C	44:45.0
Midland	40:10.0	Canning	C	45:12.0
Uni B	40:29.0	Veterans	C <sub>2</sub>	46:34.0
Canning B	42:16.0	Veterans	C <sub>3</sub>	49:19.0

SUNDAY, 11TH JUNE dawned sunny and cool but there was a cold wind at McCallum while Veterans warmed up. An 800 m and Discus were programmed for the day but as there were no takers, Dick Horsley, the duty committee man, took Bould, Crowther, Sutherland, Anderson and Pearton round the bridges. Noel Thomas arrived after they had left so jogged towards South Perth to meet them. Ralph Godkin (57) came down for the first time and jogged the bridges with no problems and we look forward to his continued participation with us. We also welcomed Ian Sutherland to his first run with us. Eric and Jill Pearton had run the bridges earlier and Jill is improving with every outing. She and Gloria Sutherland did laps of McCallum with Rob Shand who again has an Achilles problem. David Carr ran from home and he jogged with Bob Sammells and Rob before returning home.

Meanwhile at W.A.I.T. among the 49 entries, 21 Veterans participated in the Marathon Club's Founders Trophy over their 10 mile course in a handicap run in cool and still weather. As they were short of timekeepers, only some 5 mile times were taken and the results were as follows. The winning time was 52:08.

	First 5 ml	Second 5 ml	Total 10 ml	H/Cap	Adjusted Time	Last 10 ml Run
<u>M35</u>						
P. Wall	26.08	26.15	52.23	2.30	49.53	53.21
G. Wall	27.27	27.15	54.42	2.40	52.02	53.32
D. Caplin	29.41	28.29	58.10	5.00	53.10	60.30 *2
D. Sheppard	29.42	29.49	59.31	10.40	48.15	-
M. O'Rourke	30.25	Nil	-	-	-	-
T. O'Hare	30.05	30.19	60.24	10.00	50.24	-
M. Olgilvie	38.21	Nil	-	-	-	-
J. Joyce	28.18	27.27	55.45	5.40	50.40	56.20 *2
<u>W35</u>						
B. Wall	41.34	Nil	-	-	-	-
<u>M40</u>						
G. Price	30.59	31.25	62.24	11.30	50.54	62.28
T. Manford	33.49	35.26	69.15	-	69.15	-
B. Johnstone	33.21	Nil	-	-	-	71.32 *3
<u>M45</u>						
B. Paxman	30.53	32.14	63.07	12.00	51.07	62.53
D. Hough	30.39	32.34	63.13	9.30	53.43	63.47
M. Berry	31.34	34.39	66.13	16.15	49.39	73.40 *2
D. Batterham	34.18	36.22	70.40	20.00	50.40	73.02
J. Coventry	34.54	40.13	75.07	-	75.07	(long ago!)
R. Hayres	31.39	Nil	-	-	-	65.51
<u>M50</u>						
A. Tyson	31.10	30.54	62.04	13.30	49.34	66.45
D. Jones	34.09	36.15	70.24	20.00	55.07	79.50 *1
J. Martin	35.33	Nil	-	-	-	-
F. Usher	36.58	38.09	75.07	-	75.07	78.37 *3
<u>M55</u>						
J. Gilmour	27.30	27.14	54.44	4.00	50.44	54.30
C. Junner	29.49	31.48	61.37	8.30	53.07	59.30

All the last 10 mile runs were 16 km on 20th May, 1978 unless shown otherwise.

\*1 6/3/77 (N48 Wanneroo), \*2 20/11/77 (N56 W.A.I.T.) and  
\*3 5/4/78 (N62 Wanneroo).

Good efforts by new members Tony Manford and Jim Martin in completing 10 and 5 miles respectively.

It was good to see Don Caplin back in competition on the road and to see Jim Coventry making another re-appearance.

15th June - David Carr turned 46 and remains M45.  
Brian Keating " 44 " " M40.  
16th June - Colin Junner " 56 " " M55.

Sunday 18th dawned clear, dry and sunny as Denis Batterham and Rob Shand marked out the course for BATTERHAM'S BLACKWALL REACH BUSH BASH.

All runners started off together on the 8.2 km sealed handicap with Denis leading the group across Durdham Crescent and down the steps to the river bank at Blackwall Reach. By the time they had negotiated the winding concrete path climbing up through the bush to reach Pat Carr, who directed them across Point Walter Reserve to Burke Drive, Don Caplin was in the lead. Three quarters of a mile further on Maureen Hayres turned the runners up the short hill at Page Street and then the long climb up Stock Road. Keeping Melville Golf Course on the right along Reserve Street, the runners were directed across Point Walter Road and into Crewe Street by Rob Shand to return to river level. Turning homewards along the Reach, they were brought up short by being turned up "Dog Pound Hill" at Braunton Street by Christopher Carr. From there on it was straight running down Malsbury Street and back to the finish at 96 View Terrace where Linley Batterham was waiting with hot soup.

Timing was done by Phil Wall and the results were as follows:-

	Place	Clock Time	H/Cap	Adjusted Time	Place	
<u>M35</u>						
D. Caplin	1	27.37	3.00	24.37	16	
W. Carter	6	30.59	7.30	23.29	10	winner
B. Oliver	9	31.50	8.00	25.46	20	
I. Sutherland	17	35.28	11.00	24.28	15	
<u>W35</u>						
B. Wall	21	40.41	20.00	20.41	5	winner
G. Sutherland	22	43.18	22.00	21.18	6	
J. Pearton	23	58.32	23.00	35.32	23	
<u>M40</u>						
B. Sammells	3	29.16	5.30	23.46	12	
B. Watson	7	31.37	8.00	23.37	11	
<u>M45</u>						
D. Carr	2	28.51	7.00	21.51	7	
R. Hayres	4	30.12	5.20	24.52	18	
G. Harford	8	31.39	11.00	20.39	4	winner
D. Hough	10	32.15	7.30	24.45	17	
E. Pearton	11	32.46	9.00	23.46	12	
D. Batterham	14	33.17	14.30	18.47	1	(winner)
J. Coventry	16	34.16	8.39	25.46	20	
<u>M50</u>						
A. Tyson	5	30.26	5.30	24.54	19	
R. Riley	18	35.35	13.00	22.35	9	
F. Usher	20	39.39	13.00	26.39	22	

.4.

	Place	Clock Time	H/Cap	Adjusted Time	Place	
M55						
V. Anderson	11	32.46	13.00	19.46	2	winner
R. Godkin	15	33.44	11.30	22.14	8	
M60						
C. Bould	19	35.47	15.30	20.17	3	winner
M65						
R. Horsley	13	33.06	9.00	24.06	14	

David Jones arrived too late to run but stayed on for the barbeque.

Denis Batterham provided the prizes to the winners of each group, being goods or haircut to the value of \$5.00 at the Adreon Denis Hairdressing Salon. As he won the M40/M45 section, the prize was awarded to Giles Harford. A barbeque lunch was enjoyed in the warm sunshine and the Club thanks our hosts, Linley and Denis Batterham for their hospitality.

In the State 8 km Cross Country Championships held in Kings Park at 2.30 p.m. in the afternoon, eleven Veterans participated in the two lap course over sand and grass. The Championship was won in 27:17.6 and the Veterans performed as follows:-

Phil Wall	M35	29m31s	10th
Geoff Wall	M35	30m24s	17th
John Gilmour	M55	30m44s	22nd
Jeff Joyce	M35	31m36s	30th
Ted Maslen	M40	31m58s	33rd
Peter Gallagher	M35	32m20s	38th
Art Briffa	M50	32m34s	41st
John Butts	M40	33m56s	48th
Alan Merrett	M50	34m10s	49th
Charles Spare	M35	36m25s	56th
Kevin Basley	M40	38m07s	60th

Bernie Oliver, David Carr, Eamon Murphy, Ed Niemans and Rob Shand were among the spectators.

18th June - Barry Adamson turned 41 and remains M40.

SUNDAY, 25TH JUNE, 1978 - STATE MARATHON CHAMPIONSHIPS, HERNE HILL  
A week of heavy rain preceded the Marathon date but after a dark and drizzly start, the day "dawned" to provide ideal conditions for the run - overcast, a cool 11° and no wind. Forty one athletes, including 17 members of the Club, lined up at the start at 8.15 a.m.

Five of the nine runners who withdrew after a half marathon were Veterans and a total of 27 athletes finished the whole distance. The Veteran competitors' thanks go to their helpers Don Caplin, Bob Sammells, Bernie Oliver, Cliff Bould and Mike Berry. All the Veterans who completed the full distance improved on their previous times with our congratulations to Brian Paxman and David Carr for going under the 3 hour barrier for the first time, and to Brian for doing it in his first marathon. Our congratulations too to Ted Maslen, Alan Tyson and Eamon Murphy in completing their first marathon. Good runs were put in in the half marathon by Tony Hare and Brad Watson, and it was Phil Walls first marathon too., congratulations Phil.  
Our congratulations go to Jeff Joyce on being named reserve for the State Marathon Team for Brisbane on 6th August and to John Gilmour whose good time of 2h38m19s is a personal best.

Unfortunately, Alan Tyson is making a habit of going the wrong way and led four others, including Martin O'Rourke, straight on at the 7 mile mark instead of turning right. By the time they had retraced their steps about 8 minutes later, Pearton, Hayres, Carr and Maslen, who were just behind them at the 5 mile mark, were well ahead. Most disappointing for Alan who had done so much training for this event.

Breakdown Times for Each 5 Miles

	<u>5</u>	<u>10</u>	Total Time for ½ Mara	<u>15</u>	<u>20</u>	Last 6m 385 yds	<u>Total</u>
<u>M35</u>							
J. Joyce	29:24	29:16	77:00	29:20	30:05	36:52	2:34:57 (7)
G. Wall	29:24	29:16	77:00	29:20	30:05	39:02	2:37:36 (9)
P. Wall	30:30	30:20	79:34	30:10	30:25	39:31	2:40:56(11)
M. O'Rourke	34:31	38:02 *1	93:49	34:17	37:20	49:09	3:13:19(22)
T. O'Hare	32:00	31:13	82:34	-	-	-	-
<u>M40</u>							
E. Maslen	36:16	35:39	92:56	33:35	34:20	49:52	3:09:42(20)
J. Murphy	39:45	38:28	101:51	38:57 *2	38:57 *2	56:25	3:32:32(27)
B. Watson	32:31	31:19	84:10	-	-	-	-
G. Price	32:00	32:21	85:00	-	-	-	-
<u>M45</u>							
B. Paxman	31:51	32:46	85:48	34:13	35:10	44:01	2:58:01(16)
D. Carr	34:56	34:19	90:38	34:43	33:57	41:29	2:59:24(17)
D. Hough	31:57	33:56	89:19	38:13	39:15	48:22	3:11:43(21)
R. Hayres	34:41	35:18	91:34	35:33	withdrew at 19mls	-	-
E. Pearton	34:18	35:41	91:34	-	-	-	-
<u>M50</u>							
A. Tyson	34:05	39:13 *1	94:55	35:37	40:47	52:24	3:22:06(26)
<u>M55</u>							
J. Gilmour	29:24	29:16	77:00	29:20	30:05	39:45	2:38:19(10)
C. Junner	30:30	32:30	84:55	-	-	-	-

\*1 took wrong course

\*2 estimated times

The following is a list of previous Marathons run by athletes while members of the Club.

Newsletter Ref.	N36	N40	N50	N54	N67	
Date	2/5/76	19/6/76	4/6/77	8/10/77	Aug. 1977	25/5/78
Gilmour	2:46:10	2:42:47	-	-	2:50:14 (Gothenberg)	2:38:19
Carr	3:36:37	3:25:57	3:11:29	-	-	2:59:24
Joyce	-	-	2:56:04	2:39:32	-	2:34:57
Innes	-	-	3:06:03	2:54:02	-	-
Hough	-	3:41:09	p/o 15ml	-	-	3:11:43
O'Rourke	-	-	3:16:32	-	-	3:13:19
Butts	-	2:57:59	3:05:16	-	-	-
Shand	-	3:04:05	p/o 20ml	-	-	-
Paxman	-	-	-	-	-	2:58:01
Murphy	-	-	-	-	-	3:32:32
Tyson	-	-	-	-	-	3:22:06
Maslen	-	-	-	-	-	3:09:42

.6.

WALKING

3rd June: In a scratch race over 10 km at Belmont Track, Jim Smith (M45) broke the M45 record with a time of 56m 19s.

10th June: Kewdale Handicap 15 km. Jim Smith did not walk and Dick Horsley was away on leave.

17th June: 20 km State Championships at W.A.I.T. Jim Smith (M45) came third in a time of 119m 45s, while Dick Horsley (M65) walked for 58m 45s and withdrew.

24th June: 10 km Kandicap at Perry Lakes. Jim Smith covered the distance in 56m 19s to equal his record of 3rd June.

27th June - Gwen Darcey turned 49 and remains W45.

KNOW YOUR MEMBERS

By Waffle

ALAN TYSON

53 years young, height 5'9", weight 70 kg.  
Married - wife Valerie - 3 children, 1 girl, 2 boys  
Suburb - Floreat Park Occupation - Commonwealth

Alan was a beach jogger until he happened to visit Perry Lakes Stadium during Easter 1977 when the Australian Veterans' Championships were in progress.

Alan was impressed with the action and decided to join the W.A. Veterans Amateur Athletic Club. He visited our Headquarters at McCallum one following Sunday and was quickly signed up by our then Treasurer, Jack Collins.

The distance runs were Alan's cup of tea and he took to them with determination, showing steady improvement. However, it was a temporary job transfer to Victoria that really lifted Alan's performance, including his first Marathon in 3 hours 19 minutes. He chalked up in excess of 500 miles during his short stay in Victoria (I didn't ask him how he found time to work) and came back to W.A. full of running.

Any distance from 10 miles up is Alan's favourite run and he is not overkeen on the fast work.

Training consists of 6 days a week, 10 miles a day at steady pace. A race a week when its on the programme.

Diet - light on meat, lots of fruit and fruit juice. Supplements with Sustagen and sips Staminade. Prefers white wine to beer. Took up tea drinking since running.

Alan spent many years working down mines in Broken Hill and developed bronchial trouble. Since running this has improved dramatically to the point where it is no longer a problem.

Future goal is the State Marathon at Herne Hill in June and he looks set for a respectable time in his second only Marathon.

Long range objective is to run in one of the "Big Ones" overseas - maybe the Boston Marathon.

Advice to new members moving from "jogging" to "running" is to take it slow and build it gradually (sound advice).

Alan can be seen training most afternoons (4.30 p.m.) at Perry Lakes on the grass and road, however don't be surprised if you see him getting in some miles on Fremantle Wharf during lunch breaks or on the Zig Zag (8.00 a.m.) on Bassendean Oval. He obviously likes variety in his training venues.

Our thanks to Marion Shand for typing this Newsletter.

Since time is not a person we can overtake when he is gone, let us honour him with mirth and cheerfulness of heart while he is passing.

Goethe

IF YOU ARE MISSING OUT ON INFORMATION YOU ARE PROBABLY NOT READING THE NOTICE BOARD AT McCALLUM.

ALTERNATIVELY, YOU ARE NOT GETTING YOUR NEWSLETTERS WHICH MEANS YOU ARE UNFINANCIAL, NOT GOING TO McCALLUM TO COLLECT THEM, OR MAKING ARRANGEMENTS WITH THE SECRETARY FOR SOMEONE TO PICK THEM UP.

A number of our members are on the move and we won't be seeing them for some time. Barry Adamsen has moved to a new house on a 1 acre block in Kalamunda which is taking all his time to get shipshape, and though he is still running won't be joining us this year as a club member, though he is welcome to visit whenever he wishes; Glen Mallett is going over to the U.K. for about three years; and John Waller has taken up an appointment in Brisbane, where he came from originally, and will probably be running with the Queensland veterans.

Jahn Gilmour tells us that Bob Cartwright from N.S.W. was over here on Sunday, 18th June, and he had a run with him in Kings Park after the 8k State Cross Country. Bob was a M45 competitor in Gothenburg. Unfortunately he did not contact us sooner or he could have joined us at "Batts Bash".

Why not use the Club's Newsletter to seek out other members with similar sporting and other interests and hobbies? Let the Secretary know what you are looking for. Rob Shand collects stamps. Are there any other philatelists in the Club?

We understand that A.C.T. have applied for the 1979 nationals at Bruce Stadium.

All athletes registered with the W.A.A.A.A. (i.e. those who have their numbers) are advised of the Association's ANNUAL GENERAL MEETING which is expected to take place on THURSDAY, 17th AUGUST 1978, probably at the Rugby Club Rooms at Perry Lakes warm up track. It is essential that all 36 members of our Club who are registered attend this meeting to vote for the election of officers of the Association in terms of the amended constitution. If you have been disillusioned by the previous committees, now is your opportunity to vote for those who you think will fulfil their function. Time of meeting will be notified later.

The times given to us by the W.A.A.A.A. for the Helena Valley Relays on 10th June 1978 appear to have a "bug" in them somewhere, especially in the C3 team times. More realistic times should probably be as below:

		As N 67	Realistic Time
Hough	(M 45)	7.36	7.36
Tyson	(M 50)	7.45	7.06
Potter	(M 45)	7.06	9.40
Riley	(M 50)	8.54	8.54
Horsley	(M 65)	9.40	7.45
Flenley	(M 40)	8.18	8.18
Total		49.19	49.19

Sunday, 25th June at McCallum While the Marathon was being run at Herne Hill, Dick Horsley took a group on a pack run round the bridges, consisting of Bob and Alison Johnstone, Ian and Gloria Sutherland, Merv Moyle, Val Anderson, Derek Crowther, Ralph Godkin and Jim Martin. Paul Morrissey and Art Briffa came down later and did some training. A man called Manning was there too, and perhaps we'll see him again some time and get more information about him.

Saturday, 1st July Jim Smith who received 13 min off the back markers won the W.A. Walkers' Club's 15k handicap open road championship at Kewdale in 1h 22m 57s.

The week was very wet and raining and McCallum was flooded; although a dry Saturday enabled much of the water to drain away, the turf was still slushy but the day was warm and sunny on Sunday, 2nd July when we held the Cliff Bould Trophy. This inaugural handicap event over two laps, totalling 10.4k started and finished at McCallum and incorporated both sections of Heirisson Island. There were 36 starters in the race, which was won by Noel Thomas. Cliff Bould presented the perpetual trophy and as President of the Club Bob Hayres presented a silver plate to Noel to take home and keep. This event was most successful and produced some close finishes with Bob Sammells outsprinting David Sheppard over the last 200m, and David Carr holding off a fast improving Brad Watson. Don Caplin in his return to running covered the two laps in good time giving him a creditable 10k time for mid-winter season and little competition. John Gilmour, with a strained calf, was not training, but started the runners and directed them away from the flooded areas at the end of the first lap. Bruce Buchanan acted as time keeper, and Jill Pearton and Rob Shand as recorders.

After the race Brian Paxman and Morris Johnston did a bridges run and Bob Hayres, Bob Sammells and Rob Shand did a slow jog round the same course.

It is obvious from the following results that Bill Hughes did not get too much training on this recent overseas trip, and that Keith McDonald needs quite a few more miles. Some of those who ran the Marathon or more than half marathon were obviously still feeling the effects of the long run. The results were as follows:

Name	Group	Lap 1	Lap 2	Race pos.	H/cap	Adj.	Pos	10k
				Act. time		time		Equiv
Thomas N.	M40	22.27	22.13	(13)	44.40	10.15	34.25	1 42:56.9
Pearton E.	M45	22.20	21.00	(9)	43.20	8.15	35.05	2 41:39.9
Watson B.	M40	20.39	21.30	(5)	42.09	7.00	35.09	3 40:31.7
Caplin D.	M35	19.10	19.01	(1)	38.11	3.00	35.11	4 36:42.8
Sammells R.	M40	19.50	20.18	(2)	40.08	4.45	35.23	5 38:35.3
Crowther D.	M35	20.41	21.46	(6)	42.27	7.00	35.27	6 40:49.0
Sheppard D.	M35	19.35	20.36	(3)	40.11	4.10	36.01	7 38:38.3
Moyle M.	M55	23.10	23.00	(18)	46.10	10.00	36.10	8 44:23.5
Harford G.	M45	21.17	22.07	(10)	43.24	7.00	36.24	9 41:43.8
Horsley R.	M65	22.29	22.38	(15)	45.07	8.30	36.37	10 43:22.8
Tyson A.	M50	21.14	22.01	(8)	43.15	6.00	37.15	11 41:35.2
Manford T.	M40	21.44	23.08	(14)	44.52	7.30	37.22	12 43:08.5
Carr D.	M45	19.44	22.20	(4)	42.04	4.15	37.39	13 40:26.9
Riley R.	M50	23.49	24.53	(23)	48.42	11.00	37.42	14 46:49.6
Wall B.	W1A	27.20	30.23	(28)	57.43	20.00	37.43	15 55:29.7
Sutherland I.	M35	23.58	24.36	(22)	48.34	10.50	37.44	16 46:41.9
Price G.	M40	21.14	21.53	(7)	43.07	5.20	37.47	17 41:27.5
Coventry J.	M45	22.29	22.38	(15)	45.07	7.20	37.47	17 43:22.8
Anderson V.	M55	22.27	23.24	(17)	45.51	8.00	37.51	19 44:05.2
Batterham D.	M45	23.44	23.24	(20)	47.08	9.10	37.58	20 45:19.2



Name	Group	Lap 1	Lap 2	Race pos. Act. time	H/cap	adj. time	Pos	10k Equiv.
Godkin R.	M55	23.10	24.00	(21) 47.10	9.10	38.00	21	45:21.2
Paxman B.	M45	21.38	22.29	(11) 44.07	5.30	38.37	22	40:47.3
Johnstone B.	M35	22.22	23.53	(19) 46.15	7.30	38.45	23	44:28.3
Hayres R.	M45	21.38	22.29	(11) 44.07	5.00	39.07	24	42:25.2
Sutherland G.	W1A	29.29	31.56	(29) 61.25	22.00	39.25	25	59:03.3
Jones D.	M50	23.43	26.48	(24) 50.31	10.30	40.01	26	48:34.4
Bould C.	M60	24.38	26.53	(26) 51.31	11.30	40.01	26	49:32.1
Hughes W.	M50	23.58	26.33	(24) 50.31	10.00	40.31	28	48:34.4
McDonald K.	M40	26.24	29.25	(27) 55.49	10.00	45.49	29	53:40.2

The following withdrew after first lap

Martin J.	M50	22.56	-	-	9.30	-	-	-
Usher F.	M50	25.50	-	-	14.00	-	-	-
Ogilvie M.	M35	25.50	-	-	12.00	-	-	-
Johnstone A.	W1A	28.27	-	-	21.00	-	-	-

The following ran by invitation and were not eligible for the trophy

Nolan V.	M65	23.20	withdrew					
Johnston M.	M35	19.40	20.00	38.40	-	-	-	37:10.8

Ed Niemanis - birthday 1st July, turned 37 and remains M35.

In the South West Cross Country Championships on Sunday, 2nd July, at Trigwells Farm near Donnybrook, Art Briffa (M50) won the over 45 men's 4000m in 15m09s with David Hough (M45) second in 16m 25s, and Robin Johnson (M40) third in 18m 33s. Bernie Oliver, John Rowland (M40) and Bob Fergie (M40) also competed.

The over 30 men's 4000m was won by Phil Wall (M35) in 14m 09s.

In the open 10k Kevin Cameron (M35) took out 8th position in 39m 35s with David Hough (M45) having a second run coming in 11th in 43m 41s.

On Wednesday, 5th July, at 7.30 p.m. at the Community Recreation Council Conference Room at Perry Lakes, Dr. David Costill delivered a seminar on "The Physiology of the Endurance Performer" covering muscle biopsy, carbohydrate loading and other interesting subjects. Not many of you there at the free lecture, although it was advertised in the press. We did not have any other advance notification.

Robert Fergie - birthday 3rd July, turned 43, remains M40  
Mike Berry - birthday 6th July, turned 47, remains M45

On Saturday, 8th July, a warm sunny day, the State 10k Road Championship was held in Kings Park on a two lap course. On road and bitumen paths. 20 members of the veterans club competed, 11 as veterans. The results were as follows:

Name	Pos	Lap 1	Lap 2	Total Time	13/8/77 (N52)
M35					
Phil Wall	7	15.56	17.06	33.02	
Jeff Joyce	16	17.26	17.33	34.59	35.14
Don Caplin	22	17.32	18.26	35.58	
Geoff Wall	29	17.43	19.25	37.08	
David Sheppard	33	18.31	19.14	37.45	-
Charles Spare	45	19.11	20.36	39.47	-
Kevin Cameron	51	19.55	21.10	41.15	-

Name M40	Pos	Lap 1	Lap 2	Total Time	13/8/77 (N52)
Ted Maslen	26	18.00	18.47	36.47	
Bob Sammells	34	18.37	19.09	37.46	
Peter Gallagher	40	18.28	20.05	38.33	
<u>M45</u>					
David Hough	32	18.30	19.12	37.42	-
Rob Shand	38	19.00	19.10	38.10	39.58
David Carr	42	18.58	20.04	39.02	41.17
Geoff Price	46	19.30	20.35	40.05	40.12
Mike Berry	47	19.48	20.25	40.13	
Wal McCabe	54	21.27	22.39	44.06	
<u>M50</u>					
Art Briffa	24	17.47	18.24	36.11	
<u>M55</u>					
Colin Junner	35	18.20	19.28	37.48	
Alan Tyson	50	20.04	21.14	41.18	
John Gilmour	pulled out near end of first lap with calf muscle problem				

59 started the race, and 5 pulled out. Don Caplin is getting back into running now, and Art Briffa's form looks good for Singapore at the end of August.

Did you see Laurie Russell's report of the race in the Sunday Times of 9th July? viz: "Though the 60 year old sensation, James Merrick, who won the junior half marathon two weeks ago disappointed with sixth placing in 32m 58s...."!! We know the Association is worried about the lack of juniors coming up, but this infiltration of veterans is taking things a bit far ..... or should we sign him up?

Sunday, 9th July a sunny day at McCallum, but a cold easterly was blowing. Cliff Bould took over from Dick Horsley as roster Committee man and with the help of John Gilmour and David Carr marked out the one mile track. Competitors were divided into two groups for the ONE MILE, timekeepers Jill Pearton and Stan Lockwood positioned and the first group started. Jim led the field through the first lap with Merv and Tony catching up in the second, but Jim held them off all the way round the third lap and held out to finish in front - Jim Coventry (M45) 5m 45, Tony O'Hare (M35) 5m 46, Merv Moyle (M55) 5m 57, Wes Carter (M40) 6m 05, Ian Sutherland (M35) 6m 07, Val Anderson 6m 26, Mike Ogilvie (M35) 6m 29 and Bruce Buchanan (M45) 6m 49. The second group was a much smaller field. Don tore away at the start, followed by David S. with David C. on his shoulder, and Bob keeping up at the rear. The order remained unchanged until David C made his challenge and held on to beat David S. over the line. Somehow or other Tony got into the act for the 3rd and 4th laps and ran with Bob - Don Caplin (M35) 5m 01, David Carr (M45) 5m 22, David Sheppard (M35) 5m 24, Bob Sammells (M40) 5m 32. Spectators were Bernie Oliver and David Hough, Cliff Bould, Mike Berry, Ron Potter, Rob Shand, Gloria Sutherland, most of whom did a Heirrisson Island run after. Bob Hayres, Eric Pearton, Alan Tyson and Frank Usher did a bridges run and the Johnstones were seen to "shoot through" during the morning.

There were no takers for the walk or triple jump programmed.

John Butts - birthday 11th July turned 44 and remains M40  
Gordon Gregson " 12th July turned 58 and remains M55  
Terry Manford " 16th July turned 40 and becomes M40  
Keith Beament " 16th July turned 33 and remains M35

Ralph Godkin is going to Brisbane for a month on 14th July and will be participating in the Brisbane Fun Run on 30th July 1978.

Walking Results Jim Smith is walking well at present and walked his best ever time over 15 km Kewdale in 82m 59s on 1st July and on 8th July he followed this up with a 20k in 114m 47s at WAIT. Both of these are new M45 (1B) walking records and the 20k time is 6 minutes faster than the state title. Congratulations Jim.

Forthcoming Veterans Events on the "Other" Side for Those Who Travel

<u>S. Australia</u>	<u>23rd September</u> Veterans Host Day. N.W. parklands opposite Southwark Brewery, Port Road, Thebarton. comprising 10,000m for age groups starting 3 p.m. <u>1st October</u> Veterans Fun Run "Inglewood Historic Fun Run" - 8k 10 a.m. start at Inglewood Inn.
<u>Canberra</u>	Veterans hold a 10k Social Run every Saturday at 5 p.m. at the Scrivener Dam.
<u>N.S.W.</u>	Veterans meet every Thursday evening at 6 p.m., contact Logan Irwin on 6668565. 13th August City to Surf 19th August 50k road walk champs - Centennial Park 20th August King of the Mountains - Towradgi
<u>Victoria</u>	<u>19th August</u> Victorian country Marathon Champ. 1 p.m. start. Trophies for first three country and first three metropolitan veterans. Entries \$1 close 7th August. <u>8th October</u> "Come Back to Bendigo Fun Run". 11.30 a.m. start at Town Hall Eaglehawk, and finishing Rosalind Park, Bendigo. Entries to P.O. Box 346, Bendigo, 3550.

Well what do you think about the latest issue of "The Veteran Athlete"? On page 2 he lists the circulation as: Victoria 250, Queensland 100, S. Australia 55, W. Australia 65, N.S.W. 50, and on the last page says that he does not accept complaints about the severity of his editing of results. In answer to this, let's list the lines devoted to state results this issue as: Victoria 78, Queensland 56, S. Australia 59, W. Australia 11, N.S.W. A.C.T. 7. Is there a correlation between circulation and amount of space devoted to a state? Let's not forget that it is Pennington's paper and he can put in it what he likes, but on the other hand you are under no obligation to support his efforts if you find the contents of little interest. Jack Pennington gets our newsletters sent to him really hot off the press; in fact they are posted before local distribution commences. Think about it.

Dr. George Sheehan in "Runners World" advises:

"Training overdevelops the prime movers - those muscles along the back of the leg and thigh and low back become short and inflexible. The antagonists - those muscles on the front of the leg and thigh and abdomen - become relatively weak. The following exercises correct this imbalance.

1. The first stretching exercise is the wall pushup for the calf muscles. Stand flat-footed about three feet from the wall. Lean in until it hurts, keeping the knees locked, the legs straight and the feet flat. Count "one elephant, two elephants" etc. Hold for 10 elephants. Relax. Repeat for one minute.

6.

2. The second is the hamstring stretch. Put your straight leg with knee locked on a footstool, later a chair, finally a table as you improve. Keep the other leg straight with knee locked. Bring your head toward the knee of the extended leg until it hurts. Hold for 10 elephants. Relax. Repeat for one minute, then do the same exercise with the other leg.

3. The final stretching exercise is the backover for the hamstrings and low back. Lie on the floor. Bring straight legs over your head and try to touch the floor with your toes until it hurts. Hold for 10 elephants. Relax by bringing your knees to your ears for 10 elephants. Repeat stretch and relax periods for one minute.

4. The first strengthening exercise is for the shin muscles. Sit on a table with the legs hanging down. Put a 3-5 pound weight over the toes. Flex foot at ankle. Hold for 6 elephants. Relax. Repeat for one minute with each leg.

5. The second is for the quadriceps (thigh muscles). Assume the same position with the weight. This time, straighten the leg, locking the knee. Hold for 6 elephants. Relax. Repeat for one minute and then do the same with the other leg.

6. The final exercise is the bent-leg situp. Lie on the floor with your knees bent and your feet close to your buttocks. Come to a sitting position. Lie back. Repeat until you can't do any more, or have reached 20.

It takes a little over six minutes to do the Magic Six. Done before and after running, this means just 12 minutes a day to keep you in muscle balance."

#### KNOW YOUR MEMBERS .. by Waffle

Frank Usher date of birth 30.9.1923 place Yarloop, W.A.  
54 years, height 1.905m (6'3") weight 78.9 kg.  
Married - wife Bette - 2 children, Brian and Michelle.  
Lives in Floreat Park and is the Principal of Hamilton Senior High School.

Frank joined the W.A. Veterans on 5th June 1977 with Alan Tyson on the urging of his son Brian, himself a good runner. Brian saw some of the local veterans performing and told his Dad about these old guys out running with the young guys, and he should have a go. Frank had a weight problem and agreed that running was the intelligent thing to do.

Prior to joining the Vets, Frank had not participated in any active sport something, he claims, to do with lack of co-ordination, however he finds no real problem with running.

Ten miles is a distance that appeals to Frank and he has improved his times over this distance, especially this year, by getting down to just over 75 minutes.

Training is fairly light - 5 miles each morning at 6 a.m. Being a very busy man on a number of Educational Committees, time is hard to find (Don't we all know it!). Diet is simple and balanced, but he still has to be careful to push himself away from the table at dinner time. Frank enjoys a beer with the family each evening. Since starting to run, Frank says that he handles the stress situations in his work much better, something common to most runners.

Frank's desire at this stage is to run the Marathon, and there is no doubt that he will, once he sets his mind to the task.

In Frank's youth he was living in the South West, the son of a timber man, and at one period was a pastrycook in Bunbury. We are keen to organise a Pie and Sauce Run with Frank providing the pies. What could be better after a 10 mile run than a home made Frank Usher Pie?

David Carr date of birth 15.6.1932. Place - Harvey, W.A. 46 years, height 1.752m (5' 9"), weight 63.049 kg. Married - wife Pat - 3 children Terri, Peta and Christopher. Lives in Dianella and is a school teacher at Rossmoyne Senior High School.

After learning through a TV interview that a veteran athletic club was going to be started, he was at the first get together at McCallum Park in 1974. (The T.V. interview featured John Gilmour). David started up the newsletter, with No. 1 coming out in July 1974.

David has always been interested in running from school days; this interest, he claims, being due mainly to not getting a look in with the Football or Cricket teams. After leaving school there was a brief period with Old Haleans Athletic Club and Don Keane, who became a champion walker.

He then joined the Navy with some inter-service competition where he came under the influence of Frank McCafferty, also in the Navy and stationed at Nowra Naval Airbase. (There is an article on McCafferty in "The Veteran Athlete" No. 35 ).

David has moved around quite a bit and New Guinea was his base for another period where, once again, his involvement in running was to the fore, this time as President of the District Athletic Association in the Eastern Highlands. Twelve months on Nauru Island followed where some fellow got a few bodies together and someone said "let's run" - so David ran. The leader of the pack was none other than Robbie Morgan-Morris, one time Australian Steeplechase Champion and now a top performing veteran in Victoria.

His summer training consists of one hour runs and speed work three times a week. His favourite distance is 400 metres, his last time over the distance being 53.9s. Despite his sprinting talents, David considers his best achievement was his latest Marathon completed in under 3 hours with a typical sprint to finish the last 400m. His training for this event was 2 hour runs at 9 mins/mile pace. His next goal is to win the 400m in the next Australian Veteran Championships.

In field events David prefers the throws - they don't go far, but he enjoys it.

Diet: nothing special, but avoids sugar straight, and takes plenty of carbohydrate. David finds the benefits from running hard to define, although he sees his contemporaries fading away through ill health and unfitness. He knows he is well ahead on this score.

His advice to new members is to keep in touch with other members, and to get involved in the Club and to keep the Club foundation strong.

Alan Merrett - birthday 17th July turned 56 and remains M55.  
Eric Pearton - birthday 27th July turned 47 and remains M45.

NEWS FLASH

Just before going to press we received a letter from the SINGAPORE MASTERS TRACK & FIELD ASSOCIATION advising that they had received enquiries from various athletic bodies for their INAUGURAL CHAMPIONSHIPS on 27th August, 1978. Mr. P.V. Eustace, Competition Chairman, says.

"The timetable is based on maximum entries in all events and could be shortened when final entries are received. This reduction will occur in the middle of the day as this is the most uncomfortable time to compete in Singapore. There is no allowance for heats in the sprint events so the latest performance of all competitors is required so divisions can be formed if found necessary. For all track events over 1500 m only one race will be conducted with a series of stop watches kept running to record all performances."

The programme is as follows. (Note the noon day event):--

SATURDAY 26TH AUGUST

5.30 pm 10,000 metres run

SUNDAY 27TH AUGUST

8.00 am SHOT PUTT  
8.00 am LONG JUMP  
8.15 am 1500 metres RUN  
9.30 am 100 metres SPRINT  
9.45 am HIGH JUMP  
10.10 am 3000 metres STEEPLECHASE  
10.30 am JAVELIN THROW  
11.00 am 400 metres SPRINT

NOON LUNCH AND SIESTA

3.00 pm 110 metres HURDLES  
3.00 pm HAMMER THROW  
3.00 pm TRIPLE JUMP  
3.30 pm 800 metres RUN  
4.00 pm POLE VAULT  
4.45 pm 3000 metres WALK  
5.15 pm 200 metres SPRINT  
5.30 pm DISCUS THROW  
6.15 pm 5000 metres RUN

7.15 pm RECEPTION/DRINKS/EATS etc.

Entry Forms are available from Rob Shand (321 2251 or 384 0939) and entry fees are \$2.00 per event. Entries close 31st July, 1978 and should be sent to:

Competition Chairman,  
1 Pender Road,  
Singapore 4

We thank Doreen Lockwood for typing this newsletter.

---

God, give me hills to climb  
and the strength for climbing.

Arthur Guiterman

---

Pennington Replies to the comments about "The Veteran Athlete" in Newsletter 68 as follows:-

"Please don't worry about any comments made about "The Veteran Athlete" - I can assure you I am interested in anything which denotes an interest and is constructive. You will see that I will publish an open hard hitting letter to W.A. You see it is not what I want, it is what I believe mature men want and I suppose women want. I am quite certain that if W.A. readers are not interested in what I write, but only in their own results, then they don't need to waste 35 cents, because you print W.A. results and news very well .....

lefy anyone to produce a "national magazine" without sponsorship or a feature writer, and do it for seven years". (as Jack has).

If the content (other than results) is of little interest to you, write to Jack at 3 Cotton Street, Downer, ACT, 2600 and tell him what you want to read about. Wes Carter had a letter published in T.V.A. No. 35 and Jack has promised us 13 lines in T.V.A. 36. (two more than in the last issue!)

---

In the South Australian Veteran Magazine No. 22, we see that the committee of the S.A.V.A.A.C. is holding a competition for a 'T' shirt design, that could be used as a club 'T' shirt as well as for advertising the forthcoming Australian Association of Veteran Athletic Club National Track and Field Championships in Adelaide in 1980. A prize for the winner and the contest is open to any veteran athlete, so how about stirring up those hidden talents and having a go. Send your designs direct to Rowland W. Ferns, 44 Edwards Street, Brighton, S.A. 5048.

---

COPIES OF ALL EASTERN STATES NEWSLETTERS ARE AVAILABLE ON LOAN FROM THE LIBRARY IN THE BOOT OF BOB HAYRES CAR. WHEN WAS THE LAST TIME YOU BORROWED A BOOK FROM BOB'S BOOT?

---

A.W.A. THROWERS CLUB is in existence with the contact man being ED NEIMANIS at 2/1133 Hay Street, West Perth 6005 on telephone 381 0222, extension 306, during business hours. Throwing clinics, all on Sundays, started on July 23rd and a charge of 40¢ is made each time. Anyone interested should contact Ed for further details.

---

What has happened to all the sprinters and field events men who complained that last years winter programme catered purely for long distance runners and left them out in the cold? The Committee drew up a programme for this winter to include events for as wide a range as possible, with an increase in the number of track and field events as the track and field season approached, but there have been few takers. Peter Gare and Ross Calnan were approached about this and declare that in no way will they risk limb on the McCallum surface and looking at it over the last few weeks it is surprising that an Aqualung Club has not started there. Change the venue to Perry Lakes and they would be in it with the new track, change room facilities, showers and ample scope for variation in terrain for the long distance boys.

---

News from Country Members.

Joe Shepherd (71) writes from Medina that he is still running 7-8 miles twice a week. He says that he hopes to be in the one hour (22nd October) and Fremantle Fun Run (5th November) and if he could run in a relay on the road would hope to be matched against Briggs in opposing teams! Reg is 72.

---

-2-

(Perhaps we could induce William Carroll (74) who ran the Marathon Club Fun Run 10k in 56m 39s to join the group!)

Val Lishman (M45) writes from Bunbury that he still has ankle problems and is not getting much running in, but is organising a showing of the film "Heart Attack/Counter Attack" in conjunction with the University Department of Physical Education for the third Wednesday evening in September or October, so keep Wednesday 20th September and 18th October free, as this film will probably be of interest to us.

George Innes (M40) writes from Exmouth to say that he is definitely going to America, probably Pearl Harbour or Hawaii, but it will probably be next year. In the meantime, he has been doing 60-80 miles per week, all L.S.D. but misses the competition. Had he been able to get a team he would have been down for the Marathon Clubs Marathon on 17th September, the only two others who were interested were transferred. George is doing a good (though hard) job of encouraging running up there, so anyone going up that way should have a jog with him if they can.

Don't forget: Thursday, 17th August, W.A.A.F.A. A.G.M. All registered Athletes to attend if possible.

Sunday, 3rd September, Bill Hughes run and BBQ, 8 Brown Street, Attadale.

Sunday, 24th September, Club Two Bridges and Mill Point Road Run (Handicap).

Sunday, 1st October, Jorgenson Park Run (Kalamunda Golf Course) This will be an orienteering run, organised by Mike Berry, BBQ after.

There was no athletics for men on Saturday, which was just as well because it poured with rain all day. Sunday, July 16th was not much better in the morning as McCallum was flooded the scheduled events were scrapped. Instead Moyle, Horsley and Bould ran to the Narrows Bridge and back along Mill Point Road, Johnstone and Ogilvie ran half way and back and Pearton and Sammells did a Bridges run, Bob continuing on for a second round finishing with some laps to make up the ½ marathon distance. Watson and Usher also did a Bridges run while Shand and Carr lazily jogged a couple of "Dave Jones" while Dave Jones ran one "Dave Jones" and then joined Bob Sammells for his second bridges. Val Anderson was doing 500 m runs up and down the river, which was the only dry place. John Gilmour was doing the same and seems to have recovered from the calf injury of a week ago. Stan Lockwood came down to walk the dog and Jill Pearton came down for a social visit, still being out with a leg injury.

Meanwhile, down in the country, veterans were battling the continuous uphill course in the South West half Marathon from Boyanup Tavern to Capel Hotel.

The winners time was 72 m 10 s with the veterans results as follows:-

NAME	GROUP	TIME	OPEN	POSITION OVER 30	OVER 45	DARLINGTON 30.4.78.
Geoff Wall	M35	75m 17s	4th	1st	-	80:11
Jeff Joyce	M35	77m 28s	7th	-	-	78:02
Don Caplin	M35	80m 18s	9th	2nd	-	-
Tony O'Hare	M35	86m 21s	11th	3rd	-	-
Alan Tyson	M50	88m 13s	16th	-	1st	89:34
Giles Harford	M45	93m 06s	18th	-	2nd	-
Denis Batterham	M45	97m 31s	20th	-	3rd	102:06 (E. States)

In the 10k run from Elgin Hall to Capel Hotel, Phil Wall (M35) came first in the over 30 group in 34 minutes with Kevin Cameron (M35) taking 8th position in 42m 09s. The 10k walk over the same course was covered in 57m 24s by Jim Smith (M40) for third place.



Competition returned to Perry Lakes on Saturday, 22nd July, with the State 10k Cross Country Championships in which there were 65 starters including 16 members of the club, whose lap times were as follows:-

<u>M35</u>	<u>1st lap</u>	<u>2nd lap</u>	<u>3rd lap</u>	<u>Total Time</u>	<u>Position</u>	<u>1977</u>
G. Wall	11.32	12.35	12.30	36.37	27	-
J. Joyce	12.02	12.22	13.03	37.27	35	35.59 (26)
C. Spare	12.40	13.28	13.59	40.07	46	
<u>M40</u>						
E. Maslam	11.29	12.12	12.23	36.04	23	
J. Butts	12.18	13.00	13.18	38.36	41	36.47 (31)
B. Watson	12.41	13.50	13.46	40.17	48	
N. Thomas	13.35	15.15	14.40	43.30	56	
<u>M45</u>						
D. Hough	12.29	12.39	12.59	38.07	39	39.12 (49)
D. Carr	12.58	13.59	13.20	40.17	47	40.22 (53)
D. Batterham	14.20	16.03	15.43	46.06	58	47.15 (64)
<u>M50</u>						
A. Briffa	12.11	12.42	12.37	37.30	36	37.14
A. Merrett	12.23	13.27	13.34	39.24	45	
A. Tyson	13.24	13.59	13.49	41.12	51	
F. Usher	14.50	withdrew after first lap				
<u>M55</u>						
C. Junner	12.29	13.21	13.20	39.10	44	37.56
<u>M65</u>						
R. Horsley	A23	14.58	15.04	44.25	57	

The winners time was 31m 20.4s (last year 31m 34s) and 58 runners finished.

After a cold and rainy morning, the rain held off long enough to complete the race and then get in again in the late afternoon. After 11 days of almost continuous rain, wind and cold, David Carr managed to organise a bright sunny day with no sign of rain at all. The organisation continued to the course marking and time keeping and recording the performances of the 27 participants (almost double the 1977 total) in the 5607m open handicap race on roads, sand tracks, grass and hills. The result of Dave Carrs Run at Dianella on Sunday 23rd July were:

		Time in	go at	actual time & position	1977
1 Noel Thomas	M40	30:56	8:05	22:51 11	
2 Brad Watson	M40	30:59	9:10	21:49 8	
3 David Hough	M45	31:00	10:00	21:00 4	22:03
4 Bob Hayres	M45	31:11	8:45	22:26 10	
5 David Carr	M45	31:13	10:20	20:53 3	20:34
6 Don Caplin	M35	31:15	11:20	19:55 2	
7 David Sheppard	M35	31:19	10:10	21:09 5	
8 Terry Carr	(INV)	31:20	6:05	25:15 19	
9 Phil Wall	M35	31:27	12:30	18:57 1	
10 Bob Johnstone	M35	31:40	7:40	24:00 17	
11 Jim Martin	M50	31:46	8:05	23:41 14	
12 Bob Sammells	M40	31:49	10:10	21:39 6	
13 Terry Manford	M40	31:51	8:10	23:41 14	
14 Mike Berry	M45	31:52	9:45	22:07 9	
15 Dick Horsley	M65	31:57	7:50	24:07 18	25:09
16 Alan Tyson	M50	32:07	9:10	22:57 12	24:34
17 Gloria Sutherland	W35	32:20	2:00	30:20 25	
18 Frank Usher	M50	32:27	6:05	26:22 21	25:59
19 Jim Coventry	M45	32:28	8:45	23:43 16	
20 Malcolm Shand	(INV)	32:29	6:05	26:24 22	
21 Rob Shand	M45	32:30	10:50	21:40 7	

-4-

		Time in	go at	actual time & position		1977
22 Bev Wall	W35	32:49	3:30	29:19	24	
23 David Jones	M50	32:58	7:50	25:08	20	26:19
24 Eric Pearton	M45	33:01	9:45	23:16	13	
25 Allison Johnstone	W35	33:42	3:00	30:42	26	
26 Billy Watson	(INV)	35:23	7:40	27:43	23	
27 Val Anderson	M55	Not timed	8:20	-	-	

Jill Pearton, still on the injured list assisted Peta Carr and Maureen Hayres in taking times and calculated the results. Bob Hayres presented Noel Thomas with a bottle of wine as winner of the handicap, his second in two races having taken off the CLIFF BOULD TROPHY. Gloria Sutherland also received a bottle of wine for being the first woman home. Pat Carr provided hot soup at the end of the run and afterwards the runners joined Jan Caplin, Nora Berry, Marion Shand, Valerie Tysar, Betty Usher and Lisa Jones and families for refreshments and barbeque.

Our thanks to Pat and David Carr for their hospitality and for organising a most enjoyable day.

Three days of dry weather did much to improve the soggy conditions of the ground at Perry Lakes when Saturday 29th July dawned bright and sunny for the GEORGE SKEELS MEMORIAL TROPHY, 5000m of hilly sand track with some flat grass at beginning and end of the one lap circuit. This sealed handicap race was won in 17 min 40.2 sec with Kevin Cameron (M35) gaining third place on handicap.

			race position and time in	h/cap	adjusted time	1977 time in
G. Wall	M35	9	20:01	1:27	18:34	
P. Wall	M35	12	20:23	2:08	18:15	
J. Joyce	M35	16	21:08	1:45	19:23	
K. Cameron	M35	20	21:27	4:45	16:42	
B. Watson	M40	22	21:32	4:30	17:02	
A. Briffa	M50	28	21:49	3:45	18:04	22:38 (1976)
R. Shand	M45	29	22:11	3:22	18:49	24:43
A. Tyson	M50	31	22:48	4:50	17:58	
J. Rowlan	M40	32	23:12	3:00	20:12	
D. Carr	M45	33	24:38	3:00	21:38	24:12
W. McCabe	M45	35	25:51	4:05	21:46	
D. Batterham	M45	36	27:00	5:15	22:15	28:11

Alison and Bob Johnstone were on the sidelines and Frank Usher trained instead of competing.

Sunday, July, Marathon Clubs, Two Bridges Run over 10k attracted over one thousand entries, a 300% increase on their first run last year. Though the start at McCallum was soggy under foot the day was dry. The race was won in record time of 31m 45 seconds faster than last year. Last year 17 members of the club participated but this year the number had risen to 33. Veterans results were as follows with last years times in brackets.

Vet. Pos.	Name	Vet Group		Position in Male Athletes section unless noted otherwise
1	Phil Wall	M35	32m 03s	4th
2	Ted Maslen	M40	34m 20s	13th
3	Don Caplin	M35	35m 00s	18th
4	Tony O'Hare	M35	36m 11s	26th
5	Keith Beament	M35	36m 25s	29th (38m 13s)
6	David Hough	M45	36m 30s	30 (37m 45s)
7	Art Briffa	M50	36m 54s	32 (ran but not timed)
8	Martin O'Rourke	M35	37m 05s	33 (37m 30s)
9	David Sheppard	M35	37m 08s	34
10	Derek Crowther	M35	38m 19s	Position unknown in Male non ath under 40
11	Bob Sammells	M40	38m 20s	39
12	Brad Watson	M40	38m 45s	42
13	Alan Tyson	M50	38m 45s	42
14	John Spencer	M40	39m 46s	2nd Male Non Ath over 40
15	Giles Harford	M45	39m 54s	47
16	Mike Berry	M45	40m 13s	50
17	Bob Hayres	M45	40m 35s	53 (41m 17s)
18	Kevin Basley	M35	41m 06s	3rd Male Non Ath over 40
19	Bob Johnstone	M35	41m 50s	56
20	Mervy Moyle	M55	42m 00s	57

# Vetrun 69

Vet. Pos.	Name	Vet. Group		Position in Male Athletes section unless noted otherwise
21	Jim Martin	M50	42m 01s	3rd Male non athlete over 50
22	Dick Horsley	M65	42m 04s	59 (45m 20s)
23	Val Anderson	M55	42m 52s	63
24	John Hughes	M40	44m 55s	13th Male non athlete over 40
25	Cliff Bould	M60	45m 12s	67
26	Ross Riley	M50	45m 56s	69
27	Ken Mazey	M40	46m 04s	17th Male non athlete over 40 (45m 52s)
28	Frank Usher	M50	46m 10s	70 (47m 21s)
29	Ron Potter	M45	46m 10s	70 (42m 43s)
30	Mike Ogilvie	M35	48m 55s	73
31	Paul Morrissey	M50	49m 55s	74
32	Bev Wall	W35	50m 45s	6th Female Non athlete over 25
33	Alison Johnstone	W30	54m 42s	9th Female Non athlete over 25

Jack and Gwen Darcy, Stuart Branda, Theo Fermanis and David Jones entered but did not run for various reasons.

John Goodheer, who was a member of the club last year ran 4th in the Male Athletes over 50 group in 43m 38s and Barry Adamson (M40) who is taking leave of absence from the Club Activities but obviously still running (Hash House) ran 44m 05s and was 8th Male Athlete over 40.

Assisting the Marathon Club were Stan Lockwood, Bruce Buchanan, Rob Shand and Jack Collins who said he had come back from his holiday speedily to assist in time keeping!! Many of the veterans wives assisted in the tents and the Marathon Club extends its appreciation to all those associated with the Veterans who gave up their time to make the run the success it was.

We in turn congratulate Jeff Joyce and his committee for a job well done.

Ray Martin - birthday 1st August turned 56 and remains M55.  
Jeff Whittam - birthday 5th August turned 44 and remains M40.  
Jill Pearton - birthday 5th August turned 31 and remains W30

Heavy rain on Friday night ensured that there would be water in the four water jumps in the two circuit CITY OF STIRLING CHAMPIONSHIP on Saturday 5th August at Pascoe Reserve, Karrinyup. The 10k of grass, sandy tracks and water jump was a cross country with water hazards at least 20 metres wide, averaging ankle to waist height in depth. Four members of the Veterans Club participated in a small field. Win Cameron (M35) badly cut a toe on glass (or a Barramundi bite?) in the first water jump and had to withdraw. Art Briffa (M50) covered the distance in 43m 38s, Kevin Basley (M35) in 47m 20s and Bob Johnstone (M35) in 51m 44s. Hough, Horsley, Caplin, Tyson and Shand were spectators.

Sunday 6th August was ZIG ZAG DAY starting at Helena Valley School at 9.30 am in dry conditions with a cool wind blowing. The race was won in record time of 42m 09s by John Hadfield and Rob Shand (M45) won the day on handicap. Bruce Buchanan was at the turning point at the top of the hill.

race position			clock group time	H/cap	adj time	1977	Previous times 1976
4	Phil Wall	M35	44.01	0.20	43.41	44.23	-
6	Don Caplin	M35	45.35	3.00	42.35	-	-
11	Rob Shand	M45	47.59	7.00	40.59	-	48.52
15	Col Junner	M55	49.31	6.00	43.31	58.53	48.05
17	Brad Watson	M40	50.17	5.30	44.47	-	-
18	Alan Tyson	M50	50.39	8.00	42.39	61.31	-
19	Mike Berry	M45	51.11	8.00	43.11	-	-
20	David Hough	M45	51.13	6.00	45.13	54.19	-
21	Giles Harford	M45	52.16	10.00	42.16	-	-
22	Graham Moses	M35	53.31	10.00	43.31	-	-
24	Bob Hayres	M45	54.01	10.00	44.01	-	56.00
24	Noel Thomas	M40	54.01	10.00	44.01	-	-
26	Bernie Oliver	M35	56.49	8.00	48.49	54.37	52.28
28	Jim Martin	M50	57.22	11.00	46.22	-	-
29	Frank Usher	M50	60.18	16.00	44.18	63.16	-
31	Terry Rutty	M35	65.36	16.00	49.36	-	-
32	Mike Ogilvie	M35	68.35	16.00	52.35	-	-

-6-

No veterans withdrew from this hard 3 mile course and it is noticeable that there is improvement in almost everybodys time - Alan Tyson took 10m 52s off last years time. No times were recorded at the turn this year.

In the Australian Marathon Championships in Brisbane, all over by the time the Zig Zag was run, the Club congratulates Jim Langford (33) in his win in 2h 19m 29s, almost 5 mins ahead of his nearest rival. Veteran Club members who participated were Jeff Joyce (M35) 30th in 2h 43m 51s and Geoff Wall (M35) withdrew after 18 miles. John Gilmour running at the same time came overall fourth in the Veterans Championships in 2h 53m 44s and won his age group. Conditions were reported to be hot and very humid.

John's breakdown times were:- 10 mls 59m 42s, 13mls 78m 40s, 15mls 90m 25s, 20 mls 2h 04m 19s, 23mls 2h 26m 00s, 25mls 2h 44m 20s and to do the last 1 mile 385 yards John took 9m 24s, walking and jogging due to cramps developed by the excess loss of moisture under the humid conditions.

We understand from John that the Queensland Veterans are to be congratulated on their organisation, hospitality and smooth running of the race, apparently quite in contrast to the State attitude to the other runners.

At McCallum Bob Fergie was programmed to organise a Parlour and Javelin but weight of numbers prevailed and a 1000 m walk was held instead while Eric Pearton and Merv Moyle did a bridges run.

Keith McDonald walked like a champion in 6m 03s getting well away from Bob Fergie 6m 43s, Jack Collins 6m 45s and Bob Sammells 6m 47s to be followed up by Dereck Crowther in 7m 06s. Dick Horsley was there to keep his eye on form while Cliff Bould and Val Anderson did some training. Jill Pearton is slowly jogging. The shot and javelin came in for some minor attention.

Jim Smith on the other hand was in more serious mood at W.A.I.T. in the 30k Club Championships which he covered in 2h 47m with an intermediate time for the 20k of 1h 3m 20s. which was 1m 27s faster than his M45 record set on 8th July for that distance. Johnnie Walker has nothing on Jim these days!

Ted Maslen - birthday 8th August turned 43 and remains M40  
Baron Murphy - birthday 9th August turned 41 and remains M40

We welcome the following new members to the Club

Dr. John SPENCER (41) - 7 Cunningham Street, Applecross, 364 7939.  
Graham MOSES (39) 26 Blanchard Road, Swan View, 294 2392  
Terry RUTTY (39) Gidgegannup 095 746030

This Newsletter started with a plea for hills to climb and the strength to do so but you are not through with hill climbing yet, there is:-

HAYRES HILL CLIMB on Sunday 13th August  
KING OF THE MOUNTAIN on Sunday 27th August

and you may be lucky and get a hilly section in the Perth to Pinjarra Relay! A notice will be up on the Club board - please indicate if you are available on Sunday 10th September to be included in a team. Being a W4A event only registered athletes may participate.

KNOW YOUR MEMBERS ... by Waffle

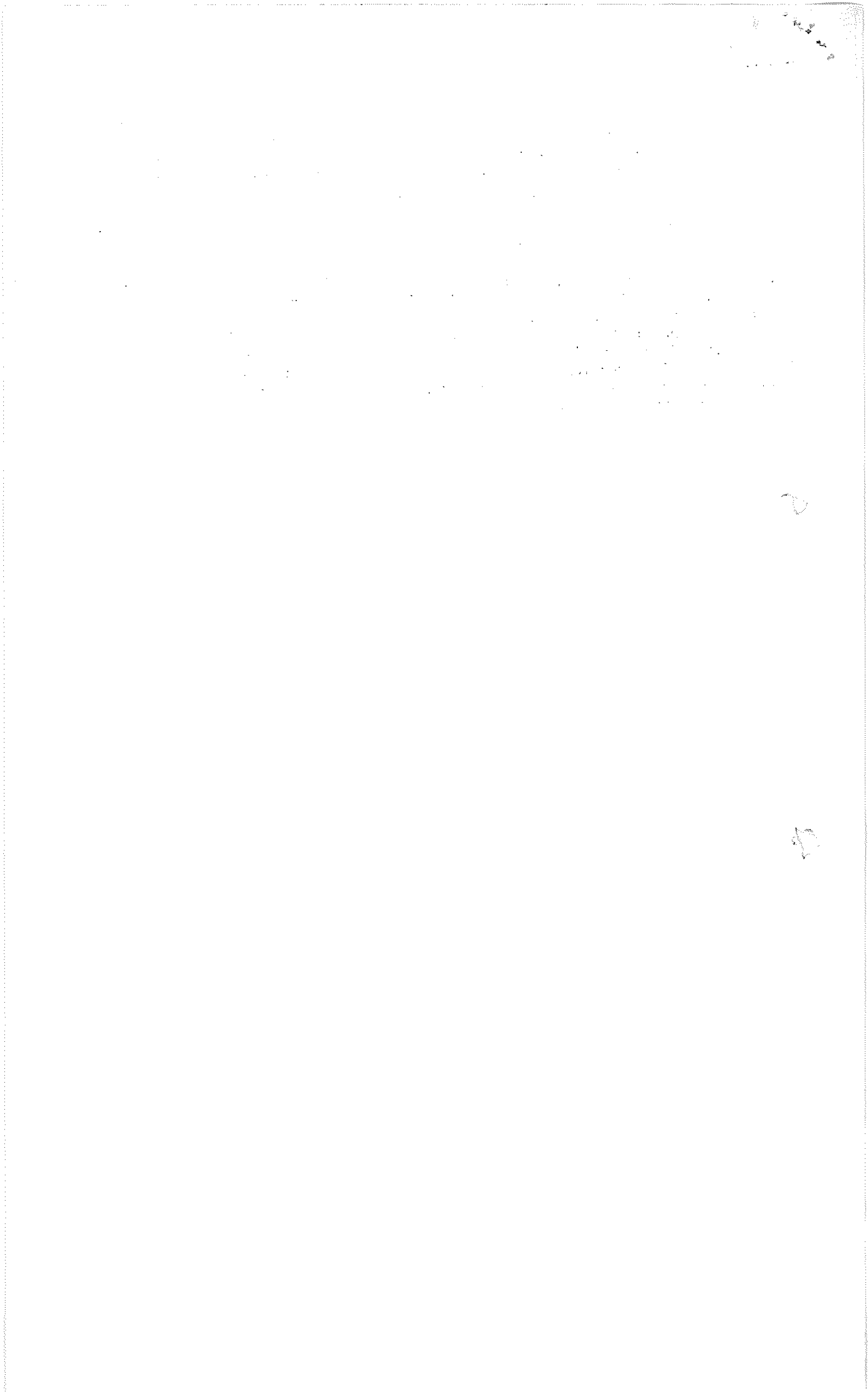
BRAD WATSON date of birth 30.3.36. at SYDNEY N.S.W. 42 years, height 1.713 m (5' 7½") weight 63.5 kg - 2 children, Billy 14 years and Joanne 11 years. Lives in Daglish and is involved in the building industry.

When Brad joined the W.A. Veterans on 27th December, 1977, he weighed in at 73 kg. Running had consisted of beach jogging, not for fitness but for relaxation, but he soon found the difference between what he had been doing and a vets race when he ran in the Fremantle Fun Run. After his first effort he was disappointed to the point of giving the hard stuff away and going back to the beach - fortunately he soon forgot his first run and was concentrating on serious training. Improvement came very soon from his first 10,000 m race in 48 m to his latest Bridges Fun Run

## Vetrun 69

10k in 38m 45s, which he considers his best effort to date. Brad is uncertain of his best distance, although this is of no real concern to him as long as he is running. His training consists of approximately 11 miles three times a week (Mon, Wed, Thurs) with a 15 mile run on Saturday providing there is no race. At least one night a week he works out hard over 2000 m with 1000 m recovery covering 8 miles in the workout. All his hard running is done on grass. This sensible training programme has developed Brad into a solid competitor and he hopes to race for the exhilaration he gets from the competition.

Diet - good food and plenty of it, drinks tea and coffee with no sugar and is a tee totaller. The weight he lost since he started running has nothing to do with his food intake but simply due to burning off any excess. After recently visiting some old friends in N.S.W., who did not run or jog, Brad was made aware of the change in himself and the benefit and the great feeling of well being and self confidence he has gained from running. Brad's future goal is to run the Marathon and his advice to new members - don't let the first hard run get you down, build up gradually and most important - keep going.



I don't believe that one grows old  
I think that what happens early on in life is that  
at a certain age one stands still and stagnates.

T.S. Eliot

#### W 4 A NEWS

Presentation of Trophies for winter season competition will be held at Tompkins Park Melville on Sunday October 1st 1978. Details to follow later.

At the Annual General Meeting of the Association held on Thursday 17th August, 1978 at 7.30 p.m. at the Rugby Union Club rooms at Perry Lakes Jeff Joyce (M35) was voted in as the Secretary and Ed Niemanis (M35) was re-elected as Treasurer. In addition Dick Horsley (M65) and John Gilmour (M55) were awarded Life Membership of the Association and presented with their badges. John was also re-elected as a Vice President. The Club's congratulations go to those members.

The Annual Report covering the 12 month period ending 31st March, 1978 was presented and we were disappointed to note that while every other grade from 12 years up to seniors had their results published in full, the retiring secretary did not see fit to include the performances of our Veterans at Gothenberg from 8th - 14th August, 1977 or at the Australian Veterans Championships in Melbourne from 25th - 27th March 1978.

From the Annual Report it is noted that

- 1) We had the second highest number of registered senior athletes (38) the highest being University with 66.
- 2) In the Track and Field Season we came 10th with 23½ points out of 11 clubs in the inter-club competition and gained 310 aggregate points. We were 4th in Division 3 of the Association Cup Relay Competitions.

NEW PEKORTAN TRACK: Now that there is a new track at Perry Lakes those who intend using it are going to have to pay to do so. Fees for training will be:-

From 1st October, 1978 - 1st March 1979 \$15.00 per athlete

OR

From 1st January, 1979 - 1st March 1979 \$10.00 per athlete

OR

For a full year the cost will be \$20.00 per athlete.

WOMENS ASSOCIATION: A submission has been made to the Womens Association to join forces and have equal representation in the Association but no decision has been reached so far. If they agree we hope this will permit the women members of the club to compete in track and field as members of the Veterans Club and not have to join other clubs first.

NOTE THE FOLLOWING FORTHCOMING EVENTS:

Marathon Clubs Marathon will be held at Herne Hill on Sunday 17th September, 1978 - 7 a.m. start.

The Big M Melbourne Marathon on 5th November, 1978. Entry fee \$2.00 and forms available from Jeff Joyce, at home on 4478545.

The winner goes to the Boston Marathon and the prizes (apart from winning places) that are of interest to veterans are.

First male over 40 medallions for 1st, 2nd, 3rd.  
First female over 40 medallions for 1st, 2nd, 3rd.

Teams event

First male over 50 - medallion for winner

First female over 50 - medallion for winner

Oldest male

Oldest female.

2.

Australian Open Track and Field Championships will be held in Perth from 3rd - 5th March, 1979.

Australian Veterans Track and Field Championships will be held in Canberra over the Easter weekend April 13 - 16, 1979.

Australian Open Marathon Championships will be held in Perth, probably at Herne Hill on Sunday 12th August, 1979.

Australian Veterans Marathon Championship will be held in conjunction with the open on the same day. This event will be open to pre veteran men 35 years and over (who will not be eligible for the championship) and to women over 30 and to veterans 40 years and over. Competitors will have to declare whether they are running open or as veterans.

#### AUSTRALIAN VETERANS CHAMPIONSHIPS - HANOVER

July 27 to August 2, 1979 - a long time ahead you say but Wal Sheppard, who has just come back from West Berlin where he attended an executive meeting of the World Veterans Athletic Association, advises that accommodation must be arranged as soon as possible with 4000 - 5000 participants expected at the Championships.

Intending competitors should contact Wal direct c/o M.B. TRAVEL 7th Floor, Hothlyn House, 233 Collins Street, Melbourne 3000 as there are numerous ways of getting to and from Hanover by going halfway round the world if you wish.

Facilities at Hanover are reported to be first class with a tartan track at the main arena with accommodation for 60,000 spectators, as well as two cinder tracks in 'good' condition which would be quite suitable for 5000/10000m events (why can't the L.D. runners have the first class track?). The Championships will be for men 40 and over and women 35 and over with a full Olympic programme plus 10K c.c. for men and an extended list of events for women.

#### 12th AUGUST: STATE 12K CROSS COUNTRY CHAMPIONSHIPS

held this year at Perry Lakes over a three circuit relatively flat course as Byford was unavailable and the National Titles in Sydney would be over similar terrain.

10 members of the club were among the 43 athletes who finished the fast course, won in 37m 38.8sec. as follows:

28	John	Butts	M40	45m 51s
29	Rob	Shand	M45	46m 05s
30	Col	Junner	M55	46m 26s
35	Art	Briffa	M50	47m 22s
37	Martin	O'Rourke	M35	48m 01s
39	Kevin	Basley	M40	49m 29s
40	David	Carr	M45	49m 30s
41	Bob	Hayres	M45	50m 20s
42	Wal	McCabe	M45	50m 21s
43	Dennis	Batterham	M45	55m 07s

Comparisons with last years times would not be applicable due to the difference in terrain and course. (Refer to Newsletter 52 of August, 1977) Dick Horsley and Don Caplin were among the spectators while Bruce Buchanan assisted in time keeping.

On Sunday 13th August the warm weather continued and for the first time in the three years that Hayres Hill Climb has been held there was no mist or drizzle in the hills. 29 Members of the Veterans and Marathon Club participated in the course adopted last year. The eighteen veterans started off first in an open handicap with our last runner traditionally starting off with the Marathon Club who ran in a sealed handicap. The veterans results for the 14 kilometres were as follows:-

	Handicap	Clock time & race position	Corrected time & overall position	vet. position	1977
M35	D. Caplin	18.00	67.22 (9)	49.22 (4)	1
	G. Moses	11.00	67.29 (10)	56.29 (18)	10
	B. Oliver	13.50	69.16 (17)	55.26 (16)	8
	J. Joyce	18.00	71.47 (23)	53.47 (12)	6
					60.27



		Handicap	Clock time & race position	Corrected time & overall position	vet. position	1977
M40	B. Watson	13.30	67.16 ( 8)	53.46 (11)	5	-
	J. Butts	16.15	68.58 (14)	52.43 ( 7)	2	-
	N. Thomas	11.00	70.30 (19)	59.30 (21)	12	-
	W. Carter	13.30	72.13 (25)	58.40 (20)	11	-
	K. Basley	12.30	76.08 (30)	63.38 (27)	16	-
M45	D. Hough	12.15	65.45 ( 3)	53.39 ( 9)	3	53.37
	M. Berry	12.30	67.57 (12)	55.27 (17)	9	-
	R. Shand	15.40	69.19 (18)	53.39 ( 9)	3	52.33
	J. Coventry	12.00	71.44 (21)	59.44 (22)	13	-
M50	A. Tyson	12.30	67.02 ( 5)	54.32 (14)	7	62.05
	J. Martin	7.00	67.03 ( 6)	60.03 (23)	14	-
	F. Usher	6.00	71.45 (22)	65.45 (28)	17	65.42
M55	V. Anderson	11.00	72.54 (26)	61.00 (24)	15	-
M60	C. Bould	6.00	75.01 (29)	69.01 (29)	18	-

Prizes were awarded to the first three of the Marathon Club in and first three veterans in going to David Hough Alan Tyson and Jim Martin. The fastest time was 47m 38s so the overall record for the course still stands at 42m 33s. The veterans record is still held by George Innes at 48m 45s.

Bob and Maureen Hayres, Bruce Buchanan, Jack Collins and Priscilla Joyce officiated and after the race a barbeque was held at the house, where wives and families were waiting. Art and Mary Briffa and Dennis and Linley Batterham and Bev Wall joined the group later. Kevin Cameron on crutches after his barefoot excursion into the water jump at Pascoe Reserve got a contortion competition going with Bernie Oliver while others enjoyed the sun and companionship.

We thank Maureen and Bob for their hospitality.

Meanwhile over in Sydney Phil Wall (M35) was participating in the 9 mile City to Surf run in which he came 29th in 45m 09s. The race was won by Chris Wardlaw of Victoria.

Bill Hughes - birthday 15th August, turned 51 and remains M50.

The weekends results start with the walks on Saturday 19th August with Jim Smith (M40) covering the 5K in 27m 14s hotly pursued by Dick Horsley (M65) in 27m 32s. They went through the 3K mark in 16m 13s and 16m 28s respectively and both were walking well.

Jim advises that his time for the 30K walk on 6th August as reported in Newsletter No.69 should be 2h 57m 00s and not the 10 minutes less that we credited him with.

On Sunday 20th Jim and Dick continued walking but after 35 minutes Jim had had enough. Dick continued for 60 minutes and covered 10K 375m., doing the first 10K in 57m 52s. Though Dick is still having ankle trouble while running his times show that it doesn't hurt as much when he walks.

Jim is going over to the Eastern States for the 3 weeks rest and some walking before coming back to get stuck into training for the winter season.

On Saturday 19th August, the confusion of a venue change for the CANNING 4 x 5000 RELAYS, from W.A.I.T. to McCallum compounded by the "West Australian" listing both venues, caused a late start to the events. The reason for the change was that site works for the new Hockey Stadium had started on the course used at W.A.I.T. last year so our Cliff Bould Trophy course was used at McCallum.

We entered four teams in the competition, one of which had to be entered in "B" grade and the others in "C" grade although no C grade was listed in the Associations programme. (Compare our B Grade time with the winners of C Grade and W 4 A winter committee please note!!) The results in order of running for each 5.2K lap were:

4.

B GRADE

Rob	Shand	M45	18m 07s
David	Carr	M45	18m 59s
Tony	O'Hare	M35	18m 24s
Don	Caplin	M35	18m 19s
			73m 49s

POSITIONS

1.	Canning Dist.	70m 11s
2.	University	72m 39s
3.	Veterans	73m 49s
4.	Swans	75m 17s
5.	Y.M.	81m 11s
6.	Midland	81m 58s

C GRADE

Alan	Tyson	M50	20m 17s
Noel	Thomas	M40	20m 37s
Ross	Riley	M50	23m 09s
Wes	Carter	M40	19m 20s
			83m 23s

POSITIONS

1.	Canning Dist.	78m 50s
2.	university	79m 50s
3.	Veterans	83m 23s
4.	Veterans	83m 35s
5.	Veterans	84m 15s

Bob	Hayres	M45	19m 27s
Brian	Paxman	M45	20m 56s
Denis	Batterham	M45	22m 41s
Mike	Berry	M45	20m 31s
			83m 35s

FASTEST LAPS

A Grade	15m 25.8s
B Grade	17m 09.0s
C Grade	17m 43.0s

Charles	Spare	M35	19m 37s
Merv	Moyle	M55	21m 34s
Frank	Usher	M50	23m 09s
David	Hough	M45	19m 55s
			84m 15s

Members of the Club running for other teams performed as follows:

Art	Briffa	M50	18m 28s	(University)
Phil	Wall	M35	16m 33s	(University)
Kevin	Basley	M35	20m 21s	(Y.M.H.)
Graham	Moses	M35	20m 28s	(Midland)
Geoff	Wall	M35	17m 11s	(Canning)
John	Butts	M40	21m 45s	(Y.M.H.)
Wal	McCabe	M45	21m 04s	(Canning)

Unfortunately Ron Potter arrived late after the teams had been made up as did Terry Rutty who had been out to W.A.I.T. Bob Johnstone also waited at W.A.I.T.

On Sunday at McCallum the club held a handicap 5K consisting of 5 laps around the park. Of 32 veterans present 20 participated, the handicap being won by Terry Rutty and the fastest time being by Morrie Smith (44) a visitor to the Club. The results were:

				Time in & position	Handicap	Actual time & position
Terry	Rutty	M35	25.51	1	2.45	23:06 14
Ralph	Godkin	M55	26.02	2	5.10	20:52 10
Merv	Moyle	M55	26.09	3	6.00	20:09 7
Morrie	Smith	(INV)	26.09	3	8.20	17:49 1
Terri	Carr	(INV)	26.37	5	4.20	22:17 13
Patricia	Lowe	(INV)	27.06	6	2.20	24:46 16
Val	Anderson	M55	27.15	7	5.50	21:25 12
Wes	Carter	M40	27.24	8	8.00	19:24 4
Graham	Moses	M35	27.32	9	6.50	20:42 8
Rob	Shand	M45	27.34	10	9.15	18:19 2
Bob	Johnstone	M35	27.40	11	6.50	20:50 9

			Time in & position		Handicap	Actual time & position	
Brad	Watson	M40	27.42	12	8.05	19.37	6
David	Carr	M45	27.50	13	8.20	19.30	5
Stan	Lockwood	M45	28.02	14	3.00	25.02	18
Don	Caplin	M35	28.10	15	9.40	18.30	3
Cliff	Bould	M60	28.17	16	4.45	23.32	15
Alison	Johnstone	W30	28.50	17	0.00	28.50	20
Patrick	Latham	(INV)	29.21	18	4.20	25.01	17
Derek	Crowther	M35	*29.28	19	8.20	21.08	11
Gerry	Noordyk	(INV)	31.01	20	2.20	28.41	19

\* Derek lost count of laps and stopped after covering 4 laps in 23.34, his result is therefore calculated.

We welcomed visitors and hopefully potential new members to the run: Morrie Smith (44) who ran the Bridges Fun Run in 36.05, Patricia Lowe, Patrick Latham (45) whose Fun Run time was 48.11 and Gerry Noordyk (56) whose time was 60.39.

Jack Collins managed some light jogging and assisted Jill Pearton and Bruce Buchanan with time keeping and recording. Alan Tyson was the committee man on duty.

Before, and while all this was going on, some long distance training was taking place - Frank Usher - 3 x Bridges, Mike Berry - 3 x Bridges + 1 Herrison, Alan Tyson - 2 x Bridges and 1 Herrison, and Bob Haynes 3 x Bridges + 1 Herrison, Eric Pearton 2 x Bridges, Ross Riley - 2 x Bridges, Bob Sammells - 1 x Bridges and John Gilmour doing circuits.

Brian Flenley birthday 23rd August - turned 43 and remains M40.

When Kevin Cameron (M35) cut his foot in the water jump at Pascoe Reserve on 5th August he severed a tendon in his big toe and was on crutches. Last week he tore his Achilles tendon (not running or jogging) and is now back on crutches for some weeks. (Spasmodic squash is not a game for old men Kevin!)

Art Briffa (M50) will be our only representative at the Singapore Masters Inaugural Championships on 26th and 27th August, and the Clubs best wishes go to him for all success. He is continuing on to the U.K. and will be competing there and in Europe.

Gordon Westlake birthday 26th August - turned 42 and remains M40

Brad Watson birthday 30th August - turned 49 and remains M45

On Saturday 26th August, athletes made their way up to Falls Road in Parkerville for the 10K Midland Handicaps over hilly for est paths and with two water hazards. Only 5 members of the Club participated in the two lap course.

			Time in	h/cap	actual time	half way
David	Carr	(M45)	40.39	Nil	40.39	21.01
Martin	O'Rourke	(M35)	42.04	1.00	41.04	21.03
Wal	McCabe	(M45)	43.51	Nil	43.51	21.21
Graham	Moses	(M35)	45.55	1.00	44.55	22.13
Terry	Rutty	(M35)	Withdrew			

Fastest time - 38.47    6.52    31.55

Sunday at McCallum appeared to be more popular than the Mundaring Weir as 20 veterans divided their training between the McCallum circuit or Bridges runs. Eric Pearton did two bridges, his second in company of Ian Sutherland, Ralph Godkin and Rob Shand, who met Stan Lockwood going the other way round and later Val Anderson.

6.

Cliff Bould, Gerry Nordyk, Jack Collins and Dick Horsley did circuits around McCallum with Bill Hughes and visitors Monty Simons and Monika Hollander. Gloria Sutherland and Jill Pearton joined in while Merv Moyle ran on Herrison Island and Bob Sammells tested his injured knee on a Bridges run by himself. Alec Cummings made his first appearance after returning from overseas. John Gilmour was training too, but not with us.

Meanwhile 12 veterans were among the 40 athletes battling with Mt Gudgin & the hilly country around Mundaring Weir in the Marathon Clubs King of the Mountain.

Times were:

		Actual time	Handicap	Adjusted time
M35	G. Wall	63.59	5.30	58.29
	D. Caplin	66.39	7.00	59.39
	J. Joyce	74.55	7.00	67.55
	B. McGuigan	77.56	nil	77.56
	G. Moses	80.43	11.45	68.58
M 40	J. Butts	67.51	8.00	59.51
M45	D. Hough	68.39	10.00	58.39
	M. Berry	75.36	18.00	57.36
	B. Paxman	80.31	14.00	66.31
M50	A. Tyson	72.37	10.10	62.27
	F. Usher	88.14	13.30	64.44
M55	C. Junner	70.09	12.00	58.09

Don Caplin appears to be getting fit again with the track season coming up in a couple of months and it's good to see that Bill McGuigan has been keeping fit although we have not seen much of him for some time.

#### KNOW YOUR MEMBERS BY WAFFLE

NOEL THOMAS - date of birth 30th October, 1932 at Broome W.A., 45 years, height 1.752 metres (5'9") weight 61.2 kg.

Married: wife Margaret - 2 children, Glenda and Neil. Lives in Wembley Down and is a lecturer in Architectural Drafting at Leederville Technical College.

Noel joined the W.A. Veterans in April, 1978, however he was aware of their existence long before he joined. He was doing his own jogging but realised that the incentive to get fitter could only be brought about by running with others. Noel is no stranger to running having represented Hale School in the ½ and 1 mile with considerable success. At the age of 16, when running for Old Haleans Athletic Club he won the 10K cross country championship.

As a veteran he feels the 5K and 10K events would appeal to him however he points out that he intends to obtain pleasure from his running now as he had many seasons of tough competition and can do without the pressure these days.

Other sporting activities in younger days consisted of A Grade hockey and C Grade pennants tennis with Subiaco. With this healthy background we can expect some good running from Noel in future years.

Lack of time makes training difficult but despite this he manages to get out at least 6 days a week for a ½ to 1 hour run each time. He feels that he tends to run too fast in training and would like to go a little slower and to stay out longer. L.S.D. he agrees with and adds weight training to his schedule. He has no liking for field events although has learned the technique of javelin, hammer and discus throwing.

Noel prefers a basic diet and likes to drink shandies. The benefits derived from running are better work performance, a better feeling within himself and his handling of stress situations has improved since getting back into the running scene.

His major future goal is to run the Marathon in 1979, and we can be pretty certain of Noel tackling the 1500, 3K and 5K events during the track season.

His advice to new members is "Don't get too competitive, running at our age should be for enjoyment."

MIKE BERRY - date of birth 6th July 1931 at Bristol, England, 47 years height 1.701 metres (5'7") weight 60kg.

Married, wife Nora - 2 daughters and 1 son. Lives in Inglewood and is a Free-lance Draughtsman.

Mike joined the W.A. Veterans in September, 1977 after running in the first Bridges Fun Run and being induced to join the club as a result. Up to this time his main running had been involved with orienteering (and he will be organising an orienteering outing for the vets on 1st October.)

He is not certain which his favourite distance is, which is quite understandable after such a short time in running. but he feels the 10 mile race to be his distance. He feels the club's social runs are great fun and foster a good club spirit.

Mike's training is basically L.S.D. with an 800 metre flat out burst included once or twice a week. He prefers a basic diet with no food or drink fads and likes to drink wine or beer in moderation.

The benefits derived from running are a resistance to the everyday wogs that usually lay people low for lengthy periods, the handling of stress and better work function.

Mike's advice to new members is to talk to other members and you will find out that they have all suffered aches and pains when starting out - learn from them and don't give up.

ROB SHAND - date of birth 20th March, 1932 at Bulawayo, Rhodesia, 46 years, height 1.854 m (6'1"), weight 70 kg.

Married - wife Marion, two children, Malcolm and Carol. Lives in Cottesloe and is an Architect with his own practice. Holds a Masters Degree in Tropical Architecture.

Rob joined the Veterans on 7th April, 1975 after going to see a twilight meeting at Perry Lakes. His first run with the Vets was at David Carr's - he took over the Newsletter in May, 1976 and became Club Secretary in June, 1976. He served on the W4A Winter Committee this year and is the Veterans' delegate to the Marathon Club.

His running career started at school in 1948 but he always got beaten by short-headed men! At Cape Town University he gained a half blue for Athletics, was captain of Cross Country and captained a combined South African Universities Touring Track & Field team in 1954. His best performances were in 1954 in the mile in 4min 19.6sec and 880 yds in 1m 57.8sec. He represented Rhodesia and held Northern Rhodesian (now Zambia) open records in the 880 yds and mile.

After getting married in 1958 he moved to U.K. where touring precluded much exercise other than squash. After arriving in Australia in 1960, he played squash pennants C Grade until giving it up for running in 1975 after a knee injury.

Running anything from 800m to Marathon, Rob feels he is running better now than in his younger days but has had his share of injuries so has decided to concentrate on 3 km and upwards this season. Training is basically L.S.D., averaging 40 miles/week on a regular daily basis with one rest day per week and at least two days per week in the gym with weight training and swimming.

He has no food fads or weight problems, eats good basic food with plenty of fruit and prefers beer to other drinks. Finds running necessary to let off steam and to get away from everyday problems and have at least 1½ hours per day when he cannot be disturbed.

Advice to new members - take things slowly and build up gradually and do plenty of stretching exercises, become involved in the Club and its members and activities and you will benefit from advice based on experience of running for pleasure and not for glory or the 'pots'.

WE THANK BETTE USHER FOR TYPING THIS NEWSLETTER AND FERGIE'S FORCES FOR NO. 69.

One of the weaknesses of our age is  
our apparent inability to distinguish  
our needs from our greeds.

Don Robinson

SATURDAY 2ND SEPTEMBER IN THE TVW7 RELAYS

The Club entered one two man team, each member running 2 x 3000m alternatively over sand, scrub and bush tracks. Dave Carr watched as John Rowland (M40), back from Paraburdoo and Dick Horsley (M65) ran as follows -

John Rowland	11m 29s	12m 01s
Dick Horsley	13m 06s	13m 31s
Total Time	50m 07s	

David Hough (M45) ran in a composite team doing his two legs in 11m 48s and 12m 32s.

SUNDAY 3RD SEPTEMBER was Fathers Day and BILL HUGHES RUN at Attadale, the third consecutive year of this club run and this year for the first time, run under drizzly conditions normally associated with runs in the hills. No women participated which was disappointing, however, we met Laurine Evans (W45) who came down to see what the Club was all about.

After arriving at the last moment, Paul Morrissey was persuaded to dispense with his genuine leather fourty five litre hat (the metric equivalent of the ten gallon hat), to don his home made double thickness thong and canvas road shoes ("thikes?") and lead the field off in the open handicap from the corner of Brown and Moering Roads and rapidly disappear down the hill. Twenty four veterans followed at various intervals but Paul held onto his lead right to the last sprint up Moering Road when new member Tony Conner (M35) beat him in by 14 seconds at the finish. Maureen Hayres and Peta Carr acted as recorder and time keeper respectively and Bruce Buchanan risked life and limb on point duty at the Preston Point and Moering Road junction. Jack Collins also assisted and the run was well handicapped by David Carr to get all the competitors in within 6 minutes.

- 2 -

Finish. Pos.		Group	Clock Time	Handi- cap	Actual Time	Pos.	Fastest Prev. Actual Time
1	Tony Conner	M35	32.39	5.50	26.49	11	
2	Paul Morrissey	M50	32.53	3.00	29.53	22	28.00
3	Bill Hughes	M50	33.22	4.00	29.22	21	30.09
4	Dennis Batterham	M45	33.30	5.50	27.40	16	
5	Ralph Godkin	M55	33.49	5.50	27.59	19	
6	Stan Lockwood	M45	34.29	4.00	30.29	23	32.07
7	Frank Usher	M50	34.43	5.50	28.53	20	28.42
8	Wes Carter	M40	35.10	9.35	25.35	6	
9	Bob Sammells	M40	35.19	11.00	24.19	4	
10	Val Anderson*	M55	35.20	7.50	27.30	14	
11	Bob Hayres	M45	35.33	9.35	25.58	8	25.52
12	Eric Pearton	M45	35.36	8.20	27.16	12	
13	Jim Martin	M50	35.54	8.30	27.24	13	
14	Brian Paxman	M45	35.59	9.35	26.24	10	24.44
15	Tony O'Hare	M35	36.06	12.25	23.41	3	
16	Martin O'Rourke	M35	36.10	11.45	24.25	5	
17	Merv Moyle	M55	36.14	8.30	27.44	17	26.42
18	Rob Shand	M45	36.15	13.10	23.05	1	23.40
19	Alan Tyson	M50	36.38	10.45	25.53	7	30.57
20	Don Caplin	M35	36.56	13.50	23.06	2	
21	Graham Moses	M35	37.31	10.00	27.31	15	
22	David Hough	M45	38.27	12.15	26.12	9	25.07
23	Cliff Bould	M60	38.33	6.30	32.03	24	
24	Bernie Oliver	M35	38.40	10.45	27.55	18	25.09
25	Des Hoare	Inv.	42.53	4.30	38.23	25	

\*short distance

New member Tony Conner was presented with a Veterans T-shirt for his win and Rob Shand was the recipient of a Weswools T-shirt from Bill Hughes for the fastest time which broke the record that he created for the course last year by 35 seconds. He was very closely followed by Don Caplin one second behind. The weather had cleared by the time the barbeques were lit and members and their families joined together for lunch and enjoyed the hospitality of Bill and Shiela Hughes for which the club once again thanks them very much.

BASIL WORNER birthday 4th September turned 47 and remains M45

SINGAPORE MASTERS INAUGURAL TRACK & FIELD CHAMPIONSHIPS 26th & 27th August 1978. Our lone representative did well in the 5k and 10k gaining the "silvers" in both events. Art Briffa advises that the temperature on both days was 32°C with 90% humidity and that the games were well organised. Congratulations Art on your success - your collection of international medals must be getting as big as John Gilmour by now.

HINTS ON RUNNING YOUR FIRST MARATHON Cliff Bould has sent this article in to the newsletter, which, though it may be a little late for the Marathon on 17th September contains some good advice which can be filed for future reference, or used to evaluate how you did run on the day.

HINTS ON RUNNING YOUR FIRST MARATHON

CLIFF BOULD

Training

This should consist of a gradual build-up of mileage, giving your body a chance to adapt to running long distances, and you will get to know what the feeling of fatigue is like, so that you can differentiate between it and any other pain you might get whilst running the actual Marathon.

It is usually a good idea to start cutting your mileage down a couple of weeks before the actual date of the race. This is of course an individual thing as some athletes start their cutting down before two weeks and some go on building up until the last week. At least make sure you cut it down on the last week and have a day's rest on the day before the Marathon.

Eating on the Day of the Marathon

This again is an individual thing, but whatever you eat make sure it is light and easy to digest. Make sure you have it at least three hours before the race is due to start. Once you start to run, or exercise, your digestive system tends to close down because the blood you need for digesting will be going to the muscles for running, or vice versa.

Getting Ready for the Race

Get to the venue of the race early to give yourself enough time to get yourself ready in a "nice and easy" fashion. See that you have good fitting shoes with good shoe-laces. If you wear socks, make sure they are clean with no holes in or any darns which might rub and cause blisters.



- 4 -

Before you put on your socks or shoes it is a good idea to "Vaseline" your toes to prevent friction. Also "Vaseline" in between your legs and under your arms. If it is a cold day it is a good idea to smear all your bare parts - like the face, arms and legs - with olive oil to keep the cold out. Make sure you go to the toilet just before the race starts.

#### The Race Itself

Plan a time which is well within your capabilities. It is a good idea to have someone to give you your times at different places, also to give you your drinks and wet sponges when you need them. If it is a hot day, it is a good idea to take drinks frequently. This is your first marathon so you want to be sure to finish it. There are far too many athletes who run far too fast for their own capabilities at the start of the race. It is a big temptation to do this when nearly everybody dashes away at the start and you are feeling fit. This is the one place where you can ruin your marathon by starting too fast. If you have made yourself a schedule to run at 7 minutes a mile pace, then see to it that you keep to it and not start out at 6 minutes or 6½ minutes.

#### After the Race

It is a good idea to get a shower and change into your ordinary clothes, then to go and lie down with your legs in supported elevation for 15 minutes to half-an-hour to give the blood (which tends to be in the legs after running all that way) a chance to get circulating again around the body. Also drink as much fluid as you can tolerate.

Thanks Cliff for that valuable information. For those members who have been with the Club for some time and with the track season not too far off we suggest you resurrect newsletter No. 43 of 30th October 1976 and read his advice.

Sunday 10th September dawned cold and wet and was not the best of days to gather in St. George's Terrace for the start of the Perth to Pinjarra Relay at 6.20 a.m. The day actually turned out to be the coldest September day for 5 years. The Relay was organised by David Carr and Bob Hayres. David organised the start at Council House and then due to a shortage of runners had to run the first three 2 mile legs himself to get the team off to a start.

# Vetrun 71

The necessity for Dave to take this action emphasises the point that when runners say they are available it is up to them to follow this up and confirm arrangements without having to be 'nursmaided' like a lot of school children. Failure to advise of your inability to attend lets the whole team down and puts great pressure on the organisers. A relay is a team event and unless a full team can be accounted for at the start of the race, the necessity to reorganise can be confusing and disturbing to runners and reflects poorly on the Club.

THINK ABOUT THIS WHEN NEXT YOU SAY YOU ARE AVAILABLE FOR A TEAM EVENT

Those who participated did a great job and produced an exciting race, though there were a few anxious moments at some of the change overs; we believe Bob Hayres got himself lost on one of his legs and had to be rescued by Alan Tyson. The results for the 54 mile run were -

TEAM A	LEG TIME	GROUP	TEAM B	LEG TIME	GROUP	DIFFERENCE IN TEAMS A-- B	FASTEST TIMES FOR LEG
1 Harford	12.23	M45	Carr	12.24)		+ .01	10.17
2 Usher	13.47	M50	Carr	13.10)	M45	- .36	10.47
3 Tyson	12.33	M50	Carr	13.03)		- .06	11.11
4 Sheppard	11.45	M35	J. Martin	12.41	M50	+ .50	11.31
5 Sammels	11.35	M40	Anderson	13.24	M55	+ 2.39	11.37
6 Flenley	11.39	M40	Berry	11.38	M45	+ 1.28	12.00
7 Hayres	13.12	M45	O'Hare	12.44	M35	+ 1.00	12.47
8 Potter <sup>*1</sup>	10.12	M45	Caplin <sup>*1</sup>	9.26	M35	+ .14	8.57
9 Paxman <sup>*1</sup>	9.59	M45	Fergie <sup>*1</sup>	10.39	M40	+ .54	14.45
10 Harford	16.10		Johnstone	17.51	M35	+ 2.35	13.00
11 Usher	15.48		Rutty	14.52	M35	+ 1.39	11.15
12 Tyson )	*2		Martin	12.48		+ -	8.32
13 Sheppard)	24.58		Anderson	13.41		+ 3.10	11.25
14 Sammels	9.28		Berry	9.53		+ 3.35	11.40
15 Flenley	13.46		O'Hare	12.01		+ 1.50	12.36
16 Hayres	13.15		Caplin	11.38		+ .13	12.17
17 Potter	12.37		Fergie	14.38		+ 2.14	12.51
18 Paxman	11.37		Johnstone	11.46		+ 2.23	9.55
19 Harford	13.56		Rutty/O'Hare <sup>*3</sup>	13.54		+ 2.21	11.26
20 Usher	13.34		Martin	12.39		+ 1.26	13.22
21 Tyson	11.46		Anderson	12.49		+ 2.29	13.27
22 Sheppard	11.52		Berry	12.13		+ 2.50	10.47
23 Sammels	11.59		O'Hare	11.57		+ 2.48	11.32
24 Flenley)			Caplin)			-	11.08
25 Hayres )	26.29 <sup>*4</sup>		Fergie)	28.15 <sup>*1</sup>		+ 4.34	11.13

- 6 -

26	Potter	12.53	Johnson	12.29	+	4.10	11.39
27	Paxman	9.47	O'Hare	9.09	+	3.32	8.26

TOTAL  
TIME 5h 38min 00s 5h 41min 32s

Average per  
mile 6m 15.5s 6m 19.5s

Average age 45.89 yrs 44.78 yrs

Times & averages  
1977 5h 37m 42s 5h 33m 42s  
@ 6m 15.2s @ 6m 10.7s  
& 45.9 yrs & 44.2 yrs

Note

- \*1 Times for legs 8 & 9 open to question thereby affecting times for leg 10 (Total time not affected)
- \*2 Tyson/Sheppard change over 300m short of official mark
- \*3 Ruddy dropped out 400m short with injury and O'Hare completed leg
- \*4 Both teams lost marker and changed short thus no time for leg 24 in either team

In comparing the times with one another, it must be remembered that not all legs were exactly two miles and some were hillier than others.

The "B" grade was won by -

Maurice Smith	M40	-	2m1 leg	10m 58	14m 23	
Phil Wall	M35	-	6m1 leg	31m 56		
Col Junner	M55	-	2m1 leg	11m 49	12m 20	12m 03
John Gilmour	M55	-	2m1 leg	13m 02	10m 58	8m 07 (last leg)
Jeff Joyce	M35	-	2m1 leg	10m 57		
Jeff Joyce	M35	-	2m1 leg	10m 44		

After the race was over those who survived storm and tempest gathered at the Pinjarra Pub and after a few beers forgot how cold it had been on the way down. A small party of stayers - Johnstones, Berrys, Tysons, Caplins and Hayres managed to barbeque and have lunch in the shelter of the pub verandah. The Clubs thanks go to those who turned up, to the organisers and especially to Bruce Buchanan who did a wonderful job on his own in timing both teams under the difficult conditions, but who got some exercise in the process by jumping in and out of the car at least 27 times during the morning!

While on the subject of relays, and remembering what has been said, NOTE that on Saturday 14th October the Marathon Club are holding the Mundaring to York Run. We have always included a relay team to run against the '40 milers' and have never beaten them yet. This year Y.M. Harriers have challenged us to a relay race, 12 to a team each running 5k legs. No WAA registration is required for this event so as many as possible should run. We could enter a second team of 8 each running 5 mile legs so see the notice board and fill in your name or advise Rob Shand as soon as possible. For those interested in the marathon the distance is measured out starting from Mundaring. You can either run -

- a) The full 40 miles
- or b) Marathon 26 miles 365 yards
- or c) 5k relay leg
- or d) 5 mile relay leg

After the race barbeque facilities at York will be organised by Kevin Baseley on a B.Y.O. basis.

Returning to Sunday 10th there were only a few out at McCallum, Merv Moyle and Eric Pearton doing 2 x bridges and Stan Lockwood and Ralph Godkin covering the distance once.

A third venue at which veterans appeared was in the Laurie Potters Run for Fun over a 3.7/8 ml hilly circuit in Kings Park at 9 a.m. The winner covered the distance in 18min 21secs. Rob Shand (M45) came second in 18min 52 secs and won the 40-50 year age group. Geoff Price (M40) came in 25min 10sec and Ken Mazey ( ) in 25min 56 secs. Price was 15th overall and 4th in the 40-50 age group. Mazey 18th overall and 5th in the 40-50 age group.

#### MAGAZINE COMMENT

THE VETERAN ATHLETE Jack Pennington, Editor of T.V.A. has responded to the comments in Newsletter 68 and obviously we have made progress as controversy has been created. We don't necessarily only want to see W.A. results (as these are fully reported in our own newsletters) but at present T.V.A. is the best way of letting the rest of Australia know what we are doing, and if we really are "the end of the earth" as Jack asks, then thats even more reason to ensure that we get the coverage he promised, which was at least one page per issue per club. TVA38 is a great improvement almost giving us the coverage.

Interestingly, Jack compares T.V.A. with Veteris for which he and Wal Sheppard are correspondents.

- 8 -

VETERIS The June and July 1978 issues of this (UK) magazine in the new format are interesting but so far contain little Australian news other than the expected odd notes about our perennials. The 'World Results Service' which only lists U.K. vets 1977 performances is interesting for comparison of times though the title is a misnomer. It is also noticeable that they are still using the old nomenclature for grouping. The magazine includes articles on "How my Hike LD1000's and I went on holiday" which so far doesn't have much to do with running but does include an article on a "Tom, Dick & Harry" runner which is a refreshing change from the stories of champions. After all are we not a "Tom, Dick & Harry" group and it is T.D. & H's that form the backbone of the Club.

This brings us to an interesting comparison between the American and rest of the world title for our organisation, i.e. the difference between MASTERS and VETERANS. The former connotes mastery and a station achieved, the latter survivor (good or bad, weak or strong, fast or slow). I wonder which category we fall into?

From Veteris we also discover that Australian Brian Lenton has just produced a 250 page duplicated publication entitled "Distance Running in Australia" containing over a hundred profiles, articles, interviews, etc., ranging from Club to international class runners. Those who are interested in obtaining a copy \$4.80 post free payable to "Distance Running in Australia" should write to him at 134 Dixon Drive, Holder, ACT 2611. Any profits will go to the Australian Cross Country team funds for the next World Championships.

NEWS FROM A.C.T. (the other end of the earth?) Jack Pennington writes to say that so far an ACT Club has not floated but the ACT cross country clubs first Veteran Promotion Race over 10k was an age handicap by computer resulted in the following actual times -

- 1) Peter Kallio (M40) 35m 05s
  - 2) Bob Langanback (M40) 35m 41s (US "Master" who ran 12th in the Gothenberg Marathon in 2:35:28)
  - 5th Jack Pennington (M55) 38m 27s
  - 6th Peter Tesseyman (M50) 40m 54s
  - 8th Jack Tonkin (M45) 43m 04s
- 3 and 4 were filled by M40's, 7th by M50 and the oldest to finish was Tom Murray '57 in 49m 14s
- Jack says the computer gave him 750 points to the winners 600.

#### OCTOBER

- |            |  |
|------------|--|
| Sunday 1st | 9 a.m. <u>Jorgenson Park Run</u> 9k (Kalamunda Golf Course)                              |
|            | 1 p.m. W4A Quadathlon at Tomkins Park with winter trophy presentation immediately after. |

# 1 PM

OCT  
OCT

NOTE  
Saturday 7th

The John Gilmour 10k originally scheduled for 6 p.m. Wednesday October 4th has been transferred to 2 p.m. on Saturday October 7th on the new track at Perry Lakes in conjunction with the Highland Games. Club colours to be worn.

NOTE  
Sunday 8th

ALTERATION TO PROGRAMME originally VC half hour run and hammer at McCallum will now be the UNIVERSITY MOB MATCH at McGillvray at 10 a.m. This consists of a run of approx. 5 miles by a minimum of 25 members of each club, the first 25 to count and the club with the lowest score wins. Cost \$25.00 per club with drinks provided but B.Y.O. for the barbeque after. The more that participate the less it costs and any club member can join in.

OCT

Saturday 14th

✓ Mundaring to York Run see page 7 previously for details.

NOTE  
Sunday 15th

✓ ALTERATION TO PROGRAMME originally VC Pack Run, Long Jump, Shot will now be HALF HOUR RUN AND FIELD EVENTS at McCallum at 9 a.m. sharp. Canning Districts will be having a picnic day starting at 10 a.m. to which vets are invited to participate. Barbeques will be available but bring your own food and drinks.

OCT

Sunday 22nd

M.C. One Hour Run starting 9 a.m. on the Perry Lakes track includes a half hour run for those veterans who wish to run the shorter time.

Sunday 29th

VC 3000m Triple Jump and Javelin at McCallum.

NOVEMBER

Sunday 5th

FREMANTLE FUN RUN No details available yet.

Saturday 11th  
& Sunday 12th

VC Rottnest Runs (men only) or Relay and Discus at McCallum for those not going "overseas".

Friday 17th

✗ Marathon Club Dinner will be held at University House, Hackett Drive. Veterans are invited to join in the festivities at about \$16 per head and to congratulate their colleagues who will receive certificates for completed Marathons. For this, besides the good company, one may have pre-dinner drinks and snacks followed by a meal with table wines and/or beer up to 11 p.m. Pay for your own drinks from then until 1 p.m. Tickets from Marathon Club Secretary - Col Junner at 34 Dundas Road, Inglewood, Tel. 272.1991.

Sunday 19th

M.C. 10ml Road Run at Rockingham 9 a.m. (NOTE NOT WAIT).

Sunday 26th

VC Veterans Pentathlon Championships at McCallum 9 a.m. Points scoring will be based on World Veterans Athletic Association tables.

We are coming to the end of our Winter programme and the Committee will soon have to formulate the Summer programme. Now is the time for you to come up with some suggestions for summer events remembering that on Tuesday December 26th we have a run at Lake Leschenaltia and on Sunday December 31st the Marathon Club have a 10k at Perry Lakes, both events at 6 p.m.

For those contemplating going overseas next year the Australian Association of Veterans Athletic Clubs advise -

- 1) Long Distance Running Association in Europe will hold their Biennial 25km Road Race at Bolton (nr. Manchester, England) on Sunday July 22nd especially so that visitors to Hannover can participate. There is also a 10k on Saturday July 21st 1979.
- 2) As the British Veterans T & F Champs will be too early for Australian visitors to Hannover, the British Veterans Athletic Federation will possibly arrange a T & F meet for visitors on Monday or Tuesday 23rd or 24th July 1979.

AUSTRALIAN VETERANS TRACK AND FIELD CHAMPIONSHIPS will now be held on the Sutherland resolute track at Botany Bay in Sydney N.S.W. over the Easter weekend April 13-16 1979 and not in Canberra as advised in Newsletter No. 70. The Sutherland track has a grandstand, photo-timing and is fully equipped. The cross country will be conducted by the St. George Club of Scarborough N.S.W.

COMMITTEE NOTES

The Committee, on behalf of the Club, has written the following letters:

1. To W4A pointing out that in the 50th Annual Report presented to the A.G.M. on 17th August, 1978, the retiring Secretary did not see fit to include any Veterans' results. We thought this was a poor show considering the expansion of the movement and our contribution to the athletic scene.

Answer: The new Secretary replied that the W4A Executive expressed their apologies for the omission and will ensure that it does not occur in the 1979 report.

2. To W4A requesting an entitlement of delegates to Association meetings. We contend that we should have these delegates as we pay the same subs as any other club, are called upon to provide the same assistance at T & F meetings as well as being responsible for the organisation of events in the summer and winter seasons.

Answer: We have now been advised that in terms of the new W4A constitution, the Veterans' Club is entitled to one delegate at their council meetings. Our Committee will be meeting soon to elect the delegate.

COMMITTEE NOTES ( Contd.)

3. To W4A referring to the inclusion of a "C" Grade into the Canning Relays when there was no such grade in the Winter Programme. We had applied for and received permission from the Winter Management Committee to participate in the lowest grade but on the day were forced to enter one team in the "B" Grade and were allowed to enter the others in the "C" Grade. (Had we run "C" Grade we would have won the Grade as we have over the past couple of years)

Answer. No written answer will be received, however in discussions with the Winter Committee we gather that they do not favour clubs altering the printed programme to suit themselves and will be taking it up in a circular to all clubs in the near future.

LONG SLEEVED TEE SHIRTS in club colours ie Yellow with a Black stripe down the sleeve and Black cuffs are now available on about three weeks delivery by placing your order with DICK HORSLEY at McCallum or at home on 3859579. Pay the club \$6.00.

CAR STICKERS : We still have ample stocks of Club Car Stickers for sale at \$1.00 each. This is a good way to advertise the Club so if you don't have one see ROB SHAND. We notice that there are quite a few unstickered cars around.

KNOW YOUR MEMBERS BY WAFFLE: will not appear in this newsletter as he has not been able to find time over the last two weeks to hound his subjects for news. He has promised to continue the series in the next newsletter.

Bob Hayres birthday 16th September turned 47 and remains M45

Theo Fermanis birthday 17th September turned 44 and remains M40

(We have not seen Theo for some time as he is recovering from an operation but should be running again soon).

Having his birthday the day before the Marathon Clubs Marathon at Herne Hill did not amuse Bob Hayres at all. However, he lined up with the other 51 runners at the start at 7.15 a.m. on a cool (8.5°C).

Sunday 17th September. In true form Paul Morrissey arrived right at the last minute, his excuse this time was that he had only just finished making a new pair of "high steppin strutters", which carried him through the full distance.



- 12 -

John Gilmour ran the half marathon as training for the forthcoming Canberra Marathon and in an age (59) best time. From the field of 50 starters 18 (including 3 ladies) completed the half marathon. Gilmour went through the first mile in 5m31s and Caplin in 5m41s. Half Marathon times for members of the Club were -

NAME	GROUP	5 MILES	10 MILES	HALF MARATHON AND POSITION
J. Gilmour	M55	27:43 27:43	55:50 28:07	73:16(2) (17:26)
D. Caplin	M35	28:53 28:53	58:00 29:07	76:08(5) (18:08)
C. Junner	M55	31:12 31:12	64:03 32:51	84:19(7) (20:16)
B. Oliver	M35	30:55 30:55	63:22 32:21	84:50(8) (21:28)
G. Moses	M35	35:06 25:06	69:51 34:45	91:42(11) (21:52)
W. Hughes	M50	36:58 36:58	78:02 41:04	106:44(17) (28:42)
B. Wall	M35	43:51 43:51	92:11 48:20	126:44 (34:33)

In the veterans field it was Alan Tyson and Brad Watson who led the veterans all the way through the half marathon distance closely followed by Hough, O'Rourke and Smith with Tony O'Hare and Graham Moses a couple of minutes behind. Giles Harford filled in the gap between the first group and Berry, Hayres and Shand with Dennis Batterham, who had been with them almost all the way dropping back a bit. Pearton and Moyle ran the first half together followed closely by Usher and Morrissey bringing up the rear. By the 15 mile mark the pace had increased but Tyson and Watson were still together up front with Hough shadowing them and Smith and O'Rourke moving up followed by O'Hare and Harford now running on their own. Shand had pulled away from his group which had split with Berry, Hayres and Batterham following each other. Pearton and Moyle were still together but had been joined by Usher. Morrissey kept up the rear.

Positions changed in the next 5 miles as Hough caught Tyson and Watson who were still together with Smith right up to them, followed by O'Rourke and O'Hare. Shand caught Harford about the 18 mile mark and Batterham caught Hayres while Berry ran on his own between. Pearton pulled away from Moyle and Usher dropped back. Morrissey kept up the rear.

Once through the "wall" Smith moved up on Hough who hung on to cross the line only 14 seconds behind him.

Although Shand covered the last 6 miles 385 yards in just over 40 minutes, O'Hare was too far ahead at the 20 mile mark to catch, but Shand caught O'Rourke, Tyson and Watson to come veteran third. Tyson managed to get away from Watson when Brad, suffering from bad cramps about 2 mile out, was passed by O'Rourke. Hayres, also suffering from cramp was passed by Pearton who followed Harford, Berry and Batterham in. Moyle kept himself out of the trouble that Morrissey was giving Usher in a final sprint up the last stretch to just beat him over the line. The Marathon times are listed below with the upper row at each name being the progressive time and the lower row being the time for each 5 miles. Times from 10 miles to half marathon are bracketted.

	GROUP	5 MLS	10 MLS	HALF MARATHON	15 MLS	20 MLS	FULL MARATHON (& POSITION)
M. Smith	M40		67:55	89:13	1:40:46	2:16:07	2:58:08(7)
			67:55	(21:18)	32:51	35:21	42:01
D. Hough	M45	34:12	67:27	87:56	1:39:25	2:14:45	2:58:22(8)
		34:12	33:15	(20:29)	31:58	35:20	43:37
M. O'Hare	M35	35:09	69:51	91:49	1:43:24	2:18:53	2:59:29(9)
		35:09	34:42	(21:58)	33:35	35:29	40:36
R. Shand	M45	36:05	71:52	94:04	1:46:06	2:21:19	3:01:21(10)
		36:05	35:47	(22:12)	34:14	35:13	40:02
A. Tyson	M50	33:12	67:04	87:42	1:39:12	2:16:06	3:03:29(11)
		33:12	33:52	(20:38)	32:08	36:54	47:23
M. O'Rourke	M35	34:30	68:12	89:04	1:42:00	2:16:17	3:06:16(12)
		34:30	33:42	(20:52)	33:48	34:17	49:59
B. Watson	M40	33:12	67:15	87:42	1:39:12	2:16:06	3:06:51(14)
		33:12	34:03	(20:27)	31:57	36:54	50:45
G. Harford	M45	35:05	70:53	92:48	1:44:55	2:24:16	3:12:18(17)
		35:05	35:48	(21:55)	33:12	39:21	48:00
M. Berry	M45	36:05	71:53	94:04	1:46:12	2:25:00	3:17:42(18)
		36:05	35:48	(22:11)	34:29	38:48	52:42
D. Batterham	M45	36:05	71:53	95:11	1:48:25	2:26:40	3:23:41(20)
		36:05	35:48	(23:18)	36:32	40:15	55:01
E. Pearton	M45	37:59	76:48	101:51	1:56:13	2:38:28	3:24:12(21)
		37:59	38:49	(25:03)	39:25	42:14	45:44
R. Hayres	M45	36:05	71:52	94:04	1:46:34	2:31:10	3:29:48(23)
		36:05	35:47	(22:12)	34:42	44:36	58:38
M. Moyle	M55	37:59	76:48	101:51	1:56:13	2:40:38	3:45:35(24)
		37:59	38:49	(25:03)	39:25	44:25	64:57
P. Morrissey	M50	39:50	82:25	108:16	2:02:40	2:49:30	3:46:46(25)
		39:50	42:35	(25:51)	40:15	46:50	57:16
F. Usher	M50	38:36	78:02	102:14	1:56:13	2:42:15	3:46:50(26)
		38:36	39:26	(24:12)	38:11	46:02	64:35

By the time the race was over the temperature had risen to 19°C. Of the 33 who commenced the second lap 7 withdrew between 15 and 20 miles (no vets) and of the 26 who finished 14 were veterans. The overall winner time was 2H 33m 59.9s.

-14 -

Our congratulations to those who completed their first marathon which was most of the veterans and especially to Smith and O'Hare and breaking 3 hours at their first attempt. Congratulations too to those who ran personal best times - David Hough (by 13m21s) Rob Shand (by 2m44s) Martin O'Rourke (by 7m03s) Alan Tyson (by 18m37s) and to Alan for keeping on the straight and narrow this time.

Finally, congratulations to those who created Club groups records - Brad Watson M40 (by 2m51s) and Alan Tyson M50 (by 18m37s). Club records are -

M35	2h 34m 57s	Jeff Joyce
M40	3h 06m 57s	Brad Watson
M45	2h 58m 01s	Brian Paxman
M50	3h 03m 29s	Alan Tyson
M55	2h 38m 19s	John Gilmour

Our thanks to Stan Lockwood, Bruce Buchanan and David Carr for turning out to assist in time keeping and recording, to Cliff Bould for assisting at the "Gettysburg scene" for the hour after the last vet came in and to all those who looked after their charges on the way round the course.

One last point The size of the field and the fact that there were new faces both running and assisting made runner identification difficult resulting in a lot of work after for the recorders. If you have numbers please wear them, it assists you in the long run (pun not intended) to get accurate times for your own efforts.

#### Lessons to be learned from the Marathon

Here are some wise words prepared by an astute observer of last Sunday's race. Consider them and apply them where they are most apt to your run.

- 1) If you are going to do a slow mile, do it at the beginning laughing, rather than towards the end crying.
- 2) Making up time in the last few miles is an honest dream, getting "time up your sleeve" is a fallacy.
- 3) The terrible truth is - its the stopwatch that counts.

While all this excitement was going on McCallum was not deserted. Ross Riley was down early to do a bridges run, and was followed round by Jim Martin, Anderson, Hoordyk, Godkin, Potter, Cummings, Thomes and Gloria and Ian Sutherland. Anderson and Godkin continued for a second round while Dave Jones, back from a holiday in the North West did a run round Herrisson Island. Do we have more potential marathoners here?

Bob Fergie as committeeman on duty did some field event training with Alec Cummings who enticed Jim Martin and Val Anderson to have a go with the Discus.

Don't be shy to try out some of these implements. This is the time and place to see if you have a hidden talent and you may find a new interest for the summer season.

Wednesday September 20th Twilight 10k at Tomkins Park in cool conditions with no wind and a shower during the race. David Hough (M45) added to his success in the Marathon by taking the Veterans trophy with a time of 36min 20sec followed not far behind by David Carr (M45) in 36m 54sec. Phil Wall (M35) covered the distance in 33min 11sec. Gloria Sutherland was there jogging to make the small complement of vets up to 4.

September birthdays -

Terry Ruddy birthday 21st September turned 40 and alters from M35 and becomes M40

Don Scott birthday 25th September turned 42 and remains M40

Val Anderson birthday 25th September turned 60 and alters from M55 to M60

Barbra Campbell birthday 25th September turned 41 and remains W40

John Spencer birthday 26th September turned 42 and remains M40

Stan Lockwood birthday 29th September turned 49 and remains M45

Tony O'Hare birthday 29th September turned 39 and remains M35

Frank Usher birthday 30th September turned 55 and alters from M50 to M55

WE THANK THE COMBINATION OF BUCHANANS BATTERY AND FERGIES FORCES  
FOR THE PRODUCTION OF THIS NEWSLETTER.

THE RUNNER'S PLEA

Lord give me power to cover ground  
 To say a word without a sound  
 To keep my health and will to run  
 And meet my failures with a pun  
 With this in mind I'll stand the test  
 And always give my very best.

Joe Shepherd

The above poem, published in "The Police News" was written by Joe Shepherd, one of our 71 year old members who lives in Medina, and whom we hope to see making his annual appearance in the One Hour Run on Sunday, 22nd October, at Perry Lakes.

With the development of a cold front on Saturday, it looked as if our first official return to McCallum after a month away was going to be wet, but Sunday, 24th September, dawned bright and sunny for the TWO BRIDGES AND MILL POINT ROAD CLUB CHAMPIONSHIP. This is one of our traditional handicap runs, this year being run as a sealed handicap to get everyone off together.

The Handicap was won by Bill McGuigan, whom we had not seen for some time. Gloria Sutherland came in second, followed by Wes Carter in third place. Bob Sammells was the Committee man on duty and he was assisted in time keeping and recording by Bruce Buchanan, Jack Collins, Dick Horsley and Jill Pearton.

By being the first woman to complete this run, Gloria's run will be considered as a club record for women. Rob Shand broke his own M45 record by 19 seconds, and all other records remained intact. They are:

M35	Jeff Joyce	35m 12s	13.2.77
M40	George Innes	35m 39s	13.2.77
M45	Rob Shand	36m 02s	24.9.78
M50	Col Junner	38m 38s	10.10.76
M55	George Cavill	40m 56s	10.10.76
M60	Cliff Bould	41m 25s	13.2.77
M65	Bill Carter	63m 30s	11.7.76

The day's results were:

	Clock time & position	Handicap	Corrected time & position
M35 Derek Hoyer	35.36 (1)	3.00	32.36 (14)
Don Caplin	35.44 (2)	3.00	32.44 (15)
Tony Conner	38.45 (5)	6.30	32.15 (7)
David Sheppard	39.07 (6)	5.00	34.07 (20)
Derek Crowther	39.36 (8)	7.20	32.16 (9)
Don Weston	40.12 (10)	9.30	30.42 (5)
Bill McGuigan	40.52 (11)	14.00	26.52 (1)
Graham Moses	41.24 (12)	8.20	33.04 (17)
Bob Johnstone	42.20 (13)	10.05	32.15 (7)
Ian Sutherland	45.40 (19)	13.20	32.20 (11)
M40 Wes Carter	39.29 (7)	9.50	29.39 (3)

P.T.O.

2.

		Clock time & position	Handicap	Corrected time & position
M45	Rob Shand	36.02 (3)	3.30	32.32 (13)
	David Hough	36.50 (4)	4.25	32.25 (12)
	Eric Pearton	43.41 (15)	8.10	35.31 (22)
	Stan Lockwood	46.39 (22)	12.00	34.39 (21)
M50	Merv Moyle	44.14 (16)	11.00	33.00 (16)
	David Jones	45.14 (18)	15.00	30.14 (4)
	Ross Riley	46.04 (21)	13.50	33.46 (19)
	Alan Tyson	49.17 (23)	7.45	41.32 (24)
M55	Ralph Godkin	43.00 (14)	12.00	31.00 (6)
	Gerry Nordyk	55.09 (25)	18.20	36.49 (23)
M60	Val Anderson	44.34 (17)	11.00	33.34 (18)
W35	Gloria Sutherland	55.17 (26)	25.45	29.32 (2)
M40	Morris Johnson	39.58 (9)	-	-
M35	Doug Merrick	46.07 (20)	-	-
-	M. Bradbury	49.17 (23)	17.00	32.17 (10)

Frank Usher had been round the Bridges and had done 2 x Dave Jones circuit before the race started. Cliff Bould was not running as he had hurt his ribs in a fall during training a week ago. John Gilmour was doing laps.

We welcomed a number of new members to the Club: Gerry Noordyk (56), Dereck Hoyer (39), Don Weston (39) and Maurice Smith (44).

After the race we acted as extras for TVW 9 coverage of the Scots tossing the caber in preparation for the forthcoming Highland Games. Bob Fergie got into the act by tossing the best caber of the day.

Don Caplin, Bob Sammells, David Carr and Rob Shand warmed down with a bridges jog to finish off their training.

George Innes has written from Exmouth: Competed in the U.S. Navy Base 5.6 mile cross country which he won in 30m 58s, knocking 4½ minutes off the record set by the Yanks in 1978. Also competed in the Exmouth Gala Day ONE MILE RACE and came second in 4m 18s - George says he thought he was running at 4m 55s pace, so the course must be short! - and all on about 20 miles training a week! Anyone who will be in Exmouth on 14th October can join in their "Jolly Joggers' Club" 5 km.

John Rowland has now left Paraburdoo but did not stay long enough in Perth to have a run with us before moving over to Victoria for the rest of the year. Looks as if he will have to do some training as he met two of his "Golden Oldies" from his ex club, Williamstown - Brook Tovey now 66 ran 3h 11m for the Marathon recently, and Cliff Barling, also 66, walked 1500m in 7m 41s last year.

W.A.A.A.A. Rob Shand was elected Veterans' delegate by your Committee to attend W4A meetings, and Bob Fergie as proxy, only one member to attend any one meeting. At the meeting on 28th September 1978, John Gilmour was elected to both the Track and Field and the Cross Country Selection Committees, and Dick Horsley to the Road Walking Selection Committee. Congratulations, John, Dick, Rob and Bob.

SUNDAY, 1st OCTOBER After a very wet Saturday, Sunday was no improvement, which was disappointing, and was, hopefully, the cause of the poor turn out at Jorgenson Park in the morning. Jim Martin, Alan Tyson, David Hough, Frank Usher, David Carr, Wes Carter and Don Caplin were the only members of the club to participate, while Rob Shand assisted Mike Berry in the organisation. Each member chose his own course, was provided with map and compass, and set off on his orienteering run. Carter and Martin were back early, and went off for a jog around the Park until the others came in.

Mike and Nora Berry, and Val Tyson, had tea and coffee ready, and Nora dispensed the cakes and biscuits which she had prepared for the day. Although the turn up was disappointing for the organisers, we thank Mike and Nora for the effort they put in and hope that when we hold it again next year the weather will be kinder. Prizes had been organised, but due to the poor attendance they were not awarded.

In the afternoon, the Quadathlon, the final event in the WAAAA winter calendar, was held at Tomkins Park in blustery and wet conditions. David Carr (M45) was our only competitor, and his performances were:

3000m	11m 18s	(cross country)
1500m	4m 57.5s	(track)
800m	2m.30.1s	(track)
400m	60.8s	(track)

There was a total of 13 competitors for this meeting. David Sheppard, who had been running in a Fun Run in Northam in which he came 8th, and Phil and Geoff Wall, who had been in a Fun Run in Bunbury, attended the winter season prize giving after the events.

GARNETT MORGAN birthday 6th October, turned 54 and remains M50.

On a hot Saturday afternoon on 7th October, the John Gilmour 10,000m was run on the new Perry Lakes Retrokan track. Everything that we had been hoping to avoid this coming track and field season by holding these events in the cool of the evening did not materialise as, due to a desire by P.C.C. to pay off the track in a hurry, the scheduled twilight run had to be transferred to the Highland Games and run at 1.45 p.m. The race was won in 31m02.8s in a new State Residential Record. Veterans performances were as follows:

5th	Phil Wall	M35	33m 51s
8th	John Gilmour	M55	34m 52.8s
9th	Dereck Hoyer	M35	35m 06s
10th	Don Caplin	M35	36m 04s
11th	Maurice Smith	M40	36m 07s
15th	David Hough	M45	37m 42s
19th	David Sheppard	M35	38m 37s
20th	Wes Carter	M40	39m 20s
21st	Tony Conner	M35	40m 32s
22nd	David Carr	M45	40m 54s
	Jim Martin	M50	withdrew after 8 laps
	Wal McCabe	M45	" " "
	Tony O'Hare	M35	" " "
	Bob Hayres	M45	" " 11 laps
	Noel Thomas	M40	" " 14 laps

The 10k was a handicap event, and the handicap was won by Maurice Smith.

A good turn out of veterans with lap scoring assistance by Alan Tyson, Bruce Buchanan, Geoff Wall, Cliff Bould and Rob Shand.

In the 2000m Walk, Jim Smith covered the distance in 10m35.2s with Dick Horsley not far behind in 10m43.4s.

Seen in the crowd were Reg Briggs, Kevin Cameron and Bob and Alison Johnstone.

SUNDAY, 8th October In weather in complete contrast to last Sunday, ONE HUNDRED starters lined up at 10 a.m. for the UNIVERSITY MOB MATCH at McGillivray Oval. An 8k run of two circuits, including grass around the ovals (about 1 mile) then into the bush on a sand track with a fence jump, which 92 managed to finish. Four clubs competed with 27 veterans, 29 Canning District, 31 University and 12 Y.M. Harriers. The Match was won by Canning Districts with 686 points, followed by University with 864, with Veterans third with 1206 points. Y.M. Harriers gained 588 points from 11 runners, but as 25 did not complete the course, they were not considered in the final placings. The fastest time was 26m 58s and Veterans results were as follows:

4.

	Name	Time	Race Position	Vet. position
W30	A. Johnstone	46m 59s	87	30
W30	G. Sutherland	47m 05s	88	31
W30	J. Pearton	54m 03s	92	32
W35	K. Holland	pulled out after one lap		33
M35	P. Wall	28m 51s	8* 1	1
	T. O'Hare	29m 51s	11	2
	D. Caplin	31m 22s	23	5
	D. Sheppard	35m 36s	56	14
	B. Johnstone	38m 25s	73	21
	J. Joyce	42m 55s	82* 3	27
M40	M. Smith	31m 17s	21* 2	4
	W. Carter	33m 29s	39	8
	R. Sammells	33m 37s	40	9
	J. Spencer	35m 00s	50	11
	B. Hanks	35m 14s	54	12
	R. Holland	43m 20s	83	28
M45	D. Hough	31m 43s	26	6
	R. Shand	33m 17s	37	7
	D. Carr	34m 40s	47	10
	R. Hayres	35m 14s	55	13
	E. Pearton	38m 26s	74	22
	S. Lockwood	39m 52s	77	25
M50	J. Martin	35m 48s	57	15
	A. Tyson	36m 55s	66	17
	P. Morrissey	37m 58s	71	20
	M. Moyle	38m 41s	75	23
	D. Jones	38m 57s	76	24
	R. Riley	40m 18s	78	26
M55	J. Gilmour	30m 13s	14	3
	R. Godkin	36m 48s	64	16
M65	R. Horsley	37m 04s	67	18

- \*1 Running for University
- \*2 Running for Canning Districts
- \*3 Jogging for Canning Districts!

Art Briffa was there but unable to run due to a hamstring injury received overseas, and was assisting Kevin Basley with timing and recording. Cliff Bould did some training on his own on the track, and Jack Collins was there with his camera at the ready.

We welcome Brian Hanks (43) to the Club, and look forward to his company in future runs.

Congratulations to the three girls who completed the whole course without stopping.

Tony O'Hare is running well at present, even though he dropped out of the 10k on Saturday.

Ralph Godkin is going over to the UK for two weeks at the end of October, and Giles Harford will not be appearing at our runs until the end of November as he is concentrating on getting through exams.

The Marathon Club dinner date has been altered to 27th October.

#### Veterans Championships - Hanover 1979

We have been advised of the following suggested alternatives to travel to Europe:

1. Depart Australia Thursday, 19th July - this will allow athletes to arrive in London in time to compete at Bolton



2. Depart Australia Saturday, 21st July - this will allow athletes to compete in the London track meet - but NOT at Bolton.
3. Depart Australia Monday, 23rd July and go direct to Hanover.
4. Depart Australia Saturday, 14th July to see the Spartakiade in Moscow with a couple of days in Tokyo en route.

Approximate cost of \$2,000 would cover return economy airfare to Hanover, accommodation and continental breakfast, 14 day coach tour of Europe, and a stopover at Singapore on the return journey. (Prices are ex Eastern States)

Anyone intending to go to Hanover should write to Wal Sheppard at M.B. Travel, 7th floor, Hothlyn House, 233 Collins Street, Melbourne, Victoria 3000.

The Competition for the Adelaide 80 T-shirt design mentioned in newsletter No. 69 closes on 7th December 1978. How many have started their designs yet? Get to it and send your efforts over to Rowly Ferris, 44 Edwards Street, Brighton, S.A., 5048.

Wes Carter birthday 13th October, turned 41 and remained M 40.

#### SATURDAY, 14th OCTOBER, MUNDARING TO YORK RELAY

Unfortunately Y.M. Harriers did not manage to fulfil their challenge as they were unable to get a team together; however we gathered 15 veterans and made up two teams, with each member running 5 mile legs. The Marathon and 40 mile runners started 5 minutes ahead of the Veterans teams and Kevin Anderson led the way through 5 and 10 mile marks. Derek Hoyer ran the first 10 miles for the B team and ran right away from Maurice Smith, running the first leg for the A team, who put in a great effort to stay with him. The B team were 5 minutes ahead after 10 miles, and Don Caplin's run put them a further 2 minutes ahead, holding the 6 minute lead which Tony Connor pulled back to 3½ minutes with a fast seventh leg for the A team against a good run by Jim Martin.

There was a great finish at the Old Town Hall at York as Des Merrick led Dick Horsley by 2 minutes 43 seconds over the line, to be followed 5 minutes 12 seconds later by Kevin Anderson. A good run by Kevin, who held 16 veterans off until the last 200 yards, ran the distance in 4 hours 17 minutes 53.3 seconds.

All runners performed exceptionally well over the hilly terrain and enjoyed the friendly competition between the two teams. Conditions were good and only the last legs would have felt the heat to any degree.

Once again we have Bruce Buchanan to thank for on-the-spot times and recording at each change over point marked out by Jeff Joyce.

Terry Rutty (M40) set out to run the Marathon and completed 17½ miles before withdrawing.

The results were:

6.

"A" TEAM				"B" TEAM			
Name	Gp.	Times Indiv.	Cumul- ative	Name	Gp.	Times Indiv.	B Cumul- ative Teams Lead
M. Smith	M40	29:24	29:24	D. Hoyer	M35	28:26*	28:26 +0:58
A. Tyson	M50	33:59	63:23	D. Hoyer	M35	29:32*	57:58 +5:25
D. Sheppard	M35	30:03	93:26	D. Caplin	M35	28:20	86:18 +7:08
W. Carter	M40	32:13*	125:39	M. Berry	M45	33:06	119:24 +6:15
R. Godkin	M55	35:19	160:58	P. Morrissey	M50	36:39	156:03 +4:55
B. Johnstone	M35	32:27	193:25	R. Hayres	M45	31:21	187:24 +6:01
T. Conner	M35	30:22*	223:47	J. Martin	M50	32:51	220:15 +3:32
R. Horsley	M65	28:54	252:41	D. Merrick	M35	29:43	249:58 +2:43
Total times	4h 12m 41s				4h 09m 58s		
Average Age	47.21				44.95		

\* denotes new fastest time for leg

Fastest times for each leg on previous runs were:

1. 29:59 Carr 1977	2. 30:04 Briffa 1976	3. 28:19 Caplin 1977
4. 33:22 Hayres 1977	5. 30:20 Innes 1976	6. 29:05 Gallagher 1977
7. 31:04 Cameron 1977	8. 24:08 Shand 1977	

Total times previous years

1977	4h06m40s	With average age 42.38 years
1976	4h13m50s	With average age 48.33 years

After the run, the Caplins, Horsley, Merrick, Berry, Tyson, Johnstone, Buchanan and Ruddy had a barbeque down at the river at York, accompanied by Anderson and Joe Record the "Chipatti man". Bob Hayres was committee man on roster.

The early morning was overcast and pouring with rain on Sunday, 15th October 1978, but the sun soon forced its way through the cloud and by the time the group had gathered at McCallum the sky was clear. Brad Watson had been down early and had completed a gentle bridges before the run started, but did not compete. The 30 starters set off around the measured McCallum lap (1005m) for the Club's HALF HOUR RUN with John Gilmour, in his first run with the Club for quite some time, leading the field with O'Hare, Sheppard, Johnson, Caplin, Conner, Hough and Paxman in hot pursuit. The final results were:

Pos.	Name	Gp.	Laps plus metres	Total metres	March 1978
1.	J. Gilmour	M55	8 + 453	8493	8430
2.	T. O'Hare	M35	8 + 309	8349	
3.	D. Caplin	M35	8 + 145	8185	7815
4.	M. Johnstone	M40	8 + 027	8067	
5.	D. Hough	M45	7 + 852	7887	7985
6.	T. Conner	M35	7 + 800	7835	
7.	R. Shand	M45	7 + 716	7751	7770
8.	D. Sheppard	M35	7 + 586	7621	
9.	B. Paxman	M45	7 + 541	7576	7670
10.	R. Sarnells	M40	7 + 565	7600	7415
11.	P. Hughes	INV	7 + 506	7541	
12.	W. Carter	M40	7 + 541	7576	
13.	R. Hayres	M45	7 + 274	7309	7375
14.	W. McCabe	M45	7 + 158	7193	
15.	A. Tyson	M50	7 + 056	7091	7552
16.	E. Pearton	M45	6 + 858	6888	6512
17.	J. Martin	M50	6 + 858	6888	
18.	R. Godkin	M55	6 + 809	6839	
19.	V. Anderson	M60	6 + 752	6782	
20.	I. Sutherland	M35	6 + 661	6691	
21.	T. Ruddy	M40	6 + 526	6556	
22.	D. Jones	M50	6 + 500	6530	
23.	S. Lockwood	M45	6 + 483	6513	
24.	W. Hughes	M50	6 + 433	6463	5737
25.	A. Cummings	M45	6 + 376	6406	6430
26.	C. Bould	M60	6 + 267	6297	6435

Pos.	Name	Gp.	Laps plus metres	Total metres	March 1978
26.	D. Ninnett	M40	5 + 606	5631	
27.	G. Sutherland	W30	5 + 355	5380	
28.	J. Pearton	W30	4 + 800	4826	
	A. Ruddy	INV	4 + 800	4826	
30.	F. Usher	M55	Pulled out after 4 laps	4020	

Tony Conner had another good run, and it was good to see Wally McCabe down at McCallum keeping just ahead of the girls. Frank Usher and Bill Hughes appear to be lacking a bit in the miles. Bob and Alison Johnson joined in for a training jog, Brad Watson appeared nursing a knee injury, and Des Merrick did some loosening up training after the previous day's run. The competitors' thanks go to Dick Horsley, Bruce Buchanan, Jack Collins and Art Briffa for their assistance in lap scoring and timing. Rob Shand was Committee man on roster.

After the run, Paxman, O'Hare and Johnson did a bridges run while Dick Horsley did some laps and those who stayed on to accept the Canning Districts hospitality at their picnic day (No events) i.e. Hayres, Caplin, Tyson, Jones, Johnson, Shand, Paxman and Sheppard were joined by Paul Morrissey and Maurice Smith and family.

Welcome to new members who joined the Club today:

David Ninnett	(43)	351 Hardey Road, Cloverdale.	Tel:2771693
Maurice Johnson	(41)	14 Caladenia Road, Walliston	Tel:2916719
Desmond Merrick	(39)	8 Graham Street, Spearwood	Tel:4183752

Lap times which showed consistency of pace were:

John Gilmour	3:30 - 3:30 - 3:31 - 3:31 - 3:34 - 3:36 - 3:37 - 3:35
Don Caplin	3:35 - 3:36 - 3:41 - 3:41 - 3:45 - 3:47 - 3:45 - 3:41

whereas Rob Shand, running a different type of race, increased his pace as the race progressed:

4:00 - 4:00 - 3:58 - 3:57 - 3:53 - 3:53 - 3:45

Joe Shepherd (71) was unable to run in the one hour run as he sustained a badly cut leg in training and has been in Rockingham Hospital. Last year he ran 28 laps 183m = 11383m or 7.07 miles. He hopes to be in the Fremantle Fun Run and Rockingham 10 mile, and we hope to see him in both.

Art Briffa birthday 17th October, turned 51 and remains M50.

#### THE VETERAN ATHLETE

Ever since the formation of the Club, the cost of the publication, THE VETERAN ATHLETE, has been included in the \$6.50 subscription members pay each year.

Our current order is for 65 copies at 35 cents each time Jack Pennington decides he has enough information to disseminate to the unenlightened. This costs the Club \$22.75 for every issue, and the copies are distributed somewhat haphazardly with Newsletters to the most persistent members.

Members will have read the recent comments in our Newsletter regarding the magazine and, while many members have expressed their dissatisfaction with the content of the magazine, others have expressed interest in it.

Consequently the committee decided at its meeting on 4th October that as from 1st October, 1978 or the nearest publication of The Veteran Athlete thereafter, which will be No. 37 which Pennington advises is going to press on 25th October, this publication will no longer be included with Club subscriptions. This will bring everyone onto an equal footing as regards distribution.

8.

The Club will order three copies for the library. Any members who wish to obtain this magazine are to place their orders with the Secretary, with cash at 35c/copy for a minimum of six copies (assuming one per month will extend to about April 1979 when 1979 subscriptions will be due).

THE ONE HOUR RUN ON SUNDAY 22ND OCTOBER was scheduled to be run on the Perry Lakes warm up track but just before the start permission was obtained to run on the new Retrokan track at the main stadium and 49 athletes of all ages lined up at the start at 9.25 a.m. During the next hour the weather altered from overcast to boiling sunshine and back to light drizzle but the headwind of the last straight was there all the time. The results were:

			Laps	Metres	Total	Miles	1977
W30	Jill Pearton		25	052	10052	6.246	-
M35	Derek Hoyer	(2)	41	315	16715	10.387	-
	Don Caplin	(4)	40	300	16300	10.129	16122
	Geoff Wall	(7)	40	032	16032	9.962	-
	Charles Spare	(9)	38	357	15557	9.667	15081
	Keith Beament	(11)	38	275	15475	9.616	15912
	Martin O'Rourke	(12)	36	393	14793	9.192	-
	Bill McGuigan	(14)	35	359	14359	8.923	14911
	Graham Moses	(16)	34	347	13947	8.667	-
	Bob Johnstone	(20)	30	889	12889	8.009	12510
M40	Ted Maslen	(3)	40	652	16652	10.347	-
	Morris Johnson	(5)	40	245	16245	10.095	-
	Bob Sammells	(10)	38	338	15538	9.407	-
M45	David Hough	(6)	40	131	16131	10.024	15391
	Rob Shand	(8)	39	084	15684	9.746	16248
	Eric Pearton	(17)	33	386	13586	8.442	6490
	Stan Lockwood	(19)	31	197	12597	7.828	-
M50	Alan Tyson	(13)	36	000	14400	8.954	-
	Bill Hughes	(21)	30	000	12000	7.457	11200
M55	John Gilmour	(1)	42	146	16946	10.530	16991
	Alan Merrett	(15)	34	380	13980	8.687	-
	Frank Usher	(18)	31	373	12753	7.925	12423

Jill Pearton's run was impressive and good runs were produced by Derek Hoyer, Don Caplin, Geoff Wall, Ted Maslen, Morris Johnson, David Hough and John Gilmour.

Veterans running for half the time covered the following distances with Dick Horsley performing extremely well.

			Laps	Metres	Total	Miles	1977
M45	Bob Hayres		18	217	7417	4.609	12552
	Wal McCabe		18	055	7255	4.508	-
	David Carr		18	012	7212	4.481	14933
M50	Jim Martin		18	049	7249	4.505	-
M60	Cliff Bould		16	207	6607	4.106	-
M65	Dick Horsley		18	021	7221	4.706	-

We thank Mike Berry, Bruce Buchanan, Phil Wall and Jack Collins for assisting with lap scoring and Jeff Joyce for organising the run.

KNOW YOUR MEMBERS....by Waffle

GEORGE INNES - date of birth, 3rd March 1935, at Aberdeen, Scotland. 43 years, height 1.713m (5'7½"), weight 62.2 kg.

Married - wife, Mary, two sons and two daughters. Usually lives in Mt. Helena, but at present is working with the U.S. Navy at Exmouth for two years. His occupation is a Fireman.

George joined the Vets in October 1975 after (in his own words) "reading an article in the newspapers about some ancient guy called John Gilmour being named Sportsman of the Year". George would be unknown to many of those who joined the club this year, but his tenacious running made quite an impact on the club in the M40 group and his constant improvement had a few ancient guys quite worried for a time.

His favourite distance is 10,000m but he enjoys anything from 1500m upwards, his ability being evident from the number of times his name appears in the club record books. He is the host for the annual George Innes Mt. Helena run, which will be resurrected when he returns to Perth.

His ambition is to be able to run for the rest of his life, and while he likes the competitive side of athletics, he especially likes the informal atmosphere and social side of Vets and Marathon Club runs. Being a runner gives him a smug feeling which he finds hard to define.

He has no food fads, eats anything, likes beer but, being a true Scot, prefers Scotch and lemonade.

Advice to new members - listen to the Cliff Boulds and Dick Horsleys of the club and get fit the easy painless way.

DAVID HOUGH - date of birth 18th April 1932 at Nannup, Western Australia. 46 years, height 1.879m (6'2") weight 73 kg.

Dave had 12 years in the Navy and has been in the Police Department for 16 years. He lives in Dianella.

Apart from a little football and cricket in his younger days, Dave had had no previous experience in sport, especially athletics, but about 6 years ago, finding himself a little disillusioned with things after his divorce, he took to running to ease some of the frustrations he was experiencing. At that time, while stationed in Kalgoorlie, his running mate on occasions was Brian Paxman. Much of his running when he came to Perth was on his own, so he was pleased to have some company when, after the finish of the City to Surf Fun Run in 1976, he was asked down to McCallum by John Gilmour and Cliff Bould. He joined the vets a week later on 28th March 1976 at a Dave Carr Run.

Dave appears at most distance races, his favourite distance being 10,000m. Having graduated from running barefoot on the road, through thongs and into running shoes (though a barefoot, bare chested run is still the best to Dave) he has improved over the last year as he has gained experience and found his racing pace. He does not appreciate short distances and has no speed work in his training schedule, claiming that any speed he has, has come with the miles he runs. His training is no less than an hour a day, and he feels that training should be a hard workout. Although he believes that there is no easy programme for improving performance, he still feels running is for enjoyment and considers nothing more relaxing than a half hour run at an easy pace. He has no interest whatsoever in field events.

A future goal is to get his 10 mile time down below the hour, and feels that the sub 3-hour Marathon he ran in September was his best achievement to date. His performance in the one hour run indicates a sub 60 minute 10 miles coming up.

10.

His diet is fairly normal, and his favourite morning mixture is oats, honey, cream and milk. He has an occasional beer socially, and is not impressed with the "special drinks" such as "Staminade" as being of any real benefit.

Dave feels that running helped him through a fairly rough personal period of his life, and has given him a more positive attitude to life generally.

Advice to new members - be positive, and under no circumstances stop training.

DON CAPLIN - date of birth 22nd March, 1939 in Perth.  
39 years, height 1.829 m (6'0"), weight 76.2 kg.

Married - wife Jan, children, Neil 12 and Jennifer 10. Lives in Karrinyup and works as an Industrial Officer with the Commonwealth.

Don had seen the Vets in action at the National Championships at Perry Lakes at Easter 1977, however he did not get around to joining until after the first Marathon Club Bridges Fun Run he was the recipient of one of the many letters sent out by the Club. Seen sitting on the fence at McCallum one Sunday morning in August 1977, he was swept up by a group of Vets warming up and from then on became an active member of the Club.

Don played Australian Rules Football with Wembley Amateurs for 13 seasons and made the State side with Wembley in 1967. Well aware of the need to keep fit, he did a lot of beach running and played B Grade tennis. With this background it only took some concentration on his running to bring out some very good performances.

His favourite distances are 800 m and 1500 m, however his future goal is a sub 3 hour Marathon and with his 76.08 half marathon in September, we could expect him to achieve his aim next year.

Don's training distance is between 6 and 8 miles per day on grass and road and includes surges of 800 to 1500 m at a fast pace. On Saturday mornings he includes an occasional 20 mile run but prior to the track season he puts in some "hills" work.

Diet is general with no food fads. He enjoys a few beers and although he sees little benefit in the "Staminade type" drinks, he does drink it after a run. He eats as much dried fruit as possible.

Unlike a lot of members who joined the Vets to get fit or to get away from something, Don has always been above average in fitness and the benefits gained from running with the Vets have not been so much in his improved fitness but on being able to continue in a Club atmosphere as he did for many years in Club Football.

Advice to new members -take it slowly and run within yourself. Don't get discouraged when an older runner has the call on you - he only got there by perserverence.

WE THANK DOREEN LOCKWOOD FOR TYPING THIS NEWSLETTER AND MARION SHAND FOR ASSISTING WITH SOME ADDITIONAL "LATE NEWS" PAGES.

NEWSLETTER NO. 73

NOVEMBER 1978.

Every mans life lies within the present, for the past is spent  
and done with and the future uncertain.

Marcus Aurelius

There are two days about which nobody should ever worry and these  
are yesterday and tomorrow.

Burdette

THE CLUB CHRISTMAS BARBEQUE will be held on Sunday 10th December at Art and Mary Briffas House 233, Mill Point Road, South Perth, commencing at 6 pm. The Club will put on the first 10 gallon keg and Art will provide b.b.q. facilities. Members to bring their own food to cook, exotic drinks and company. Let Bob Hayres or n Tyson know if you will be there and how many you are bringing with you.

VETERAN PARTICIPATION IN TRACK AND FIELD 1978-79 - We wrote to W.A.A.A. requesting that at normal Track and Field Meetings at Perry Lakes on Saturday afternoons, Veterans be included as a Club into normal graded competition as during last season and this has been agreed to.

Secondly, in our letter we requested Veterans events be included in those meetings where Veteran participation is precluded either by performance standards (eg. Christmas Championships) or by non inclusion rules (eg. Shield Competitions). In the Christmas Championships on 16th and 17th December we will have the following events

Day 1	100 m	1500 m	Discus
Day 2	200 m	800 m	Shot and Javelin

Subject to our support of these events we will be allocated events at the State Championships on 24th and 25th February, 1979 and 3rd, 4th and 5th March, 1979.

THIS DEPENDS UPON YOUR SUPPORT IN DECEMBER

Thirdly, we requested that invitation events for Veterans be included in special meetings i.e. at the International Competition on 17th and 18th March and Australia Championships on 22nd-25th March - AGAIN THIS DEPENDS ON YOUR SUPPORT.

NOTE: Programmes are on sale at Perry Lakes at 60¢ each and it is suggested that you purchase a copy and arrive in time for your events.

INTERNATIONAL COMPETITION AT PERRY LAKES on 17th and 18th March, 1979, will 'feature' 25 top class American Collegiate athletes from IDAHO. We have requested some Veteran event for that meeting and for the possible International Twilight Meeting on January 3rd and those requests are under consideration. The Americans will stay on for the Australian Championships on March 22-25.

AUSTRALIAN VETERANS CHAMPIONSHIPS - SYDNEY, APRIL 14TH-16TH, 1979. The Track and Field programme with the veterans events will be a good build up for the Australian Veterans Championships. As these championships appear to be the only national championships in athletics outside W.A. in 1979 we requested consideration be given to providing some financial assistance to a W.A. Veteran Mens Team to travel to Sydney to compete - this has been approved, in principle, however, to be eligible Veterans will have to be over 40 and attain qualifying standards and be subject to selection by State Selectors.

We have formulated the following list of standards and presented them to the Association.

If you do not achieve these standards it does not preclude your participation in the Championship, but you would have to do so completely at your own expense as in previous years. This applies to Pre-Veterans (M35) in any case whose events are non-championship.

AGE GROUP		1A	1B	2A	2B	3A	3B	4
EVENT	W	M40	M45	M50	M55	M60	M65	M70
100m	12.5	11.9	12.0	12.7	13.0	13.8	15.0	15.5
110 Hurdles (ht.cm)	-	18.5 (99.6)	19.0 (99.6)	20.0 (91.4)	22.0 (84.0)	22.5 (84.0)	22.5 (84.0)	24.0 (84.0)
200m	26.0	24.5	24.5	26.0	27.0	29.0	31.0	35.0
400m	58.0	53.8	55.5	57.0	62.0	65.0	68.0	75.0
400 Hurdles (ht.cm)	-	62.5 (91.4)	65.0 (91.4)	70.0 (84.0)	75.0 (84.0)	- (76.2)	- (76.2)	- (76.2)
800m	2.35	2.05	2.08	2.12	2.18	2.30	2.35	2.45
1500m	5.30	4.17	4.20	4.44	4.35	5.10	5.15	6.20
1500 Steeple	-	-	-	5.20	5.32	6.10	6.10	-
3000 Steeple	-	10.15	10.45	-	-	-	-	-
5000m	22.00	15.50	16.25	17.20	17.30	20.00	20.00	22.00
10000m	45.00	33.30	35.30	36.00	36.30	40.00	41.30	45.00
3k walk	18.00	14.45	15.05	15.10	15.15	15.30	15.45	-
Discus (wt)	29.00	(2k) 38.00	(2k) 35.00	(1.5k) 34.0	(1.5k) 32.0	(1.0k) 40.0	(1.0k) 26.0	(1.0k) 24.0
Javelin (wt)	-	(800g) 40.0	(800g) 38.0	(800g) 46.0	(800g) 30.0	(600g) 28.0	(600g) 25.0	(600g) 23.0
Shot (wt)	-	(7.25k) 11.3	(7.25) 11.4	(5.5k) 11.5	(5.5k) 10.0	(4.0k) 10.5	(4.0k) 8.5	(4.0k) 7.5
Pole Vault	-	3.0	3.0	2.75	2.20	2.00	2.00	-
High Jump	-	1.6	1.5	1.4	1.3	1.2	1.1	1.0
Long Jump	-	5.8	5.7	4.9	4.8	4.3	4.0	3.6
Triple Jump	5.00	12.1	11.5	10.75	10.00	9.00	8.00	7.00
Hammer (wt)	-	(7.25k) 40.0	(7.25) 34.0	(5.5k) 40.0	(5.5k) 25.0	(5.5k) 43.0	(5.5k) 25.0	(5.5k) 23.0
5k walk	32.00	25.10	26.30	27.30	28.00	27.10	27.15	31.00



As you have gleaned from the Veteran Athlete, M.B. Travel have been appointed official Travel Agents to the Australian Association of Veteran Athletic Clubs and our contact with them is Wal Sheppard. The Secretary wrote to him asking if he could arrange some package deals for W.A. Club members to travel to Sydney next year. In order to do anything for us he would require the following information.

1. How many are likely to travel?
2. Have arrangements been made with N.S.W. regarding accommodation they have reserved in the Sutherland area (\$7.50-\$11.0 per night) - we have made no approaches on this as we do not know how many will be going.

Wal advises that it would be difficult to improve on the advance purchase fare of \$335.70 return with a minimum stay of 7 days, which is generally available but numbers may give some leverage.

If you have any intentions of going to Sydney (and if you are you will be starting to train for it now) let the Secretary known as soon as possible so that something can be looked at FOR YOUR BENEFIT.

All entries must be through the Club Secretary and close on 24.3.78. IN SYDNEY. Forms will be distributed as soon as they are received by the Secretary. Accommodation for 130 people has already been booked in the area ranging from \$7.50 to \$11.00 per night. It is hoped to arrange tickets for the Royal Easter Show for wives and families of the competitors.

INVITATION FROM THE SOUTH AUSTRALIAN VETERANS CLUB to any W.A. Veterans who are journeying to Sydney for the Nationals to stop off in Adelaide the weekend before (April 7th and 8th 1979) and compete in their Club Titles as a try out. They will have a full programme at Olympic Park and have all necessary facilities to put on a full list of AGE events for Veteran Women and Men with open events for friends and relations who are not Club Members.

#### NEW ZEALAND VETERANS CHAMPIONSHIPS - AUCKLAND

MARCH 24TH AND 25TH, 1979

Information has been received about the above championship as follows:

A 10 day trip to Auckland is being arranged to the above championships. Departure is suggested as Thursday March 22nd and the return as either Saturday March 31st, or Sunday April 1st, 1979.

After the meet a coach tour of the North Island would be undertaken visiting such beauty spots as Bay of Islands, Rotorua, Waitomo etc. The South Island has not been included as the Interdominion Trotting Championships are being held at Christchurch at that time and accommodation is not available.

The expected cost ex Sydney is \$525 on the basis of 35 starters. This includes bed and breakfast in Auckland and dinner bed and breakfast on the coach tour. W.A. Competitors will have to add the cost of travel to Sydney to the above.

AS MARCH IS THE HEIGHT OF THE TOURIST SEASON, EARLY ADVICE IS ESSENTIAL. So if you want to go it is up to you to do something about it.

Those interested should send names and address and \$20 deposit per person to the Association Secretary:

Wal Sheppard, 2 Montgomery Place, Bulleen, Victoria 3105.

WYALLA HARRIERS AMATEUR ATHLETIC CLUB COUNTRY MARATHON CHAMPIONSHIPS OF SOUTH AUSTRALIA - Sunday 6th May, 1979, at 8.30 am will be held on a (un-named) course which is reputed to be very fast, so you should be assured of running your best time if you participate. Those interested should contact Reg Sara at P.O. Box 9, WYALLA, S.A. 5600.

-4-

CONFEDERATION OF AUSTRALIAN SPORT of which the Australian Association of Veterans" Athletic Clubs is a member association have been investigating ways and means of sports people being insured against injury while engaged in sport and have come up with the following broad outline of its coverage for consideration.

The cost advantage of effectively using a bulk aspect of current Confederation members to insure with such a scheme for basic benefits (as listed below) would result in an annual premium per registered club member (inclusive of Stamp Duty) of \$20.00 per annum.

Loss of Life	\$20,000.00
Loss of any two limbs or sight of an eye	\$20,000.00
Loss of any one limb or sight of an eye	\$10,000.00
Permanent total disablement	\$20,000.00
Ambulance, Dental, Health Insurance Gap cover up to	\$ 500.00
Loss of income up tp	\$ 150.00 p.w.

Anyone who is interested in making comment so that our delegates may be informed of the members feelings please forward these in writing to the Secretary. A decision will be taken at the next conference in Sydney in April, 1979.

In comparison the ACCIDENT INSURANCE arranged by the W.A.A.A.A. for a premium of 50¢ p.a. covers the following:-

- Death \$2,000.00
- If disabled when taking part in an association event or training \$26.00 per week for 26 weeks.
- Medical Expenses shortfall to Health Benefit Fund \$200.00 with \$5.00 excess.
- The insurance also covers travelling to or from an event or training.

SUNDAY 29TH OCTOBER, 1978 3000m at McCallum. Berry, Buchanan, Watson, Collins and Sammells all gathered to lap score for the two groups of veterans competing in the 3000m round the grass track at McCallum. Two pre vets and one woman visitor competed in the first heat and the results of the two heats were:-

#### HEAT 1

V. of Sanders	INV	9m 51s
1. M. Smith	M40	9m 52s
2. D. Caplin	M35	9m 56s
3. M. Johnson	M40	10m 11s
4. K. Beament	M35	10m 36s
A. Deans	INV	10m 38s
5. D. Sheppard	M35	10m 58s
6. W. Carter	M40	10m 59s
7. D. Carr	M45	11m 00s
8. D. Hough	M45	11m 29s
9. B. Paxman	M45	11m 37s
10. G. Moses	M35	11m 38s
D. Crowther	M35	6½ laps

#### HEAT 2

1. E. Pearton		11m 21s
2. A. Tyson	M50	11m 30s
3. J. Whittam	M40	12m 19s
4. I. Sutherland	M35	12m 23s
T. Carr	INV	12m 32s
5. C. Bould	M60	12m 33s
5. R. Horsley	M65	12m 33s
7. D. Jones	M50	12m 34s
8. P. Morrissey	M50	12m 50s
9. S. Lockwood	M45	13m 09s
10. D. Ninnett	M40	13m 51s
11. G. Sutherland	W30	15m 28s
12. G. Noordyk	M55	14m 00s
13. J. Pearton	W30	16m 41s

Alec Cummings was training with the hammer at the other end of the field and could not be enticed into entering the competition.

NOEL THOMAS birthday 30th October, turned 46 and remains M45.

ART BRIFFA'S times in the Singapore Meeting on 26th and 27th August, 1978, were 10k, 2nd in 38m 25s and 5k 2nd in 17m 53s., both in the M55 group. Both events were won by Jim O'Neil of U.S.A. in 38m 25s and 16m 57s respectively. We thank the "Veteran Athlete" No. 37 for this information but point out that Art comes from W.A. not S.A. as printed in the magazine.

#### SATURDAY 4TH NOVEMBER, TRACK AND FIELD AT PERRY LAKES

PROGRAMME NO. 1. The 1978-79 season opened in warm weather on the new track and for the first time in several years, men and women competed at the same venue. Unfortunately, headwinds continued and will continue to take the edge off performances, until a windshield is built at the south west end of the track. The results were as follows:-

TRACK EVENTS	60m	100m	400m	800m	1500m	3k Steeple*
M35 D. Caplin R. Calnan D. Hoyer	8.0	12.8	62.5	2:09.6	4:43.0	9:00.6
M40 K. Wright D. Ninnett R. Fergie E. Maslen	8.0	12.7	59.3	2:28.5		9:06.4
M45 D. Carr D. Jones		12.6 13.3		2:18.7	4:57.0	*This race was one lap short
W35 K. Holland	7.7	12.3				
FIELD EVENTS	Jav(800g)	Shot	Triple	Hammer	P.V.	Walk 2k
M35 R. Calnan	-	7.60(7.25k)	9.30	-	-	-
M40 E. Maslen R. Fergie	35.00	9.41(7.25k)	-	26.24(7.25k)	2	-
M45 J. Smith	-	-	-	-	-	10:34.0
M50 D. Jones	-	-	9.45	-	-	-
M55 N. Goff	21.7	8.32(5.5k)	-	23.08(5.4k)	-	-
M65 R. Horsley	-	8.60(4k)	-	-	-	10:43.0

In the womens events Jean Wijesundera, who ran in the Veteran Championships in Perth 1977, ran 14.4 for the 100m. Val Prescott, who is interested in Veteran Athletics, ran 14.1 for the 100m and 8.9 for the 60m.

Ross Holland was assisting with the officiating and did not compete. Dick and Jim had been doing some walking prior to this first track and field meeting as follows:-

25.10.78.	3k walk	Jim Smith	16m 32s
1.11.78.	4k walk	Jim Smith	22m 04s
		Dick Horsley	21m 59s and won the handicap

We welcomed the following to the Club.

Kenneth WRIGHT	(40) 9 Candish Court, BOORAGOON	364 4268
Peter FAULKNER	(50) 57 Ellen Street, FREMANTLE	335 1903

-6-

The following members had birthdays

<u>Ross CALNAN</u>	4th November, turned 38 and remained M35
<u>Dereck HOYE</u>	4th November, turned 40 and became a veteran M40

The new seasons Track and Field Competition will consist of 3 programmes used in rotation, each being used three times in the season which ends about the end of March. The 3000m has unfortunately been eliminated, but we shall retain it in our own programme as we feel that it is a good veteran distance. The 5000m and 10000m will be run as twilights, each three times this season as follows:-

5000m	15th November	6th December	31st January
19000m	8th November	29th November	7th February

Venues are not known at present, but will probably be at Perry Lakes. The 3000m event has been eliminated except for the Christmas Championships.

BRUCE BUCHANAN has been approached as VETERANS TEAM MANAGER. Would you please assist by ensuring that YOU GIVE HIM YOUR RESULTS for publication in the Newsletter. It is very difficult to get everyone's results every week and your co-operation will ensure me you have complete records of performances. Bruce's birthday was 11th October when he turned 48 and remains M45.

SUNDAY 5TH NOVEMBER, FREMANTLE FUN RUN. The course was altered from last year and lengthened slightly to bring it up closer to 10k. Unfortunately the start was a shambles by starting at Preston Point Cricket Ground and tunnelling the whole field of 1200 down a narrow road with a fence on one side and high banks on the other for a good 500m before there was space enough to run. From there on the route was the same as last year except that the hand staining check point at Duror Road was missing and the one lap round Fremantle Oval had been eliminated.

The individual times of the 46 veterans (almost twice as many as last year) were as follows. There were 10 veterans in the first 20 home and the winners time as 31m 21s. Known times from last year are in brackets but are not really valid for direct comparison.

M35	P. Wall	31m 46s	2nd	(31:32)
	G. Wall	33m 12s	5th	
	T. O'Hare	34m 36s	11th	
	H. Kirkham	34m 33s	12th	Hugh comes from NSW, has been transferred to Perth and will be joining us
	D. Caplin	34m 41s	13th	(34:55)
	K. Beament	35m 28s	16th	(35:40)
	M. O'Rourke	37m 10s	30th	
	D. Crowther	38m 27s	45th	
	G. Moses	40m 19s	62nd	
	C. Spare	39m 12s	57th	(39:29)
	R. Johnstone	42m 27s	131st	(40:57)
	G. Atzemis	44m 11s	-	(49:24)
	I. Sutherland	44m 22s	1st	
	B. Oliver	41m 11s	94th	(45:31)
	D. Merrick	42m 24s	127th	
M40	E. Masten	35m 18s	15th	Ted won the over 40 Veterans group
	M. Smith	35m 37s	17th	
	J. Butts	36m 43s	23rd	
	R. Sammells	37m 03s	27th	
	W. Carter	37m 32s	33rd	
	J. Whittam	42m 46s	139th	
	T. Ruddy	44m 17s	146th	
	T. Fermanis	44m 56s	153rd	(44:09)
	K. Mazey	44m 58s	154th	(44:43)
	J. Spencer	40m 27s	71st	
	B. Hanks	40m 08s	60th	
	T. Manford	41m 38s	81st	
M45	R. Shand	35m 38s	18th	(35:00)
	D. Hough	35m 43s	19th	(36:28)
	R. Hayres	39m 05s	56th	(41:18)

## M45 (continued)

	M. Berry	40m 43s	82nd	
	D. Batterham	47m 08s	251st	(51:34)
	S. Lockwood	47m 35s	261st	
M50	A. Tyson	38m 44s	49th	
	W. Hughes	45m 21s	156th	(46:18)
	R. Riley	46m 51s	244th	(45:00)
M55	A. Merrett	38m 21s	43rd	
	G. Noordyk	51m 47s	300+	
	F. Usher	45m 26s	±158th	(45:06)
	J. Darcey	67m 03s	300+	(61:26)
M60	C. Bould	42m 12s	122nd	
M65	R. Horsley	42m 35s	136th	(41:00)
M70	J. Shepherd	52m 02s	300+	(53:42)
M730	G. Sutherland	53m 00s	300+	
	A. Johnstone	53m 44s	300+	
W35	B. Wall	52m 00s	300+	

Val Tyson and Nora Berry walked the course in 86m 29s.

W45 G. Darcey 67m 03s 300+ (61:26)

Congratulations to the Marathon Club on winning the Club trophy and Ian Sinfield the "former State Athlete" for winning the "Open" Section in 33 minutes - he must be eligible for veteran status by now!

We hope that we have everybody's time but if there are any errors or omissions please let us know.

Meanwhile over in Canberra in the CANBERRA INTERNATIONAL MARATHON John Gilmour checked his second best time to finish 21st in 2h 40m 10s. The field must have been well bunched at the finish as 8th place was 2h 33m 39s. The race was won in 2h 26m 58s (by Geoff Moore) and two other known veterans competing were Bill Raimund (M40) with the same time as John and George McGrath (M55) who was 37th in 2h 53m 41s. 88 finished with 59 below 3 hours. The last to finish was timed at 3h 11m 48s.

TWILIGHT MEETING AT PERRY LAKES - WEDNESDAY, 8TH NOVEMBER, 1978 - 10,000m

A south easterly wind was evident all the way through the race which started at 6.15 pm and was won from a field of 31 in a time of 31m 19 s. Veterans times were as follows:-

9th	D. Hoye	M35	34m 15s
11th	F. Maslen	M40	34m 52s
13th	K. Beament	M35	35m 24s
14th	M. Johnson	M40	35m 52s
15th	R. Shand	M45	36m 06s
22nd	M. O'Rourke	M35	38m 20s
23rd	A. Tyson	M50	38m 44s
24th	C. Spare	M35	38m 48s
25th	B. Oliver	M35	39m 16s
26th	G. Moses	M35	39m 55s
28th	D. Carr	M45	41m 25s
31st	H. Hughes	M50	43m 51s
	F. Usher	M55	withdrew

Keith Beament is running well at the moment and his run of successes started by winning a Fun Run in Exmouth from 48 starters when visiting George Innes there. George participated, running in his kilt, alongside many who finished the course. Bob Hayres has been up 'North' on business and managed to get in a run on almost all of the 10 days he was away, the benefit of his tropical training showing through in his Fun Run time and he gives us this resume' of his trip.

-8-

Three others and the pilot, none of whom were runners, accompanied Bob all through the North West. He met up with George Innes in Exmouth and though he did not get a run in there was taken on a tour of the U.S. Navy Base. Under instructions not to leave the car except at the Gymnasium Bob says this was a complete play and exercise area with pieces of equipment at which 8 people could exercise at one time. It happened to be ladies day and a few "shapes" were draped over the apparatus". In Broome he met up with Bob King who advised that any member who visits there should go to the Seaview Newsagency to arrange a run on one of the many courses which he has to interest youngsters and the not so young in Broome to run for pleasure and fitness. 12 months ago, at 16 stone he decided to do something about his weight and is now down to a 12½ stone moving at 7 min mile pace. The run he took Bob on was 5 miles of dirt track with the last 2k in soft sand round the race track. The alternative run, which he was told about later, was along Cable Beach and is the Swanbourne of the North. Bob managed to get two of his party into an early morning jog for 30 minutes every day which is quite an achievement on a N.W. trip - they wouldn't let him sleep in on his last day and got him up and moving.

SATURDAY 11TH NOVEMBER TRACK AND FIELD AT PERRY LAKES, PROGRAMME NO. 2 The track was there, the headwind was there and here are the results:-

TRACK EVENTS	100m	200m	800m	3000m Steeplechase	2k walk	
M35 R. Calnan	13.4	26.2	-	-	-	
B. Oliver	13.9	27.8	-	-	-	
D. Hoyer	-	-	2:17.0	10:20.0	-	
M40 E. Maslen	-	-	-	10:12.0	-	
M45 J. Smith	-	-	-	-	10:35.0	
M50 D. Jones	13.2	26.8	-	-	-	
P. Faulkner	-	26.8	-	-	-	
M55 N. Goff	13.9	28.7	-	-	-	

FIELD EVENTS	DISCUS	LONG JUMP	JAVELIN	
M35 R. Calnan	23.78	4.91	19.94	
M40 R. Fergie	28.62	-	31.02	
M55 N. Goff	21.02	4.47	23.58	

In the womens events, Kath Holland ran 100m in 12.7 and threw the discus 26.96m. We have no other womens results for this meeting.

DAVID SHEPPARD birthday, 11th November, turned 38 and remains M35. The reason why there were so few veterans at Perry Lakes on this Saturday was probably due to the ROTTNEST WEEKEND. Although there were only 12 beds in the accommodation arranged for the weekend of 11th and 12th November, there was more than enough room for many more in the two bungalows allocated to the Club. The response was a bit disappointing to the organisers, however, 10 veterans made the placid overseas crossing in the Islander II on Saturday morning and were running by 12.30pm.

The first run was the longest of the weekend, from the Settlement, up Mt. Herschel past Lake Baghdad ("something is dead in there!") to Armstrong Hill and then a loop around to Armstrong Point, down the coast to Stark Bay and across Narrow Neck to Cape Vlamingh.

On the outward leg with Geoff Wall, Don Caplin and Rob Shand leading the way followed by Morris ("Puff the Magic Dragon") Johnson having leg trouble. After a short rest at West End and the run back towards the Settlement was led by Wall and Caplin pushed by Johnson (now warmed up) leaving Wes Carter and Rob Shand to return to the Settlement along the planned route across the Causeway followed by Tyson, Hayres, Berry, Hough and Carr to chalk up 15 miles.

A wrong turning at the lighthouse directed the leading three towards Parker Point and an extra 3 miles of running. "We could have died out there", said Puff the Magic Dragon - as he later described the waterless wasteland to the south of the Airport. Chefs Carr and Tyson produced a steak and rice dinner and the evening was spent in the convivial inbibing for which the island is renowned. Day one faded - (mistily!)

Run II started at 7.30 a.m. on Sunday morning from the Settlement, past Lake Baghdad (smell's still there), Pink Lake, Forbes Hill and back across the Causeway to cover 4½ miles. Bob Hayres excelled himself in this run, then slept till lunch entertaining an empty bungalow with sonorous slumber while others were enjoying sun and swimming at the Basin. Bob earned himself the "Rottnest Veteran Trophy" for his weekend performances!

After the departure of the Islander III at 4 p.m. Caplin, Tyson and Shand investigated the wastelands past Kingston Barracks, Tree Hill a loop round Parker Point, Lighthouse, Forbes Hill and back to the settlement across the Causeway to cover 8½ miles. A further 4½ mile early morning run on Monday finalised the weekends activity. Don, Rob and Allan lunched on the remnants of the two fridges including Puffs Spam, with Ham and Eggs, Peas and Beer.

The following mileages were covered:-

22½ miles	Wall, Johnson
19½ miles	Berry, Hayres, Hough, Carr, Carter
32½ miles	Shand, Tyson
35½ miles	Caplin

#### Sunday 12th November

While the Rottnest Runners caroused overseas, early arrivals at McCallum on a pleasant warm morning were David Sheppard, Dick Horsley and Cliff Bould. Initially it seemed there would be insufficient runners for the planned Parlauf Relay but after a surge of late arrivals Dick Horsley was able to set 13 two person teams off on a 2 x 2000 m relay.

The results were:-

1. J. Whittam (M40)	14m 54s	7. C. Bould (M60)	16m 44s
D. Sheppard (M35)		R. Horsley (M65)	
2. E. Pearton (M45)	15m 03s	8. J. Pearton (W30)	16m 53s
B. Watson (M40)		M. Smith (M40)	
3. G. Noordyk (M55)	15m 53s	9. J. Collins (M65)	17m 36s
R. Sammells (M40)		A. O'Hare (M35)	
4. P. Lennie (M50)	15m 55s	10. G. Sutherland (W30)	17m 39s
L. Kemp (INV)		I. Sutherland (M35)	
5. J. Martin (M50)	16m 12s	11. L. Ruddy (W35)	17m 59s
F. Usher (M55)		T. Ruddy (M40)	
6. W. Hughes (M50)	16m 13s	12. D. Jones (M50)	18m 18s
B. Oliver (M35)		R. Martin (M55)	

D. Walker (M45) and K.J. Walker both participating by invitation withdrew in the third lap. Jim Martin, Bob Sammells, David Sheppard and Tony O'Hare ran well and it was good to see Jack Collins in action again and sporting backless arch insert shoes of personal design (watch out Bishop!) and to see Ray Marting coming out of winter hibernation. Thanks to Stein Lockwood for timekeeping, Bruce Buchanan for recording and Dick Horsley for organising.

We welcomed the following members to the Club:-

Leonard KEYNES	(30)	125 Colin Road, WEMBLEY DOWNS, 341 3196
Phillip LENNIE	(53)	P.O. Box 285, CLOVERDALE, 277 3516
Laura RUTTY	(38)	Lot 151 Gidgegannup, 095 746030

-10-

After the relay was over a Bridges pack run was organised and Noordyk, Lockwood, Ian Sutherland, Jones, Hughes, Sammells, Crowther, Eric Pearton, Lennie, Kemp, Watson, Whittam, Usher and Ruddy took off leaving Cliff Bould to do some circuits of McCallum with Dave Walker.

Paul Morriseey arrived late (nothing unusual about that) and after comparing shoe design with Jack decided to do some training. Alex Cummings was joined by Noel Goff and Terry Ruddy in some discus and hammer practice.

#### WEDNESDAY 15TH NOVEMBER - TWILIGHT 5000M AT PERRY LAKES

The Meeting commenced with a 3k walk in which Jim Smith (M45) covered the distance in 15m 58s followed by Dick Horsley (M65) in 16m 15s and Terry Ruddy (M40) finding a new event with a walk of 17m 44s.

Weather conditions were perfect for the twilight meeting and when the coolness and lack of breeze is compared with the heat and howling gale down the straight, one wonders why the Association Summer Committee does not give serious consideration to track and field meetings in the evenings. While lack of lights may be an excuse, surely it is not an insurmountable problem - other sports have managed it.

50 competitors lined up for what must have been one of the greatest mass starts, short of a Fun Run, seen at an Association event. The results and times are as near as the officials could get them under the circumstances. Best known times for last season are shown in brackets.

M35 G. Wall	15:48	9	
D. Caplin	16:45	24	(16:31)
K. Beament	16:46	25	(17:41)
T. O'Hare	16:32	22	
G. Moses	19:15	50	

B. Oliver withdrew with 7 laps to go.

M40 D. Hoyer	16:22	16	
W. Carter	16:51		(1 lap short)
B. Watson	19:00	46	(22:04)
M. Johnson	16:50	26	

M45 D. Carr	18:38	44	(17:19)
R. Hayres	18:44	45	(19:29.4)
M. Berry	19:28	52	
D. Batterham	20:58	55	(21:34.4)

M50 A. Tyson	19:03	47	(19:04)
--------------	-------	----	---------

M55 A. Merrett	18:26	43	(17:50)
----------------	-------	----	---------

M60 C. Bould	20:58	55	
--------------	-------	----	--

#### SATURDAY 18TH NOVEMBER - TRACK AND FIELD AT PERRY LAKES

PROGRAMME NO. 3 Warm day strong wind down finishing straight

TRACK EVENTS	60m	200m	400m	1500m	3k Walk
M35 D. Sheppard	-	-	-	4:47.0	-
C. Spare	-	-	-	5:10.0	-
P. Gare	-	27.5	57.0	-	-
B. Oliver	8.3	31.9	-	-	-
R. Calnan	7.9	27.5	60.6	-	-
D. Caplin	-	-	58.8	4:28.4	-
M40 D. Hoyer	-	-	-	4:33.0	-
E. Maslen	-	-	-	4:27.0	-
K. Wright	8.0	-	-	-	-
M45 D. Carr	7.8	26.4	55.9	-	-



TRACK EVENTS	60m	200m	400m	1500m	3k walk	
M50 D. Jones	8.1	27.6	63.4	-	-	
W. Hughes	-	30.3	65.1	-	-	
M55 A. Merrett	-	-	-	5:09.0	-	

In the FIELD EVENTS Noel Goff was the only Veteran competing by throwing the Hammer 23.42m and the Discus 22.98m

In the WOMENS EVENTS

Kath Holland	60m 7.4	100m 12.2	200m -
Jean Wijesundera	60m 8.7	100m -	200m -
Val Prescott	60m 9.0	100m 13.8	200m 32.1

Bernie Oliver birthday 19th November, turned 35 and remains M35.

SUNDAY 19TH NOVEMBER MARATHON CLUBS 10 MILE ROAD RUN AT ROCKINGHAM 40 starters listened to John Butts description of the course before setting out just after 9 am for the 10 ml road run, 1½ km away from the parking area and back again out to Point Peron and again returning to the start, with some sand and bush track thrown in for good measure.

The race was won in 54m 39s and the veterans performances were as follows:-

	POSITION	CLOCK TIME	HANDICAP	ADJUSTED TIME
M35 Geff Wall	4	55m 23s	3m 00s	52m 23s
Don Caplin	9	58m 45s	-	-
Tony o'Hare	10	59m 29s	-	-
Keith Beament	11	60m 04s	-	-
Jeff Joyce	19	62m 54s	8m 30s	54m 24s
Martin O'Rourke	20	63m 35s	-	-
Graham Moses	32	71m 30s	10m 00s	61m 30s
Des Merrick	33	71m 55s	-	-
M40 Dereck Hoyer	8	57m 15s	3m 00s	54m 17s
Morris Johnson	12	60m 11s	-	-
John Butts	23	64m 55s	8m 00s	56m 55s
M45 Rob Shand	13	60m 24s	5m 30s	54m 54s
David Hough	17	62m 12s	-	-
Mike Berry	29	66m 49s	12m 00s	54m 49s
Bob Hayres	30	67m 15s	-	-
Dennis Batterham	36	75m 28s	-	-
M50 Alan Tyson	28	66m 27s	9m 30s	56m 57s
M55 Col Junner	24	63m 13s	10m 00s	53m 13s
Frank Usher	37	82m 33s	-	-
M70 Joe Shepherd	34	72m 42s	-	-

Handicaps are only given to financial members of the Marathon Club Trophies. It was good to see Joe Shepherd participating in this run and to see Terry and Laura Ruddy at the event. Tony started but pulled out early in the race. The weather had warmed up considerably by the time the last runner was in and good use was made of the nearby sea for a swim followed by showers and tea at the Club Rooms. A barbeque was held at Sheldon Road and we thank John and Maureen Butts for their hospitality.

## WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

NEWSLETTER NO. 74

DECEMBER 10, 1978

Let your zeal be inflamed by charity,  
enlightened by sound learning,  
and established by perseverance.

- St. Bernard

EVENTS TO NOTE DECEMBER/JANUARY : Full programme will be issued as soon as finalised.

SUNDAY DECEMBER 24

XMAS GIFT RACE at McCallum - see Newsletter 73 for details.

START 8.30 AM

WEDNESDAY DECEMBER 26

LAKE LESCHENALTIA RUN - Meet far side of Lake diagonally opposite entrance. B.B.Q. after b.y.o.

START 5.30 PM

SUNDAY DECEMBER 31

McCABES MACABRE 10K TORTURE TRAIL at Millington Reserve (south of St. Mary's Girls School) Karrinyup

START 6.00 PM

NOTE: The B.B.Q. after, venued for 37 Sackville Terrace will not be held. Another venue is being sought and members will be advised.  
Sackville

WEDNESDAY JANUARY 3

Possible International Twilight Meeting at Perry Lakes but no advice on Vets events to hand yet.

SUNDAY JANUARY 14

MARATHON CLUB 10ML ROAD RACE AT WAIT with 5ml for joggers.

START 7.00 AM

TIME TRIALS FOR VETS START AT PERRY LAKES warm up track at 6 p.m. every THURSDAY

THURSDAY	JANUARY 11	100m	Javelin
THURSDAY	JANUARY 18	800m	Discus
THURSDAY	JANUARY 25	1500m	Long Jump

Some Queensland Vets news to start off with for comparison with our current performances.

15K Road Champs August 20, 1978

M35	M. Williams	56:19	M40	N. Neill	56:00
M45	W. Grady	57:51	M50	R. Smith	65:20

T & F October 22, 1978 Men100m

M35	N. Baumber	12:4	M40	J. Christian	12:5
M40	E. Eden	12:5	60+	W. Stubbings	14:8

400m

M35	N. Baumber	58.7	M40	J. Ellis	55:6
M45	W. Grady	59:9	60+	W. Stubbings	69:5

- 2 -

<u>1500m</u>					
M35	G. Nichol-Smith	4:57	M40	J. Ellis	5:20
M45	W. Grady	4:42.9	60+	N. Cheetham	6:30

<u>5000m</u>					
M35	B. Cox	16:52	M40	R. Stubbs	18:16
M45	M. Barnes	19:36	M50	A. Semple	19:35

<u>L.J.</u>					
M35	N. Baumber	5.5	M40	J. Christian	5.5
M45	E. Eden	4.9	60+	W. Stubbings	4.0

<u>Javelin</u>					
M35	N. Baumber	33.24	M40	J. Christian	32.04
M45	E. Eden	43.6			

T & F October 22, 1978      Women

<u>100m</u>	W35	U. Lund	13:2	(Q. Record)
	W45	H. Doherty	15:2	( " )

<u>400m</u>	W35	J. Petro	76:1
-------------	-----	----------	------

<u>L.J.</u>	W35	U. Lund	4:85 (Q. Record)
	W45	H. Doherty	3:80 ( " )

<u>Javelin</u>	W35	U. Lund	32:02 ( " )
	W45	H. Doherty	31:55 ( " )

In Newsletter No. 74 Art Briffa was incorrectly classed M55. He should be M50 but hopes when he is M55 his times will be the same - or better.

In a walkers club 3k walk on November 15 Jim Smith (M45) did 15m 58s.

Phil Lennie, who joined us in November, did 41m23s for the Fremantle Fun Run.

SUNDAY NOVEMBER 19 AT McCALLUM While the TEN MILERS were battling with the heat at Rockingham, Dick Horsley led a pack run from McCallum to Kings Park accompanied by Eric Pearton, Carr, Ray Martin, Maurice Smith, Bould, Lennie, Whittam, Kemp, Noordyk, Keynes, Jones, Thomas, Cummings, Watson, Sammells, Morrissey, Manford and the Sutherlands G & I. Accompanying the group of regulars was our Exmouth Visitor George Innes.

Gilmour had been training early and was involved in coaching hurdles aspirants while Jack Collins accompanied potential new member Ron Torkildsen on some McCallum laps. Crowther was also lapping the kilometer while Oliver, who had done a Bridges run earlier, rested in the shade. Jill Pearton is showing the benefit of sticking to her training by following a Bridge run with one circuit of the Cliff Bould course to chalk up 15½ km for the session - Rockingham next year Jill?

We welcomed Derek Walker (46) to the Club and saw him try out his speed at 3000 metres on the track. Derek lives at 61 Westfield Street, Maddington and can be contacted on 459.5885.

On Tuesday 21st Hayres, Caplin, Tyson, Usher, Horsley, Carr and Shand met at 5.30 p.m. at Perry Lakes for a training session with George Innes to hear of his training at Exmouth. George, a little heavier than when he left, is still in good condition and would not take long to get into racing pace.

Tyson, Shand, Hayres and Horsley usually meet at Perry Lakes each day at 5.30 p.m., Horsley to walk and sometimes run, the others to do between 5 and 8 miles running. Anyone wishing to join in would be most welcome.

There was no mid week twilight meeting on Wednesday 22nd which was just as well as the temperature had reached over 40° during the day, however, the Inter Services Sports were held on the Perry Lakes Track and in the 5k Tony O'Hare (M35) ran 17m10s and David Sheppard (M35) withdrew.

In a Walkers Club event Jim Smith (M40) covered 3k in 16m17s.

The weather cooled off considerably by Saturday 25th for the start of the second round of TRACK AND FIELD AT PERRY LAKES with PROGRAMME NO. 1. The results were as follows -

TRACK EVENTS	60M	100M	400M	800M	1500M
M35				First lap in brackets	
D. Sheppard					4m42.0s
D. Hoyer					4m43.9s
G. Moses			63.3	(80)2:32.7	5m14.5s
G. Wall					4m28.0s
P. Gare	7.4	11.8	55.9		
R. Calnan	8.00	13.0	59.9		
B. Oliver	8.2	13.3			
M40					
M. Johnson		14.8			4m43.3s
K. Wright			57.8	(76)2:28.5	5m18.8s
J. Whittam					
M45					
R. Shand					4m38.1s
D. Carr		12.7	56.3	(73)2:24.7	
E. Pearton			70.3	(80)2:43.1	
M50					
A. Tyson				(80)2:37.5	5m18.0s
W. Hughes			66.0	(90)2:56.6	
M55					
N. Goff	8.10	13.5			
FIELD EVENTS	JAVELIN (800g)	TRIPLE	SHOT	HAMMER (5.4K)	3K STEEPLE
M35					
D. Hoyer					10m39.2s
R. Calnan		9.75	9.11(5.4K)		
P. Gare			11.12(5.4K)		
M40					
E. Maslen					10m37.2s
A. Fergie	38.80*		10.10(7.25K)	34.48	
M50					
W. Hughes			8.00(5.4K)		
M55					
N. Goff		9.89	9.06(5.4K)	23.96	
A. Herrett					11m37.8s

- 4 -

After the meeting Bryan OLD (40) joined the Club and will still compete for Swan Districts. He should provide some good competition for Bob Fergie as his performances at this meeting were -

5.4K shot 8.47m Javelin 39.6m 100m 13.2s 60m 8.0s

Bob Fergie's javelin throw of 38.80m is a new M40 record breaking the old record of 35.34m he created at the Vet Championships in Melbourne at Easter.

Jim Smith (M45) spent 10m30s walking the 2K and was followed not very far behind by Terry Ruddy (M40) in 11m20s.

In the womens events Kath Holland ran 60m in 7.6s, 100m in 12.4s and 200m in 26.2s.

Lap times were taken for the 1500m which are as follows -

NAME	LAP 1 (300m)	2	3	4
Shand	54	76	76	72.1
Sheppard	53	76	78	75.0
Johnson	54	74	77	78.3
Hoye	54	73	80	76.9
Moses	60	86	85	83.5
Tyson	61	84	90	83.6
Whittam	54	88	91	85.8

CHAMPIONSHIP STANDARDS There have been queries about the standards published in Newsletter No. 73 and some explanation about their compilation may assist. The standards are based on the athlete gaining a 2nd or 3rd place in the Championships and are related to the results of the last two Australian Championship results. They therefore relate to the participants in the various events and that is why standards in, for example, M50 javelin are higher than those required for M45.

#### SUNDAY NOVEMBER 26 : CLUB PENTATHLON CHAMPIONSHIP RESULTS

	SHOT	110 HURDLES	LONG JUMP	200m	1500m	TOTAL POINTS	POSIT- ION
<u>M35</u>							
R. Calnan	8.69 116		4.52 168	27.4 560		840	15
L. Keynes			2.70 0	34.4 0		0	25
D. Sheppard	7.06 0		3.91 0	30.0 300	4.54 736	1036	11
T. Conner	7.95 13		3.78 0	32.6 40	5.18 592	645	16
D. Crowther	7.26 0		4.14 16	31.1 190	5.02 688	894	14
B. Oliver			4.05 0	34.6 0		0	25
R. Kemp	8.80 132	27.2 0	4.21 46	30.1 290	5.29 526	994	12
I. Sutherland	8.01 21		3.96 0		5.32 508	529	22
<u>M40</u>							
M. Johnson				30.9 310	4.45 820	1130	9
M. Smith			4.10 240	30.2 380		620	18
T. Ruddy	8.07 99		4.65 462	30.0 400	6.01 354	1315	7
D. Hoye	7.79 60	22.4 460	4.48 392	29.3 470	4.39 856	2238	3
A. Fergie	11.44 571					571	21

	SHOT	110 PURDLES	LONG JUMP	200m	1500m	TOTAL POINTS	POSIT- ION
<u>M45</u>							
D. Walker	8.49 228	22.3 570	4.38 472	29.4 560		1830	6
S. Lockwood	7.71 115	24.7 330	4.05 342	29.8 520	6.14 306	2920	2
D. Carr	7.63 108		4.02 328	27.8 720	5.06.5 721	1877	5
A. Cummings	8.19 186	27.6 40	4.26 424	31.6 340		990	13
R. Shand	8.05 167		4.11 356	34.2 80		613	19
R. Haynes			3.02 0	31.5 350		350	24
<u>M50</u>							
W. Hughes	8.48 367	29.6 0	3.03 65	34.4 160		593	20
A. Tyson	6.45 83	30.1 0	2.93 40	33.5 250	5.23 682	1055	10
<u>M55</u>							
G. Noordyk			3.15 464	35.4 160		624	17
N. Goff	8.11 455	21.4 860	4.32 928	30.1 690		2933	1
<u>M65</u>							
D. Horsley	8.27 528		3.35 610		5.49 976	2114	4
Collins	5.30 252 (101b)					252	27
<u>WOMEN</u>							
L. Ruddy	4.46 0	24.1 490	3.07 286	38.6 0	6.54 406	1182	8
G. Sutherland				38.1 0	6.56 384	384	23

Congratulations to Noel Goff on winning the Championship just 13 points ahead of Stan Lockwood, and to Laura Ruddy for gaining the most points in the womens section. A good turn out of 27 competitors though many did not do all events and others ran out of time. The hurdles did not prove to be a popular event.

Points were assessed on the basis of performance related to age from a table downgraded from the international tables and formulated for local competition. 1000 points would be awarded for an Australian Veteran winning time, e.g. 615m in the M35 long jump or 4m 20s for an M45 1500m.

Some points had to be deducted in the shot to adjust for incorrect implement weights being used.

More assistance is needed at twilight meetings for lap scoring, etc. Please turn up if you are not running and can spare the hour or so between work and tea.

Walkers performing on Wednesday Nov. 29 covered 4000m with J. Bromley an M50 from Belgrave Harriers and walking by invitation covering the distance in 20m 47s followed by Jim Smith (M45) in 21m 47s and Dick Horsley (M65) in 22m 09s. This event was held before the twilight 10,000m.

Merv Hoyle birthday November 29, turned 52 and remains M50.

In a twilight 10,000m at Perry Lakes on Wednesday November 29 the States residential record of 30min 48 sec was broken by first and second place getters in times of 30min 29.6sec and 30min 30 secs respectively. 56 runners are reported to have started and 41 finished among whom were the following veterans with known best 1977 times in brackets.

M35	10th	G. Wall	33min 24sec	(34:09)
	21st	K. Beament	35min 29sec	(36:33)
	33rd	G. Moses	39min 46sec	( - )
M40	14th	E. Maslen	34min 06sec	(34:05)
	15th	D. Hoyer	34min 08sec	
	20th	J. Johnson	35min 23sec	
	39th	T. Manford	41min 20sec	( - )
M45	22nd	R. Shand	35min 32sec	(35:37)
	30th	R. Sammells	38min 52sec	( - )
	31st	J. Whittam	39min 07sec	( - )
	37th	D. Carr	40min 50sec	(35:32) (M45 record)
M55	27th	A. Merrett	37min 57sec	(38:23)
M60	41st	C. Bould	44min 19sec	(42:42)

Four athletes improved on their best times of last year and Rob Shand's run of 35m32s equalled the M45 record created by David Carr on 28.9.77 and is 2 seconds outside "qualifying standard". Conditions were cool but the wind in the finishing straight was gusty as usual. Bruce Buchanan and Alan Tyson assisted with time keeping and lap scoring and Bernie Oliver was hard at work earlier in the evening with starting practice.

TRACK AND FIELD REVISED PROGRAMME The WAA has issued a revised programme for Saturday's Inter-Club Competition. Times of events are slightly altered and competitors are advised to purchase a revised programme at Perry Lakes (10¢) and check the times of their events. Competition has now been graded after the first round. Additional events are 3000m to Programmes 1 and 3, 3000m steeple chase to programme 2 and Javelin to programme 1.

#### SOUTH WEST CHAMPIONSHIPS

on Saturday January 27 2.30 p.m. - 7.30 p.m.  
on Sunday January 28th 9.30 a.m.

at P.C. Payne Park, East Bunbury

Entry forms available from Secretary or Nhum Importers.

ENTRIES CLOSE JANUARY 6, 1979 : send your own entries and entry fees to -

Mr. P.J. Smith  
23 Dunstan Street  
Bunbury

or

Nhum Importers  
Eric Street Shopping Centre  
Cottesloe

#### NOT TO THE SECRETARY

FEE - \$1.00 per event

The Club should support this meeting as much as possible as the S.W. Association, in response to our request, has organised events for:

Men 36 and over  
Men 46 and over  
Women 26 and over

ACCOMMODATION Last year we camped at Holiday Homes Caravan Park on the Collier River and could do so again. If there are no better suggestions we can get organised and make early bookings.

Relays 4 x 400m and 4 x 100m relays are included in the Men 36 and over groups in which the Club could well participate. David Carr will be organising the teams.

After a cold night and a rainy morning, the wind was present at the start of the TRACK AND FIELD AT PERRY LAKES on Saturday December 2 for Programme No. 2. The performances, which were obviously wind affected, were as follows -

TRACK EVENTS		100m	200m	800m	3k steeple	2k walk
M35	P. Gare	11.6	25.7			
	R. Calnan	12.6	27.7			
	B. Oliver	13.0	29.3			
	G. Moses			2:30:0	12:21:0	
M40	D. Hoyer			2:22:0	10:45:0	
	E. Maslen				10:32:0	
	J. Whittam			2:43:0		
	B. Old	13.2	28.9			
	T. Ruddy	13.2				
M45	D. Carr		27.2	2:19:1		
	J. Smith					10:39:0
M50	W. Hughes	13.7	30.5			
	D. Jones	13.0	27.8			
	J. Bromley					10:23:0
M55	N. Goff	13.5				
M65	R. Horsley					10:40:0

FIELD EVENTS		DISCUS 1.5k	LJ	PV	HJ	JAVELIN
M35	R. Calnan	22.24	4.85			
	P. Gare	32.98				
M40	B. Old	28.40				38.70
	E. Maslen			2.40		
	R. Fergie	32.42		2.40		34.82
	J. Whittam	23.62				
	T. Ruddy		5.07			33.78
M55	N. Goff	24.44	4.85*			

\*Noel Goff reached the "qualifying standard" of 4.8 for his long jump. In the walking events J. Bromley, walking by invitation, comes from the Belgrave Harriers.

In the womens events Kath Holland 100m 12.3, 200m 26.8  
Val Prescott 100m 13.7, 200m 31.2

We welcome VALERIE PRESCOTT (34) of 3 Melville Street, Claremont. Val competes for Karrinyup.



- 8 -

## Copies of "W.A. VETERANS AMATEUR ATHLETIC CLUB HISTORY AND CONSTITUTION"

are now available from the Secretary at 50c each. This has been prepared by Rob Shand from information provided by Dick Horsley, Cliff Bould and John Gilmour and includes the Club Constitution and Records for all events and all groups for track and field as at the end of the 1977 track and field season. Bob Fergie has been responsible for the collating and binding of this pamphlet.

SUNDAY DECEMBER 3 : 3 x DAVE JONES' COURSE AT McCALLUM This is a measured course of three laps totalling 6699m (4.16 miles). The race saw 31 competitors at the line when David Carr started the race and joined in. On an open basis the race was won by Tony O'Hare in a time of 23min 30sec to break the course record of 23min 59sec created by John Gilmour when the race was last run on March 26 (ref. Newsletter No. 62). The old record was also broken by Keith Beament. Tony created a new lap record for the first lap, those for the second (7.47) and third (7.39) still being held by John Gilmour.

All the women competitors withdrew as follows -

Laura Ruddy W30	12.26 + 12.32	=	24.58
P. O'Hare W35	12.26 + 12.32	=	24.58 (running by invitation)
Jill Pearton W30	12.13	=	12.13

The run was organised by David Carr and assisted by Peta Carr and Bruce Buchanan. Many members who obviously do not read their programmes, arrived late for the 8.30 a.m. start and either joined in or did not participate. It is noticeable that most veterans have improved since their last run on the course.

	LAP 1	LAP 2	LAP 3	FINAL TIME	POSITION	LAST RUN
M35 A. O'Hare	7.35	7.56	7.59	23.30	1	25.52
K. Beament	7.44	8.00	7.53	23.37	2	
D. Caplin	8.03	8.19	7.55	24.17	3	
D. Sheppard	7.53	8.29	8.17	24.39	4	
D. Crowther	8.19	8.53	8.44	25.56	7	
D. Merrick	9.07	9.42	9.11	28.00	10	
I. Sutherland	10.10	10.34	10.09	30.53	20	
J. Beament	8.30	8.53	8.40	26.03	(INV)	
M40 R. Sammells	8.30	8.31	8.21	25.22	5	26.10
B. Watson	8.34	9.13	9.07	26.54	8	28.15
J. Whittam	9.10	9.31	9.30	28.11	11	
T. Manford	9.20	9.57	10.16	29.33	16	
T. Ruddy	10.49	11.00	10.33	32.22	23	
M45 D. Carr	8.20	8.49	8.40	25.49	6	27.01
E. Pearton	9.19	9.06	8.45	27.10	9	30.47
S. Lockwood	10.07	10.45	10.27	31.19	24	34.08
D. Batterham(joined late)	9.28	10.02				
M50 P. Lennie	9.30	9.26	9.29	28.25	12	
W. Hughes	9.27	9.55	9.35	28.57	15	
D. Jones	9.22	10.25	10.19	30.06	18	35.56(1977)
J. Carroll	10.11	10.33	10.33	31.17	21	
M55 J. Martin	9.32	9.39	9.30	28.41	13	
R. Godkin	9.25	9.47	9.38	28.50	14	
F. Usher	10.49	11.00	10.33	32.22	23	30.57
G. Noordyk	10.34	11.33	11.17	33.24	25	
M60 C. Bould	10.01	10.08	10.05	30.14	19	31.17
M65 R. Horsley	9.36	9.47	10.00	29.23	17	30.00 (1977)

Rob Shand, Eric Pearton and Mike Berry had run the Bridges early in the morning, Mike and Eric once and Rob twice, though Mike did another circuit after the race with Alec Cummings, Hayres, Sheppard, Hough, Crowther, Hughes, Batterham, Kemp, Jones and Tyson.

Don Caplin and Hugh Kirkham ran a bridges and Mill Point Road.

John Gilmour and Maurice Smith did laps round the oval while Bob Johnstone and Jack Collins did some light jogging with Bruce Buchanan and Derek Walker.

We welcome new members -

JACK (JOHN P) CARROLL (51) 33 Melville Beach Road  
Applecross 6153  
Tel: 364 5025

IAN HENDERSON (38) 2 Broomer Street  
South Perth 6151  
Tel: 367 7695

JIM HOSKING (35) 474 Riverton Drive  
Riverton 6155  
Tel: 457 5405

BRYAN F. OLD (40) 17 Strettle Road  
Mahogany Creek  
Tel: 298 8291

JOHN HUGHES: Birthday December 6 turned 43 and remains M40

REG BRIGGS: Birthday December 7 turned 73 and remains M70

PETER WILLIAMS: Birthday December 8 turned 39 and remains M35

Wednesday December 6 - was a day of century temperature and it had dropped to only 32°C by the time the 5000m Twilight at Perry Lakes race was started. In order to avoid the confusion of the previous 5k there were two heats. Wall, Caplin and Beament running with the A grade and the remainder with B grade. The cut off point was 17 minutes.

			15.11.78	
M35	G. Wall	16m19s	(15.48)	
	D. Caplin	17m11s	(16.45)	
	K. Beament	17m17s	(16.46)	
	G. Moses	19m21s	(19.15)	
	J. Hosking	20m57s	( - )	
M40	E. Maslen	16m17s	-	Won B Grade
	M. Johnson	16m53s	(16.50)	
	D. Hoyer	16m55s	(16.22)	
	W. Carter	18m40s	(16.51)	
	J. Whittam	19m17s	-	
M45	R. Shand	17m07s	-	
	R. Sammells	18m08s	-	
	W. McCabe	19m51s	-	
	D. Batterham	22m14s	(20.58)	
M50	P. Lennie	18m06s(1lap short)	-	
	W. Hughes	20m03s	-	

- 10 -

M55	A. Merrett	18m16s	(18.26)
M60	C. Bould	21m40s	(20.58)

The slower times are attributed to the heat and sultry conditions. David Hough was not permitted to run as he did not have his singlet or numbers (although another bare chested runner was noticed participating in the A grade race). Bruce Buchanan and Art Briffa assisted in time keeping and Terry Ruddy, Bernie Oliver, Alan Tyson and Jack Collins were at the track.

---

THE VETERAN ATHLETE The response to orders for this magazine was almost non existent, two members put their names on the list on the board and with the three copies the club were willing to purchase that made an order of 5. Jack Pennington will supply no less than 50 copies so we will no longer see the publication in W.A.

---

Dave Carr's 400m on November 18, 1978 was a new M45 record. His time of 55.9 seconds broke his own record of 56.2 seconds created on December 14, 1977.

---

In the programme for January 1979 which is attached to this Newsletter we have rostered veterans other than the committee to be responsible for conducting the programmed activities. The programme for the remainder of the summer season up to Easter will follow.

---

Some Library Books have been out for some time now and should be returned to Bob Hayres as soon as possible.

---

<u>MARTIN O'ROURKE</u>	birthday December 10 turned 37 and remains M35
<u>NOEL GOFF</u>	birthday December 12 turned 58 and remains M55
<u>STEWART BRANDON</u>	birthday December 12 turned 41 and remains M40

---

We wish all members of our Club, wives and families a Merry Christmas and hope that 1979 will be a peaceful, trouble and injury free year for all. As our Newsletters travel to the Eastern States we take this opportunity to extend our Greetings to all vets on the other side.

WE THANK BRUCE BUCHANAN FOR ARRANGING THE TYPING OF THIS NEWSLETTER.