

WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

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September 1980

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"It is better to wear out than rust out"

Bishop Geo. Horne

While most vets spent SUNDAY, 10th AUGUST on the pack jog to Kings Park (as reported in Newsletter No. 99), six intrepid cross country enthusiasts made the trip to Keith Stewart's farm at IRISHTOWN near Northam. There they confronted the Marathon Club's new 17km course which included 9 fences, scrub, a water course, paddocks and other assorted obstacles! This was reported to be the best cross country run of the season, but if you are a straight road runner this one is not for you. The race was won by Jim Langford in 65m 17s from the field of 33. Vets results were:

4th	D. Crowther	M35	70.02
6th	C. Spare	M40	71.51
16th	M. Loly	M40	78.10
17th	A. Tyson	M55	78.16
18th	D. Hough	M45	78.20
21st	J. Maddison	M40	79.20

HOUGH'S HAPPY HOUR: PERRY LAKES, SUNDAY, 17th AUGUST, 1980

Due to some confusion as to the starting time, at least six members completed their own "Happy Hour" before even the course markers were out. These included Joan and Barry Slinger, Arthur Leggatt, Barbara Leach, Hugh Kirkman, Marion Peterson and Roger Walsh. A very heavy shower of rain discouraged them from staying to see what course they should have been doing had they arrived a little later!

The member on duty, Bob Sammells, assisted by Dick Horsley, set out an approximately 4900m course which included a limestone quarry climb and sand tracks. Jerry Danby, Frank Smith and Jim Barnes added their assistance with time keeping. Some 43 members and guests started off in the rain at intervals for the time trial. Later on completing the course, some of the finishers actually had times recorded. Apologies to those with no times to note in their "jog logs" - Bob Sammells promises to organise things better if entrusted with the job again.

W55	Val Tyson	34m35s
W50	Nora Berry	37m55s
	Lorna Butcher	26m18s
W40	Joan Pellier	28m27s
	Dorothy Whittam	37m10s
W35	Enid Crowther	38m25s
	Val Prescott	34m45s
W30	Colleen Milbourne	26m15s
	Jo Walker	34m04s
INV	Terri Carr	35m47s
M65	Dick Horsley	25m52s
M55	Alan Tyson	25m00s
	Andy Wright	24m23s
M50	Ray Lawrence	26m35s

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M45	Mike Berry	25m00s
	Dave Carr	26m30s
	Bob Hayres	34m35s
	Maurice Smith	20m30s
	Derek Walker	22m22s
M40	Don Caplin	21m30s
	Peter Cowley	24m20s
	John Pellier	22m09s
	Bill Weatherill	23m26s
	Alvin Willis	20m20s
M35	Ron Bragg	20m46s
	Derek Crowther	19m50s
	John David	20m25s
INV	Keith Eldershaw	22m32s

Bob Sammells, once, and Rob Shand, twice, went round the course when everyone else had finished, and then joined with them in enjoying Dave Hough's hospitality

Informal Group Jog, Kings Park, 20th August 1980

Barry Thomsett, Jeff Whittam, Basil Worner did 10k.

Nora Berry, Enid Crowther, Joan Pellier, did their own run with dog Berry.

Mike Berry, Derek Crowther, and Rob Shand did 7k.

Frank Usher did his own training earlier and all in shocking wet, windy and cold weather.

BIRTHDAYS - AUGUST/SEPTEMBER

Richard Spark	birthday	25th August	turned 41 and remains M40
Barbra Leach	birthday	25th August	turned 36 and remains W35
Gordon Westlake	birthday	26th August	turned 51 and remains M50
Basil Worner	birthday	4th Sept.	turned 49 and remains M45
John Carroll	birthday	7th Sept.	turned 53 and remains M50
Arthur Leggatt	birthday	8th Sept.	turned 62 and remains M60
Andy Zemunik	birthday	14th Sept.	turned 41 and remains M40
Bob Hayres	birthday	16th Sept.	turned 49 and remains M45
Theo Fermanis	birthday	17th Sept.	turned 46 and remains M45
Christine Harland	"	21st Sept.	turned 31 and remains W30
Alistair Turner	birthday	24th Sept.	turned 40 and remains M40
Morris Warren	birthday	24th Sept.	turned 43 and remains M40
Val Anderson	birthday	25th Sept.	turned 62 and remains M60
John Spencer	birthday	26th Sept.	turned 44 and remains M40
Stan Lockwood	birthday	29th Sept.	turned 51 and remains M50
Tony O'Hare	birthday	29th Sept.	turned 41 and remains M40
Frank Usher	birthday	30th Sept.	turned 57 and remains M55

We welcomed Ron Bragg (39) of 14 Bentwood Avenue, Woodlands, telephone 446.4702, to the Club, who joined us at Hough's Happy Hour on 17th August 1980.

Seen at Perry Lakes on 10th August 1980 was Reg Briggs, M70, getting in some early training for his assault on the track this summer.

MIDLAND HANDICAPS SATURDAY, 23rd AUGUST, 1980

There was a good turn out of vets to run the 10km two-lap course over hills, gravel and "honky" nuts. Those running for the Club are marked *:

			Handicap	Time In	Actual Time
Hugh Kirkman	M35	1st	4.30	39.53	35.23
John David*	M35	2nd	.30	40.02	39.32
John Spencer*	M40		.30	40.35	40.05
Derek Hoyer	M40		5.30	41.05	35.35
Ted Maslen	M40			Times unknown	
Derek Crowther*	M35		4.00	42.09	38.09

		Handicap	Time In	Actual Time
David Carr*	M45	1.30	42.17	40.47
Jeff Whittam*	M45	1.00	43.15	42.15
Bernie Oliver*	M35	1.30	44.59	43.29
Derek Walker*	M45	.60	45.36	45.36
Denys Butcher*	M50	1.30	withdrew, leg injury	
Alan Merrett	M55	(not entered)		41.15

This was a great result for the Club. Fastest time was recorded by John Sharpe (33.12). John Hambleton recorded a 32.52, but was not entered.

Hank Stoffers Change of Address to 39 Eagle Crescent, Eaton, 6232. Work telephone no: 097.216879.

MARATHON CLUB DINNER at Miss Maud's on 14th November, 1980. M.C. members only. Contact for tickets: PHIL WALL tel. 02751988... as soon as possible as numbers are limited. \$15 a head, 7.30 - 12 p.m.

ROUND-THE-PARK RUNS designated for Sunday, 24th August, actually became the choice of a Cliff Bould 5.2km or Round-the-Bridges 10 km, to be done in a nominated time. With Denys Butcher in charge, assisted by Jill Pearton, one runner set out for the short course, with 24 members opting for the 10km. After some "heart stopping" problems with the stop watch, results were recorded as follows:

10km		Nominated Time	Actual Time	Difference	Place
N. Berry	W45	61m	60.57	- .03	25
R. Lawrence	M50	47m	46.40	- .20	21
L. Butcher	W50	49m	48.36	- .24	23
R. Kemp	M40	45m	44.34	- .26	16
R. Sammells	M40	40m	39.33	- .27	7
R. Walsh	M35	38m	37.33	- .27	5
C. Milbourne	W30	47m	46.27	- .33	19
C. Bould	M60	41m	41.37	+ .37	11
G. Noordyk	M55	47m	46.01	- .59	17
M. Berry	M45	45m	43.33	- 1.27	13
B. Buchanan	M45	45m	43.33	- 1.27	13
H. Kirkman	M35	35.15m	33.37	- 1.38	1
M. Smith	M45	37m	35.16	- 1.44	4
D. Jones	M50	48.57m	46.47	- 2.10	20
B. Adamson	M35	46m	43.38	- 2.22	15
J. David	M35	40m	37.21	- 2.39	5
R. Shand	M45	38m	34.59	- 3.01	3
P. Llorens	M65	57m	53.14	- 3.46	24
D. Moffett	M45	45m	40.35	- 4.25	9
R. Spark	M40	45m	40.31	- 4.29	8
B. Danby	M35	40m	34.51	- 5.09	2
A. Leggett	M60	54m	47.59	- 6.01	22
A. Peterson	INV	48m	41.09	- 6.51	10
M. Peterson	W35	53m	46.08	- 6.52	18
V. Anderson	M60	-	43	-	12

5.2km

R. Faulkner	M35	20m	21.53	+ 1.53
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(Time adjusted for comparison with the 10km runners + 3.46 giving Bob equal place with P. Llorens)

Wes Carter, Peter Cowley, Frazer Deamus and Eric Pearton went round the bridges early by themselves. Pearton and Cowley continued on round Heirisson as well. Jim Barnes, Winston Hough and some friends did a reverse bridges while Winston's wife Jan walked round McCallum. Stan Lockwood arrived with the library and went off for a brisk walk as he is not allowed to run yet. David Carr arrived on foot from home, did a slow bridges with J. and Derek Walker, Rob Shand and Jill Pearton, then ran home again.

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Meanwhile, 15 club members were participating in the annual Marathon Club 10 mile KING OF THE MOUNTAIN race up Mt. Gungin at Mundaring. Those to finish were:

			Time 24th Aug. '80	Time 27th May '79
3.	D. Hoyer	M40	60.05	59.59
6.	Bob Harrison	M35	62.12	-
7.	H. Stoffers	M35 (2nd on h/cap)	63.07	63.36
13.	D. Crowther	M35	66.35	69.20
14.	B. Robinson	M40	67.48	69.44
25.	B. Hanks	M40	72.29	-
29.	M. Loly	M40	73.52	-
37.	R. Hayres	M45	76.02	75.20
38.	G. Moses	M40	76.13	-
40.	B. Weatherilt	M40	76.55	-
44.	B. Leach	W35 (2nd Female)	77.36	-
48.	B. Munyard	M35	79.33	-
49.	A. Wright	M55	79.50	-
52.	G. Price	M40	80.50	73.56
63.	F. Usher	M55	90.44	86.33

The winner was J. Sharpe in 57.22, with first on handicap being J. Keys

WEDNESDAY, 27th AUGUST 1980. KING'S PARK

Mike and Nora Berry	} 7½k "Wally Cairns Course + ½k in the Botanical Gardens 8k in + 38 minutes Raining all the time
Jeff and Dorothy Whittam	
Derek and Enid Crowther	
John and Joan Pellier	
Rob Shand	
Basil Worner	

John Maddison came, issued M.C. Fun Run forms in the pouring rain, and went again.

Ted Maslen padded past barefooted before the start, but did not join in.

Andy Wright was seen later in the gathering dusk.

The club's arrows which Rob Shand made about 18 months ago are beginning to suffer from wind and weather and are looking tatty. Are there any signwriters or painters who would be prepared to paint some new ones for the Club? Please contact Rob Shand on 384 0932

SATURDAY, 30th AUGUST T.V.W. Channel 7 Relays at Nollamara.

Only one team could be mustered for the 4 x 3000m cross country race this year:

D. Carr	M45	12m18s	12.18
J. Pellier	M40	12m49s	25.07
D. Carr		12m28s	37.35
J. Pellier		12m58s	
Total Time		50m33s	

In other teams:

A. Merrett	M55	ran 11.08 and 11.58
H. Kirkman	M35	ran 10.30 and 10.45
C. Maslen	M40	ran 10.50 and 11.03
D. Hoyer	M40	ran 10.52 and 10.55

Don Caplin was there to help with the timekeeping, watched by Jim Barnes (on the injured list) and Bernie Oliver.

Val Tyson has been in hospital for a minor operation and won't be running for a while. However we hope she'll still be coming regularly - what would we do without her tea? And of course we look forward to seeing her running even better than ever in a few months' time.

SUNDAY, 31st AUGUST VETERANS HALF MARATHON CHAMPIONSHIPS, 1980.

On a cool, windy morning 54 vets started in the second annual half marathon. All of them were tired at the halfway mark and 48 finished.

John Maddison was scheduled to organise the event but was called to Melbourne for two weeks. His duties were taken over by Derek Walker, Pat Carr and Jim Barnes who acted as time-keepers and recorders. Anne Smith handed out the finishing cards, Ian Sutherland, Rick Sparks, David Bronson and Dick Davies did point duty around the course, while Terri Carr, Jan Hough and Merve Moyila manned the drinks and sponging station. Our thanks go to all assistants. Almost every age group record set last year was broken, the new ones being as follows:

				Previous Record 1979
W30	C. Milbourne	1h53m38s		J. Stone 1h53m37s
W35	J. Slinger	2h 2m10s	(1979)	
W50	L. Butcher	1h53m50s		
W35	T. O'Hare	1h14m32s	(1979)	
W40	D. Hoyer	1h16m 5s		D. Hoyer 1h17m32s
W45	M. Smith	1h19m 2s		M. Smith 1h19m34s
W50	D. Butcher	1h32m 8s		D. Butcher 1h34m12s
W55	A. Tyson	1h35m46s		R. Godkin 1h36m30s
W60	C. Bould	1h37m53s		
W65	R. Horsley	1h42m39s		

* This remains the fastest time to date.

The winners of each age group, together with second and third, will receive certificates.

In general, times were better this year than last, despite the strong wind.

		First Lap 10091 m	Finish 21098 m	Race Pos.	23.9.79
W50	L. Butcher	51.08 (48)	1h53m50s	45	
W40	J. Pellier	59.53 (54)	w/d		
W35	E. Crowther	59.23 (53)	w/d		First Lap 1h 4m56
W30	C. Milbourne	51.08 (47)	1h53m38s	44	
	J. Pearton	55.52 (50)	2h 3m36s	48	2h14m44s
	A. Johnstone	55.50 (51)	w/d		2h14m55s
	J. Walker	56.27 (52)	w/d		
W65	R. Horsley	45.24	1h42m39s	36	w/d
W60	C. Bould	44.43	1h37m53s	32	w/d
	V. Anderson	44.41	1h38m41s	34	
	A. Leggett	48.57 (46)	1h54m35s	46	
W35	A. Tyson	42.30	1h35m46s	28	
	A. Wright	43.15	1h37m47s	31	1h49m41s
	F. Usher	47.08	1h46m47s	38	w/d
	G. Noorsyk	48.53	1h49m44s	40	w/d
W50	D. Butcher	40.40	1h32m 8s	20	1h34m12s
	R. Lawrence	48.53 (45)	1h52m45s	42	w/d
W45	M. Smith	35.08	1h19m 2s	5	1h19m58s
	R. Shand	39.08	1h23m47s	9	1h31m59s
	J. Davies	37.22	1h23m57s	10	
	S. Carr	38.47	1h25m36s	13	1h26m39s
	D. Hough	38.40	1h26m32s	15	
	E. Pearton	41.57	1h33m 8s	22	1h27m25s
	T. Fry	42.31	1h34m 4s	23	

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		First Lap 10091 m	Finish 21098 m	Race Pos.	23.9.79
<u>M45 (contd)</u>					
	D. Moffett	41.26	1h36m43s	28	-
	R. Hayres	42.59	1h37m41s	30	-
	B. Buchanan	44.43	1h37m54s	33	1h33m28s
	D. Batterham	46.53	1h41m46s	35	-
M40	D. Hoyer	34.17	1h16m 5s	1	1h17m42s
	D. Caplin	35.18	1h17m38s	3	1h19m34s
	R. Sammells	40.49	1h30m19s	17	1h28m43s
	B. Robinson	41.08	1h30m52s	19	-
	J. Pellier	41.47	1h32m39s	21	-
	G. Moses	42.59	1h35m46.5s	25	1h32m24s
	M. Warren	42.10	1h36m 3s	26	-
	W. Monks	42.33	1h36m38s	27	-
	P. Cowley	43.26	1h36m44s	29	-
	R. Kemp	46.48	1h48m42s	39	-
	F. Deanus	55.07 (49)	2h 2m 4s	47	-
M35	H. Stoffers	34.32	1h16m 9s	2	-
	H. Kirkman	34.59	1h18m21s	4	w/d
	B. Harrison	35.54	1h20m58s	6	-
	D. Crowther	35.36	1h21m30s	7	1h26m42s
	J. David	36.38	1h22m37s	9	-
	B. Danby	37.34	1h24m14s	11	-
	F. Smith	39.11	1h24m22s	12	w/d
	R. Bragg	37.57	1h25m38s	14	-
	M. O'Rourke	38.04	1h26m37s	16	1h30m33s
	W. Hough	41.07	1h30m50s	18	1h38m50s
	R. Johnstone	44.36	1h44m 1s	36	w/d
	B. Munyard	43.29	1h51m10s	41	--
	R. Faulkner	48.53	1h53m37s	43	-
	P. Wall	34.55	w/d		1h16m16s
	B. Oliver	41.00	w/d		w/d
INV	C. Lehman	35.15	1h19m36s		

WALKING RESULTS

May 17th

Perry Lakes 8k

D. Stone 49m46s

May 25th

Canning Vale State 30k3rd
4thJ. Smith 185m52s
D. Stone 207m14s

June 7th

Canning Vale 20k

J. Smith 120m39s

This was the last time that Jim walked as he had trouble with his knee diagnosed as bruised tendons behind the knee. So with this problem, and having chopped the top off his finger, he has decided to rest up and get things sorted out and then concentrate on the National 50k next year.

June 7th

Canning Vale 10k

D. Stone 60m56s

June 7th

Canning Vale 8k

R. Horsley 47m46s

June 14th

W.A.I.T. 10k

D. Stone 58m51s

WALKING RESULTS (Contd)

June 21st		<u>Canning Vale</u>	<u>State 20k</u>
	2nd	D. Stone	132m03s
June 28th		<u>Belmont track</u>	<u>10k</u>
		D. Stone	59m00s
July 5th		<u>W.A.I.T.</u>	<u>2k</u>
		R. Horsley	11m22s
July 19th		<u>Perry Lakes</u>	<u>8k</u>
		R. Horsley	49m05s
August 2nd		<u>Mundijong</u>	<u>12k</u>
		D. Stone	80m11s
August 9th		<u>Jackadder Lake</u>	<u>8k</u>
		R. Horsley	46m49s
August 23rd		<u>Canning Vale</u>	<u>State 16k</u>
	3rd	D. Stone	104m07s

Due to the problems that the walkers are encountering at Perry Lakes with dogs (supposed to be on the chain) and Fun Bikes, they have given this venue away and transferred all future walks scheduled for Perry Lakes to Jackadder Lake.

Welcome to:

JOHN CALABRESE (53) of 9 Park Road, Mount Pleasant, telephone 364.7220 who joined the club on 20th August 1980.

and to

FRASER DEANUS (40) of 22 Ypres Road, Kelmscott, telephone 390.5892.

Wednesday, 3rd September A small group turned out, considering it was the first dry Wednesday for three weeks. Crowthers x 2, Whittams x 2, Joan Pellier and Cam Ansell. John David had run previously, so did not join in.

"SEE HOW THEY RUN" - have you looked at the Club's new photo album? You should - you may be in it. Ask Bob Sammells about it.

Advice on Library facilities for new members' information - i.e. located in Lockwood's Limousine (brown VW).

SWAP YOUR ALLIGATOR (Clip, of course)

Everyone who has not handed in their name badge to David Carr to have the clip changed to a pin, please do so as soon as possible. New badges will have pins. Make certain that you have a badge because we will be having prizes for the Lucky Badge Winner at our runs in future. If you are not wearing your badge, you do not get the prize.

JOGGERS BEWARE!!"The Jogging Addict" (from a recent Readers Digest)

A growing number of joggers are demonstrating the two main characteristics of true addiction, says William P. Morgan, Professor of Physical Education at the University of Wisconsin, in a recent issue of "The Physician and Sportsmedicine". They will do almost anything to get a running 'fix' and, if they

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can't run, they have withdrawal symptoms, including depression, irritability, insomnia, tics, decreased appetite and irregularity.

The final phase of jogger's addiction occurs when a person continues to run even after being told to stop: an exercise addict with severe tendonitis or a stress fracture will ignore the pain, take painkillers or shop around for a doctor who will give him a shot.

At this point the exercise addicts cannot live without the running experience. They give their daily runs higher priority than job, family or friends. "They often exercise to the point where injuries have near-crippling effects" says Morgan. "The pain becomes intolerable, and they search for the perfect shoe, injection, or psychological strategy which will enable them to run (shoot up) again."

People who are at the highest risk of becoming exercise addicts are those who run an average of 100 to 150 kilometres a week. A hobby runner who runs two to five kilometres, three to seven days a week, usually will not get into trouble.

Seen at Perry Lakes on 2nd September was Phil Lennie trying out his knee after 3½ months enforced lay-off due to a cartilage problem. As Phil said, "it's like learning to run all over again". We hope he'll soon have sufficiently re-learned to be able to join in the club runs again.

MARATHON CLUB "RUN AROUND THE BRIDGES", Sunday 7th September

As always the 10km Fun Run was well patronised, despite a cool, overcast and rainy morning. The showers stopped just before the start, and towards the end of the run the weather felt distinctly warm and steamy. There was a good turn out of vets both running and helping.

Some vets were also busy advertising our own Fun Run to be held on 11th October, under the direction of David Carr. Response was good, including some enquiries about membership as well as a number of firm entries for the run.

Results have been compiled from "The Weekend News", Saturday, 13th September, so apologies for any errors of judgement in locating club members. If you do find a mistake, please let the editor know and she will publish the amendments next month.

Women	Place	Time	2.9.79
W30 C. Milburne	786	46.50	
C. Harland	1028	50.10	
L. Brown	1107	51.30	
J. Pearton	1161	52.35	
J. Walker	1314	56.20	
A. Johnstone	1328	56.50	55.20
W35 B. Leach	280	40.50	
M. Peterson	837	47.25	
W40 J. Pellier	1459	61.55	
D. Whittam	1488	63.20	
B. Wall	1507	64.30	
W50 L. Butcher	903	48.25	61.05

Men	Place	Time	29.79
M35 H. Kirkman	16	33.37	
B. Wall	19	33.46	33.06
E. Smith	42	35.21	33.58
J. David	53	35.50	
Dr. Crowther	58	36.00	36.55
M. O'Rourke	64	36.15	38.10
R. Bragg	106	37.25	
R. Walsh	137	38.15	
B. Oliver	198	39.55	
W. Hough	235	40.00	42.50
D. Sheppard	307	41.15	35.45
R. Croft	334	41.40	
V. Kailis	369	42.00	42.55
M. Warren	409	42.20	44.15
R. Johnstone	411	42.25	43.50
C. Ansell	478	43.20	
J. Gold	1299	55.55	
B. Faulkner	w/d		
M40 D. Hove	12	33.08	33.12
D. Caplin	22	34.05	34.29
J. Spencer	99	37.20	39.00
B. Robinson	103	37.25	38.50
W. Carter	126	38.00	37.10
A. Zemunik	140	38.15	
R. Sammells	152	38.40	36.25
M. Loly	177	39.10	39.20
R. Harrison	221	39.50	
E. Jennings	225	39.55	
K. Basley	272	40.40	
J. Pellier	287	41.00	
W. Weatherill	332	41.30	
W. Monks	355	41.55	
R. Spark	358	41.55	
A. Willis	437	42.45	
J. Hughes	491	43.39	45.40
B. Munyard	528	43.35	
B. Thomsett	851	47.10	
F. Deanus	954	49.05	
J. Suttle	1630	80.00	
M45 M. Smith	31	34.40	34.58
E. Maslen	38	35.15	
J. Davies	56	36.00	36.00
D. Hough	64	36.15	36.20
D. Carr	100	37.20	37.50
B. Hanks	156	38.45	
B. Worner	175	39.05	39.05
J. Whittam	191	39.25	
R. Hayres	229	40.00	39.55
G. Price	261	40.35	
T. Fry	271	40.35	
D. Walker	294	41.05	
D. Moffett	318	41.25	
T. Fermanis	732	46.15	
R. Davis	841	47.25	
R. Savage	1616	74.15	49.05
M. Berry	w/d		
M50 D. Butcher	224	39.55	40.35
J. Calabrese	319	41.30	
R. De Gruchy	343	41.45	
W. Hughes	565	44.20	
A. Briffa	w/d injured		

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Men		Place	Time	2.9.79
M55	C. Junner	144	38.25	
	A. Wright	454	43.00	
	R. Roberts	525	43.55	40.35
	G. Noordyk	672	45.35	45.25
	F. Usher	866	47.55	49.20
	G. Morgan	938	48.49	
M60	V. Anderson	479	43.25	
	A. Leggett	1010	50.00	61.40
M65	D. Horsley	715	46.05	

Some of those who had rather slower times than usual, weren't really slacking it - they were mostly running with the junior members of their family!

WEDNESDAY, 10th SEPTEMBER

Enid and Derek Crowther, Dorothy and Jeff Whittam, Joan and John Pellier, Phil Llorens, Les Oakley, Alan Tyson were urged on by Val Tyson on their evening jaunt in King's Park. Frank Usher had done his own thing earlier.

Welcome to Lena Hilton (34) of 16 Fourth Avenue, Rossmoyne, Telephone 457.5860, who joined us on 10.9.80 after the Bridges Fun Run.

FROM THE ATHLETIC ASSOCIATION OF W.A.

"It has been decided to run the Canteen at the Stadium during the coming track season as a fund raising venture.

Mrs. Fran Wilson of the Belmont Club has made herself available to manage the Canteen and has asked that all clubs make available one lady to go on roster so that the canteen is manned each week.

During the season there will be four big meetings, which entails opening the Canteen both Saturday and Sunday - State Schoolboys' & Schoolgirls', the Alcoa Meeting, Decathlon and State Championships. On these weekends every club would be asked to assist in running the big canteen upstairs, thus doing away with the vans that have been at Perry Lakes during the past few seasons."

Any of the ladies who would be prepared to help, please let Rob Shand know by the 15th October. See Roster on p. 16.

AUSTRALIAN VETERANS' CHAMPIONSHIPS 1981

The Club Secretary has just received the following advance information:

<u>Dates</u>	17th, 18th, 19th April 1981
<u>Place</u>	QEII Jubilee Sports Centre at Nathan, Brisbane.
<u>Accommodation</u>	Commonwealth Games Housing Village, Griffith University (next to QEII). Single Accommodation
<u>Costs</u>	Room only - \$10.00 per night
<u>Dinner</u>	Hub Building in the Housing Village on Sunday evening, 19th April
<u>Registration etc.</u>	More detailed information will be provided at a later date, but the programme, with events as for last year, has been finalised.

The organising committee would be pleased to have it known that the QEII-Griffith University site is magnificent for our purposes. Prestige associated with it is such that sponsorship has readily been obtained from Hunt & Baird (a division of Olympic General Products), Dulux, Ansett Airways of Australia, B & D Roll-a-Door Company, and Griffith University. The Queensland State Government has also provided a grant of \$1,000. We believe that cross-country specialists will find the course through Griffith University and Tooley Forest attractive but challenging."

MARATHON CLUB NEWS

A.G.M. - 18th November at Hotel Floreat

NEW YEAR'S EVE RUN - Yokine Reserve (showers available); 2 x 2½ mile laps; starting 7.30 p.m.

SINGAPORE MASTERS TRACK & FIELD 3rd ANNUAL CHAMPIONSHIPS - 20th, 21st & 22nd JUNE 1980

100m	3rd	Art Briffa	M50	17.9	(winner 13.3)
1500m	2nd	Art Briffa	M50	5.22.6	(winner 4.55.8 - All comers Masters Record)
5000m	2nd	Art Briffa	M50	19.36.0	(winner 18m40s)
10k cc	2nd	Art Briffa	M50	47m37s	(winner 41m31s - All comers Masters Record)
Javelin	1st	Hilary de Souza	M40	30.14m	

No other Australians competed.

Following the Mundaring to York Relay held on 23rd September 1979, it was reported in the Press that the SAS team ran a relay distance using 14 runners (12 running 5k legs and 2 running 2k legs) covering the distance in 3h49m26s. This was claimed to be a record for the relay, which is correct for the combination of "legs" used. The original relay legs, which this club ran in 1976, 1977, and 1978 were 8x 5 mile legs for which we claim the record of 4h06m40s in 1977. We did not participate in 1979.

The club has issued a "challenge" to the SAS and the W.A. Fire Brigade to compete against us on 5th October 1980 using 8 runners each running 5 mile legs with all our members being over 35, but with no age restriction on the other teams provided they are bona fide members of SAS or WAFB. Challenge accepted but venue and date altered - see page 17.

STATE MARATHON Sunday, 14th September at Herne Hill

There were 41 starters, including 5 women, plus Joe Record (unregistered and unentered), 29 finished, including 4 women. There were 24 vets in the field (some not running for the club) of whom 17 finished the full course, 3 completed a half marathon and 4 withdrew at various points along the way. This was an extremely good turn out for the club, especially as 9 of our finishers did under 3 hours. The "under 3" was the first time for Derek Crowther and John David (who was also completing his first ever marathon). Interestingly Derek did his fastest 5km at 35-40km when the sight of David Carr just ahead spurred him on to do a sub 20 mins leg. He succeeded in passing David, but took quite a lot out of himself as can be seen by the 10.32 it took him to do the final 2.195 km.

Quite a number of people elected to run together for much of the time. Frank Smith, Maurice Smith and John Gilmour did so to the extent that there was less than a minute between them when they finished the total distance.

Barbara Leach went through a bad patch at 30km when she considered withdrawing with leg cramps. However, she came back to overtake a couple of the men and came in second in the women's event.

If the close readers and analysts of results are wondering how Don Caplin came to take 6m55s to do a little over 1 km to finish his half marathon when he had been averaging 3m40s for his previous 20, it WAS NOT that he had fallen over, broken his leg and limped in! In fact somehow the 21km marker was actually measured at round about the 20km mark instead! Because of this, the half marathon

12.

Since the AAWA decided not to provide drinks and sponging stations during the Marathon, volunteers from the club undertook to assist the vets participating in it. Jim Barnes co-ordinated these volunteers. John Suttle and family, and Mike Berry, were at the 15k (35k), Gloria Sutherland, Lorna Butcher, Jill Pearton, Dick Davies and son did the 10k (30k) and Jo Walker, Enid Crowther Joan Pellier and Val Anderson were at the 20k (40k). The association took times at the 10k and 20k, the remainder being supplied by Rob Shand who mostly managed to keep just ahead of the runners. Bruce Buchanan kept track of the half marathon and finishing times. The value of the club's efforts is demonstrated by the following letter received by the secretary on 15th September.

"On behalf of the W.A. Harriers Athletic Club, I would like to thank your club for their assistance given to the competitors in the State Marathon Championships at Herne Hill yesterday. Many of the runners from our club commented on the support given them during the race at the various sponge and water stations along the course. I know from personal experience that it was most encouraging to have drinks made available and split times called out. The support given to the event by the Veterans clearly demonstrated their genuine devotion to long distance running in this state. The performances of 'Veteran' runners also clearly highlighted the strength of your club in the true long distance events. Eight of the first seventeen finishers in the men's marathon were athletes from the Veterans Club, and Barbara Leach came second in the women's marathon. Together with the W.A. Harriers we must have dominated the championships.

Please let it be known to your members that your assistance did not go unnoticed. I hope in the future that we can repay you for your work. You certainly have our full support in your excellent promotion of long distance running.

Yours sincerely,

(sgd) Peter Hopper

Hon. Sec. W.A. Harriers Athletic Club"

Although the club can be proud of its achievements in the marathon, it is to be hoped that in the future the AAWA will undertake to provide adequate support for competing athletes. We do not want to see in W.A. the sort of incidents as were described as happening in N.S.W. when at some sponging stations sponges were squeezed dry, and at another children manning the stations used the athletes as targets! (Australasian Track & Field Vol 2, 6 & 7 August/September 1980).

The recent People's Marathon has shown that it is possible to provide well staffed drinks stations and we hope that in future the Association will follow suit.

VETERANS MARATHON, GLASGOW, 24th August 1980

Three club members competed in the event with a total of 500 starters on a cool day, course good.

John GILMOUR	M60	66th	in 2.45.27	was 1st Australian home
John BUTTS	M45	154th	in 2.57.58	was 2nd Australian home
Maurice JOHNSON	M40	173rd	in 3.01.28	was 3rd Australian home.

John Gilmour was second in his age group - but more of that later.

Change of Address

John Gilmour, 5 Rae Place, Leeming, 6153. No telephone yet.

14th SEPTEMBER 1980 A.A.W.A. STATE MARATHON

Name	10k	15k	20k	1/2m	30k	35k	40k	42k	Race Posn	1979 Ierne Hill Marathon
H. Stoffers M35	36.19	55.00 18.41	73.04 18.04	80.20	109.00 35.56	129.09 20.09	-	2.37.24 27.15	4	
F. Smith M35	37.07	56.10 19.03	74.45 18.35	82.24	112.45 38.00	132.59 20.14	-	2.40.39.4 27.40.4	5	2.40.57
M. Smith M45	37.07	56.10 19.03	74.41 18.31	82.00	112.18 37.37	132.57 20.39	-	2.41.08 28.11	6	2.39.33
J. Gilmour M60	37.07	56.10 19.03	74.45 18.35	82.04	112.32 37.47	132.57 20.55	-	2.41.30.4 28.33.4	7	5sec out- side world best for No0
B. Robinson M40	40.35	60.55 20.20	81.04 20.09	89.14	121.34 40.30	142.54 21.20	162.56 20.02	2.51.18.6 8.22.6	8	3.01.48
J. Davies M45	40.35	60.55 20.20	81.04 20.09	89.14	121.34 40.30	142.54 21.20	164.44 21.50	2.53.59.2 9.05.2	10	2.56.55
J. David M35	41.20	63.45 22.25	83.53 20.08	92.16	125.42 41.49	146.07 20.25	167.16 21.09	2.55.14.2 7.48.2	12	First Marathon
D. Crowther M35	41.20	63.45 22.25	83.53 20.08	92.16	126.00 42.07	147.38 21.38	167.32 19.54	2.58.04.2 10.32.2	14	
D. Carr M45	38.55	58.50 19.55	79.58 21.08	88.34	121.34 41.36	145.36 24.02	169.17 23.41	2.58.32.6 9.15.6	15	withdrew
B. Bryce M45	45.21	68.52 23.31	89.43 20.51	98.20	133.22 43.39	155.38 22.16	178.20 22.42	3.07.19.4 8.59.4	17	
C. Spare M40	45.28	69.00 23.32	91.09 22.09	99.52	133.22 42.13	155.38 22.16	179.03 23.25	3.08.48.6 9.45.6	18	3.37.10
A. Tyson M55	42.32	64.40 22.08	84.32 19.52	95.35	131.49 47.17	157.54 25.05	184.10 26.16	3.15.26.4 11.16.4	19	2.56.22
J. Pellier M40	45.50	69.05 23.15	91.09 22.04	99.42	136.46 44.37	161.34 24.48	185.55 24.21	3.15.50.4 9.55.4	20	
B. Leach M35	46.08	69.40 23.32	92.07 22.27	101.10	140.00 47.53	165.48 25.48	189.30 23.42	3.19.39.6 10.09.6	23	2nd woman
G. Cragun M40	45.21	68.45 23.24	91.09 22.24	99.52	138.08 46.59	164.40 26.32	191.22 26.42	3.23.47 12.25	24	

14.

A.A.W.A. STATE MARATHON (Contd)

Name	10k	15k	20k	1/2m	30k	35k	40k	42k	Race Posn	1979 H.H. Marathon
B. Hayres M45	46.08	69.40 23.32	92.13 22.32	101.10	138.18 46.05	165.12 26.54	194.14 29.02	3.26.03 11.49	26	3.39.05
A. Wright M55	46.49	-	97.33 50.44	101.40	147.36 50.03	-	203.40 56.04	3.38.40.8 15.00.8	29	
M. O'Rourke M25	40.35	61.00 20.25	82.14 21.14	-	124.44 22.30	147.30 22.46	169.58 22.28	w/d		
G. Moses M40	46.08	-	92.13 46.05	-	137.42 44.29	162.10 24.28	w/d			3.23.00
D. Hoyer M40	36.03	54.20 18.17	72.50 18.30	-	115.47 42.57	w/d				2.40.34
B. Harrison M35	38.45	-	78.17 39.32	w/d						
D. Caplin M4C	36.49	55.20 18.31	73.33 18.13	80.28 6.55						2.43.14
F. Usher M55	48.15	-	98.33 49.18							3.49.24
B. Oliver M35	39.48	-	84.27 44.39	-						

Another member doing some competing outside W.A. is Jerry ALLEN, M35. He ran 819th out of a field of 23,000 in the 10th Annual Sydney City to Surf Fun Run on 10th August. Jerry's time for the hilly 14k course was 56.44, 4 minutes faster than he did in 1979.

On 31st August he competed in the 2nd Annual Gold Coast Marathon at Surfers Paradise, Queensland. Approximately 600 started at 6 a.m. to beat the heat. Winner was Andrew Lloyd of Sydney in 2.23.00, with Jerry breaking 3 hours for the first time to finish in 2.57.19.

Saturday, 20th September, Parlauf Relays, Mount Lawley

Three club members competed as part of a composite team in the half hour race. Bernie Oliver, John Rowland and Don Caplin teamed with two other men and one girl to complete 29 laps 342 metres in the 30 minutes. They beat Swans No. 1 team to the chagrin of Tom Clews who had helped arrange the composite team.

MADDISON'S YOKINE RUN Sunday, 21st September On a cold wet morning, 19 vets gathered at Yokine Reserve for the two lap 8k course. Due to the bad weather John agreed to a slightly delayed starting time. With Val Tyson holding the watch, the rest completed one or two laps with results as follows:

		Lap 1	Lap 2
W30	J. Pearton	21.11	-
W35	E. Crowther	23.00 appx.	-
	M. Peterson		-
W40	J. Pellier		36.43
M35	H. Kirkman		43.57
	R. Walsh		26.21
	D. Crowther		27.31
M40	R. Sammells		27.44
	J. Maddison		30.18
	J. Pellier		30.18
M45	B. Buchanan	27.50(walking)	31.15
	M. Berry		-
M50	D. Stone	20.05	34.04
	D. Jones		-
M55	A. Tyson		39.20
	A. Wright		31.11
M65	D. Horsley		33.26
	P. Llorens		37.54
INV	M. Crowther		41.56
			30.18

From the times recorded, it was agreed that the course must have been less than the full 8k, unless the cold weather had made everyone more speedy than usual. John agreed to remeasure the course later. As the weather continued to be poor, i.e. raining, it was decided to postpone the BBQ and put in a plea to hold another run there later in the year as it is such a pleasant course. Thanks to John Maddison, Mike Berry, Val Tyson for their help.

Meanwhile, vets participating in the FREMANTLE FUN RUN also found that the course was short, being only 9.5k not the 10k as advertised. No times are available, but results are listed as close as possible in order of finishing:

M35	Phil WALL	M45	Dennis BATTERHAM
M40	Don CAPLIN	M40	Ian SUTHERLAND
M45	Ted MASLEN	M60	Val ANDERSON
M35	John DAVID	W30	Colleen MILBOURNE
M40	John SPENCER	M35	Bob JOHNSTONE
M40	Andy ZEMUNIK	W35	Joan SLINGER
M40	Charlie SPARE	W35	Jackie SHILLINGTON
M35	Jim BARNES	M55	Frank USHER
M40	Roy KEMP	M55	Gerry NOORDYK
M40	Rick SPARK	W50	Lorna BUTCHER
M55	Col JUNNER	W30	Alison JOHNSTONE
M35	Winston HOUGH	W30	Lesley BROWN
M50	Denys BUTCHER	M70	Joe SHEPPARD
M45	Geoff PRICE	M35	Vic KAILIS
M40	Terry HARGREAVES	M40	George ATZEMIS
M40	Bill WEATHERILT	M45	Bill MITCHELL
M40	Barrie SLINGER	M40	John HUGHES
M35	Les OAKLEY	W35	Jan HOUGH
M40	Richard HARRISON	W30	Jo WALKER
M40	Ray BENETTI	W35	Gloria SUTHERLAND

M45 Rob SHAND withdrew at 5k - hamstringing again!

Again, as result gathering was necessarily haphazard, apologies to anyone who missed out. David Carr did not run but handed out Vets Fun Run forms and advertised the Run. David Sheppard was there recovering from an injury - he was knocked down by a car in broad daylight!

SOME ANOMALIES IN FUN RUNS

Has anyone noticed some of the interesting anomalies which are occurring in the ever increasing number of Fun Runs around Perth? For example:

Fremantle Fun Run Sunday, 1st September 1980

First, shame on you, Bill Hughes, for not looking after the Vets in the 1980 Fremantle Fun Run! There were no age categories for the "senior running fraternity": 1977, 1978 and 1979 had veteran categories for Veterans o/40, o/50, o/60 and o/70. Why were they not included this year?

Secondly, the Instructions to Competitors state that "the Fun Run is only for competitors taking part in sport as amateurs and have signed the declaration to that effect on the entry". How, then, can you have a category called "Professional Teams" - don't they have to sign the declaration? And what effect does this open admission have on the status of the amateur?

Kalamunda Cross Country Fun Run "10km of beautiful natural bush" Sunday, 21st September 1980, had a category for 1st Veteran (over 35).

Round the Bridges Fun Run Sunday, 7th September, 1980, required a waiver to be signed as well as an amateur declaration, yet how many professional footballers participated? They either signed the form falsely or are not sportsmen.

The Vital Health Churchlands Fun Run, Sunday 28th September, had entries for Registered male/female athletes and for Amateur male/female (open); yet to be registered you must be an amateur. Again, no veteran categories included.

More WALKERS results have been received from Don Stone at the end of their winter season:

September 6th	Kewdale 2km relays
	R. HORSLEY 10.59 and 12.42
September 13th	Jackadder Lake 4.5km
	D. STONE 27.18
	R. HORSLEY 28.29
September 20th	Canning Vale 4 km
	D. STONE 23.09

This walk ended the winter season. The summer season will include track events at Perry Lakes on Wednesday evenings. Don can strongly recommend walking for taking years off your age - he's gone from M50 to M45 in the latest walkers club newsletter! Seriously, if anyone is interested, see Don or Dick and they'll be happy to help you "get in the swing".

TRACK & FIELD SEASON

The club is on roster on the following dates:

<u>Canteen Roster</u>	25th October	State Schoolboys & Schoolgirls
	15th November	Noon - 4pm
	3rd January	Noon - 4pm
	21st February	1pm - 4.30 pm
<u>Stadium Roster</u>	7th March	1pm - 4.30pm

Registered vets competing or not are to make themselves available for duty on these days and will be rostered this year. If you cannot fulfil your roster, please ensure you find someone else to take your place. Dates to be advised by the A.A.W.A.

WELCOME

Jan BROWN (W30) and Ed PARR (M40) both of 43 Tareena Street, Nedlands, telephone 385.8703, who joined the club after the Fremantle Fun Run on 21st September 1980. Also Colin WALSH (M45) of 21 Baryna Street, Armadale.

Would members please return the Membership Forms enclosed with newsletter 99 to the Secretary as soon as possible with the 'boxes' ticked off if you have the items listed. We can then bring you up to date. So far the response has been almost nil, and most of those who have responded have not filled in the boxes.

October birthdays

Garnett Morgan	6th	turned 56 and remains M55
Don Stone	7th	turned 51 and remains M50
Roy Croft	10th	turned 36 and remains M35
Bruce Buchanan	11th	turned 50 and alters from M45 to M50
Wes Carter	13th	turned 43 and remains M40
Neil Morfitt	16th	turned 35 and remains M35
Art Briffa	17th	turned 53 and remains M50
Michael Gibbens	19th	turned 39 and remains M35
Ray Benetti	22nd	turned 43 and remains M40
John Pellier	22nd	turned 41 and remains M40
Ian Sutherland	27th	turned 41 and remains M40
Noel Thomas	30th	turned 48 and remains M45
Kevin Basley	31st	turned 42 and remains M40

Errata Newsletter 99 - Programme Sunday, 26th October is not Fremantle Fun Run Day (which was Sunday, 21st September) instead there will be an event at McCallum. This will be the relay challenge reported earlier in this newsletter (p 11). The SAS accepted the challenge for the relay but cannot muster enough people for the day proposed (5th October) so we are now taking them on the W.A. Fire Brigade on 26th October at McCallum. The race is an 8x5km relay and we want to do well. All those who would like to compete, please be at McCallum at 7 a.m. for team selection. A 'best' team will be chosen, then as many others as we can make up. If you're not running, come and assist or cheer the runners on.

SUNDAY, 28th September, AANA 54km SOUTHERN RIVER ROAD RELAY

This took the place of the annual Perth to Pinjarra which was considered to be too dangerous to continue. One vets team competed, coming 10th out of 12 (they beat the girls and the composite team). Each runner ran one leg, either 8.3 km or 5.2km to make up the total of 54km.

	Leg	Time
M40 B. Robinson	8.3km	31.14
M45 D. Carr	5.2km	22.23
M35 D. Crowther	8.3km	31.11
M50 W. Hughes	5.2km	22.36
M55 A. Tyson	8.3km	34.41
M45 D. Walker	5.2km	21.56
M50 D. Butcher	8.3km	34.31
M35 J. Barnes	5.2km	21.05
	54 km in	3.39.37

Swan Districts won the event in a time of 3.01.06.

Other vets competing for other club teams included:

M40 M. Johnson	5.2km	19.14
M35 F. Smith	5.2km	18.00
M35 H. Kirkman	5.2km	17.26
M50 J. Gilmour	5.2	18.35
M35 R. Harrison	5.2km	19.09

Also D. Hoyer, M40, and B. Leach, W35, no distance or times available.

Sunday, 28th September, McCallum Park

Thirty vets took part in the 3 x Dave Jones Course.

Name		1st Lap	2nd Lap	3rd Lap	Total	8th June
D. Caplin	M40	8.30	8.01	7.41	24.12	23.50
B. Danby	M35	8.12	8.12	7.53	24.17	24.08
R. Sammells	M40	8.44	8.40	8.43	26.07	27.25
R. Hayres	M45	8.59	8.51	8.35	26.25	-
R. Spark	M40	8.34	9.03	9.10	26.47	24.57
B. Monks	M40				27.04*	-
L. Oakley	M35	9.03	9.13	8.50	27.11	-
D. Moffatt	M45	8.51	9.13	9.07	27.11	27.00
P. Cowley	M40	8.51	10.30	9.04	28.25	-
W. Mitchell	M45	10.04	9.46	9.08	25.58	-
D. Branson	M40	10.04	9.46	9.24	29.14	-
V. Anderson	M60	9.59	9.44	9.32	29.15	-
D. Stone	M50	9.36	8.56	8.58	29.30	-
J. Pellier	M40	10.04	9.51	9.43	29.38	28.04
D. Horsley	M65	10.04	10.03	9.39	29.46	-
A. Wright	M55	10.04	9.55	10.13	30.12	29.23
B. Buchanan	M45	10.44	10.29	9.54	31.07	-
M. Berry	M45	10.44	10.29	9.54	31.07	-
G. Noordyk	M55	10.40	10.17	10.23	31.20	30.10
C. Milbourne	W30	10.14	11.04	10.58	32.16	34.36
D. Jones	M50	10.34	11.18	11.14	33.06	30.33
L. Butcher	W50	10.54	11.28	11.07	33.29	33.07
C. Harland	W30	11.56	10.54	11.17	34.07	34.58
J. Pearton	W30	11.54	12.20	11.51	36.05	37.01
G. Sutherland	W35	11.54	12.20	11.51	36.05	37.01
P. Llorens	M65	12.04	12.02	12.17	36.23	36.27
M.J. Pellier	W40	17.03	12.43	12.26	37.12	-
B. Oliver	M35	9.27	withdrew			-
M. Moyle	M50	10.54	withdrew			-

* Lap times taken incorrect

H. De Souza and Alec Cummings arrived too late to take part and did some field event.

Don Stone won the 'name tag' prize, after four other members were found without theirs!

NOTE Programme alteration: Thurs 30th Oct Time Trials 5
5000m (instead of 800m & L.J.)

We thank Doreen Lockwood for typing this newsletter and Val Prescott and family for collating and stamping the pages.

While we have 33 women members of the club, most of the typing is being done by wives of members who are not members themselves. We are in need of typists to spread the load so any typing type persons who are willing to help, please contact Jill Pearton whose phone number is at the beginning of the newsletter.

Remember the more who volunteer, the fewer times you will be involved. Remember also it is your club newsletter and the only way we can keep in contact with the many we do not see regularly.

PROGRAMME SUMMER 1980

- V : VETERANS EVENTS OPEN TO ALL CLUB MEMBERS
 MC : MARATHON CLUB EVENTS
 A : ATHLETIC ASSOCIATION OF W.A. EVENTS. INTENDING COMPETITORS MUST BE REGISTERED WITH THE ASSOCIATION THROUGH THE CLUB SECRETARY (COST \$15.00). COMPETITORS SHOULD ALSO PURCHASE A PROGRAMME

THE CLUB MEMBERS ON ROSTER ARE SHOWN IN BRACKETS AFTER THE EVENT NAME IS THE MEMBER RESPONSIBLE FOR ORGANISING THE RUN & SECOND NAMED MEMBER IS TO ASSIST IF UNAVAILABLE MAKE ALTERNATIVE ARRANGEMENTS & ADVISE SECRETARY. MEMBER RESPONSIBLE TO FORWARD RESULTS TO SECRETARY AS SOON AS POSSIBLE AFTER THE EVENT.

CERTIFICATE RUNS ARE NOTED ON THE PROGRAMME AN ENTRY FEE OF 50c WILL BE CHARGED FOR THESE EVENTS AND CERTIFICATES WILL BE AWARDED AS DETAILED.

RUNS UNSUITABLE FOR CHILDREN ARE NOTED WITH THE LETTERS UC. NOTE 8AM START AT MCCALLUM. FIELD EVENT IMPLEMENTS AVAILABLE AFTER RUNS IF REQUIRED.

NOVEMBER

SATURDAY 1st	A.	TRACK & FIELD : INTERCLUB	NOON.	PERRY LAKES
SUNDAY 2nd	V.	DANBY RUN. & B.Y.O B.B.Q	9.30am.	PINAROO VALLEY MEMORIAL P.L. WHITFORD AVE PARRURY.
		DISTANCE T.B.D.		
WEDNESDAY 5th	V.	INFORMAL GROUP JOG.	5.30pm.	KINGS PARK
THURSDAY 6th	V.	TIME TRIALS VI 100m & DISCUS.	6.00pm	P.L.W.U. (SAMMELS/DAVID)
SATURDAY 8th	A.	TRACK & FIELD : INTERCLUB.	NOON.	PERRY LAKES
SUNDAY 9th	V.	BRIDGES & MILL POINT ROAD CLUB CHAMPIONSHIP.	10K. - 8.00am	MCCALLUM. (MADDISON/SLINGER)
		CERTIFICATE RUN 50c ENTRY.		
WEDNESDAY 12th	A.	CERTIFICATES TO 1.2.3. IN EACH AGE GROUP	6.15pm	PERRY LAKES
WEDNESDAY 12th	V.	TWILIGHT 5.000m.	5.30pm	KINGS PARK.
THURSDAY 13th	V.	INFORMAL GROUP JOG.		
		TIME TRIALS VII JAVELIN & MILE	6.00pm.	P.L.W.U. (CARLIN/USHER)
SATURDAY 15th	A.	TRACK & FIELD : INTERCLUB	NOON	PERRY LAKES
SUNDAY 16th	V.	RELAYS DAY	8am.	MCCALLUM (HOBLEY/COCKIN)
		INFORMAL GROUP JOG.	5.30pm.	KINGS PARK
WEDNESDAY 19th	V.	TIME TRIALS VIII 3000m.	6.00pm.	P.L.W.U. (CARR/HANKS)
THURSDAY 20th	V.			
SATURDAY 22nd	A.	TRACK & FIELD CLUB V CLUB TROPHY. I	NOON	PERRY LAKES
SUNDAY 23rd	V.	WOMENS DAY FOR ORGANISING.	8am	MCCALLUM (WOMEN MEMBERS)
		SURPRISE EVENTS UNKNOWN DISTANCE		
WEDNESDAY 26th	A	Albany Athletic Group. ALBANY MARATHON	7am.	ALBANY.
WEDNESDAY 26th	V	TWILIGHT 10,000	6.15pm	PERRY LAKES
		INFORMAL GROUP JOG (FINAL).	5.30pm	KINGS PARK
THURSDAY 27th	V	TIME TRIALS IX 2kwalk & 400m.	6.00pm.	P.L.W.U. (FERGIE/HOYE)
SATURDAY 29th	A.	TRACK & FIELD : INTERCLUB.	NOON	PERRY LAKES
SUNDAY 30th	V.	BARNES RUN. & B.Y.O. B.B.Q	9.30am	STREMLETT ST THORNIE
		DIST. T.B.D.		

THURSDAY 4th. V TIME TRIALS 10 BOO & H. 6pm PLWU
(G. LYNN. J. MANFORD)

VETS XMAS PARTY

7.30pm RUGBY CLUB.

SATURDAY 6th A.A.W.A. INTER CLUB DAY 1 PROGRAMME. (D. WHITTAM & COMMITTEE)

1.30pm PL.

(Sammells, Horsley, Pellier, Barnes, Spark, Walker)

SUNDAY 7th A.A.W.A. TALCOA CHALLENGE SERIES.

VETS ON SPECIAL EVENTS ROSTER NOON-5.30pm. P.L.

(Buchanan. Jones. Spark. Spark. de Souza. Cummings)

V. PATERSON PARK RUN

+ FIELD EVENTS

6.3K.

8am. McCallum.

(W. Carter. R. Davies)

M.C. POINT WALTER HALF MARATHON.

6.30am Pt. Walter

WEDNESDAY 10th

A.A.W.A. 5K RUN.

TWILIGHT PL.

(Shand. Tyson. Jennings. Gold. Hargreaves. Pellier)

THURSDAY 11th

V TIME TRIALS 11

5000 & L.J.

5.30pm

PLWU

(R. Hayres. L. Butcher)

SAT 13

A.A.W.A. INTERCLUB DAY 2 PROGRAMME

1.30pm

PL.

(Fengic. D Jones, Rowland, Hosking, B. Lead, R. Johnson)

SUNDAY 14th

V. HILL TRACKS RUN & BREAKFAST

B.Y.O B.B.Q (W. Hough, H. KIRKMAN) 7.65K.

8am.

PL.

WEDNESDAY 17th

A.A.W.A. 10 K RUN

5km WALK

TWILIGHT

6.15

PL.

(J. WHITTAM, D. SHEPPARD, WRIGHT, RAYLE, HORSLEY, MONKS)

THURSDAY 18th

V TIME TRIALS 12.

200 & SHOT.

1.30pm

PL.

(M. SMITH. CANSBELL.

WEDNESDAY 20th

A.A.W.A. CLUB VS CLUB TROPHY 2.

1.30pm

PL.

(Carr, Berry, Spare, Fry, Dsher, David)

SUNDAY 21st

VETS CHRISTMAS GIFT RACE

8am McCallum

HANDICAP 5.2L.

ALL COMPETITORS TO BRING A GIFT VALUED AT

MAX \$2.00 : GIFTS ARE POOLED & SELECTIONS

MADE TO ORGANISERS ORDER (COVENTRY. J. SPENCER)

THURSDAY 25th

NO TIME TRIALS

FRIDAY 26th

VETS LESCHENALTA RUN & B.Y.O BBQ.

6.8K. 5.30pm.

LAKE

LESCHENALTA.

SATURDAY 27th

A.A.W.A. INTERCLUB DAY 1. PROGRAMME

(K. Cameron. R. ROBINSON)

1.30pm

PL.

(Butcher. Oliver. Lockwood J. Davies Noordyk Prescott)

SUNDAY 28th

VETS 1 LAP + 1 CB + 1 D + 1 LAP

9.4K

8am McCallum.

(W. MITCHELL. J. MARTIN)

WEDNESDAY 31st

M.C. NEW YEARS EVE RUN.

YOKINE RESERVE

PERRY LAKES TRACK & FIELD STADIUM ROSTER

¹⁵
There appears to be a certain amount of discontent amongst members about the Perry Lakes Track & Field Stadium Roster which probably requires some explanation to clarify the situation.

Who is?
We.

The Veterans Club is affiliated with the A.A. of W.A. and in that affiliation we comply with their requirements. This enables us to compete in A.A.W.A. events to the extent that veteran grades have been introduced into the Track & Field programme and age group competition was introduced into the winter season this year. This situation is unique in Australia and our relationship with the Association is good and we intend to keep it that way. Remember we are the only Club which receives special treatment in this way.

Veterans who register with the Association, be they winter or Track & Field competitors, are required to abide by the Association's Rules and to assist to the extent to which the Association determines is necessary to enable them to successfully provide the programmes and events which you, as competitors, feel are required to satisfy your needs. To do this they require voluntary help from each club, the extent of this help being related to the total number of registered members in the club. Voluntary help is essential, as anyone who has run a canteen or function is well aware. We need voluntary help to run our own club and, as the club gets bigger, we need more volunteers to assist in the 100 events which are arranged each year for members.

This is
a chief
to hear.

The roster in question has been made up only of registered members with each member taking his or her turn to assist and spread the load evenly. If members do not do their roster duty (or arrange for someone else to take their place), someone else has to carry out their share of the load. This may or may not worry them, but it is soon evident in the club which members are willing to help and which are not. Two members have flatly refused to face up to their responsibilities (one because he does not believe in it and the other because he is too busy, though both find time to run as much as they want to) - that is their prerogative and if they are happy about it we are not going to pressure them into changing their minds but the committee, and particularly the Secretary, takes the 'rap' from the Association.

As Secretary, it is my duty to the club to 'wave the big stick' at all times and that is unfortunate but for the good of the club it is sometimes necessary and I will continue to do so as and when it has to be done. I, too, am very busy but the position to which you have elected me requires me to find the time to carry out my duties. If I don't do them, nobody else will and the club suffers as a consequence.

Recently, due to the increase in the size of the club, it has been necessary to appoint a Newsletter Editor who has to rely on voluntary typists to do the job. They do a good job, spending anything up to 12 hours per newsletter. Following that, volunteers do the duplicating, collating, folding, addressing and posting of the newsletter so that when you get it many hours have been spent by many people in getting the club news to you. The least you can do is to read it so that you are aware of when you are required to assist the club. There have also been complaints about getting people to volunteer to do all this.

The solution is to get it professionally done - if you want your subs to treble to cover the cost - the decision is yours.

Rob Shand
Hon. Secretary

Could this mean members
are not interested in the
current Newsletter format?

October 1980

Registered for posting as
a periodical - Category B

Secretary 384-0939
Treasurer 447-2418
Editor 384-1794

"I've just discovered, you cant run on memories"

Jeff Joyce to Barrie Robinson in the
40 mile run Mundaring to York 1980

NON RETURN OF MEMBERSHIP FORMS :

It is pretty obvious from the list below that most of the Club do not read their newsletters, or do not get much beyond the first page. So if your name is on this list please, for the THIRD TIME OF ASKING, return the membership form that was forwarded with Newsletter No 99 and tick the boxes at the bottom of the form IF YOU HAVE THE ITEMS LISTED - now come on - and help us to help you. No money is involved (your subs are not due until April 1st 1981) so it is only a matter of effort and in this case a fraction of what you use in even thinking about going for a run.

If you have lost, thrown away, mislaid or given your form to a prospective member.
ASK FOR ANOTHER ONE

Allen	Coventry	Horgan	Martin J	Stoffers
Ansell	Croft	Hosking	Martin R	Stone M
zemis	Darcey J& G	Hough D	Maslen	Slyth
Barnes	Davies J	Hough W & J	McCabe	Taylor
Basely	De Gruchy	Hoye	McDermott	Thomas
Benetti	Fermanio	Hughes J		
Berry M& N	Foster	Hughes W	Morgan	Turner H & D
Bould	Gallagher	Hunt	Murphy	Usher
Brandon	Gare	Harrison R	Merrett	Waldhunter
Briffa	Gibbens	Innes	Nathan	Walker D& J
Briggs	Godkins	Johnstone A & R	O'Hare	Warren
Brown L	Goff	Jones T	O'Rourke	Weatherilt
Butts	Gold	Joyce	Old	Westlake
Carr	Gledhill	Kemp	Price	Warner
Carroll	Graham K	King A	Robinson	Zemunik
Calnon	Graham M	Kirkham C& H	Rowland	
Cameron	Hanks	Lawrence	Shepherd J	
Carter	Harford	Lennie	Sheppard D	
Chapman	Henderson	Lenton	Skillington	
Colling	Holland K& R	Leach	Smith J	

WELCOME

Geoff Prendegast M 40 7 Lilian Ave Applecross 6153 Tel: 364-1202

Anthony Denham M 45 99 Webster St, Nedlands 6009 Tel: 386-8841

Miss Glen Hall W 30 11 Kirby Way, Samson 6163 Tel: 337-8434

Gerry Noordyk has offered to up-grade the Club's arrows in response to the newsletter appeal. Thank you Gerry.

Martin O'Rourke did not withdraw in the State Marathon as advised in Newsletter 100. He ran on to finish in 2Hr 59 m 19.45 to register his first sub 3 hour Marathon. He is intraining for the Albany Marathon on November 23rd and will then be transferred to Melbourne in January.

24th SEPTEMBER'80 Alan Tyson, Les Oakley, Barry Thomsett, Dorothy and Jeff Whittam Val Prescott, Tony Denham, Phil Llorens, John and Joan Pellier, Andy Wright all appeared for the weekly run. John Davies called after to talk about the three vets who ran in the six man Relays at Channel 7 last Saturday.

ITEMS FROM A.A.W.A. COMMITTEE MEETING Monday September 29th 1980

The track and field meetings on October 4th and 11th were short being of only 2 hours duration. No interclub points applied. To compete on the track all athletes must be registered. The interclub meetings will be on a Day 1 / Day 2 basis throughout the season. The track and field meeting on January 24th has been cancelled as the S.W. Champs will be held on the weekend of 24/25th January at Bunbury.

CONT'D

2.

The Association is proposing that a Concession Ticket for entry to the interclub meetings to be held this season. They have increased the entry to the ground to \$1.20 for sessions, with pensioners $\frac{1}{2}$ price on presentation of your pension card if you have one. Concession price will be \$16.00 over 17 weeks; if you want every week this would be \$20.40 at normal cost. Entry for special days depends on the meeting but would be in the vicinity of \$3.00

A.A.W.A. WINTER-WINDUP was held at the Rugby Clubrooms Perry Lakes Warm-up track on Saturday 4th October. Carr, Robinson, Don Stone, Oliver, Morrie Smith, Butcher, Shand and Butch Old' were there to see, among others the veterans awarded their medals by the A.A.W.A. for their winter season efforts:

M 40	Derek Hoyer	M 50	Denys Butcher
M 45	Ian Sinfield (who is not a club member but at 46 is a devastating runner.)	M 55	Andy Wright
		M 60	John Gilmour

Jeff Joyce called the names and John Gilmour handed out the prizes, during the afternoon Dave Jones, Joe Gold, Bernie Oliver and Ross Calnan took part in the first Saturday afternoon of the track and field season. No results available as according to Dave Jones they really weren't worth while remembering!

Also on 4th October '80 five vets competed in the George Younes 10 Km cross country event at Melville. The race was won by Steve Brennan.

VETS RESULTS:

6th	Ted Maslen	M 45	
7th	Maurice Johnston	M 40	38.27
8th	Denys Butcher	M 50	
9th	Bill Hughes	M 50	
	Art Briffa	M 50	Withdrew

1st October '80 Enid and Derek Crowther, John and Joan Pellier, Barry Thomsett, Alan Tyson, Barry Slinger, Phil Llorens and Jeff Whittam set off for their weekly jog leaving Val Tyson and Dorothy Whittam on Barbeque duty. Cam Ansell arrived just after the group had left. An enjoyable Bar-B-Que was had by all (after Joan and Enid were persuaded to stop at 13 km). There will be another Barbeque after the final run on November 26th.

Apologies and Congratulations to Dick Horsley. Dick did his "best for the year" run at Maddisons Yokine Run (Newsletter 100 p15) but was robbed of his good time which should read 32.51 not 37.51. He has also recently completed 10,000 miles since turning 60 !

W.A.VETERANS A.A.C.

VETERAN WOMENS RECORDS (30/4/80)

EVENT	W30	W35	W40	W45	W50	W55+
60m	V.PRESCOTT 8.3 13/1/79	K.HOLLAND 7.45 18/11/78				
100m	V.PRESCOTT 13.7. 2/12/78	K.HOLLAND 12.00 8/2/78	K.HOLLAND 13.1 5/4/80	D.GOODWIN 13.8. 17/7/79		V.TYSON 18.06 24/1/80
200m	V.PRESCOTT 29.8 3/2/79	K.HOLLAND 24.60 25/3/79	K.HOLLAND 26.9 6/4/80	L.BUTCHER 38.8 21/2/80		V.TYSON 41.5 21/2/80
400m	V.PRESCOTT 73.5 28/1/80	K.HOLLAND 56.00 23/3/78	K.HOLLAND 59.3 5/4/80	D.GOODWIN 69.9 27/7/79	L.BUTCHER 84.8 20/3/80	V.TYSON 93.1 24/1/80
800m	J.STONE 3.04.9 22/11/79	K.HOLLAND 2.29.8 10/2/79	K.HOLLAND 2.34 6/4/80	L.BUTCHER 3.31.0 21/2/80		V.TYSON 3.46.1 21/2/80
1500m	J.STONE 6.14.9 29/11/79	K.HOLLAND 5.27.9 1977	B.WALL 6.20.9 31/1/80	L.BUTCHER 6.40 6/3/80		V.TYSON 7.40.8 31/1/80
1Mile	J.STONE 7.00.0 17/1/80	C.KIRKHAM 7.35 17/1/80	D.WHITTAM 8.48 17/1/80	L.BUTCHER 7.39 17/1/80		V.TYSON 9.04 17/1/80

Vetrun 101

EVENT	W30	W35	W40	W45	W50	W55+
3000m	J. STONE 13.33 8/11/79					
5000m	J. PEARTON 23.06 28/2/80		D. WHITTAM 31.51.6 13/3/80	L. BUTCHER 24.48 28/2/80	L. BUTCHER 25.00.2 13/3/80	V. TYSON 28.00 29/2/80
10,000 m	J. STONE 46.47.7	B. WALL 50.17 16/10/79		L. BUTCHER 51.39 14/2/80	L. BUTCHER 51.27 27/3/80	
SHOT	L. BROWN 7.30 22/11/79	K. HOLLAND 9.04 25/1/78	D. WHITTAM 10.13 20/3/80	N. BERRY 6.73 20/3/80		
BISCUS	J. WIJESUNDERA 17.20 28/1/80	K. HOLLAND 27.48 16/12/78	D. WHITTAM 19.42 17/1/80	D. GOODWIN 19.20 18/2/79		V. TYSON 8.48 15/11/79
JAVELIN	L. BROWN 13.64 6/12/79	K. HOLLAND 19.64 15/2/78	D. WHITTAM 18.52 28/1/80	N. BERRY 10.96 24/1/80		V. TYSON 5.96 6/3/80
HIGH JUMP						
LONG JUMP	J. WIJESUNDERA 3.96 28/1/80	K. HOLLAND 5.19 9/4/77		D. GOODWIN 4.22 25/1/79		
TRIPLE JUMP		K. HOLLAND 8.82 22/2/79				
100m hurdles	J. WALKER 20.2 28/1/80					
400m Hurdles		K. HOLLAND 63.6 25/3/78				

RECORDS -

W.A. VETERANS AMATEUR ATHLETIC CLUB as at 30/4/80 (MEN)

EVENT	PV M35+	M40	M45	M50	M55	M60
60m	P. GARE 7.1 22/1/77	K. WRIGHT B. OLD 8.00 25/11/78 18/11/78	D. CARR 7.8 18/11/78	D. JONES 7.9 10/12/77	N. GOFF 8.1 25/11/78	
100m	P. GARE 11.2 20/2/78	D. CARR 20/2/77 D. SCOTT 17/4/77 11.8	D. CARR 12.06 24/1/80 11.7	D. JONES 12.5 5.2.77 11.7	N. GOFF 12.9 17/1/76 10/8/77	J. COLLINS 15.1 26/1/75
200m	P. GARE 23.2 21/2/76	D. CARR 24.7 18/4/76	D. CARR 25.4 17/12/79	D. JONES 25.9 21/1/79	N. GOFF 26.5 24/1/76	J. COLLINS 33.6 20/12/75
400m	P. GARE 50.5 14/2/76	D. CAPLIN 53.3 20/3/80	D. CARR 55.2 14/12/77	D. JONES 59.6 10/4/77	A. TYSON 64.8 6/4/80	R. HORSLEY 71.4 1974
800m	D. CAPLIN 2.02.9 18/3/79	D. CAPLIN 2.02.2 24/2/80	D. CARR 2.08 27/2/79 15/4/79	A. BRIFFA 2.22 14/12/77	J. GILMOUR 2.11.9 11/1/75	J. GILMOUR 2.18.2 6/4/80 * WORLD RECORD

RECORDS-		W.A.VETERANS AMATEUR ⁴ ATHLETIC CLUB (MEN) CONTD				
EVENT	PV 35+	M40	M45	M50	M55	M60
1500m	D.CAPLIN 4.12.7 10/3/79	D.CAPLIN 4.12.0 1/3/80	M.SMITH 4.24.6 16/2/80	A.BRIFFA 4.43.8 12/12/78	J.GILMOUR 4.22 5/11/75	J.GILMOUR 4.30.5 22/12/79 *WORLD RECORD
1Mile	D.CAPLIN 4.39 8/3/79	D.CAPLIN 4.40 17/1/80	D.CARR 4.56 8/3/79	A.TYSON 5.45 17/1/80	J.GILMOUR 4.40	C.BOULD 6.15 8/3/79
3000m	P.WALL 8.52 2/1/78	A.O'HARR 9.09 13/10/79	M.SMITH 9.27.6 8/12/79	A.BRIFFA 9.59 19/11/78	J.GILMOUR 9.20 11/2/76	J.GILMOUR 9.43.2 10/11/79 *WORLD RECORD
5000m	P.WALL 15.14 5/2/80	G.INNES 15.52 1/3/78	M.SMITH 16.42 24/10/79	J.GILMOUR 16.05.8 13/9/72	J.GILMOUR 16.09.7 22/1/76	J.GILMOUR 16.52.6 6/4/80 *WORLD RECORD
10,000m	G.WALL 33.24 29/11/78	G.INNES 33.14 28/9/77	M.SMITH 35.00 6/4/80	J.GILMOUR 33.06 27/8/72	J.GILMOUR 33.40 5/8/74	J.GILMOUR 35.07.7 31/7/79 *WORLD RECORD
3000m WALK	T.REYNOLDS 21.30 19/3/77	J.SMITH 15.16 8/12/76	J.SMITH 15.44 22/2/79	G.CAVILL 15.31 -/1/75		R.HORSLEY 15.22.0 16/11/74
5000m WALK		J.SMITH 26.37.0 20/10/76	J.SMITH 26.53 25/2/79	G.CAVILL 27.54 -/12/74		R.HORSLEY 26.33 27/2/74
1500m STEEPLE	D.CLARKE 5.19 26/1/76	G.INNES 4.51.9 20/1/77		A.MERRETT 5.27.6 10/4/77	A.TYSON 5.42.2 5/4/80	
3000m STEEPLE	D.HOYE 10.20 11/11/78	E.MASLEN 9.44.0 22/1/77	J.DAVIES 10.30 5/4/80	A.MERRETT 11.35.1 23/12/78	A.MERRETT 11.18 30/7/79	
11 Om HURDLES	T.REYNOLDS 16.2 30/1/77	R.JOHNSON 19.5 15/1/77	D.WALKER 21.0 8/3/80	N.GOFF 18.3 17/8/75	N.GOFF 18.4 6/1/79	
400m HURDLES	P.GARE 60.1 1 2/3/78	D.CARR 74.5 20/3/77	J.DAVIES 66.6 6/4/80	D.JONES 71.2 10/4/77		
LONG JUMP	T.REYNOLDS 6.36 8/1/77	D.SCOTT 5.94 9/4/77	A.CUMMINGS 4.99 8/1/77	N.GOFF 5.64 14/12/74	N.GOFF 5.15 10/3/79	
TRIPLE JUMP	T.REYNOLDS 12.37 20/3/77	J.ROWLANDS 10.28 29/1/78	A.CUMMINGS 9.93 10/4/77	N.GOFF 11.30 18/1/75	N.GOFF 11.46 10/1/76	
HIGH JUMP	T.REYNOLDS 1.71 10/4/77	T.RUTTY 1.50 13/1/79	D.WALKER 1.40 28/1/80 8/3/80	D.JONES 1.30 28/1/80	N.GOFF 1.35 29/3/76	
POLE VAULT	P.GARE 2.70 6/3/78 14/1/79 T.REYNOLDS -/4/77	E.MASLEN 2.89 10/2/79		N.GOFF 2.40 29/3/75	N.GOFF 2.40 14/1/79 3/2/79	

EVENT	PV35+	M40	M45	M50	M55	M60
SHOT	E.NIEMANIS 1 2.90 10/12/77	R.FERGIE 10.79 29/1/77	A.CUMMINGS 8.34 29/1/77	W.HUGHES 9.07 5.2.78 (5.5kg)	N.GOFF 10.01 17/1/76 5.5kg)	R.HORSLEY 10.73 12/4/74 (4kg)
JAVELIN	T.REYNOLDS 45.52 29/1/77	B.OLD 41.16 23/12/78	R.SHAND 36.26 9/4/77	N.GOFF 25.28 29/3/75	N.GOFF 25.96 9/4/77	
HAMMER	E.NIEMANIS 46.85 19/11/77	R.FERGIE 31.26 29/1/78	A.CUMMINGS 25.44 12/2/78	D.JONES 21.23 27/11/77	N.GOFF 26.08 27/1/79	
DISCUS	E.NIEMANIS 40.24 19/11/77	R.FERGIE 30.98 3/11/79	A.CUMMINGS 30.40 22/1/77	D.JONES 21.78 28/13/80 1.5kg	N.GOFF 26.34 10/1/76 (1.5)	R.HORSLEY 29.11 12/4/74 (1kg)
EVENT	M65	M70+		EVENT	M65	M70+
60m				JONG JUMP	R.HORSLEY 3.35 26/11/78	R.BRIGGS 2.72 16/11/78
100m	R.HORSLEY 15.4 22/3/78	R.BRIGGS 17.5 22/3/78		SHOT	R.HORSLEY 8.99 28/1/78 (4kg)	R.BRIGGS 7.49 2/11/77 (4kg)
200m	J.COLLINS 36.1 9/1/77	R.BRIGGS 37.5 15/12/79		JAVELIN	J.COLLINS 18.40 5/12/76 (600g)	R.BRIGGS 15.17 30/11/77 (600g)
400m	J.COLLINS 82.6 22/2/79	R.BRIGGS 83.4 8/3/78		HAMMER	R.HORSLEY 15.21 7/2/80 (5.5)	
800m	R.HORSLEY 2.38 25/1/78	R.BRIGGS 3.20.0 25/1/78		DISCUS	R.HORSLEY 26.92 22/2/78 (1k)	R.BRIGGS 16.94 22/2/78 (1k)
1500m	R.HORSLEY 5.16.9 15/2/78	R.BRIGGS 7.05.6 15/2/78				
1 MILE						
3000m	R.HORSLEY 11.36 4/1/78	R.BRIGGS 16.26 4/1/78		110m HURDLES		
5000m	R.HORSLEY 20.46.4 22/3/78	R.BRIGGS 26.53.1 22/3/78		400m HURDLES		
10,000m		J.SHEPHERD 54.07 10/4/77		TRIPLE JUMP		
3000m WALK	R.HORSLEY 16.15 15/3/78 11/11/78			HIGH JUMP		
5000m WALK	R.HORSLEY 27.32 19/8/78			POLE VAULT		

CHANGE OF ADDRESS: David Branson Peter Gallagher
 40 O'Sullivan Drive 1 Larundel Road
 Kelmscott 6111 City Beach 6015. Tel 385-8319
 Telephone Number remains the same

WELCOME: Capt Dennis H Wilmott (49)
 40 Fifth Ave
 Shoalwater 6169
 Tel 095-272705

BRUCE BUCHANAN: has been appointed Team Manager for the track and field season, and will be collecting results at Perry Lakes on Saturdays.

TIME TRIALS: There will be an amendment to the method of awarding points for this years Time Trials. This has been devised to enable those who cannot attend every time to have a chance, because under the 1979 system the best attender tended to be the winner. While the trials were designed to encourage participation and to try out all events, the new system will satisfy all aspects and will be as follows. Each athlete must participate in 9 of the 11 track events (and one of these must be a walk) and in 4 of the 5 field events. There are 16 different events in which participation in 13 is a prerequisite. There are three opportunities in each event (except the mile in which there are 2) and the Veterans best performance in each event is to be taken into consideration for points.

THURSDAY 2nd OCTOBER: TIME TRIALS WEEK 1 - EVENTS: 1500m and JAVELIN

Bob Fergie and Bob Sammells were the members responsible for the first evening of the 1980-81 season. There was a good turn out of members for what promises to be another interesting competition.

		1500m		JAVELIN	
	POSITION/HEAT	TIME	POINTS	DISTANCE	POINTS
W50 L.BUTCHER	2/2	6.37.6	688	11.05	220
W40 D.WHITTAM	5/2	7.23.8	257	15.22	267
W35 G.SUTHERLAND	3/2	6.51.0	424	N.T.	-
J.SLINGER	1/2	6.25.0	580	9.77	20
E.CROWTHER	6/2	7.30.0	190	9.22	20
J.STONE	4/2	6.52.3	416	10.02	36
W30 J.PEARLTON	-	-	-	10.44	20
M65 R.HORSLEY	-	-	-	18.72	349
M60 V.ANDERSON	5/4	5.47.8	803	N.T.	-
C.BOULD	6/4	5.48.0	802	N.T.	-
M55 A.WRIGHT	3/4	5.42.2	657	19.99	320
A.TYSON	2/5	5.17.6	805	17.81	232
M50 D.STONE	2/4	5.27.00	658	21.25	288
M45 J.WHITTAM	5/3	5.11.2	693	18.98	149
R.SHAND	-	-	-	21.50	228
D.CARR	5/1	4.59.5	763	19.37	161
R.FERGIE	-	-	-	30.51	495
D.WALKER	1/4	5.21.0	634	30.45	494
D.MOFFETT	4/3	5.09.6	703	-	-
M40 D.CAPLIN	1/1	4.24.4	944	24.27	232
M.JOHNSTON	2/1	4.39.0	856	-	-
R.SAMMELLS	2/3	5.01.3	729	22.14	178
B.SLINGER	6/3	5.25.0	580	19.27	107
I.SUTHERLAND	7/3	5.31.4	542	20.33	133
R.BENETTI	3/5	6.14.0	286	23.32	208
H.DE-SOUZA	4/5	6.45.5	97	27.42	311
B.OLD	-	-	-	39.28	607
K.CAMERON	-	-	-	38.78	594

CONTD

		1500m 7		JAVELIN	
	POSITION/HEAT	TIME	POINTS	DISTANCE	POINTS
M35	H.DANBY	3/1	4.41.0	814	19.86
	D.CROWTHER	4/1	4.41.6	811	24.89
	L.OAKLEY	1/3	4.56.0	724	-
	W.HOUGH	3/3	5.08.0	652	-
	M.STONE	4/4	5.47.7	414	N.T.

The ladies, except Lorna Butcher, used an undersized Javelin (400gm not 600gm), so none are eligible for records.

LORNA BUTCHER set a W50 record for her 1500m and her javelin throw. The men used the 800gm Javelin. D.Stone, R.Horsley, A.Tyson used undersized implements (700gm, 600gm, 700gm respectively which should have been 800gm, 700gm, 800gm) Pat Carr came down to do some walking and jogging, but couldn't be persuaded to actually enter as yet.

NOTE- Under the new rules there will be no progressive points until the end of the season.

SUNDAY 5th OCTOBER - Saw club members again going in many different directions, the biggest group being those taking part in the ALCOA "TIN CAN RUN" 13km along the beach front from North Fremantle Surf Club to finish at Perry Lakes. Conditions were fine and sunny for the first time for many weeks. Results in order of finishing:

HUGH KIRKHAM	M35	45.14	DEREK WALKER	M45	55.32
DON CAPLIN	M40	46.25	BRUCE BEECHAM	M35	55.43
BOB HARRISON	M35	46.53	BARBARA LEACH	W35	56.03
JOHN DAVID	M35	48.00	BARRY SLINGER	M40	56.07
DEREK CROWTHER	M35	48.06	-	-	56.54
DAVE HOUGH	M45	49.35	JOHN PELLIER	M40	57.45
TED MASLEN	M45	50.24	DAVID BRANSON	-	57.58
JOHN SPENCER	M40	51.15	-	-	58.05
BOB SAMMELLS	M40	51.25	-	-	58.16
COL JUNNER	M55	51.30	IAN SUTHERLAND	M40	58.25
ANDY ZEMUNIK	M40	51.40	DICK HORSLEY	M65	59.03
BRIAN HANKS	M45	51.45	BILL HUGHES	M50	59.03
-	-	52.46	ANDY WRIGHT	M55	59.59
CHARLIE SPARE	M40	52.53	FRANK USHER	M55	61.45
DENYS BUTCHER	M50	53.08	JOAN SLINGER	W35	63.16
ALAN TYSON	M55	53.20	GERRY NOORDYK	M55	63.23
RICHARD SPARK	M40	53.32	BARRY THOMSETT	M40	63.26
GEOFF PRICE	M45	53.52	COLLEEN MELBOURNE	W35	63.56
STEPHEN FOSTER	M35	54.25	LORNA BUTCHER	W50	65.26
GEORGE ATZEMIS	M40	54.37	"BISHOP OF BULLSBROOK"	M50	65.43
WINSTON HOUGH	M35	54.55	still unfinancial !!	-	-
DALTON MOFFETT	M45	54.55	ARTHUR LEGGETT	M60	68.20
RALPH GODKIN	M60	55.05	JO STONE	W35	72.21
ROY CROFT	M35	55.14	GLORIA SUTHERLAND	W35	73.18
LES OAKLEY	M35	55.18	JOAN PELLIER	W40	78.58
			ENID CROWTHER	W35	78.58
			JO WALKER	W30	80.00

We have Bette Usher and David Carr to thank for getting these times at Perry Lakes. There are four times and no names for them. If you own one of them let the editor know so the records can be put straight. David did not run, but was there to publicise the Vets Fun Run on Sunday 12th October. He also has a white terry towelling "Jim Barnes" type hat and a Vets singlet fremantle run. Any claimants please see him soon as they are cluttering up his new car.

The same day saw three Vets participate in the Annual Marathon Club's 40 Mile MUNDARING TO YORK Road race.

		40 Miles	Marathon
BARRIE ROBINSON	M40	4.42.36	3.07.26
MAURICE SMITH	M45	4.43.51	3.06.05
COLIN WALSH	M45	5.43.33	-

The race was won by Kevin Anderson in 4 hours 11 minutes, Barrie Robinson experienced what must be one of the classic situations for a runner as he approached York, and the finish line with only a few hundred metres to go and feeling very tired, he was accosted by a woman in a car wanting to know if he'd seen Trevor, and she was not impressed when his reply was a little less than polite! Barrie has also laid claim to the M40 record for the course. He doesn't expect to hold it for long as Kevin Anderson is 40 next year.

Finally at McCallum Park twelve stalwarts set off for a "Round the Bridges" in a nominated time.

NAME	GROUP	NOMINATED TIME	ACTUAL TIME	VARIATIONS	FINISHING POSITIONS	RACE POSITIONS
M.MOYLE	M50	48.00	48.00	0.00	9	1
D.STONE	M50	40.00	40.33	0.33	6	2
R.SHAND	M45	44.00	43.20	0.40	8	3
S.LOCKWOOD	M50	49.30	48.49	0.41	10	4
B.DANBY	M35	35.00	35.55	0.55	1	5
F.SMITH	M35	38.00	36.41	1.19	2	6
B.BUCHANAN	M45	35.59.9	37.27	1.27.1	5	7
M.JOHNSTON	M40	38.30	36.58	1.32	3	8
M.BERRY	M45	45.00	43.19	1.41	7	9
J.PEARTON	W30	59.59	56.13	3.46	12	10
G.MOSES	M40	47.00	37.16	9.44	4	11
E.PEARTON	M45	59.59	48.36	11.23	11	12

Val Prescott and David Jones took times and positions, assisted by Anne Smith. Don Caplin came down to deliver the watches before going to the "Tin Can Run". After the run Smith, Johnson, Danby and Moses did a Herisson run, while Shand, Stone, Buchanan and Berry got in some discus and javelin practice and Val Prescott did some runs through on the 100m track. Merv Moyle was awarded a chocolate frog for being spot on with his nominated time.

SATURDAY 11th OCTOBER AAVA TRACK AND FIELD LIMITED COMPETITION
(No Club points awarded)

		60m	200m	800m	2kn Steeple	Long Jump	Discus
R.CALNAN	M35	8.6	-	-	-	5.14m	-
B.OLIVER	M35	8.6	26.6	2.36	8.10	-	-
J.GOLD	M35	-	24.1	-	-	-	-
B.OLD	M40	-	28.9	-	-	-	-
H.DE SOUZA	M40	7.9	26.7	-	-	-	-
P. [unclear]	M40	7.9	24.2 *	-	-	-	24.53m
D.CAPLIN	M40	-	-	2.10	-	-	-
ROBIN JOHNSON	M45	-	27.6	-	-	-	-
E.MASLEN	M45	-	-	-	6.45	-	-
D.CARR	M45	8.9	27.4	2.19	8.49	-	-
D.JONES	M50	-	27.1	-	-	-	-

* Peter Gare broke David Carr's M40 Record (24.7 set in 1976)

WEDNESDAY 8th OCTOBER, saw 2x Crowthers, 2xWhittams, Nora Berry, Joan Peklier, Barry Thomsett, John Davies, Con Ansell, Tony Denham set out for a run led by Barry Slinger who had already done a run by himself.

THURSDAY 9th OCTOBER TIME TRIALS WEEK TWO

		400m			SHOT
		Heat Position	Time	Points	Distance Points
W50	L.BUTCHER	7/3	83.9	204	6.163kg 444
W40	D.WHITTAM	2/1	73.5	340	7.43 527
W35	J.SLINGER	7/2	74.6	20	4.51 20
	J.STONE	2/2	94.7	20	3.48 20
W30	J.PEARTON	W/D	W/D	W/D	4.81 20
	J.WALKER	W/D	W/D	W/D	6.28 140
M65	R.HORSLEY	3/2	73.8	848	7.02(kg) 419
M60	C.BOULD	3/4	88.1	76	- -
M55	A.WRIGHT	3/1	71.3	548	7.02 302
M50	W.HUGHES	6/2	68.5	460	8.57 379
	D.STONE	6/3	71.2	352	7.72 260
M45	A.FERGIE	5/3	69.2	352	10.54 515
	D.CARR	1/2	59.6	736	6.93 20
	D.WALKER	4/4	67.0	440	8.64 249
	J.WHITTAM	5/4	70.6	296	7.71 119
	R.SHAND	6/4	78.4	20	8.89 284

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THURSDAY 8th OCTOBER TIME TRIALS WEEK TWO CONTD

	Heat	Position	400m Time	Points	Distance	SHOT	Points
M40 D.CAPLIN	1/1		58.4	704	8.47		155
B.ROBINSON	1/4		61.0	600	7.44		203
M.JOHNSTON	4/1		61.0	600	7.44		20
V.MONKS	4/3		62.8	528	-		-
B.SLINGER	5/1		63.7	492	7.12		34
H.DESOUZA	5/2		67.8	328	7.71		49
R.SAMMELLS	6/1		67.1	356	7.50		20
I.SUTHERLAND	7/1		68.6	296	8.18		115
R.BENNETTI	-		-	-	9.25		265
M35 B.DANBY	1/3		61.2	552	7.89		20
M.STONE	3/3		74.0	40	4.77		20
L.OAKLEY	4/2		61.6	536	-		-

All men M35, M40, M45 used undersized implements (5.5kg) Penalised 140 points and not eligible for records. M50, M55, M60, M65 used correct weight.
 L.BUTCHER broke her W50 400m record of 84.8 to set a new one of 83.9. She also set the W50 Shot record at 6.16m.
 R.HORSLEY M 65 broke Jack Collins record of 82.6 to set a new one at 73.8
 JEFF WHITTAM won the spot prize for having his badge on and being able to answer a very simple question !

SUNDAY 12th OCTOBER again saw a variety of events being held which attracted Vet's participation. At McCallum, 17 members ran a Dave Jones + Cliff Bould Course, a total distance of 7.6 km.

NAME	GROUP	LAP 1	LAP 2
J.PEARTON	W30	11.44	41.28
J.SHILLINGTON	W35	11.36	37.47
J.PELLIER	W40	15.19	-
N.BERRY	W50	15.19	50.19
D.CROWTHER	M35	8.55	29.50
L.OAKLEY	M35	9.06	29.53
R.WALSH	M35	9.16	30.34
B.FAULKNER	M35	11.40	37.08
R.SPARK	M40	9.30	31.56
B.MONKS	M40	10.26	32.48
C.DEANUS	M40	11.40	40.36
R.SHAND	M45	9.27	29.50
D.MOFFETT	M45	9.50	32.17
B.MITCHELL	M45	10.26	32.48
E.PEARTON	M45	11.15	33.56
D.STONE	M50	11.12	34.37
G.NOORDYK	M55	11.15	36.06
C.J.McLEAN	INV	11.36	36.42
J.C.McLEAN	INV	11.36	37.47

+ Lap 1 - The Dave Jones Course + 2 km to the start of the Cliff Bould course (2.4km)
 + Lap 2 - Cliff Bould Course (5.2 km)
 Bob Hayres and David Jones were taking times, assisted by Mike Berry. Those three later did a bridges run when everyone had completed the course. Alec Cummings arrived to do some throwing with others including Rob Shand, Bernie Oliver did a bit of sprinting and Tom Jones was there to watch.

Meanwhile at Perry Lakes the JOHN GILMOUR 10km was being run by the Marathon Club.

"A" GRADE	WINNER: J LANGFORD 31.24
P.WALL	M35 33.39 2nd
F.SMITH	M35 33.50 3rd
	(personal best)

CONTD

"A" GRADE

D. CAPLIN	M40	34.49.8	7th (Personal Best)
B. DANBY	M35	35.08	8th 1 Lap short-Corrected time
M. JOHNSTON	M40	37.20	11th

"B" GRADE

WINNER B. MARSLAND 35.12

B. ROBINSON	M40	38.03	4th
J. MADDISON	M40	38.38	5th
C. JUNNER	M55	39.36	7th
D. BUTCHER	M50	39.44	9th
G. MOSES	M40	40.14	12th
D. DAVIES	M45	41.22	15th
G. PRICE	M45	41.34	16th
J. PELLIER	M40	43.15	20th
W. HUGHES	M50	43.41	21st
C. BOULD	M60	44.23	23rd
A. WRIGHT	M55	44.26	24th
D. WALKER	M45	W/D	

In the evening of Sunday 12th the first ever VETERANS SUNDOWN RUN took place at Riverton Bridge over a 9.6 km course along the Canning River foreshore. Most of the organisation for the run was done by David Carr who has spent much time in the past two months publicizing it at other fun runs. He was assisted on the night by his wife Pat, who did a sterling job taking late entries and recording all finishers. The smooth running of the event owed much to their hard work. Lesley Brown checked out the course on Sunday morning and with the aid of Jim Hoskins, organized helpers along the way. She also rode ahead of the runners and did a final sweep at the end to ensure that everyone had made it to the finish. Other helpers were:

STARTER: Bill Hughes

TIMEKEEPERS: Brian and Jenny Danby, Bob Faulkner, Dick Horsley

CERTIFICATES: Derek Walker, Val Tyson

" POINT DUTY " Phil Lennie, Anne Smith

HALF WAY POINT : COLLEEN MILBOURNE, CHRIS HARLAND, DICK DAVIES, JILL PEARTON

Also assisting : Val Anderson, Bob and Alison Johnstone, Alan Tyson Jo Walker.

AWARDS were presented by the Club patron Bill Hughes.

WINNERS OF AGE GROUP AWARDS

W35	SANDRA McBRIDE	M40	MAURICE JOHNSTON
W40	MARGARET HARMAN	M45	TED MASLEN
W45	BETTY DAVIES	M50	DENYS BUTCHER
W50	LORNA BUTCHER	M55	ANDY WRIGHT
W60	JOHANNA SANDERS	M75	JOHN SANDERS

RESULTS

NAME	AGE GROUP	TIME	POSITION
TED MASLEN	M45	33.36	1
MAURICE JOHNSTON	M40	34.47	2
DON CAPLIN	M40	35.18	3
GEORGE MOIR	M40	35.40	4
SIDNEY WILCOX	M40	36.15	5
BOB SAMMELLS	M40	36.30	6
TERRY MANFORD	M40	36.32	7
PETER COWLEY	M40	36.57	8
VES CARTER	M40	37.05	9
JEFF WHITTAM	M45	37.11	10
DENYS BUTCHER	M50	37.18	11
EDGAR PETERS	M45	37.28	12
BILL MITCHELL	M45	37.28	13
ERIC PEARTON	M45	37.32	14
GLENN LLOYD	M40	37.40	15
DAVID BRANSON	M40	37.53	16
GEORGE SMALL	M40	38.09	17
BRIAN McLEAN	M50	38.31	18
GEOFF PRENDERGAST	M40	38.41	19
JAMES RYAN	M45	38.43	20
AUSTIN LANGFORD	M40	38.48	21
DENIS WILMOTT	M45	38.51	22
VICTOR REID	M45	38.57	23

CONTD

Vetrun 101

RESULTS

NAME	AGE GROUP	TIME	POSITION
IAN SUTHERLAND	M40	39.01	24
JOHN PELLIER	M40	39.20	25
JOHN MARSHALL	M40	39.32	26
JOHN GEDDES	M40	39.35	27
JOHN DYBALL	M40	39.46	28
TONY DOWLING	M40	39.46	29
HENDRICK VANDERBROCK	M40	39.53	30
RICHARD SPARK	M40	39.57	31
F. McLINDEN	M45	40.06	32
ALAN HALLS	M40	40.14	33
ANDY WRIGHT	M55	40.17	34
GORDON LYNE	M50	40.32	35
SANDRA McBRIDE	W35	40.34	36
FRED STEWART	M50	40.43	37
PETER BROWN	M40	41.01	38
GERRY DOOLEY	M45	41.38	39
ERIC JOYCE	M45	42.00	40
DENIS BATTERHAM	M45	41.39	41
GERRY NOORDYK	M55	42.13	42
FRANK WEATHERLY	M45	42.20	43
BRIAN NEWNHAM	M50	42.58	44
G.L. COOMBE	M55	43.03	45
ROBERT PIMBLETT	M45	43.04	46
BARRY THOMSETT	M40	43.41	47
DON STONE	M50	43.53	48
GEOFF PINNEMORE	M45	44.07	49
LORNA BUTCHER	W50	44.16	50
JOHN O'CONNOR	M45	44.26	51
HENRY CHAPPLE	M40	44.40	52
MARGARET HARMAN	W40	44.43	53
ALAN ACREMAN	M40	44.52	54
A.G. PINNEGAR	M40	45.02	55
THOMAS DELANEY	M50	45.06	56
MARK FREEMAN	M50	46.10	57
GEOFFREY SMITH	M55	46.38	58
MICHAEL MORAN	M45	46.40	59
JOHN COWLEY	M40	47.38	60
JO. STONE	W35	47.46	61
GEORGE DUNLOP	M40	47.54	62
RON OKELY	M50	48.01	63
DAVID JONES	M55	49.05	64
MERVYN SCALLY	M40	50.17	65
JANET HOUGH	W35	51.44	66
JOAN PELLIER	W40	53.22	67
JULIE LYNE	W35	53.31	68
BARBARA CHILTERN	W50	55.49	69
GERALD CHILTERN	M50	61.10	70
BETTY DAVIES	W45	71.15	71
JOHANNE SANDERS	W60	76.32	72
JOHN SANDERS	M75	78.17	73

MONDAY 13th OCTOBER- WILLETTON FUN RUN 10.6 km. On a hot Queen's Birthday Holiday morning, a Vets team won their section of the run. In fact they turned out to be the only team entered !

* J.DAVID	M35	39.07	
* J.BARNES	M35	41.38	
* D.CROWTHER	M35	-	
* B.ROBINSON	M40	40.15	(Won 0/40 Section)
* D.BRANSON	M40	46.00	
* R.SHAND	M45	40.43	2nd in 0/40 section
* D.WALKER	M45	48.00	
* W.HUTCHES	M50	46.25	
* D.WILMOTT	M45	-	
J.WALKER	W30	W/D	
L.BUTCHER	W50	58.00	
C.MILBOURNE	W30	46.00	
C.HARLAND	W30		

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WELCOME.

HENRY CHAPPLE (M40)
2, Bishop Road
Dalkeith
Tel 3865114

JOHN COWLEY M40)
26 Bernice Way
Thornlie
Tel 4594485

Who joined after the Sundown run

Joined 15/10/80

CHANGE OF ADDRESS : Bob Hayres 26 Jenkins Place, Wembley Downs Tel 341-4770
from 1st November

Alex Cummings can now be contacted on: 277 7442

CANTEEN ROSTER - A.A.W.A. Track and field Season

25th October
15th November
3rd January
21 st February
7th March

Joan Pellier, Lorna Butcher
Jan Hough
Jo Walker
Val Tyson
Jo Stone

WEDNESDAY 15th OCTOBER - John and Joan Pellier, Nora Berry, Dorothy Whittam and Jeff, Alan Tyson, Phil Llorens and Enid Crowther were in the park for their weekly jog. Derek Crowther was there too, but not running as he is injured.

THURSDAY 16th OCTOBER

WEEK THREE

WHITTAM AND CROWTHER
ORGANIZING

EVENTS	1500m WALK			DISCUS	
	Heat/Position	Time	Points	Distance	Points
W 45 P.CARR	1/6	11.51.3		-	-
W40 D.WHITTAM	-	-	-	19.14	375
W35 J.STONE	1/4	10.52.5	90	8.63	20
J.SLINGER	1/5	10.52.7	89	14.28	171
W30 J.PEARTON	-	-	-	10.26	20
M65 R.HORSLEY	2/1	7.54.8	1077	24.54	702
M55 A.WRIGHT	1/3	10.03.8	385	22.57	503
M50 D.STONE	2/1	7.44.8	881	18.76	217
R.DE GRUCHY	2/9	9.44.7	440	15.85	115
M45 D.WALKER	2/3	8.36.3	615	18.56	210
A.CUMMINGS	2/4	8.39.5	602	26.36	483
D.GARE	2/7	9.29.0	404	15.00	85
J.WHITTAM	1/2	9.51.6	314	18.12	194
M40 B.ROBINSON	2/2	8.24.6	602	19.13	145
R.BENETTI	2/5	9.08.8	425	20.64	197
M.JOHNSTON	2/10	10.13.3	167	13.30	20
R.SAMMELLS	2/11	10.17.0	152	13.35	20
D.CAPLIN	2/12	10.47.1	32	16.64	57
H.DE SOUZA	2/13	11.10.9	20	19.34	152
B.SLINGER	2/14	11.21.7	20	14.67	20
M35 M.STONE	2/8	9.29.4	282	10.23	20
B.DANBY	2/6	9.13.8	345	16.52	20

Alec Cummings (Junior) shamed us all with his throw of 40.63 m with the 1kg Discus. Dick Horsley's performance in the 1500m walk brought up over 1000 points- the first to break the barrier for the season- Congratulations Dick !

HOT WEATHER RUNNING

Now that the hot weather is with us again it seems appropriate to remind you of the dangers of running in the heat without proper acclimatisation and care. The following is part of the reply by Dr George Sheehan RUNNERS WORLD JULY 1980 to a letter regarding problems experienced in the " Big M " Marathon in Melbourne last year

CONTD

An unseasonably hot day with high humidity is the usual setting for heat syndromes in runners. Lack of cloud cover can also be a major contributing factor. A cloudless sky raises the effective temperature another 10 or more degrees.

I find it distressing that all the advice on minimizing heat syndromes is still being ignored by runners and race directors alike. Race directors of spring, summer and fall marathons should anticipate unfavorable weather. This means early starting times, adequate water stations (the New York City Marathon had them virtually every mile) and instructions on how to prepare for and handle heat.

The runner can acclimatize to heat with 10 to 14 days of running in hot weather. Where temperatures are not high, run in a sweat suit; even double sweat suits can be used. This is the preparation.

Next is the replacement of perspiration. The first water stop should be at the starting line. At least 20 ounces of fluid, water or a fluid with a low concentration of sugar should be taken just before the gun. Then take at least 10 ounces every 20 minutes. Three-day carbohydrate-loading will provide about an extra quart of water in the body to help handle heat stress.

Finally, there is pace. No matter how long the preparation, how adequate the replacement of perspiration, a hot-weather marathon cannot be run at the same pace as a race on a 45-degree day (the optimum for distance running). The pace must be 30 to 60 seconds a mile slower on these hot, humid days.

Running in heat uses up glycogen at an accelerated rate. It also causes dehydration and hyperthermia. There is some controversy on which of these metabolic problems causes "the wall", but your description leaves no doubt about that wall when all three factors co-exist.

As to lasting effects, I would doubt that the great majority of runners would be more susceptible to heat stroke because of this episode. There are hyper-reactors to heat, and they may have been among the victims in this race. You can check your own sensitivity to heat by monitoring your rectal temperature after training runs. If it is inappropriately high, you will have to be cautious about hot-weather racing.

REPORT ON JOHN GILMOUR'S OVERSEAS TRIP- as promised in Newsletter 100

John went first to Helsinki, Finland for the European Veterans Championships. There He completed a hectic programme of events, often taking part in events only hours apart.

DAY 1 10,000m on Cinder track

1st	J.GILMOUR (AUST)	34.42.2	
2nd	G. McGRATH (AUST)	35.56.6	
3rd	P.DOLENSKY (CZECHOSLAVAKIA)	35.37.7	GOLD MEDAL

Two hours later John lined up in the 800m running a heat time of 2.25.1

800m Final

1st	J.GILMOUR	2.18.76	
2nd	G.McGRATH	2.20.21	
3rd	E.TOIVOREN (FINLAND)	2.22.33	GOLD MEDAL

DAY 2 1500 m

1st	J.GILMOUR	4.51.02	
2nd	H.JOSEFSSON (SWEDEN)	4.53.0	GOLD MEDAL
3rd	E.SANTALA (FINLAND)	4.58.0	

An hour and a half later John took part in the 5,000m

5000m

1st	J.GILMOUR	16.33.3 (New World Record by 20sec)	
2nd	H.JOSEFSSON (SWEDEN)	17.43.2	GOLD MEDAL
3rd	S.RICHARDSON (USA)		

Later John cheered on George McGrath to win the 10,000m Cross Country event in 37.26 from S.Richardson 37.58 and V Gwivinen (Sweden) 38.26. This gave Australians a clean sweep in these five middle and long distance events.

Contd

There was some controversy at the games as to whether John and George should be eligible to receive medals for their performances and the final ruling was against them although John had previously been told that his entry was in order. Hopefully such problems will not occur again as they caused much friction, and disappointment for John and George.

John then went on to UK where he competed in a 10km Cross Country event in Glasgow. There he found both a great course (golf course and an estate with winding footpaths) and good weather. However at the last moment golfers objected to having runners on the fairways so the course was increased by 600m to go around the edge! This makes John's time of 34.48 his best for the trip. There were 800 starters of which John was 39th overall and first in his age group from K.Hasler (Switzerland) 36.02 and L.Florian (W.Germany) 36.46. Another West Australian competitor was Art Briffa (50) 189th overall and 20th in his age group in a time of 40.27.

The following day John competed in the marathon. There were 500 starters. He came in 66th overall and 2nd in his age group in 2h.45m.27s. The winner was K.Hasler (Sweden) in 2h.41m.25s, and 3rd S.Richardson (USA) 2h.53m.57s. Hasler's time was a new World Record. Hasler caught up to and ran with John for nearly 2km at the 26km and said he was pulling out at 30km as it was his first attempt at the marathon. John wasn't too worried when he pulled ahead but then when Hasler did not withdraw he was too far ahead for John to pull up to him again. Other West Australians to compete were John Butts (45), 154 overall in 2h.57m.58s. and Maurice Johnston (M40), 173 overall in 3h.01m.28s.

Congratulations to John and the others on their good performances despite the difficulties encountered.

PROGRAMME ADJUSTMENTS

Between the time the A.A.W.A. issued a preliminary programme (from which the time trials Programme was made up) and the time they eventually issued their printed programme on 1st November (the first day of Track and Field competition) they had made a number of revisions to their runs.

Please Note the Following: All twilight meetings are at Perry Lakes with the listed events at 6.15pm

NOVEMBER - 12th Twilight will be 5k (Not 10K)
26th " " " 10k (Not 5k)

This is also the date of the final group jog in Kings Park after which there will be a barbeque so run at Perry Lakes or at the Park then join in the BBQ

DECEMBER - 10th Twilight will be 5k (Not 10K)
17th " " " 10k (Not 5k)

JANUARY - 7th Twilight will be 5k (Not 10k)
14th " ADDITIONAL 10k

FEBRUARY - 18th Twilight will be 5k as programmed (but not on 17th)

NOVEMBER BIRTHDAYS

Ross Calnan	4th	turned	40	and becomes a Veteran	M40
Derek Hoyer	4th	"	42	" remains	M40
Bob Bryce	6th	"	50	" becomes	M50
Morland Ellis-Smith	7th	turned	43	" remains	M40 and still unseen
Joan Pellier	8th	"	41	" "	M40
Ross Williams	10th	"	41	" "	M40 " in Geraldton
Butch Old	13th	"	42	" "	M40
Hank Stoffers	18th	"	40	" becomes a Veteran	M40
Bernie Oliver	19th	"	37	" remains	M35
David Sheppard	19th	"	40	" becomes a Veteran	M40
John Rowland	21st	"	43	" remains	M40
Gerry Noordyk	21st	"	59	" "	M55
Keith Graham	22nd	"	42	" "	M40 " unseen at the club
Bob Faulkner	24th	"	37	" "	M35
Phil Wall	26th	"	39	" "	M35
Bob Roberts	27th	"	57	" "	M55
Hugh Kirkman	27th	"	39	" "	M50
Merv Moyle	29th	"	54	" "	M50
Mike Stone	30th	"	38	" "	M35
Betty Davies	30th	"	45	" becomes	M45

SUNDAY 19th OCTOBER was a day of some early heavy rain then bright sunshine for the running of the annual BILL HUGHES 6.7.km. Bill was unable to be present but had arranged for the club to use his house and nominated one of his Westwools staff with his wife, to look after the B.B.Q afterwards a total of 40 runners completed the course, 4 records were broken and 4 new ones set.

M35	F.SMITH	22.36	1980
M40	D.CAPLIN	22.55	1980
M45	M.SMITH	23.00	1980
M50	A.TYSON	23.33	1978
M55	M.MOYLE	26.42	1977
M60	J.COLLINS	37.47	1977
M65	-		
M70	R.BRIGGS	37.22	1978
W30	L.BROWN	33.14	1980
W35	J.SLINGER	32.23	1980
W40	J.PELLIER	42.12	1980
W45	-		
W50	L.BUTCHER	32.14	1980
COURSE RECORD	F.SMITH	22.36	1980

Derek Walker organised the run, assisted by Pat Carr, Anne Smith and Jill Pearton. Handicapping was done by David Carr.

		Time off	Time in	Finishing position	Actual Time	Place
W30	LESLEY BROWN	9.00	42.14	2	33.14	33
	GLEN HALL	9.00	44.50	14	35.50	35
	JO. WALKER	6.00	44.24	12	38.14	37
W35	JOAN SLINGER	11.00	42.27	4	31.27	29
	JO. STONE	10.00	42.23	3	32.23	31
	JAN. HOUGH	10.00	45.44	21	35.44	34
W40 Inv	MARGARET WARREN	6.00	43.41	10	37.41	36
Inv	RUBY MADDISON	1.00	42.46	6	41.46	39
	JOAN. PELLIER	1.00	43.12	8	42.12	40
W50	LORNA BUTCHER	11.00	43.14	9	32.14	30
	NORA BERRY	3.00	42.42	5	39.42	38
M35	FRANK SMITH	23.00	45.36	20	22.36	1
	JOHN DAVID	22.15	46.21	26	24.06	4
	BOB. HARRISON	22.30	46.50	29	24.20	6
	JIM. BARNES	22.00	48.03	35	26.03	11
	WINSTON HOUGH	21.00	48.03	36	27.03	19
M40	DON. CAPLIN	23.00	45.55	23	22.55	2
	MAURICE JOHNSTON	22.15	47.35	34	25.20	8
	BOB. SAMMELLS	21.15	47.06	32	25.51	9
	WES CARTER	20.30	46.51	30	26.21	13
	JOHN MADDISON	21.15	48.03	37	26.48	16
	BARRY SLINGER	18.30	45.20	17	26.50	17
	DAVID BRANSON	17.00	43.58	11	26.58	18
	MAURICE WARREN	17.00	44.24	13	27.24	20
	JOHN PELLIER	18.30	46.32	27	28.02	22
	IAN SUTHERLAND	16.00	45.14	16	29.14	26
Inv	JOHN McGUINNESS	13.00	43.11	7	30.11	28
M45	MAURICE SMITH	23.00	46.00	25	23.00	3
	ROB SHAND	21.30	45.48	22	24.18	5
	DAVID CARR	21.30	45.57	24	24.27	7
	JEFF WHITTAM	20.00	46.43	28	26.43	14
	DAVE HOUGH	21.30	48.15	38	26.45	15
	DENNIS WILMOTT	20.30	48.20	39	27.50	21
	MIKE BERRY	18.30	47.35	33	29.05	25
M50	DENYS BUTCHER	19.30	45.29	19	25.59	10
	BRUCE BUCHANAN	20.45	46.58	31	26.13	12
	DAVE JONES	15.00	45.00	15	30.00	27
	RAY LAWLENCE	13.00	45.27	18	32.27	32
M55	ANDY WRIGHT	13.00	41.22	1	28.22	23
	ALAN TYSON	20.30	48.58	40	28.28	24

Prizes provided by Bill Hughes were presented to :

First Man Home: ANDY WRIGHT M55
First Women Home : LESLEY BROWN W30

CONTD

Fastest Man : FRANK SMITH M35
 Fastest Women: JOAN SLINGER W35
 Lucky Number: GLEN HALL

Records Broken: Don Caplin, Maurice Smith, Frank Smith.

Frank had a really good day being fastest man, as well as breaking the M35 record and the course record of 23.05 set by Rob Shand in 1978. With the sun out, members enjoyed the B.B.Q. and our thanks to Bill Hughes for providing such hospitality although he could not be there himself.

On the same day a number of Vets took part in the UNICEF Kings Park 10km "Run for Peace" fun run. Two of these later competed at Bill Hughes run!

RESULTS:	Hugh KIRKMAN	33.80	Dalton Moffett
	Phil WALL		
	John DAVID		
	Phil OAKLEY	35.25	
	Dave HOUGH	37.38	
	Roger WALSH	37.37	
	Rick SPARK	38.45	
	Marion PETERSON	46.25	
	Colleen MILBOURNE	46.25	
	Chris HARLAND		
	Stan LOCKWOOD	47.04	

22nd OCTOBER John and Joan Pellier, Dorothy and Jeff Whittam, Nora Berry, Phil Llorens, Enid and Derek Crowther did thier weekly run. Derek is suffering with a shin injury so did not run.

Derek Crowther has written a letter of thanks to Club Members who assisted at the State Marathon. (Which is especially kind of him as being one of the helpers I know we managed to mislay one of Derek's drinks ! - Ed)
 We also have the Crowthers new address After Dec 7th :

" SHANDWICK " PONT MARQUET RD, ST BRELADE, JERSEY.
 CHANNEL ISLANDS

They'd be happy to hear from people and of course love to see anyone who would like to join them for a run sometime!

Make sure you keep THURSDAY 4th DECEMBER free for the XMAS PARTY *

Where: Rugby Clubhouse, Perry Lakes Warmup Track
 Time: 7.30 pm - 12.00 pm
 Cost: \$ 3.00 per head (includes Salads first keg and all soft drinks until the keg is finished)
 There will be a Disc Jockey in attendance
 Hold your own races on the track
 Dress: Informal. Those participating in Time Trial 10 can shower and change in the main stadium. Due to lack of lights you may need to " have a shower with a friend in the dark" !
 B.B.Q. facilities available - B.Y.O meat, etc, etc. Spirits, etc available from the bar if you want to pay for your own drinks.

You cannot bring your own drinks into the licensed presence.

RAFFLE - Every member will get 2 books of 10x50c tickets to sell.

PRIZES: 1st \$250 cash
 2nd Radio-Cassette player (approx value \$80)
 3rd Parker Pen
 4th Sheep skin -from Westwools

Drawn at the Xmas Gift Race, Sunday 21st December

XMAS PARTY - If anyone can help with the Salads or is willing to make a cake let Dorothy Whittam know.

Thanks to Nora Berry for typing this newsletter.

Volunteers to type the next newsletter should contact Jill Pearton (Editor).

Late thanks also to Derek Walker for organizing sponsorship for the Sundown Run on 12th October. Our appreciations to Joe FANCHI and the Atrium Health Club.

MR R. HAYKES
26 JENKINS PLACE
WEMBLEY DOWNS 6019

AMATEUR ATHLETIC CLUB

November - December 1980

Secretary 3840939
Treasurer 4472418
Editor 2753934

To be mature means to face, and not evade every fresh crisis that comes, or every duty that has to be done.

Fritz Kunkel

THURSDAY, 23rd OCTOBER

TIME TRIALS, WEEK 4

Organised by the injured Derek Crowther with numerous helpers.

		200m				Hammer (5.5kg)*	
		Heat	Pos.	Time	Points	Distance	Points
W50	L. Butcher	1	2	34.9	410	-	-
W35	J. Slinger	1	3	35.1	90	5.10	20
W30	J. Walker	1	1	33.0	200	-	-
	J. Pearton	-	-	-	-	7:37	35
M70	R. Briggs	1	4	38.4	460	-	-
M60	C. Bould	2	3	40.3	20	-	-
M55	A. Wright	2	2	32.1	490	16.88	241
M50	J. De Gruchy	3	1	29.4	660	10.27	20
	D. Stone	3	4	32.4	360	17.28	165
M45	A. Cummings	3	3	29.8	520	29.51	453
	D. Carr	4	1	27.3	770	18.17	56
	J. Whittam	6	4	32.9	210	19.14	90
	R. Fergie	6	2	29.5	550	36.52	698
	D. Walker	6	1	28.7	630	16.87	20
M40	D. Caplin	4	2	27.4	660	20.95	68
	H. De Souza	4	3	27.5	650	15.75	26
	R. Kemp	6	3	29.6	210	20.08	38
	M. Johnston	5	2	29.4	460	14.31	20
	R. Benetti	2	4	47.7	20	20.71	60
	D. Branson	3	2	29.6	440	15.07	20
	W. Monks	2	1	29.5	450	14.52	20
	R. Sammells	5	4	30.1	390	10.43	20
	B. Slinger	5	1	29.3	470	14.62	20
	J. Rowland	-	-	-	-	22.79	133
M35	B. Danby	4	4	28.3	470	14.80	20
	L. Oakley	5	3	29.4	360	-	-

* Men, 35, 40, 45, used an undersized hammer, therefore not eligible for records and had a 140 point penalty. Men 50 and over, correct weight.

Women, all ages, used oversized hammer. All eligible for records and have extra points allowance.

Barry Slinger came a tumble onto the track in winning his heat of the 200m, broke his glasses and cut his eye. As "luck" would have it, he had recently filled our first aid box and was the first to be administered to from it. The box contains a range of bandages, salves and aids for every medical need and is always available at club runs.

Lorna Butcher set a new W50 200m record.

WELCOME Felix and Delia McKnight (M40 and W40) of 3 Viking Road, Dalkeith. Telephone 3867407.

Kevin ANDERSON (M40) of 4 Paine Street, Morley, Telephone 2766865, who joined us on his 40th birthday, 20th November '80.

SUNDAY, 26th OCTOBER, saw a good club turn out for the 8 x 5km RELAY CHALLENGE against the SAS and W.A. Fire Brigade at McCallum Park. As there were visitors running, the Heirisson Island course was thoroughly marked out by Rob Shand, Jeff Whittam and Brian Danby. Meanwhile Derek Walker got the runners ready at the start.

As expected, the VETS "A" team won by a convincing margin with a close tussle for second and third between the SAS and Fire "Brigade A".

1st VETS "A" under Don Caplin

	Prog Time	Pers Time
1. Maury SMITH	17.48	17.48
2. Don CAPLIN	35.22	17.34
3. Maurice JOHNSTON	54.09	18.47
4. Rob SHAND	73.03	18.57
5. Brian DANBY	91.22	18.19
6. John DAVID	109.36	18.14
7. Frank SMITH	127.10	17.24
8. Hugh KIRKMAN	145.10	18.00
<u>TOTAL TIME</u>	<u>145.10</u>	

2nd SAS under John Trevivian

	Prog Time	Pers Time
1. Tony SHEPHERD	17.43	17.43
2. Al FORSYTHE	36.15	18.32
3. Trevor BURVILL	55.01	18.46
4. Lance DRISCOLL	73.21	18.20
5. George MOIR	93.48	20.27
6. Neil HUSBAND	113.33	19.33
7. John TREVIVIAN	132.40	19.07
8. Bob CLAYTON	152.02	19.22
<u>TOTAL TIME</u>	<u>152.02</u>	

3rd FIRE BRIGADE "A" under Rob Pickard

	Prog Time	Pers Time
1. Rob PICKARD	18.17	18.17
2. Graeme McCARTHY	37.01	18.44
3. Keith BEAMENT	54.47	17.46
4. Wes CARTER	74.07	19.20
5. Bruce McLENNAN	94.00	19.53
6. T. SLOCUM	113.38	19.38
7. M. HORBURY	133.01	19.23
8. Kevin FISHER	153.16	20.15
<u>TOTAL TIME</u>	<u>153.16</u>	

4th VETS "2"

	Prog Time	Pers Time
1. John PELLIER	21.17	21.17
2. Les OAKLEY	40.43	19.26
3. David BRANSON	62.02	21.19
4. Jim BARNES	81.38	19.36
5. Denys BUTCHER	102.29	20.41
6. David JONES	124.03	21.34
7. Barry SLINGER	144.57	20.54
8. David CARR	165.37	20.40
<u>TOTAL TIME</u>	<u>165.37</u>	

5th FIRE BRIGADE "B"

	Prog Time	Pers Time
1. Rod MORRISON	21.01	21.01
2. Kevin HOWKEY	41.52	20.51
3. Bill HOSKING	62.53	21.01
4. Charlie EASTER	83.21	20.28
5. Ted TAIT	104.39	21.18
6. Clarry IOPPOLO	125.54	21.15
7. Terry HIGH	147.17	21.23
8. Jack WHITE	168.49	21.32
<u>TOTAL TIME</u>	<u>168.49</u>	

6th VETS "B"

	Prog Time	Pers Time
1. Roger WALSH	19.37	19.37
2. Phil LLORENS	47.49	28.12
3. Winston HOUGH	68.49	21.00
4. Mitch LOLY	90.31	21.42
5. Don STONE	113.33	23.02
6. Andy WRIGHT	135.21	21.48
7. Merv MOYLE	158.20	22.59
8. Bob FAULKNER	180.43	22.23
<u>TOTAL TIME</u>	<u>180.43</u>	

7th LADY VETS

	Prog Time	Pers Time
1. Jackie SHILLINGTON	24.19	24.19
2. Jo STONE	51.01	26.42
3. Joan SLINGER	74.19	23.18
4. Ruby MADDISON	102.20	28.01
5. Jan HOUGH	129.25	27.05
6. Jo WALKER	162.05	32.40
7. Joan PELLIER	194.01	31.56
8. Lorna BUTCHER	219.42	25.41
<u>TOTAL TIME</u>	<u>219.42</u>	

In all it was a successful morning for the club, with special thanks to Derek Walker and his helpers Peter Brown (guest timekeeper), Anne Smith, Merv Moyle and the disappearing Bill Hughes and Alan Tyson, who contributed to its success. Congratulations to all the runners who took part and showed by their participation how strong the club is becoming. It's good to see the ladies also able to field a team and do so well. Thanks also to the SAS and Fire Brigade for accepting the challenge. Hopefully they will "come again" next year.

As usual, over the last few weeks there were other events taking place in which Vets competed. At McGillivray Oval 13 vets finished out of a field of 35 in the Marathon Club's ONE HOUR RACE on an especially marked 1 km track.

Pos.			1980	1979
2.	J. GILMOUR	M60	16,732 m	16,853 m
9.	D. HOUGH	M45	15,369	15,727
10.	J. JOYCE	M40	15,238	-
12.	C. SPARE	M40	15,152	15,141
14.	J. MADDISON	M40	15,059	-
16.	G. MOSES	M40	14,757	-
19.	D. DAVIES	M45	14,130	-
21.	E. PEARTON	M45	14,008	12,927
22.	C. BOULD	M60	13,639	-
25.	I. SUTHERLAND	M40	13,467	13,750
29.	M. BERRY	M45	11,885	-
30.	L. BROWN	W30	11,219	11,775
31.	J. PEARTON	W30	10,885	-

Dick Horsley, Gloria Sutherland and Nora Berry were there to help with the lap scoring.

WEDNESDAY, 29th OCTOBER John and Joan Pellier, Enid and Derek Crowther, Dorothy and Jeff Whittam, Nora Berry, Phil Llorens and Rob Shand set off for the Kings Park Jog. Derek only managed 200 metres before deciding that the pain in his shin was too much to keep on going.

THURSDAY, 30th OCTOBER TIME TRIALS WEEK 5 EVENTS 5000m
Organised by Bob Sammells with help from many others with lap scoring in the two heats.

		Time	Points		Time	Points
W50	L. Butcher	24.15	430	M45	M. Smith	17.34 812
W40	D. Whittam	29.00	20		D. Carr	18.32 696
W35	J. Slinger	21.42	556	M40	J. Whittam	19.31 578
	J. Stone	23.49			G. Moses	19.08 564
W30	J. Pearton	23.55			M. Johnston	17.21 778
M65	D. Horsley	20.51	778		W. Monks	18.56 598
M60	C. Bould	21.03	634		B. Slinger	20.02 456
M55	A. Wright	21.25	470	M35	K. Cameron	21.55 230
	A. Tyson	DNF	-		D. Caplin	16.46 848
M50	W. Hughes	20.13	554		F. Smith	16.33 846
	J. De Gruchy	25.06	20		L. Oakley	18.35 600
	D. Stone	22.36	268		R. Faulkner	20.20 390
					J. David	17.38 714
					B. Danby	17.09 772

Records were set by J. Slinger (W35), D. Whittam (W40) and L. Butcher (W50).

Lap times for the 5000m are given overleaf.

Lap	$\frac{1}{2}$	1	2	3	4	5	6	7	8	9	10	11	12	TOTAL
F. Smith	36	74	77	78	80	79	79	81	81	81	84	85	78	16.33
D. Caplin	39	81	83	79	83	81	82	81	81	81	80	81	74	16.46
B. Danby	39	82	84	85	84	85	83	80	82	83	81	82	79	17.09
M. Johnston	38	74	79	82	84	84	84	88	86	88	87	86	81	17.21
M. Smith	36	74	77	79	80	82	86	91	89	90	90	92	88	17.34
J. David	38	81	83	83	84	80	90	88	87	87	87	86	84	17.38
D. Carr	40	82	88	88	87	89	87	88	89	96	85	93	90	18.32
R. Danko (inv)	36	81	88	90	90	89	90	95	92	95	96	92	83	18.32
L. Oakley	40	85	85	88	87	90	95	94	94	97	95	102	89	18.35
W. Monks	39	85	86	90	90	92	95	96	97	95	95	99	89	18.56
G. Moses	40	89	91	93	92	95	96	95	97	90	106	95	92	19.08
J. Whittam	40	92	97	95	95	94	100	98	102	101	102	94	92	19.31
B. Slinger	42	92	98	98	96	97	99	100	101	102	102	99	91	20.02
W. Hughes	38	86	95	97	95	96	110	104	102	102	103	105	87	20.13
R. Faulkner	46	100	101	100	100	102	101	101	101	103	101	102	93	20.20
R. Horsley	47	100	102	101	103	100	103	104	104	101	102	99	97	20.51
C. Bould	46	104	99	100	100	101	102	104	107	108	111	101	102	21.03
A. Wright	49	100	103	100	101	106	104	107	108	108	108	108	108	21.25
J. Slinger	43	93	97	104	105	108	110	110	110	114	112	115	94	21.42
K. Cameron	43	90	107	97	99	146	106	105	101	103	105	98	106	21.55
D. Stone	52	112	115	119	119	121	114	117	118	114	113	113	102	22.36
J. Stone	55	120	119	118	113	115	112	117	118	114	113	113	108	23.49
J. Pearton	49	109	114	112	116	115	117	121	123	121	121	119	118	23.55
L. Butcher	52	109	120	120	117	121	125	123	124	125	126	123	112	24.15
J. De Gruchy	61	131	139	139	137	145	145	144	146	143	144	141	125	25.06
D. Whittam	41	91	95	withdrew										29.00
A. Tyson														

NOTE Six inaugural records were set at Time Trials 3 in the 1500 m walk:

W35	J. Stone	10.52.3	M35	B. Danby	9.13.8
W45	P. Carr	11.51.3	M50	D. Stone	7.44.8
			M55	A. Wright	10.03.8
			M65	R. Horsley	7.54.8

SATURDAY, 1st NOVEMBER was the first day of real competition in the AAWA summer track and field season at Perry Lakes.

	100m	200 m	400 m	1500 m	5000 m	Pole Vault
W35	V. Prescottt	14.2	-	-	-	-
W40	K. Holland	-	27.3	-	-	-
M35	J. Gold	11.6	24.3	-	-	-
	R. Calnan	12.5	26.9	61.5	-	-
	B. Oliver	12.7	26.7	-	-	-
M40	D. Caplin	-	-	-	-	-
	B. Old	13.3	29.5	58.3	4.20	-
	P. Gare	11.6	-	52.6	-	-
	A. Zemunik	-	-	-	-	-
	H. De Souza	12.4	27.3	-	4.40	-
M45	R. Johnson	-	27.3	-	-	-
	E. Maslen	-	-	-	-	-
M50	B. Buchanan	-	-	-	-	-
	D. Jones	-	-	-	-	-
	D. Stone	-	27.5	5.21	-	2.70m
		-	-	-	30.59.0	-

Moses, Horsley and Gilmour were there also.

SUNDAY, 2nd NOVEMBER, DANBY'S RUN Conditions - Warm, humid, overcast. 3km road, limestone track then bush and green lawn. The run was organised by Bob Sammells, standing in for Brian Danby, assisted by Bob Harrison and Anne Smith. Special thanks to Jenny Danby who was very helpful in making the morning a successful one. Results are given overleaf.

Vetrun 102
11.6 km

Pos.			Lap 1	Finish
1.	Frank Smith	M35	22m40	43m20
2.	Don Caplin	M40	22m40	43m33
3.	John David	M35	21m50	43m37
4.	Rob Shand	M45	22m52	45m49
5.	Jim Barnes	M35	23m12	47m22
6.	John Maddison	M40	23m40	47m43
7.	Winston Hough	M35	25m09	49m12
8.	Richard Spark	M40	23m47	49m34
9.	John Pellier	M40	25m16	50m33
10.	Barrie Slinger	M35	25m16	53m13
11.	Andy Wright	M55	26m18	54m09
12.	Jeff Whittam	M45	26m18	54m09
13.	Jo Stone	W35	28m48	58m20
14.	Frank Usher	M55	29m05	58m20

5.8 km

1.	Bob Faulkner	M35	25m58
2.	Joan Slinger	W35	26m44
3.	Bob Stewart (INV)		26m57
4.	Kevin Cameron	M35	27m30
5.	Kevin Cameron jnr (INV)		27m30
6.	Alan Tyson	M55	30m27
7.	Joan Pellier	W40	31m23
8.	Jan Hough	W35	32m05
9.	Dorothy Whittam	W40	34m00
10.	Ruby Maddison (INV)		34m03
11.	Clare Stone (INV)		40m30

GOT LOST!! Val Tyson, Bill Monks, Bill Mitchell, Steve Mitchell (INV)

While most club members met at Danby's, there were some at McCallum doing their own training or a slow jog around the bridges. These included the Berrys, Peartons, Bob Hayres, Merv Moyle, Ray Lawrence, Ian Sutherland, Cliff Bould and Dick Horsley. Bill Hughes and Denys Butcher were seen doing some training for the Albany Marathon, while Derek Walker gave Jo Walker, Lorna Butcher and Val Tyson some sprint training on the Esplanade.

WEDNESDAY, 5th NOVEMBER Joan and John Pellier, Nora and Mike Berry, Dorothy and Jeff Whittam, Barry Slinger were in the Park. Joan Slinger took out a reluctant jogger on a short run, and Mike Berry went out with son Robert.

THURSDAY, 6th NOVEMBER TIME TRIALS WEEK 6 EVENTS: 100m, Discus

Organised by Brian Danby and John David.

		Heat	Pos.	100m Time	Points	Discus Distance	Points
W50	L. Butcher	6	3	16.4	520	13.20	310
W40	D. Whittam	6	1	14.5	700	17.81	371
W35	J. Slinger	6	4	17.1	20	15.45	218
	J. Stone	6	5	21.0	20	8.97	20
	V. Prescott	6	2	14.5	500	-	-
W30	J. Walker	2	2	15.0	400	-	-
	J. Pearton	-	-	-	-	11.76	20
M70	R. Briggs	5		Pulled Hamstring	-	-	-
M65	R. Horsley	5	1	15.6	880	-	-
M60	C. Bould	5		Fell at start	-	-	-
M55	A. Wright	4	4	15.7	460	21.52	461
M50	J. De Gruchy	1	2	13.9	720	15.24	93
	D. Stone	1	4	15.4	420	17.81	183

(contd)

6.

Time Trials Week 3 (contd)		Heat	Pos.	100m Time	Points	Discus Distance	Points
M45	D. Carr	3	2	13.5	700	20.24	128
	D. Walker	3	1	13.5	700	17.30	25
	A. Cummings	1	3	14.2	560	30.07	473
	J. Whittam	7	4	16.0	200	20.80	148
	R. Shand	-	-	-	-	27.75	391
M40	D. Caplin	3	3	13.9	520	20.97	69
	M. Johnston	2	3	15.0	300	16.10	20
	R. Sammells	2	1	14.9	320	17.93	20
	R. Benetti	4	1	13.5	600	26.71	270
	I. Sutherland	4	3	14.9	320	17.64	20
	D. Branson	4	2	14.9	320	24.72	200
	W. Monks	7	3	14.5	400	-	-
	B. Slinger	1	1	13.9	520	17.45	20
	H. de Souza	-	-	-	-	24.60	196
M35	L. Oakley	3	4	13.9	420	-	-
	R. Faulkner	7	1	14.2	360	17.05	20
	B. Danby	7	2	14.2	360	17.18	20
	J. David	-	-	-	-	17.00	20

L. Butcher set a new W50 record for her discus throw of 13.20m

SATURDAY, 8th NOVEMBER Day 2 of the summer track and field at Perry Lakes.

TRACK	100m	200m	400m	800m	3km	2k Steeple	3k Walk
W35 V. Prescott	14.2	30.2	-	-	-	-	-
W40 K. Holland	12.6	-	-	-	-	-	-
D. Whittam	14.0	-	-	-	-	-	-
M35 B. Oliver	12.6	25.9	-	-	-	-	-
M40 R. Benetti	12.9	-	-	-	-	-	-
P. Gare	11.8	23.8	53.4	-	-	-	-
B. Old	13.4	-	-	-	-	-	-
M. Johnston	-	-	-	-	10.11	-	-
D. Caplin	-	-	-	2.8.9	-	-	-
M45 J. Whittam	-	-	-	-	-	7.55	-
D. Carr	13.2	25.8	58.5	2.13	-	-	-
E. Maslen	-	-	-	-	-	6.47	-
R. Johnson	-	27.2	-	-	-	-	-
M50 D. Jones	13.0	26.2	-	-	-	-	-
D. Stone	-	-	-	-	-	-	*15.23.2
4 x 100m Relay OLIVER, CARR, JOHNSON, JONES					51.45		

* A personal best time for Don Stone, and new M50 club record

FIELD	Hammer	Discus	Javelin
M40 B. Old	-	27.78m	37.78m
M45 A. Cummings	28.04m	32.46m	-

SUNDAY, 9th NOVEMBER BRIDGES AND MILL POINT ROAD CLUB HANDICAP

A total of 45 finished in this year's event, with many records being broken and new ones set. Due to an oversight on someone's part, there were no handicaps given this year - so there was no handicap winner. Results are set out overleaf.

Vetrun 102

Place	Name	Age Group	Time
1.	D. Caplin	M40	34.29
2.	F. Smith	M35	35.02
3.	B. Danby	M35	36.35
4.	J. David	M35	36.37
5.	D. Hough	M45	36.44
6.	R. Shand	M45	36.56
7.	M. O'Rourke	M35	37.36
8.	M. Johnston	M40	37.59
9.	L. Oakley	M35	38.11
10.	G. Moses	M40	38.50
11.	R. Walsh	M35	38.57
12.	H. Kirkman	M35	38.57
13.	R. Sammells	M40	39.11
14.	B. Hanks	M45	39.18
15.	B. Buchanan	M50	39.21
16.	D. Butcher	M50	39.32
17.	B. Monks	M40	39.49
18.	W. Hough	M35	39.55
19.	R. Spark	M40	40.45
20.	D. Moffett	M45	41.14
21.	W. Mitchell	M45	41.16
22.	D. Carr	M45	41.39
23.	W. Hughes	M50	41.39
24.	J. Pellier	M40	41.47
25.	C. Bould	M60	42.07
26.	I. Sutherland	M40	42.21
27.	R. Horsley	M65	42.56
28.	J. Whittam	M45	42.56
29.	M. Warren	M40	44.43
30.	A. Tyson	M55	44.50
31.	A. Wright	M55	45.24
32.	K. Cameron	M40	46.18
33.	F. Deanus	M	46.30
34.	J. Stone	W35	46.41
35.	J. Slinger	W35	46.50
36.	B. Thomsett	M40	47.17
37.	M. Peterson	W35	47.30
38.	S. Lockwood	M50	48.03
39.	F. Usher	M55	48.44
40.	R. Lawrence	M50	48.45
41.	L. Butcher	W50	48.47
42.	J. Pearton	W30	53.17
43.	L. Brown	W30	53.26
44.	J. Pellier	W40	59.10
45.	V. Tyson	W55	67.38

Gerry Noordyk won the badge prize of a T shirt.

RECORDS

W30	J. Pearton	52.14 (1979)
W35	J. Stone	46.41 broke Joan Slinger's 1979 time of 50.42
W40	J. Pellier	59.10 broke Dorothy Whittam's 1979 time of 68.42
W45	L. Butcher	54.55 (1979)
W50	L. Butcher	48.47
W55	V. Tyson	67.38
M35	H. Kirkman	34.29 (1979)
M40	D. Caplin	34.29 broke his 1979 record of 35.13
M45	M. Smith	35.32 (1979)
M50	B. Buchanan	39.21 broke A. Merrett's record of 39.23
M55	G. Cavill	41.15 (1976)
M60	C. Bould	42.07 broke R. Horsley's record of 42.08
M65	R. Horsley	42.56 broke B. Carter's record of 63.30

Many thanks to all helpers, especially John Maddison, Pat Carr, Bob Faulkner and Jan Hough.

At ROTTNEST for the day, missing from the Club Run, were Merv Moyle and Jim Barnes, taking part in the Fun Run there.

WEDNESDAY, 12th NOVEMBER, AAWA TWILIGHT 5000m RUN AND WALK

5000m Walk

D. Stone	M50	26.52.4
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This is a new club M50 record

5000m run

D. Caplin	M40	16.20.8
R. Sammells	M40	18.27
G. Moses	M40	18.56
D. Branson	M40	19.08
C. Bould	M60	21.15

There was no wind, and cool perfect conditions on the Perry Lakes main track. Some rostered helpers did not appear, but F. Smith, R. Horsley, J. David and A. Tyson stood in to make up the extra helpers needed.

WEDNESDAY, 12th NOVEMBER The King's Park Joggers were at it again! Joan and John Pellier, Nora and Mike Berry, Dorothy and Jeff Whittam and Frank Usher made up the main group, with Barry and Joan Slinger doing their own thing later on.

SATURDAY, 15th NOVEMBER DAY 1 AAWA TRACK AND FIELD INTER-CLUB

TRACK		100m	200m	400m	1500m	3km	2km
						Steeple Walk	
W35	V. Prescott	14.2	31.2	-	-	-	-
W40	K. Holland	12.6	27.6	-	-	-	-
	D. Whittam	13.9	-	-	-	-	-
M35	B. Oliver	12.7	27.3	-	-	-	-
	J. Gold	-	24.2	-	-	-	-
M40	P. Gare	-	25.4	53.7	-	-	-
	B. Old	12.9	-	-	-	-	-
	R. Calnan	12.8	27.3	-	-	-	-
	D. Caplin	-	-	57.7	4.18	-	-
	H. De Souza	12.5	-	-	-	-	-
M45	D. Carr	12.6	-	56.1	-	-	-
	J. Whittam	-	-	-	-	12.35.1	-
M50	D. Stone	-	-	-	-	-	10.17.6
M65	R. Horsley	-	-	-	-	-	10.44.0
FIELD		Shot	Javelin	Discus		Long Jump	
W40	K. Holland	8.01m	-	-		-	
M40	R. Calnan	-	-	-		5.20m	
	B. Old	-	-	24.20m		-	
	H. De Souza	-	29.80m	23.02m		-	
M45	A. Cummings	-	-	29.82m		-	
	J. Whittam	7.84m	-	-		-	

At the Marathon Club dinner on Friday, 14th November, two of our regular Veteran members received trophies; The Veterans Trophy for the best overall performance by a veteran in ten WAMC events went to Barrie Robinson; and The Consistency Trophy for the club member who was the most regular attender at WAMC events, and who showed the best improvement over the year, went to Denys Butcher. Congratulations to both on their efforts this year.

Vetrun 102

SUNDAY, 16th NOVEMBER RELAYS DAY AT McCALLUM organised by Dick Horsley and Ralph Godkin.

Three teams of seven runners were selected to run in two separate relay events. Results were as follows:-

Team 1 Caplin				Team 2 Sammells			
D. Moffett	M45	3.20	3.20	R. Sammells	M40	3.20	3.20
R. Kemp	M40	3.35	6.55	R. Faulkner	M35	3.27	6.47
R. Lawrence	M50	3.53	10.48	D. Whittam	W40	5.15	11.32
V. Tyson	W55	5.48	16.05	D. Carr	M45	3.23	14.55
J. Coventry	M45	3.44	19.49	A. Tyson	M55	3.53	18.48
D. Caplin	M40	3.05	22.54	L. Oakley	M35	3.16	22.04
J. Whittam	M45	3.36	26.30	B. Oliver	M35	3.30	25.34
<u>Total Time</u>		<u>26.30</u>		<u>Total Time</u>		<u>25.34</u>	

Team 3 Carter			
F. Deanus	M40	3.50	3.50
J. Pearton	W30	4.18	8.08
P. Cowley	M40	3.32	11.40
B. Adamson	M35	3.57	15.37
G. Noordyk	M55	4.25	20.02
M. Moyle	M50	4.00	24.02
W. Carter	M40	3.41	27.43
<u>Total Time</u>		<u>27.43</u>	

In this event Team 2 was a clear winner, with Team 1 second and Team 3 in 3rd place.

The teams finished in the same order in the 100m relay in which each runner ran four times over the 100m.

Team 2	4.02
Team 1	4.09
Team 3	4.27

There were seven other vets at McCallum to do their own training. These were Stan Lockwood, Eric Pearton, Ian Sutherland, Bruce Buchanan, who all ran a bridges; Gloria Sutherland went round Heirisson Island; Cliff Bould did laps of the park, and Alec Cummings got in some throwing practice. Dick Horsley and Ralph Godkins did a bridges after the relays were completed.

Meanwhile at ROCKINGHAM, 29 vets took part in the Marathon Club 10 miles road race in overcast conditions with the breeze behind on the return leg.

Place	Name	Age Group	Out	Back	Total
8	J. Gilmour	M60	28.22	27.53	56.15
13	B. Danby	M35	29.46	30.21	60.07
14	B. Robinson	M40	30.28	29.47	60.15
17.	M. Johnston	M40	30.18	30.25	60.42
19.	D. Hough	M45	30.26	30.39	61.05
20	J. Joyce	M40	30.45	30.29	61.14
22	M. O'Rourke	M35	30.17	31.23	61.30
23	R. Shand	M45	31.26	30.06	61.32
26	J. Maddison	M40	31.27	31.05	62.32
32	C. Spare	M40	32.20	32.11	64.31
34	G. Moses	M40	32.20	32.28	64.58
35	R. Davies	M45	33.21	31.57	65.18
36	W. Hough	M35	33.06	32.15	65.21
37	R. Hayres	M45	33.30	32.04	65.34
38	D. Butcher	M50	32.20	33.24	65.44
39	J. Butts	M45	32.59	33.40	66.39
42.	W. Hughes	M50	33.09	34.06	67.15

10.

Place	Name	-Age Group	Out	Back	Total
43	J. Pellier	M40	33.30	34.23	67.53
45	D. Branson	M40	35.08	34.12	69.20
47	W. Mitchell	M45	34.15	36.03	70.18
54	M. Loly	M40	35.40	35.33	71.13
57	A. Wright	M55	36.01	37.18	73.19
58	M. Berry	M45	36.02	37.18	73.20
62	J. Stone	W35	39.07	35.41	77.48
67	F. Usher	M55	39.49	40.15	80.04

JOGGERS 8km

4	L. Butcher	W50	39.48
5	J. Hough	W35	45.52
7	J. Pellier	W40	46.03
8	N. Berry	W50	50.50

Halfway times were taken by Jim Barnes.

After the run and cold showers, many retired to John Butt's home in Waikiki for a barbeque lunch and we thank John and his wife for their hospitality again this year.

One of the competitors, a Belgian who was having his last run with the Marathon Club before returning to Europe, showed an interesting contrast to his dedication to his sport. He had caught a bus from Perth to Fremantle, and another from Fremantle to Rockingham on the Saturday, and spent the night on the beach with a blanket and spare tracksuit to be ready for the run on Sunday. The contrast was in the racking cough and two cigarettes just before the run!!

WEDNESDAY, 19th NOVEMBER - 2 x Pelliers, 2 x Berrys, 2 x Whittams, 2 x Crowthers with Alan Tyson, Phil Llorens and Barry Slinger did their regular King's Park run. Joan Slinger was training a possible future vet.

ICE HOCKEY TEAM THANKS VETS

The W.A. State Ice Hockey team gives thanks to the W.A. Veteran Athletic Club for their invaluable assistance in this State's first ever national championship win in ice hockey. How did our club help, you may ask?

Bob Johnstone, the ice hockey coach, took all the knowledge re aerobic and anaerobic fitness he had gained from running with the vets and applied it to the ice hockey club. Up and down the hills at King's Park they ran, out to City Beach, around the Bridges and, one week prior to going to Adelaide for the championships, they completed the Fremantle Fun Run.

The, perhaps, less skilful but very much more fit W.A. team beat all comers in the Adelaide tournament and won the Brown Trophy and the national title. In the grand final game against Victoria Bob's pre-game pep talk was brief - "If you lose this game, I'm entering all of you in the People's Marathon".

The team got the message and went out and crushed the heavily favoured Victorians 8 - 1.

The 1981 programme will have to be made up soon, so those members who wish to host runs in 1981 should advise the secretary as soon as possible, suggesting a preferred date. Our "traditional" runs will be on the following provisional dates:

Pentathlon Championships	McCallum	1st March 1981
Walliston Wallop	Walliston ✓	3rd May
Cliff Bould Trophy	McCallum ✓	7th June
Cross Country Championships	Jorgensen Park ✓	28th June
Half Marathon Championships	McCallum	30th August
Bridges and Mill Point Road	McCallum	8th November
		(contd)

People's Marathon June

Vetrun 102

Sundown Fun Run	Riverton	11th October
Christmas Gift Race	McCallum	20th December
Leschenaultia Run	Lake Leschenaultia	26th December
City to Surf Fun Run		5th April

MEMBERSHIP

Since the last AGM, we have been using an "Application for Membership" form to facilitate entry to the club. Applications are signed by two committee members and the new member is made aware of club routine and obligations. At present we have three members who are 'under age' (two male, one female); they were all members before the AGM. When events are conducted or recorded in age categories they are listed without reference to a category.

Visitors and prospective members should be made known to a committee member or to the club member on duty. Please do not use the term "new member" unless you are sure he is just that.

We seem to have ironed out any problems we had concerning children. When a child does run on our course he should understand that he does not enter, pay, receive a finish card or get recorded.

1981/1982 SEASON SUBSCRIPTIONS - ADVANCE NOTICE

These are due on 1st APRIL, 1981 and will be as for the current year, namely:

Single	\$10.00
Couple	\$15.00

Payments should be made during April. Memberships not renewed by 30th April will be considered to have lapsed and the larger joining fee will be applicable after that date.

INTERNATIONAL ASSOCIATION OF LONG DISTANCE RUNNERS (IGAL)

The Association has sent us a copy of their programme of international meetings in the next six years:

1981	New Zealand	(Palmerstone North)	25km
1982	Japan		Marathon
1983	France		25km
1984	U.S.A.		Marathon
1985	Europe		25km
1986	Canada		Marathon

From the PILBARA MARATHON CLUB

Any Vets visiting the Dampier/Karratha area are welcome to contact Stan LATCHFORD, telephone 831043, during office hours, or 831427 at home. Stan would be happy to have some company and is willing to show the visiting vet the best road, gravel and bush track runs around Dampier. If you want to let him know in advance that you're coming, he can be written to at:

Pilbara Marathon Club, P.O. Box 222, DAMPIER, 6713.

SATURDAY, 22nd NOVEMBER AAWA CLUB TROPHY

TRACK		100m	200m	400m	1500m	3km
K. Holland	W35	-	27.0	-	-	-
J. David	M35	-	-	61.0	4.46	10.11
D. Caplin	M40	-	-	-	4.17	*9.23
A. Zemunik	M40	-	-	-	4.41	-
P. Gare	M40	12.3	-	53.0	-	-
C. Spare	M40	-	-	-	5.03	10.46
H. De Souza	M40	12.9	-	-	-	-
D. Carr	M45	13.8	-	56.6	4.43	-
J. Whittam	M45	-	-	69.0	5.15	-
R. De Gruchy	M50	13.8	-	-	-	-
J. Gilmour	M60	-	-	-	-	9.41
P. Smith	M40	13.6	-	?	5.37	-
P. Williams	M35	14.8	-	-	-	-

* Personal best

12.

FIELD		Long Jump	Javelin	Discus	Shot
D. Whittam	W40	-	-	19.12m	7.70m
J. Whittam	M45	-	19.42m	-	-
H. De Souza	M40	-	29.42m	-	-
R. Calnan	M40	5.13m	-	-	-

SUNDAY, 23rd NOVEMBER was listed as "Women's Day for Organising". Working from a scheme mainly devised by Lorna Butcher, most of the club's female members were at McCallum to ensure that the morning was a success.

All club members present were ranked according to speed, then paired off, the fastest with slowest. In each pair, the "fast" member did a 2 x Cliff Bould course (10.4 km) and the "slow" member did a 1 x Cliff Bould plus a 1 x David Jones course (7.4 km). Times for each were amalgamated, and the pair to finish in the fastest time were the winners. This honour went to Brian Danby and Joan Slinger with a combined time of 72 minutes 14 seconds.

10.4 km		7.4 km		Total Time
1. B. Danby	37.55	J. Slinger	34.19	72.14
2. R. Shand	39.54	F. Deanus	33.50	73.44
3. B. Slinger	43.54	D. H ough	30.20	74.14
4. D. Caplin	36.32	L. Brown	38.13	74.45
5. J. David	39.54	M. Peterson	34.58	74.52
6. B. Mitchell	44.02	I. Sutherland	32.05	76.07
7. D. Bowers	37.43	R. Horsley	38.24	76.07
8. R. Sammells	42.01	R. Lawrence	34.33	76.34
9. R. Spark	43.49	A. Wright	32.50	76.39
10. A. Tyson	44.10	S. Lockwood	34.20	76.30
11. D. Moffett	44.06	G. Noordyk	34.36	78.42
12. R. Kemp	51.07	W. H ough	30.01	81.08
13. R. Walsh	42.40	F. Usher	38.49	81.29
14. D. Hoyer	41.25	P. Llorens	43.11	84.36
15. B. Faulkner	51.07	C. Bould	33.59	85.06
16. B. Adamson	49.28	M. Moyle	38.06	87.34
17. H. Kirkman	D.N.F.	J. Stone	35.06	-

Thanks to all the women who worked hard to make the morning a success.

ALBANY MARATHON, 23rd NOVEMBER

Conditions were perfect at the start with a temperature range of 16° - 24° and humidity 55-60%.

There were 58 entries, 48 started and 40 finished. The event was very well organised. The winner was Jim Langford in a time of 2h28m. Vets results were:

2nd	H. Stoffers	M40	2h33m58s
3rd	K. Anderson	M40	2h38m14s
5th	B. Robinson	M40	2h50m31s
9th	R. Bryce	M45	2h59m25s
21st	R. Davies	M45	3h15m23s
23rd	J. Pellier	M40	3h17m06s
24th	W. Hughes	M50	3h21m20s
25th	C. Walsh	M45	3h24m06s
34th	D. Branson	M40	3h41m47s

D. Butcher M50 withdrew at 25km with a strained groin muscle.

Half-Marathon Distance

M. Johnston	M40	87m16s
G. Moses	M40	87m16s

Vetrun 102 AAWA TWILIGHT MEETING - PERRY LAKES, 26th NOVEMBER

Don Stone (M50) covered 2 km on the warm up track in a walking event in 10m16s before coming up to the main track to assist in lap scoring for the 10 km run. In blustery but cool conditions the field lined up at 6.45 p.m. for the 10 km with only 6 vets competing. John Gilmour (M60) finished 6th overall with yet another world record after covering the distance in 34m23s, which was 19.2s inside his own current record. Ted Maslen (M45) followed him in 34m51s (new club record).

John David	M35	36m22s
Rob Shand	M45	37m03s
Charlie Spare	M40	38m14s
Cliff Bould	M60	44m30s

FINAL GROUP JOG, WEDNESDAY, 26th NOVEMBER

"For delivery yesterday all orders must be placed before noon tomorrow". Anyone who has not participated in the Vets Wednesday Group Jogs in King's Park will not recognise the "letterhead" which Jeff Whittam uses for his weekly reports to the newsletter. The final group jog of the year was held at 5.30 p.m. on 26th November with a 10km run by two Berrys, two Pelliers, two Whittams, two Slingers and two Crowthers, accompanied by one each of a Llorens, an Oakley, a Sparks and a Tyson (Val) all intent on building up a thirst for the barbeque to follow. Barry and Fay Thomsett and their son joined the less strenuous part of the evening, with Rob Shand arriving after the 10k at Perry Lakes, and Alan Tyson after work. Derek and Enid Crowther were presented with a cake by the group, which was instantly devoured after the appropriate toasts were made and best wishes conveyed for their new life in Jersey. The evening "jollied on" with John Pellie-arr in fine voice leading his choir of female voices with the help of "Sir Goon" Slinger as they gathered around the barbeque fire to sing the nostalgic songs of all nations, and some universal songs too!

SATURDAY, 29th NOVEMBER AAWA DAY 2

TRACK		100m	200m	400m	800m	2km Steeple	3km walk
V. Prescott	W35	14.2	29.5	-	-	-	-
G. Lynn	M35	-	-	-	2.17.0	-	-
J. David	M35	-	27.6	64.0	FTF	7.33	-
D. Caplin	M40	-	27.0	59.0	2.08.7	-	-
P. Gare	M40	12.0	23.5	-	-	-	-
H. De Souza	M40	12.5	26.4	-	-	-	-
B. Old	M40	13.3	-	-	-	-	-
D. Carr	M45	-	25.5	60.0	2.12.1	-	-
A. Cummings	M45	-	-	-	-	-	17.35.2
E. Maslen	M45	-	-	-	-	6.48	-
B. Buchanan	M50	-	-	67.5	-	-	-
R. De Gruchy	M50	12.9	28.0	-	2.24.5	-	-
D. Stone	M50	-	-	-	-	-	15.40
P. Williams	M50	13.8	28.1	-	-	-	-
J. Gilmour	M60	-	-	-	F.T.F*	-	-

* John Gilmour was attempting to break a world record when he fell

FIELD Javelin

H. De Souza	M40	29.22m
B. Old	M40	38.34m
P. Williams		22.98m

SUNDAY, 30th NOVEMBER JIM BARNES RUN

On one of the best Sundays (weatherwise) for many weeks 39 vets ran in a 7.8km run from the Barnes' house, Thornlie. The course consisted of roads, gravel track with some sand, including a short sharp hill just before the halfway mark. Fortunately, at this spot Jim had thought to provide drinks which were very welcome! Results are given overleaf:

14.

Place	Name	Time	Place	Name	Time
1.	D. Caplin	M40 26.55	21.	J. Pellier	M40 31.35
2.	J. David	M35 27.07	22.	M. Berry	M45 32.16
3.	M. Smith	M45 27.09	23.	D. Carr	M45 32.49
4.	R. Shand	M45 27.50	24.	A. Tyson	M55 32.50
5.	F. Smith	M35 28.59	25.	D. Walker	M45 33.24
6.	B. Harrison	M35 28.59	26.	J. Slinger	W35 34.03
7.	J. Barnes	M35 28.59	27.	J. Cowley	M40 35.19
8.	R. Sammells	M40 28.59	28.	F. Deanus	M40 36.01
9.	W. Hough	M35 29.00	29.	J. Pearton	W30 36.20
10.	M. Johnston	M40 29.29	30.	L. Brown	W30 41.46
11.	R. Spark	M40 29.41	31.	J. Hough	W35 41.50
12.	M. Davies	INV 29.50	32.	D. Hough	INV 42.15
13.	M. Crowther	INV 29.50	33.	D. Whittam	W40 42.52
14.	B. Mitchell	M45 30.02	34.	N. Berry	W50 43.47
15.	D. Branson	M40 30.16	35.	J. Pellier	W40 43.47
16.	E. Pearton	M45 30.18	36.	J. Barnes (jnr)	INV 45.46
17.	D. Davies	M45 30.19	37.	C. Bould	M60 45.48
18.	B. Hanks	M45 30.40	38.	J. Suttle	M40 45.48
19.	B. Slinger	M40 30.43	39.	V. Tyson	W55 54.57
20.	I. Sutherland	M40 30.44			

Four prizes of wine were donated by Jim Barnes. These went to:

Don Caplin	First Man	26.55
Joan Slinger	First Woman	34.03
John David	Handicap winner (M)	27.07
Jill Pearton	Handicap winner (F)	36.20

There was also a presentation made to Derek and Enid Crowther to wish them well for their return to the UK.

Many thanks to all the helpers, who included Jerry Allen, just back from the Eastern States, Pat Carr, Derek Crowther, Anne Smith, Mary Suttle. Special thanks to Jim and his wife for providing their house for such a pleasant afternoon. Some stalwarts were ~~rumoured~~ to be still in good voice at 5 p.m., and not a few had very sunburnt noses next day!

APOLOGIES to Joan Slinger. Her W35 record for the Bill Hughes run should read 31.27 NOT 32.23 (N.L. 101 p. 15).

JIM COVENTRY who many would not know but who was an active member of the club in its early days, even though he has only been seen fleetingly lately is leaving after Christmas to go and live in Sydney and intends to continue running with the N.S.W. vets there. We do not have his new address yet.

In the 1981 CITY TO SURF FUN RUN there will be a prize for the First Veteran Man over 40 over the line, as well as for the First Veteran Woman over 35. This will be the first time this has been included in their prize list. Our contribution - 10 helpers. The prizes will be, for the man a trip to Sydney, and for the woman a trophy. These will alternate next year.

WEDNESDAY, 3rd DECEMBER In response to the "save the track" call from W.A.I.T., an informal twilight run was held at 6 p.m. with men running 5km and women 3 km. 16 participated, including 3 women, and the results were:

3km women		5km men	
L. Butcher	14.46	P. Wall	16.40
J. Slinger	22.00	R. Shand	17.53
		D. Branson	19.47
		J. Whittam	19.49
Bev Wall and Joan Pellier		I. Sutherland	20.10
jogged around the track,		J. Pellier	20.19
but did not participate		B. Slinger	20.36
		C. Bould	20.50

This run, on a grass and cinder track which was not as smooth as MacGillivray but better than Tomkins Park, was Cliff's fastest this

Vetrun 102 year. Other informal runs will be organised for later in the year or early next year.

WEDNESDAY, 3rd DECEMBER AAWA TWILIGHT 10km

E. Maslen M45 34.51 (New M45 Record)

SATURDAY, 6th DECEMBER AAWA DAY 1

With the Club on roster, Butcher, Barnes, Pellier, Sammells, R. Holland, Horsley, Stone and Robinson were there to carry out duties as officials.

TRACK		100m	200m	400m	1500m	3km	steeple	2km walk
V. Prescott	W35	14.2	30.5	-	-	-	-	-
D. Whittam	W40	13.6	29.8	-	-	-	-	-
K. Holland	W40	12.4	27.0	-	-	-	-	-
J. David	M35	-	28.04	60.04	4.43	-	-	-
B. Oliver	M35	12.8	26.6	-	-	-	-	-
P. Gare	M40	11.8	-	53.0	-	-	-	-
B. Old	M40	13.6	31.5	-	-	-	-	-
R. Calnan	M40	12.6	26.9	-	-	-	-	-
D. Caplin	M40	-	-	-	4.21	-	-	-
D. Carr	M45	12.4	26.3	55.9	5.08	-	-	-
E. Maslen	M45	-	-	-	-	10.29.2*	-	-
J. Whittam	M45	-	-	-	-	12.05	-	-
R. De Gruchy	M50	13.3	29.06	-	-	-	-	-
D. Stone	M50	-	-	-	-	-	-	10.12.8
J. Gilmour	M60	-	-	-	4.53.0	-	-	-
R. Horsley	M65	-	-	-	-	-	-	10.51.4

* New 3 km steeple record to Ted Maslen

FIELD		Long Jump	Shot	Discus	Pole Vault
P. Gare	M40	5.49m	-	-	-
R. Calnan	M40	5.05m	-	-	-
J. Whittam	M45	-	7.96m	20.84m	-
E. Maslen	M45	-	-	-	2.60m

WEDNESDAY, 10th DECEMBER AAWA TWILIGHT MCGILLIVRAY

5000m

100 yards

B. Oliver	M35	18.48	B. Oliver	M35	11.9
D. Branson	M40	19.02			
J. Whittam	M45	19.09	<u>400 m</u>		
E. Maslen	M45	16.53			
C. Bould	M60	20.46	B. Oliver	M35	61.0

SUNDAY, 7th DECEMBER 1980

Fifteen members took part in a 1 x McCallum, 1 x Dave Jones, 1 x McCallum (total 4.2 km) run which was substituted for the programmed Paterson Park event. Dick Horsley, assisted by Stan Lockwood, were the stand-in organisers.

Morland Smith, who has not had many (if any) previous runs with the club, showed the rest of the pack a clean pair of heels and finished almost 2 minutes in front of Bob Faulkner in second place. Full results were:

		1 km	+	1 D.J.	+	1 km
Morland Smith	M40	4.35		13.12		15.51
Bob Faulkner	M35	-		13.51		17.49
Bernie Oliver	M35	4.30		13.50		18.03
Jeff Whittam	M45	-		13.52		18.12
Bill Monks	M40	-		14.44		18.36
Barry Adamson	M35	-		14.25		19.08
Merv Moyle	M50	-		14.55		19.28
Stan Lockwood	M50	-		15.07		19.29

16.

		1 km	+	1 D.J.	+	1 km
Gerry Noordyk	M55	-		14.56		19.35
Garnet Morgan	M55	-		15.00		19.39
Lesley Brown	W30	5.40		-		22.15
Joan Pellier	W40	5.55		17.40		22.54
Cliff Bould	M60	-		18.27		24.41
Bruce Buchanan	M50	-		18.27		24.41
Dorothy Whittam	W40	5.57		18.59		25.05

SUNDAY, 7th DECEMBER also saw a number of members taking part in the Marathon Club's Half Marathon at Point Walter:

Place	Name	Time	Place	Name	Time
1	H. Stoffers	M40 72.12	27	R. Spark	M40 85.56
7	M. Smith	M45 77.30	28	G. Moses	M40 86.56
8	B. Danby	M35 77.51	31	T. Fry	M45 88.17
11	B. Harrison	M35 80.15	32	D. Branson	M40 88.12
13	R. Shand	M45 80.57	34	M. Loly	M40 88.35
17	R. Bryce	M50 83.00	35	J. Pellier	M40 88.38
19	F. Smith	M35 83.21	37	R. Davies	M45 89.55
20	J. Joyce	M40 84.08	39	E. Pearton	M45 90.37
21	J. Barnes	M35 84.17	40	R. Hayres	M45 90.38
22	W. Hough	M35 84.30	45	J. Foster	M35 93.08
23	C. Spare	M40 84.50	50	B. Munyard	M35 96.02
24	C. Junner	M50 84.57	52	M. Berry	M45 96.28
26	B. Hanks	M45 85.16	53	G. Price	M45 97.14
			58	A. Leggett	M60 109.14

SATURDAY, 13th DECEMBER AAWA DAY 2

TRACK		100m	200m	400m	800m	3km walk	3000 m
K. Holland	W40	12.5	26.0	-	-	-	-
B. Oliver	M35	13.5	25.7	-	-	-	-
P. Gare	M40	11.9	23.6	53.7	-	-	-
D. Caplin	M40	-	-	-	-	-	9.27
B. Old	M40	13.6	-	-	-	-	-
R. Calnan	M40	12.5	25.9	-	-	-	-
H. De Souza	M40	12.1	-	-	-	-	-
J. Davies	M45	-	-	65.0	2.26	-	10.46
D. Carr	M45	12.9	25.5	57.7	2.10.1	-	-
R. Johnson	M45	-	26.9	-	-	-	-
E. Maslen	M45	-	-	-	-	-	9.36
R. De Gruchy	M50	13.4	27.5	64.7	-	-	-
D. Stone	M50	-	-	-	-	16.00.3	-
P. Williams	M35	13.3	-	-	-	-	-

4 x 100m Relay

1. H. De Souza 2. D. Carr 3. P. Williams 4. B. Oliver 50.7s

FIELD		Javelin	Long Jump	Shot	Discus
H. De Souza	M40	30.88m	-	-	25.30m
B. Old	M40	37.56m	-	-	-
R. Calnan	M40	-	5.00m	-	-
A. Fergie	M45	-	-	11.04m	30.16m
A. Cummings	M45	-	-	-	30.24m
P. Williams		30.11m	-	-	-

J. Hosking, B. Fergie, T. Fry, R. Holland, R. Johnson, A. Cummings and R. Horsley were present on duty.

Two people have reported that they "own" a time in the ALCOA SUPERCOASTER. They are:

T. Hargreaves	56m54s
D. Whittam	86m04s

SUNDAY, 14th DECEMBER, HILL TRACKS RUN AND BARBEQUE BREAKFAST

On a fine morning 39 vets arrived to run on the course organised by Hugh Kirkman and Winston Hough with help from their families. Many stayed after for breakfast, but were prevented from staying on until lunch by the threat of 300 children being due to arrive to use the barbeques at 10.30 a.m! Cliff Bould did his own training on the grass, and Dick Horsley walked the course.

Results - 7.65 km

Name		Time	Place	Name		Time	Place
J. Pearton	W30	40.49	31	G. Moses	M40	35.41	16
L. Brown	W30	45.25	35	J. Pellier	M40	37.25	22
G. Hall	W30	45.29	36	R. Sammells	M40	33.50	7
J. Slinger	W35	40.15	*29	B. Slinger	M40	38.53	26
J. Pellier	W40	w/d		B. Mitchell	M45	36.12	20
D. Whittam	W40	52.09	39	D. Carr	M45	35.17	12
L. Butcher	W50	41.32	33	D. Davies	M45	35.46	19
V. Tyson	W55	63.20	41	D. Hough	M45	35.35	14
J. Barnes	M35	35.40	15	R. Shand	M45	33.19	5
B. Danby	M35	33.49	6	M. Smith	M45	33.15	3
B. Faulkner	M35	38.53	25	J. Whittam	M45	45.30	37
J. Hosking	M35	37.45	23	D. Butcher	M50	38.48	24
W. Hough	M35	34.36	10	W. Hughes	M50	41.32	34
H. Kirkman	M35	30.10	1	S. Lockwood	M50	39.13	28
F. Smith	M35	33.18	4	M. Moyle	M50	39.12	27
R. Walsh	M35	34.17	8	G. Morgan	M55	40.25	30
D. Branson	M40	35.44	18	A. Tyson	M55	46.59	38
D. Caplin	M40	30.32	2	F. Usher	M55	40.59	32
W. Carter	M40	35.19	13	R. Horsley	M65	53.16	** 40
M. Johnston	M40	34.30	9	P. Traufen	INV	34.37	11
B. Monks	M40	36.13	21	M. Davies	INV	35.43	17

* First female

** Walked

AAWA TWILIGHT PERRY LAKES, 17th DECEMBER 10 km

D. Branson	M40	40.48
C. Spare	M40	38.43
M. Johnston	M40	withdrew after 12 laps

SATURDAY, 20th DECEMBER AAWA CLUB TROPHY 2

TRACK		100m	200m	400m	400m Hurdles	800m	3km Steeple
A. Holland	W40	13.0	-	61.4	-	-	-
B. Oliver	M35	-	FTF	-	-	-	12.21
P. Gare	M40	-	24.5	-	64.7	-	-
H. De Souza	M40	-	26.9	-	-	-	-
D. Caplin ✓	M40	-	-	-	-	2.05.2	-
R. Calnan	M40	-	26.5	-	-	-	-
R. Johnson	M45	-	28.2	-	-	-	-
D. Carr ✓	M45	-	26.2	-	-	2.13.3	-
J. Davies ✓	M45	-	-	-	-	2.22.2	11.07
E. Maslen	M45	-	-	-	-	-	10.29
R. De Gruchy	M50	-	28.7	-	-	2.48.4	-
P. Smith	M	-	-	-	-	2.49.8	12.22
P. Williams	M	-	28.4	-	-	-	-

4 x 100m Relay

1. De Souza,	2. Carr	3. P. Williams	4. Oliver	50.2s
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FIELD		Discus	Hammer
P. Gare	M40	33.02m	-
R. Calnan	M40	27.30m	-
H. De Souza	M40	24.94m	-
A. Cummings	M45	29.86m	27.98m
D. Carr	M45	20.52m	-
R. Johnson	M45	27.18m	-
P. Smith	M	26.96m	25.24m

18.

SUNDAY, 21st DECEMBER. VETS CHRISTMAS GIFT RACE - On a very cold, wet morning reminiscent of the middle of winter, 59 vets turned out with their gifts. Denys Butcher, still injured, did most of the organising in place of Jim Coventry who has gone over east. Finishers were given a number then allowed to choose their gift on the basis of a table of random numbers devised by Denys. They all stayed to hear the raffle draw, then scurried home to get warm and dry.

Place	Name	Time	Place	Name	Time
1	R. Harrison	17.58	30	W. Hughes	M50 22.29
2	D. Caplin	M40 18.01	31	R. Kemp	M40 22.33
3	B. Danby	M35 18.42	32	B. Adamson	M35 22.45
4	R. Shand	M45 19.18	33	M. Moyle	M55 22.51
5	R. Sammells	M40 19.21	34	R. Horsley	M65 22.53
6	D. Hoyer	M40 19.37	35	D. Carr	M45 23.04
7	D. Sheppard	M40 19.48	36	J. Pellier	M40 23.22
8	L. Oakley	M35 19.48	37	G. Morgan	M55 23.23
9	J. Barnes	M35 19.32	38	G. Noordyk	M55 23.24
10	R. Walsh	M55 19.53	39	J. Slinger	W35 23.30
11	M. Johnston	M40 19.56	40	R. Lawrence	M50 23.31
12	F. Smith	M35 19.57	41	D. Hough	M45 24.01
13	B. Robinson	M40 20.11	42	A. Tyson	M55 24.09
14	W. Hough	M40 20.11	43	F. Usher	M55 24.12
15	W. Carter	M40 20.20	44	L. Butcher	W50 24.25
16	R. Hayres	M45 20.24	45	D. Batterham	M45 24.35
17	R. Spark	M40 20.28	46	H. Batterham	INV 24.35
18	D. Branson	M40 20.35	47	R. Johnstone	M35 26.22
19	G. Price	M45 20.37	48	L. Brown	W30 27.01
20	W. Mitchell	M45 20.57	49	J. Maddison	M40 27.01
21	W. Monks	M40 20.57	50	J. Gilmour	M60 27.36
22	E. Pearton	M45 21.01	51	C. Bould	M60 27.38
23	B. Slinger	M40 21.20	52	P. Llorens	M65 28.06
24	I. Sutherland	M40 21.25	53	A. Johnstone	W30 30.13
25	S. Foster	M35 21.35	54	J. Pellier	W40 30.16
26	B. Buchanan	M50 21.40	55	J. Pearton	W30 30.16
27	D. Walker	M45 21.46	56	V. Tyson	W55 34.02
28	R. Godkin	M50 22.01	57	J. Walker	W30 34.04
29	S. Lockwood	M50 22.17			

CHRISTMAS RAFFLE

While members huddled under trees to gain shelter from intermittent showers, Tom Jones, our eldest member and 87 years young, brought sunshine to some by drawing the four prize winning tickets. These were:

1st Prize Ticket No. 1643 I.H.D. (Bill Hughes)
 2nd Prize Ticket No. 1888 John Davies (John Davies)
 3rd Prize Ticket No. 3724 G. Haines (Ray Croft)
 4th Prize Ticket No. 3082 G. Reidy-Crofts (Barrie Robinson)

The Club's thanks are due to Bob Hayres and Bill Hughes for arranging donations of the 3rd and 4th prizes.

The Hon. Treasurer would like to thank Bob Hayres for advice given, his own family for clerical assistance rendered, and Kathy Mitchell and daughters for separating and folding ticket stubs in preparation for the draw.

Last, but not least, thanks are due to all who supported the Club in this venture either by selling tickets or by purchasing books themselves. By your efforts there will be a profit to the Club of just over \$500.

Lap	300m	Saturday 20/12/80.
		12 11 10 9 8 7 6 5 4 3 2 1 FINISH
D. Caplin	M40	38
E. Maslen	M45	39
J. Davies	M45	2.10
P. Smith		also competed, but his time is unknown
		1.57 3.14 4.34 5.54 7.15 8.34 9.54 11.13 12.35 13.58 15.20 16.35
		2.10 3.38 5.06 6.34 8.01 9.29 10.57 12.24 13.51 15.18 16.44 18.04

WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB.NEWSLETTER NO. 103.JANUARY 1981.Registered for posting as a periodical-
Category B.Secretary: 384-0939
Treasurer: 447-2418
Editor: 275-3934We must always change, renew, rejuvenate ourselves otherwise
we harden.

Goethe.

ANNUAL GENERAL MEETING:

In terms of Clause 8(a) of the Constitution members are advised that the Annual General Meeting of the club will be held at McCallum Oval on SUNDAY 29th March 1981 commencing at 8 a.m. sharp.

The meeting will be followed by a run.

Notices of motion will be received up to Sunday 22nd March.

Nominations for office bearers will be received up to Thursday 26th March (the date of the final time trials).

Please make every effort to attend to ensure you elect to the committee those members who you wish to continue the progressive running of the club and to take this opportunity of airing your views.

Subscriptions will be due by the 1st April 1981, and will remain at \$10.00 per annum (single) and \$15.00 per annum (couple). Any member who wishes to remain in the club will be required to rejoin and pay the joining subscription. The treasurer will accept 1981 subs any time from now on. ***This applies to members not paid by Sunday 2nd May

Your current President David Carr has been transferred to Northcliffe and your current Secretary Rob Shand, who has been in office for four years will both not be standing for re-election.

NON RETURN OF MEMBERSHIP FORMSAGAIN.

The list at the head of NL 101 has not reduced very much in the last few months, and it is obvious that many members did not read the request at the head of that list and are still returning their forms with boxes unticked. THIS IS THE FOURTH TIME OF ASKING for the return of forms from:

Allen	Coventry	Horgan	Martin J	Stoffers.
Ansell	Darcey J & G	Hough W & J	Martin R	Stone M
Atzemis	Davies J	Hughes J	McDermott	Slyth
Barnes	De Gruchy	Hunt	Murphy	Taylor
Basely	Fermanis	Harrison R	Merrett	Turner H & D
Benetti	Foster	Johnstone	Nathan	Warren
		A. & R.		
Bould	Gibbens	Jones T	O'Hare	Weatherilt
Brandon	Goff	Joyce	O'Rourke	Westlake
Briffa	Gledhill	Kemp	Old	Warner
Briggs	Graham K	King A	Robinson	
Brown L	Graham M	Kirkham C&H	Rowland	
Butts	Hanks	Lawrence	Shepherd J	
Carr	Henderson	Lennie	Sheppard D	
Carroll		Lenton	Skillington	
Calnan		Leach	Smith J	

cont...

2.

Cont..
Cameron Carter Chapman Collins.

NATIONAL VETERANS ATHLETIC CHAMPIONSHIPS. (Track and Field) will be held in Brisbane from 17th -26th April 1981. Those genuinely interested can obtain entry forms from Rob Shand. ENTRIES are to be made through the State Secretary in time to enable them to be in Brisbane before 4p.m. MARCH 14th 1981.

CHANGE OF ADDRESS:

R.W. (Bob) Roberts to 10 Hunter St. Yarralumba. A.C.T.
Tel. (062) 81-1373

Lorna and Derys Butcher to Unit 4, Cnr Salvado St. and Avonmore
Tce, Cottesloe. 6011.
Tel. 383-1084

Jill Pearton to 10/56, Shakespeare Ave, Yokine, 6060.
Tel. 275-3934

David and Pat Carr to District High School, Northcliffe,
6262. Tel - (097) 767038 (Schl Hrs)

George and Mary Innes are back from Exmouth to Lot 32, Darin St.
Mt. Helena. (095) 72-1195,
but will not be down to the club for a couple of weeks while
they get resettled.

WELCOME TO: Tony Dowling (M40) of 51 Stanley St. Nedlands. 6009.
Tel. 386-5623. Joined 19/1/81
Michael Khan (M35) of 7, Glenwood Ave, Helena Valley
Joined 27/1/81
Jan Middleton (W45) of 74, Wichmann Rd, Attadale. 6156
Tel. 330-2744. Joined 25/1/81

Frank and Bette USHER will be away in the UK and elsewhere on
long service leave for a year. We wish them the best of health
on their holiday and are certain they will enjoy their overseas
trip.

TIME TRIALS. The editor's apologies, but she mislaid some of
the relevant sheets, so some of the results are rather late coming
through.

WEEK 7.

THURSDAY 13th NOVEMBER 1980.

NAME	MILE		POINTS	JAVELIN	
	TIME			DISTANCE	POINTS
W55 V. TYSON	4.09	21ps	-	10.14	257
W50 L. BUTCHER	7.06.9		629	-	-
W40 D. WHITTAM	7.37.5		295	17.42	349
W35 J. SLINGER	6.32.7		654	10.78	64
J. STONE	6.56.9	1	461	8.50	20
W30 L. BROWN	7.01.2		453	-	-
J. PEARTON	-		-	10.22	20
M65 R. HORSLEY	-		-	17.70	308
M60 J. GILMOUR	4.57.1		1227	-	-
C. BOULD	6.44.0		586	-	-
M55 A. WRIGHT	6.14.1		585	19.10	284
A. TYSON	-		-	17.50	220
M50 J. DE GRUCHY	7.06.9		179	-	-
D. STONE	5.43.8		677	20.08	248
M45 R. SHAND	5.12.9		803	27.16	395
D. CARR	5.08.3		830	18.08	122
J. WHITTAM	5.35.2		675	20.84	146
M40 B. ROBINSON	5.10.5		787	28.68	342
I. SUTHERLAND	5.48.3		560	24.14	229
B. SLINGER	5.29.5		673	16.02	51
M. JOHNSTON	5.06.8		809	13.71	20
K. CAMERON	5.31.4		662	34.30	483
H. DE SOUZA	7.23.4		20	25.08	252
R. SAMMELLS	5.27.8		683	21.18	155
D. CAPLIN	4.50.5		907	23.68	217
W. MONKS	5.20.6		726	-	-
M35 L. OAKLEY	5.16.9		719	-	-
M. O'ROURKE	5.24.3		674	-	-
W. HOUGH	5.30.2		639	-	-
R. FAULKNER	5.23.6		678	NT	0
P. WILLIAMS	-		-	33.34	334
B. DANDY	5.01.8		809	16.58	20

JOHN GILMOUR in one of his rare appearances at a club event broke the world M60 record for the mile by 15 seconds and though looking tired at the end, retained his easy style as he followed Don Caplin across the line.

We welcome Peter Williams (M35) who joined the club and has transferred from Uni, showed that he had thrown the javelin before by knocking Kevin Camerons marker out of the ground and eventually coming second to him.

In an eventful evening five other club records were established:-

Val. Tyson. W55 Javelin 10.14

Joan Slinger W35 Mile 6.32.7

Dorothy Whittam W.40 Mile 7.37.5

Lorna Butcher W50 Mile 7.06.9

Don Stone M50 Mile 5.43.8

4.20th NOVEMBER 1980 TIME TRIALS WEEK 8

3,000 m.

	Heat/	Pos.	Points	Time.
W50 L. BUTCHER	2	9	685	13.45
W40 D. WHITTAM	2	12	214	15.32
W35 J. SLINGER	2	5	757	12.21
J. STONE	2	7	637	13.01
W30 J. PEARTON	2	8	529	13.27
M70 R. BRIGGS	2	13	20	18.52
M60 C. BOULD	2	4	790	12.10
M55 A. WRIGHT	2	3	610	12.10
A. TYSON	1	13	757	11.21
M50 S. LOCKWOOD	2	6	385	12.55
M45 R. SHAND	1	4	826	10.08
D. CARR	1	6	790	10.20
J. WHITTAM	1	12	661	11.03
M40 D. CAPLIN	1	1	889	19.37
B. ROBINSON	1	5	775	10.15
R. SAMMELLS	1	8	694	10.42
G. MOSES	1	9	655	10.55
W. MONKS	1	10	643	10.59
B. SLINGER	1	11	637	11.01
I. SUTHERLAND	2	1	532	11.36
K. CAMERON	2	2	454	11.42
H. DE SOUZA	2	10	20	14.48
M35 B. DANBY	1	2	793	9.59.09
J. DAVID	1	3	769	10.07.08
L. OAKLEY	1	7	724	10.22
P. WILLIAMS	2	11	20	15.00

Records were set by:

J. Pearton W 30 13.27
 J. Slinger W35 12.21
 D. Whittam W 40 15.32
 L. Butcher W 50 13.45

27th November 80 TIME TRIALS WEEK 9

	4,000 m		2,000 m Walk	
	TIME	PTS	TIME	PTS.
W55 V TYSON	-	-	14.53.2	107
W50 L BUTCHER	80.8	328	14.35.0	100
W40 D WHITTAM	70.5	460	14.59.2	20
W35 J SLINGER	76.5	140	14.38.0	20
J. STONE	86.2	20	12.46.5	294
W30 J PEARTON	-	-	13.30.9	40
M70 R. BRIGGS	91.8	328	4	-
M65 R HORSLEY	-	-	10.47.9	1088
M55 A WRIGHT	72.2	512	12.55.7	337
A TYSON	-	-	12.09.7	520
M50 D STONE	-	-	10.21.7	873
S LOCKWOOD	73.6	256	-	-

cont...

	400m		2,000m WALK	
	TIME	POINTS	TIME	POINTS
M50 J. DE GRUCHY	67.5	500	13.21.0	156
M45 D. CARR	57.8	808	14.20.7	163
A. FERGIE	69.4	344	-	-
E. PEARTON	74.2	152	11.35.8	499
A. CUMMINGS	76.5	60	11.45.3	457
J. WHITTAM	70.6	296	12.55.7	177
M40 D. CAPLIN	59.8	648	14.34.0	20
W. MONKS	62.2	552	-	-
H. DE SOUZA	66.5	380	14.57.2	20
B. SLINGER	63.7	492	13.21.0	20
I. SUTHERLAND	66.7	372	12.21.7	233
R. SAMMELLS	64.9	444	13.45.9	20
M35 B. DANDY	60.6	576	12.06.8	213
J. DAVID	60.6	576	-	-
R. FAULKNER	63.2	472	13.19.0	20
L. OAKLEY	61.7	532	13.25.0	20

2,000 m WALK LAP TIMES.

HEAT 1	LAP 1	LAP 2	LAP 3	LAP 4	FINISH
R. HORSLEY	2.03	4.16	6.28	8.40	10.47.9
E. PEARTON	2.19	4.42	7.04	9.25	11.35.8
V. TYSON	3.02	6.03	9.08	12.05	14.53.2
D. CAPLIN	2.42	5.35	8.32	11.33	14.34.0
D. CARR	2.35	5.21	8.07	11.01	14.20.7
J. PEARTON	2.35	5.21	8.07	10.59	13.30.9
A. TYSON	2.19	4.43	7.07	9.38	12.09.7
D. WHITTAM	2.58	5.58	9.09	12.05	14.59.2
J. STONE	2.35	5.12	7.50	10.18	12.46.5
J. SLINGER	2.53	5.55	8.53	11.48	14.35.0
L. BUTCHER	2.58	5.55	8.53	11.48	14.38.0
A. CUMMINGS	2.06	4.27	6.50	9.23	11.45.3
B. SLINGER	-	5.28	8.16	10.59	13.21.0
L. OAKLEY	2.44	5.32	8.13	10.59	13.25.0
R. SAMMELLS	3.02	5.54	8.44	11.23	13.45.9
R. FAULKNER	-	5.28	8.16	10.58	13.19.0
I. SUTHERLAND	2.25	4.56	7.25	9.52	12.21.7
B. DANDY	2.26	4.57	7.25	9.50	12.06.8
A. WRIGHT	-	5.12	7.51	10.29	12.55.7
J. WHITTAM	-	5.12	7.51	10.29	12.55.7
J. DE GRUCHY	-	5.17	7.59	10.42	13.21.0
D. STONE	1.55	4.03	6.13	8.19	10.21.7
H. DE SOUZA	2.50	5.52	8.59	12.02	14.57.2

The 2,000m walk is a new club event so records were set by the winner of each age group:-

W30 J. Pearton	13.30.9
W35 J. Stone	12.46.5
W40 D. Whittam	14.59.2
W50 L. Butcher	14.35.0

M50 D. Stone	10.16.0
M55 A. Tyson	12.09.7
M65 R. Horsley	10.44.0

L. Butcher also set a W50 400m record of 80.8

6.

BIRTHDAYS

DECEMBER Birthdays a bit late but nevertheless recorded.

1st Michael Khan though he only joined 27/1/81 still turned 36 M35

4th Barry Munyard turned 38 and remains M35

6th John Hughes " 46 " " M45

7th Reg Briggs " 76 and remains one of our elder members.

8th Peter Williams

10th Martin O'Rourke turned 40 becoming M40 but has moved to the Eastern States leaving no forwarding address

Ross Williams. (Geraldton)

12th Noel Gaff turned 60 and becomes M60

Stewart Branden turned 44 and remains M40

17th Nora Derry turned 52 and remains W50.

Cam Ansell turned 39 and remains M35

21st Dick Horsley turned 69 and remains M65

24th Jack Collins turned 70 and becomes M70

26th Ross Holland turned 44 and remains M40.

28th Dalton Moffett turned 50 and becomes M50

29th Derek Crowther turned 40 and becomes M40 but is now overseas

Barry Slinger turned 42 and remains M40

4th DECEMBER 80

TIME TRIALS WEEK 10 AND VETS. CHRISTMAS PARTY

	800m		HAMMER	
	TIME	POINTS	DISTANCE	POINTS
W50 L. BUTCHER	3.17.0	614	-	-
W40 D. WHITTAM	3.02.0	676	11.90	317
W35 J. SLINGER	2.51.7	740	-	-
J. STONE	3.04.0	592	-	-
W30 J. PEARTON	3.11.0	472	-	-
M65 R. HORSLEY	-	-	16.22	509
M60 C. BOULD	3.03.6	597	-	-
M55 A. WRIGHT	2.46.2	626	18.38	335
M50 J. DE GRUCHY	2.53.3	480	-	-
S. LOCKWOOD	2.50.1	519	-	-
M45 A. CUMMINGS	-	-	27.40	379
A. FERGIE	-	-	30.60	491
E. PEARTON	2.43.5	538	-	-
D. CARR	2.13.0	904	16.80	20
D. MOFFETT	2.22.9	785	-	-
J. J. WHITTAM	2.35.9	629	19.62	107
M40 D. CAPLIN	2.07.3	919	20.46	51
D. BRANSON	2.30.5	634	13.84	20
W. MONKS	2.19.8	762	-	-
I. SUTHERLAND	2.33.8	594	12.00	20
B. SLINGER	2.25.8	690	15.60	20
R. SAMMELLS	2.28.3	660	9.16	20
J. PELLIER	2.34.2	590	14.76	20
I. CAMERON	2.24.9	701	17.74	20
M35 B. DANBY	2.16.0	772	16.04	20
R. FAULKNER	2.25.0	664	16.72	20
L. OAKLEY	2.19.7	728	16.22	20
G. LYNN	2.15.8	774	10.96	20

Hammer 12lbs - Undersize for M35,40,45 so all penalized 140 pts.
Correct weight for M50,55. Men 60+ and all Women - overweight
so gain a bonus of 140 points.

L. Dutcher set a new W50 800m record of 3.17.0

R. Horsley set a new M65 Hammer record of 16.22m

cont..

CHRISTMAS PARTY.

After the time trials were completed a quick shower and change produced a good crop of elegantly dressed men and women almost unrecognisable from the usual sweaty athletes in their running gear!

The fabulous spread, organised by Dorothy Whittam, was soon

consumed and the members present showed their versatility with some very creditable performances on the dance floor. A presentation was made to the club by the State Manager of Dunlop for the 1979 24 hour relay. Each team member received a gold medal for their run. There was also a presentation to Pat and David Carr who are leaving the city for Northcliffe. Later the Pelliers provided song sheets for a musical interlude, the highlight of which was a solo piece by Maurice Johnstone.

In all a very pleasant evening. Our thanks to the Whittams, their helpers and everyone who came to make the evening such a success.

FRIDAY 26th DECEMBER 80.

VETS LESCHENALTIA RUN 6.8km

Kevin Cameron and Barrie Robinson, the rostered members for organising the run this year both did a sterling job with the help of their families which made for a good night for the 27 vets and their families who took part. Barrie ran the course in the heat of the day in what he claims is a course record of 29.22 for such conditions!

RESULTS.

<u>PLACE</u>	<u>NAME</u>		<u>TIME at 4.5km</u>	<u>TIME at 6.8km</u>
1	B. DANBY	M35	17.43	17.00.8
2	M. JOHNSTONE	M40	18.06	27.10.8
3	D. HOYE	M40	18.04	28.03..
4	D. CARR	M45	18.47	28.31
5	R. SAMMELLS	M40	18.30	28.31.5
6	J. ROBINSON	INV	19.31	29.23.1
7	J. HOSKING	M35	19.33	29.29.2
8	L. OAKLEY	M35	19.43	29.30
9	R. DAVIES	M45	19.44	29.34
10	M. DAVIES	INV	19.41	29.50
11	W. MITCHELL	M45	19.50	30.22
12	G. MOSES	M40	19.48	30.53
13	B. SLINGER	M40	20.36	31.23
14	A. TYSON	M55	20.55	31.46
15	J. PELLIER	M40	21.00	34.47
16	D. BRANSON	M40	21.52	31.52
17	M. DERRY	M45	21.12	32.18
18	K. CAMERON	M40	21.28	32.40
19	B. ROBINSON	M40	24.24	35.32
20	J. SLINGER	W35	22.57	35.47
21	F. USHER	M55	22.57	35.47
22	J. STONE	W35	24.31	36.33
23	J. PEARTON	W30	24.31	36.52
24	L. BROWN	W30	24.31	38.13
25	V. TYSON	W55	-	38.37
26	N. DERRY	W50	29.50	43.30
27	J. PELLIER	W40	29.50	43.30

The evening was cooler than many previous ones, but this did not deter quite a large number from staying on till quite late singing songs in the style which seems to have become very popular over the last few months! Our thanks again to Barrie and Kevin and families for making the evening a success.

8.

SUNDAY 28th DECEMBER - 1 LAP +1 CB + 1 DJ +1 LAP (9.4km)

at McCALLUM Organised by Bill Mitchell (Family assisting) and
Jim Martin, whom we hadn't seen for some time.

<u>PLACE</u>	<u>NAME</u>	<u>TIME.</u>
1.	D. CAPLIN M40	34.51
2.	B. DANBY M35	35.47
3.	R. SHAND M45	36.06
4.	W. MONKS M40	37.21
5.	N. MORFITT M35	37.25
6.	J. BARNES M35	37.32
7.	D. SAMMELLS M40.	37.41
8.	M. DAVIES ENV	38.36
9.	R. DAVIES M45	38.48
10.	B. BUCHANAN M50.	38.58
11.	E. PERETON M45	39.03
12.	R. SPARK M40.	39.05
13.	D. MOFFETT M50.	39.09
14.	W. CARTER M40.	39.22
15.	D. BRANSON M40	39.52
16.	J. HOSKING M35	39.55
17.	B. SLINGER M40	40.13
18.	S. FOSTER M35	40.19
19.	D. WALKER M40.	41.28
20.	J. PELLIER M40.	41.28
21.	A. TYSON M55	42.37
22.	D. CARR M45	42.37
23.	S. LOCKWOOD M50	43.46
24.	G. MOSES M40	43.46
25.	F. DEANUS M40	45.25
26.	G. MORGAN M55	46.37
27.	F. USHER M55	47.23
28.	R. LAWRENCE M50	47.38
29.	L. BUTCHER W50	48.55
30.	D. BUTCHER M50.	48.55
31.	J. PEARTON W30	48.55
32.	L. BROWN W30	50.08
33.	A. WRIGHT M55	50.16
34.	D. JONES M50.	51.13
35.	G. HALL W30	52.10
36.	J. PELLIER W40	55.15
37.	N. BERRY W50	57.54

V & L Tyson walked 1 CB in 37.32

WEDNESDAY 31st DECEMBER

MARATHON CLUB NEW YEARS EVE RUN

The venue for this run was changed this year from the horror
of McCabes Torture Trail at Karrinyup to a relatively easy
8km at Yokine Reserve.

VETS. RESULTS WERE.

<u>PLACE</u>	<u>NAME</u>	<u>TIME.</u>
<u>MEN.</u> 7.	D. CAPLIN M40	26.52
9.	B. DANBY M35	27.21
10.	D. HOYE M40	27.30
12.	M. JOHNSTON M40	27.32
16.	G. WALL M35	27.48
21.	M. SMITH M45	28.32
25.	L. OAKLEY M35	29.11
26.	R. SAMMELLS M40	29.18
32.	D. BRANSON M40.	29.51
34.	B. RODINSON M40	30.07
35.	R. DAVIES M45	30.09
43.	K. BASLEY M40.	31.00
44.	G. MOSES M40.	31.03
47.	J. PELLIER M40	31.32
50.	S. FOSTER M35	32.18

cont..

<u>PLACE</u>	<u>NAME</u>	<u>TIME.</u>
55/	S. LOCKWOOD	M50 33.57
56.	D. CARR	M45 34.56
58.	A. LEGGETT	M60 38.29
WMN. 3.	B. LEACH	W35 31.41
10.	J. PEARTON	W30 37.31

JANUARY BIRTHDAYS.

1st	Frazer DEANUS	turned 41	remains.	M40
5th	Ian HENDERSON	" 41	"	M40
	Bill TAYLOR	" 41	"	M40
6th	Bob SAMMELLS	" 44	"	M40
9th	Merv GRAHAM	" 47	"	M45
17th	Bev. WALL	" 41	"	W40
20th	Les OAKLEY	" 36	"	M35
21st	Dennis HORGAN	" 41	"	M40
23rd	Lesley BROWN	" 34	"	W30
25th	Jim BARNES	" 38	"	M35
	Leon BUSCI	" 37	"	M35
29th	Terry HARGREAVES	" 42	"	M40
	Jack DARCY	" 58	"	M55
31st	Wally McCABE	" 50 and becomes	M50	

SATURDAY 3rd JANUARYA.A.W.A. Interclub Meeting.

<u>TRACK</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>1500m</u>	<u>3k Steeple</u>
W35 V. Prescott	14.8	30.9	-	-	-
W40 K. Holland	12.7	-	-	-	-
M35 B. Oliver	13.6	25.4	-	-	-
P. Williams	13.1	27.4	-	-	-
M40 P. Gare	-	23.7	52.8	-	-
H. De Souza	12.5	27.2	-	4.55	-
C. Spare	-	-	-	4.59	-
D. Waldhuter	-	26.6	56.1	4.52	-
R. Galman	12.8	26.1	-	-	-
D. Caplin	-	-	-	4.22	-
M. Johnston	-	-	-	4.54	12.12
M45 R. Johnson	13.4	27.2	-	-	-
D. Carr	14.1	25.7	55.4	-	-
E. Maslen	-	-	-	-	10.41
J. Davies	-	-	-	4.52	11.46

FIELD.JAVELINDISCUS.

M40 B. Old	39.92 m	28.02 m
H. De Souza	-	24.72 m
M45 A. Cummings	-	31.74 m

D. Branson, D. Caplin, J. De Gruchy, R. Croft were on duty and Jo Walker "manned" the canteen.

SUNDAY 4th JANUARYDAVE JONES COURSE PARLAUT RELAY.

Organised by Rob Shand, assisted by Joan Pellier, Val Anderson Dick Davies and Frank Smith, 21 vets took part in the half hour relay. It was decided to just do laps of McCallum rather than the Dave Jones Course.

The team comprising. M. JOHNSTON M40, J. PELLIER M40, D. WALKER M45 W. MITCHELL M45. T. JONES. M70. ran out easy winners completing 12 laps 150m in the half hour.

OTHER RESULTS.

R. SPARK M40	R. SAMMELLS M40	J. PEARTON W30	I. OAKLEY M35
J. BARNES M35	D. JONES M50	G. NOORDYK M55	D. MOFFETT M50
R. LAWRENCE M50	J. WALKER W30	D. BRANSON M40	M. MOYLE M55
R. KEMP M40	K. BASLEY M40	W. MONKS M40	S. LOCKWOOD M50
8 laps	8 laps	8 laps	8 laps
932 m	464 m	435 m	55 m

cont..

10.

I. Sutherland, S. Foster, D. Buchanan, F. Deamus, F. Usher and E. Pearton did their own thing (mostly round the bridges) and Alec Cummings, Wal Prescott and B. Oliver did some Track and Field practice.

INTERNATIONAL ASSOCIATION OF LONG DISTANCE RUNNERS held their 14th World Race Championships at Palmerston North, New Zealand on 3rd and 4th January.

10km 3rd January.

John GILMOUR	34.25	23rd	1st M60	2nd Aust.
Cliff BOULD	43.22	232nd	10th M60	14th Aust.
Lorna BUTCHER	47.08	322nd	4th W50	22nd Aust.

John, Cliff and a third Australian from N.S.W. won the Team race for the M60 - 64 group. 469 finished, including 24 Australians. Winner was Antonio Villaneuva (M40) Mexico in 30.34.

25km 4th January

Alan TYSON	1.47.57	95th	6th M55	6th Aust.
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286 finished, including 10 Australians.

Winner Terrance Mahners (M40) N.Z. in 1.24.01

THURSDAY 8th JANUARYTIME TRIALS WEEK 13.

On a very hot afternoon only a small member of vets, took part and a general agreement the 200m was altered to 100m. Gloria and Ian Sutherland were there to organise.

		<u>100m</u>	<u>2km Walk.</u>
W30	L. BROWN	17.5	-
M70	R. BRIGGS	17.5	11.11.1
M65	R. HORSLEY	-	11.10.8
M50	D. JONES	13.2	13.12.0
	J. DE GRUCHY	12.9	-
	S. LOCKWOOD	13.8	14.02.8
M45	D. WALKER	12.5	11.42.1
M40	D. CAPLIN	13.7	14.16.0
	H. DE SOUZA	12.4	-
	R. SAMMELLS	14.0	13.07.3 (Disq)
	D. BRANSON	13.5	13.26.0
M35	B. DANBY	13.7	11.49.2
	N. MORFITT	11.4	13.07.0

TIME TRIALS WINDUP will be at PERRY LAKES in the RUGBY UNION CLUBHOUSE on THURSDAY 9th APRIL after TIME TRIAL 26

Bring your own B.B.Q. - Buy your drinks at the bar. (none allowed to be brought in) - from 7.00p.m. onwards.

SATURDAY 10th JANUARY A.A.W.A. CLUB vs CLUB

TRACK.	100m	200m	400m	1500m	3k	3k walk
W35 V. Prescott	-	30.4	-	-	-	-
M35 B. Oliver	12.8	-	-	-	-	-
P. Williams	13.3	-	-	-	-	-
M40 D. Caplin	13.4	-	-	4.22	-	-
M. Johnston	-	-	-	4.45	10.21	-
H. De Souza	12.2	-	-	-	-	-
M45 A. Cummings	-	-	-	-	-	18.23.2
D. Walker	-	-	-	-	-	18.21.1
R. Johnson	13.1	-	-	-	-	-
E. Maslen	-	-	-	-	9.57	22.20.8
M50 J. De Gruchy	13.5	-	65.2	-	-	-
M65 R. Horsley	-	-	-	-	-	16.42.8

FIELD		Javelin	Shot	Pole Vault.
M40	H. De Souza	28.74 m	7.70m	-
M45	E. Maslen	23.36m	-	2.70m

SUNDAY 11th JANUARYFRIENDSHIP COURSE, KINGS PARK

On a hot, humid morning there was a good turnout of vets to run the 12km course. Organizers were Les Oakley and John Pellier assisted by Frank and Ann Smith. Due to the conditions there were 15 withdrawals from the second lap.

POSITION	NAME	TIME LAP 1	TIME LAP 2
1.	H. KIRKMAN M35	22.57	47.09
2.	D. HOYE M40	23.20	47.20
3.	D. CAPLIN M40	22.57	48.31
4.	M. JOHNSTON M40	24.36	49.03
5.	R. SHAND M45	24.30	49.13
6.	B. DANBY M35	23.46	49.42
7.	D. HOUGH M45	24.36	51.18
8.	J. BARNES M35	25.01	52.24
9.	R. WALSH M35	25.04	54.31
10.	B. SLINGER M40	27.54	55.28
11.	R. DAVIES M45	27.55	55.36
12.	J. PELLIER M40	27.54	56.01
13.	D. MOFFETT M50	26.26	56.13
14.	D. BRANSON M40	27.55	56.31
15.	S. FOSTER M35	26.45	56.36
16.	B. DUCHANAN M50	27.55	60.55
17.	F. DEANUS M40	-	61.20
18.	I. SUTHERLAND M40	32.33	62.20
19.	M. BERRY M45	32.26	62.20
20.	W. MITCHELL M45	29.22	62.50
21.	S. LOCKWOOD M50	29.00	66.03
22.	D. WALKER M45	-	67.19
23.	R. LAWRENCE M50	31.30	69.45
24.	P. COWLEY M40	29.30	70.30
25.	C. DAVIS INV	-	71.41
26.	J. PELLIER W40	39.12	81.10

W. HOUGH M35	26.14	
B. HANKS M45	26.24	
C. ANSELL M35	31.10	
R. SAMMELLS M40	25.38	
R. STRAUCH INV	27.42	(Visitor from Sydney)
M. SMITH M45	24.15	
M. MOYLE M55	29.49	
G. MORGAN M55	30.19	
F. USHER M55	29.47	
D. JONES M50	30.55	
R. HORSLEY M65	41.50	(Walking)
J. WALKER W30	WD	
N. BERRY W50	39.12	
B. JOHNSTONE M35	32.23	
A. ANSELL INV	32.50	

THURSDAY 11th DECEMBERTIME TRIALS WEEK 11

		5000m TIME	POINTS	L/JUMP DISTANCE	POINTS
W55	V. TYSON	-	-	2.20	728
W50	L. BUTCHER	22.38	624	-	-
W40	D. WHITTAM	26.46	20	3.37	685
W35	J. SLINGER	21.18.2	604	2.48	122
	J. STONE	22.51	419	-	-
W30	J. PEARTON	22.08	474	-	-
	L. BROWN	23.38	294	2.68	72

cont....

12.

		5000m		LONG JUMP	
		TIME	POINTS	DISTANCE	POINTS
M55	A. WRIGHT	21.18	484	3.76	630
	A. TYSON	20.41	558	-	-
M50	S. LOCKWOOD	21.41	378	-	-
	J. DE GRUCHY	24.09	84	3.95	510
	D. STONE	-	-	3.30	200
M45	J. WHITTAM	19.15	610	3.53	172
	D. CARR	19.29	582	-	-
	A. FERGIE	24.09	84	4.41	524
M40	I. SUTHERLAND	19.41	498	3.65	60
	B. SLINGER	19.41	498	4.00	200
	R. SAMMELLS	18.08	684	3.21	20
	D. BRANSON	18.49	602	4.13	252
	W. MONKS	18.38	624	4.08	232
	J. PELLIER	19.50	480	4.06	224
	K. BASLEY	19.46	488	-	-
M35	B. DANBY	17.10	770	4.15	60
	L. OAKLEY	18.07	656	3.21	20
	J. HOSKING	18.45	580	-	-
	R. FAULKNER	19.38	474	4.18	72
	J. ALLEN	19.30	490	-	-
	N. MOFFITT	19.38	-	4.61	-

Records to:-

W30 J. Pearton 22.08 W.40 D. Whittam 26.46
W35 J. Slinger 21.18.2 W50 L. Butcher 22.38

Long Jump

W40 D. Whittam 3.37m M45 D. Walker 5.02m
W55 V. Tyson 2.20m

THURSDAY 18th DECEMBER

TIME TRIALS WEEK 12

		200m		SHOT	
		TIME	POINTS	DISTANCE	POINTS
W55	V. TYSON	43.1	20	-	-
W50	L. BUTCHER	34.5	450	6.29	466
W45	P. CARR	36.2	180	-	-
W40	D. WHITTAM	30.4	660	7.43	521
W35	J. SLINGER	35.2	80	5.10	26
W30	L. BROWN	36.7	20	6.32	148
	J. PEARTON	36.3	20	5.11	20
M70	R. BRIGGS	37.2	580	8.02	670
M65	R. HORSLEY	-	-	7.24	456
M55	A. TYSON	36.1	90	-	-
M50	S. LOCKWOOD	30.6	560	-	-
	J. DE GRUCHY	29.4	660	6.48	89
M45	J. WHITTAM	31.2	380	8.03	164
	A. FERGIE	30.4	460	11.44	641
	D. CARR	26.8	820	6.55	20
	M. SMITH	-	-	7.93	150
	D. MOFFETT	27.1	790	-	-
M40	H. DE SOUZA	27.4	640	7.56	28
	D. CAPLIN	26.9	710	7.92	78
	R. SAMMELLS	29.1	490	7.45	20
	D. BRANSON	29.9	410	7.91	77
	B. ROBINSON	29.0	500	9.63	318
	W. MONKS	29.0	500	-	-
	I. SUTHERLAND	30.2	380	7.26	20
	B. SLINGER	29.3	470	7.00	20
M35	B. DANBY	27.6	568	7.54	20
	N. MOFFITT	26.3	-	8.70	-

Shot Men. 35,40,45 undersize shot, penalty 140 points.

Records to:

W.45 P. Carr 36.2)
W.50 L. Butcher 34.5) for 200m
W.50 L. Butcher 6.29m)
M.70 R. Briggs 8.02m) for shot.

THURSDAY 15th JANUARY

TIME TRIALS WEEK 14.

		3,000m		JAVELIN	
		TIME	POINTS	DISTANCE	POINTS
W30	L. BROWN	13.29	523	-	-
	J. PEARTON	13.14	568	7.70	23
	J. WALKER	-	-	14.52	251
M70	R. BRIGGS	18.11	127	15.78	531
M65	R. HORSLEY	-	-	15.54	322
	J. DE GRUCHY	14.26	112	-	-
M50	S. LOCKWOOD	12.52	394	-	-
M45	D. WALKER	11.48	526	31.32	520
	A. FERGIE	-	-	33.88	596
	M. SMITH	10.02	844	-	-
M40	M. JOHNSTON	9.56	832	-	-
	D. HOYE	9.58	826	-	-
	B. ROBINSON	10.31	727	26.92	298
	R. SAMMELLS	10.39	703	22.30	183
	W. MONKS	11.12	604	-	-
	K. B. ASLEY	11.16	592	23.90	223
M35	B. DANBY	9.50	820	15.24	20
	R. FAULKNER	11.28	526	20.06	20

Records. W30 J. Pearton 13.14 Javelin M70 R. Briggs 15.78m (800gm)
M70 R. Briggs 18.11

800 gm Javelin used throughout - oversize for ladies and men over 60. Allocated an additional 100 points.

EASTER

DAVE'S DIANELLA DASH has become
DASH DOWN TO DAVE'S at NORTHCLIFFE

There will be runs at Northcliffe on Saturday and Sunday. David and Pat can provide a roof over your head, but please bring food, drinks, bedding. Names to Secretary please.

SATURDAY 17th JANUARY

A.A.W.A. INTERCLUB

		100m	200m	400m	800m	3k
W35	V. PRESCOTT	14.4	30.1	1.19	-	-
	K. HOLLAND	12.1	25.7	-	-	-
M35	B. OLIVER	12.8	25.8	-	-	-
	P. WILLIAMS	13.3	27.5	-	-	-
M40	D. CAPLIN	-	26.5	-	2.07.5	-
	H. DE SOUZA	12.4	26.6	-	-	-
	B. OLD	-	29.5	-	-	-
	M. JOHNSTON	-	-	1.04.1	-	-
M45	J. DAVIES	-	-	-	-	10.27
	E. MASLEN	-	-	-	-	10.03
M50	J. DE GRUCHY	13.3	27.4	1.13.1	-	-

4x100m Relay Oliver, Caplin, Williams De Souza 21.15

FIELD		POLE VAULT	JAVELIN	DISCUS	HAMMER
M35	P. WILLIAMS	-	30.80m	-	-
M40	H. DE SOUZA	-	26.64m	-	-
	B. OLD	-	37.82m	-	-
M45	A. CUMMINGS	-	-	-	30.42m
	A. FERGIE	2.55m	-	-	34.36m
	E. MASLEN	2.70m	-	-	-

SUNDAY 18th JANUARY

PACK JOG. McCALLUM

Moyle and Hosking organised Moffett, Martin, Horsley (walking and jogging), Godkin, Faulkner, Whittam J, Lawrence, Manford and Lesley Brown to jog to Kings Park and return.

Meanwhile the more competitive members of the club attended the Marathon Clubs 12km CHRISTCHURCH race. The course consisted of pleasant tree lined streets along the river to "STEVES" in Nedlands, returning along the foreshore, up a steep track, then along the same streets back to Christchurch.

14.

PLACE	NAME	TIME.
3.	Phil WALL M35	41.26
4.	Don CAPLIN M40	42.20
5.	Derek HOYE M40	42.45
8.	Maurice SMITH M45	43.40
11.	Brian DANBY M35	44.02
16.	Rob SHAND M45	44.41
18.	Maurice JOHNSTON M40	44.50
19.	David HOUGH M45	44.54
20.	Barrie ROBINSON M40	45.10
30.	Bob SAMMELLS M40	46.39
32.	Les OAKLEY M35	47.15
34.	Winston HOUGH M35	47.35
34.	Jim BARNES M35	47.35
36.	Tim FRY M45	47.40
37.	Brian HANKS M45	48.26
38.	Rick SPARK M40	48.42
40.	Dick DAVIES M45	49.01
41.	David BRANSON M40	49.15
44.	Bob HAYRES M45	49.50
46.	Derek WALKER M45	50.03
48.	Stephen FOSTER M35	50.37
51.	Kevin BASLEY M40	51.00
53.	John PELLIER M40	51.18
54.	Barbara LEACH W35	51.26
59.	Stan LOCKWOOD M50	52.15
61.	Ian SUTHERLAND M40	52.19
62.	Mike BERRY M45	52.35
64.	Frazer DEANUS M40	53.19
67.	Graham MOSES M40	54.23
68.	Dennis BATTERHAM M45	55.04
69.	Barry MUNYARD M35	55.12
74.	Jill PEARTON W30	57.50
75.	Derys BUTCHER M50	57.51
81.	Jen MIDDLETON W45	69.55
83.	Joan PELLIER W40	70.10
85.	Nora BERRY W50	72.00

SUNDAY 25th JANUARY

McCALLUM 1x CLIFF BOULD +
1 x DAVE JONES 7.4km

Twenty nine vets finished the course in fairly hot conditions.

PLACE	NAME	TIME.
1.	H. KIRKMAN M35	26.00
2.	B. DANBY M35	27.20
3.	D. HOYE M40	28.22
4.	W. MONKS M40	28.50
5.	R. WALSH M35	29.22
6.	R. SAMMELLS M40	29.46
7.	P. OAKLEY M35	29.55
8.	T. KEECH INV	30.52
9.	D. BRANSON M40	31.14
10.	D. MOFFETT M50	31.36
11.	J. PELLIER M40	31.44
12.	S. FOSTER M35	31.56
13.	R. SPARK M40	32.18
14.	R. FAULKNER M35	33.07
15.	R. GODKIN M60	33.16
16.	M. BERRY M45	33.20
17.	B. MUNYARD M35	34.00
18.	M. KHAN M35	34.25
19.	S. LOCKWOOD M50	34.27
20.	M. MOYLE M.55	34.35
21.	B. DUCHANAN M50	35.55
22.	G. MORGAN M55	35.58
23.	R. LAWRENCE M50	36.53
24.	D. JONES M50	37.48
25.	J. PEARTON W30	39.46
26.	L. BUTCHER W50	39.46
27.	N. BERRY W50	44.35

cont.

PLACE	NAME	TIME
28.	J. MIDDLETON W45	44.35
29.	M. PETERSON W35	C.B. only

Helpers were: J. Danby, R. Davies and Michael, V. Anderson, R. Horsley, Rob Shand, Jim Martin and John Rowland were also around.

ATTENTION TUESDAY EVENING JOGGERS.

If you would like to have a non competitive jog once a week in Kings Park come to Saw Ave Tuesday evenings at 6.00pm. and join the Whittams, Berrys, Pelliers and sundry others.

WAIT TIME TRIALS

There will be a 10,000 metre time trial Friday 27 th. March at 5.45pm at the South Oval. Please bring a lap scorer.

Coming next month;

A report on the New Zealand Veterans Games and a report on the South West Championships.

Our thanks to Mrs Spare for typing this newsletter.