

WESTERN AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

Newsletter No. 104

March - April 1981

Registered for posting as periodical - Category B

Secretary (Val Prescott)	384 8585
Treasurer	446 8248
Editor	275 3934

"The toughest thing about success is that you've got to keep on being a success".

Irving Berlin

WARNING

If your subs are not paid by the end of May this will be your FINAL NEWSLETTER

The deadline for submission has been extended from 3rd May to 31st May, so get your fees in as soon as possible to the new Treasurer :-

Roger WALSH at 36 Carrick Street, Woodlands, 6018

\$10 per annum	(single)
\$15 " "	(couple)

NEW NEWSLETTER FORMAT

As of this issue, there are to be some changes in the composition of the newsletter. From now on it will stop being a roughly chronological record of club events with news interspersed. Instead, the news of coming events will be at the front with some write ups of the most important club events such as the Club Pentathlon and other certificate runs. As time and space permit, results will be added at the back of each newsletter. This should mean that the news is more up-to-date, but the results may be slightly less so.

If you would like to make comments about this change, or have some suggestions as to what you want included, please let the editor or someone on the committee know about it.

NEW COMMITTEE

The club now has a new committee with a very important year ahead with the staging of the Veterans National Championships in Perth at Easter 1982. To make 1981-82 a success it will need maximum effort from all club members. If there is anyway you think you can help, please let a committee member know.

On behalf of all members, our sincere thanks go to the previous committee for the sterling job they did in 1980-81.

MINUTES OF THE ANNUAL GENERAL MEETING - VETERANS ATHLETIC CLUB held on
30th March, 1981 at McCallum Park at 8.00 am

1. APOLOGIES

Barry Thomsett	D. Wilmott
Bob Johnston	D. Davies
D. Batterham	D. Carr
E. Pearton	(?) M. Petersen
R. Fergie	Maxine Topper
M. Berry	J. Cutmer (?)

2. NEW MEMBERS Nil

MINUTES OF PREVIOUS A.G.M. passed as correct.

PRESIDENT'S REPORT: In the absence of Dave Carr this was read
by Dick Horsley.
ACCEPTED.

SECRETARY'S REPORT: Accepted.
Moved: K. Baseley
Seconded: I. Sutherland.

TREASURER'S REPORT: Accepted.
Moved: C. Bould
Seconded: R. Hayres.

ELECTION OF OFFICERS:

PATRON: Bill Hughes Elected
Nominated: D. Walker
Seconded: C. Bould

AUDITOR: R. Lawrence Elected

LIBRARIAN: A. Tyson Elected

PRESIDENT: R. Sammells Elected
Nominated: R. Horsley
Seconded: D. Walker

VICE PRESIDENT: Moved R. Horsley
Seconded: R. Hayres
that a working Vice President be appointed - Committee to be reduced to three.

Barrie Slinger Elected
Nominated: D. Jones
Seconded: L. Butcher

SECRETARY:
D. Whittam and V. Prescott Elected
Bob Fergie to continue as Assistant Secretary

TREASURER:
Roger Walsh Elected
Nominated: B. Slinger
Seconded: J. Barnes

COMMITTEE: J. Whittam
G. Sutherland
D. Stone

At this point the new Office bearers replaced the outgoing to continue
the business of the meeting.

Nominations for HONORARY MEMBERSHIP - None eligible.

Nominations for LIFE MEMBERSHIP - Active and continuous membership for a minimum of 5 years and substantial contribution to the progress of the Club.

Nominations by Dick Horsley :-

Rob Shand
Bob Hayres

Rob Shand : Recommendation from

Derek Walker
Lesley Brown
Don Caplin

Bob Hayres: Recommendation from

Jeff Whittam
Stan Lockwood
Bruce Buchanan

Rob Shand and Bob Hayres elected as LIFE MEMBERS.

GENERAL BUSINESS:

(1) State Cross Country Championships - Geraldton.

To be held in the long weekend in June. Medals in each group for Veterans if have support.
8 km for men and women.

(2) Northcliffe Easter.

Persons interested to place name on list. Accommodation at the school with all facilities.

(3) Australian Veterans Championships.

Matter initially raised in Secretary's report. He had informed.

Derek Walker asked whether the Secretary had consulted either the Committee or the members before he had taken this step.

Rob Shand replied that he had to reply quickly and had done so for the following reasons :-

- (1) Person appointed to organise the Championships had been transferred for an indefinite period.
- (2) Perth City Council would make no booking of Perry Lakes until 12 months before the event.
- (3) Perth as a venue followed New Zealand and Brisbane, and would thus not attract many entries.
- (4) New Committee inexperienced.
- (5) General lack of interest in track and field e.g. Time trials and Perry Lakes competition.

Dick Horsley supported Rob Shand's decision and the reasons given.

Proposed by D. Walker that the question be thrown open to the meeting. Various points made, and support expressed for going ahead with the Championships here in 1982.

Suggested that a list of names of those willing to assist be made after the meeting.

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The question of the Australian Athletic Union's interest in the management of Veterans' Championships was raised, its to be discussed in Brisbane.

Dick Horsley nominated, Dave Jones seconded that Cliff Bould be appointed delegate to the meeting in Brisbane: PASSED.

VOTE OF THANKS to retiring President, Secretary and Committee moved by Jeff Whittam. Supported unanimously.

Jeff Whittam also suggested that a certain proportion (e.g. 60%) be required to elect a life member. Rob Shand indicated that correct procedure (i.e. nominations should be given to the Committee prior to the A.G.M.) was not being followed and the Committee had no chance to discuss nominations if made at the A.G.M. Matter to be further discussed by the Committee.

Veterans Events - Track and Field:

General show of hands showed insufficient support for application to A.A. of W.A. for Veterans events at Perry Lakes.
To be considered in Committee.

NEWSLETTER: Format to be considered by Committee.

Time of runs - Sunday morning.
Show of hands showed support for 8.00 am start to continue.

Rob Shand contacted Wal Sheppard as requested, and was advised that there is every possibility that Western Australia would secure the Australian Veterans Championships in 1982.

Final decision to be made at Easter.

PRESENT AT A.G.M. 1981

Rob Shand	Maureen Smith
David Hough	Mike Stone
C. Bould	P. Williams
Mitch Loley	D. Jones
Ian Sutherland	R. Hayres
Lorna Butcher	M. Johnston
Lesley Brown	P. Cowley
Dick Horsley	Valerie Tyson
	Jeff Whittam
Bob Sommells	Barrie Slinger
Don Caplin	Dalton Moffett
Allen Tyson	
Roger Walsh	Joan Slinger
Brian Danby	B. Monks
Kevin Anderson	Jill Pearton
H. Khan	Jan Housh
J.L. Rowland	Nora Berry
Bob Faulkner	Dorothy Whittam
Steve Foster	Colleen Milbourne
Ray Lawrence	A. Cummings
G. Noordyk	Gloria Sutherland
A. Wright	Don Stone
B. Munyard	Stan Lockwood
R. Buchanan	Derek Walker
Brian Hanks	Jo Walker
D. Hoyer	K. Baseley
Valerie Prescott	G. Morgan
Jo Stone	

W.A. VETERANS ATHLETIC CLUB - President's Report

Arthur Lydyard once said that he could not guarantee the outcome of a running programme except to say that anyone who kept to a steady programme of running would be astonished at his progress.

Nearly all of us have been through that period of astonishment. Times are reduced, health improved and friendships made. The task then seems to be to remain on the plateau.

Your club has been through a comparable period. A membership boom and a long list of firsts are behind us. The astonishment is over.

1980/81 was marked by steady growth, sound, if unspectacular administration, and the fruits of several years' work.

Again, members showed most interest in distance running, and the club's programme catered for this interest. For those whose interest is track and field, the Perry Lakes Saturday programme and the Thursday point score competition provided the opportunities. Smaller groups had the chance to compete interstate and overseas.

The social activities, including the Christmas party and days hosted by members, were greatly enjoyed and appreciated.

The WAAA continued to provide opportunities and trophies for veterans.

The magazine continues to be an important link between club members.
Our financial position is sound (as you will see when Bob reads his report.)

The 1981/2 season will see the Australian Veterans Track and Field and Cross Country Championships in Perth. Some planning has been done; There is much more to do.

It is possible that 1981/2 will see some diversification in the club's activities. This could come in the form of less competitive runs for some. The club is big enough and strong enough to diversify. This need not cause conflict. We are quite good at catering for wide interests: both sexes, an age range of half a century, shot putters and marathoners, the skilled and the unskilled, the rich and the poor.

We will also see the growth of veteran membership of the district clubs associated with WAAA.

Rob Shand relinquishes the secretary's job today. No club could have been better served by an official. He is the man responsible for most of the success your club has enjoyed. His meticulous approach required an enormous amount of time. We cannot expect him to continue giving us that time. His is a hard act to follow, but we are fortunate to have several people within the club who are capable of doing the job. My period of office has been a rewarding one for me. I have had splendid support from the committee and club members. The tasks have never been onerous because there are always people to share the load.

Rob's report will no doubt provide a detailed roundup of the club's activities and the involvement of the more significant performers on and off the track.

I hope to see as many members as possible at Northcliffe at Easter.

DAVID CARR

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Secretary's report continued

My special thanks go to the committee Geoff Whittam, Don Caplin, Bob Sammells, Bob Fergie, Bruce Buchanan and Denis Butcher who have worked together under the able leadership of David Carr as President. We are indeed unfortunate to lose David for about three years, and we will certainly miss his drive and his capacity to get things going. We wish Pat and David all the best in Northcliffe, and look forward to seeing them again at Easter.

We also lost Derek and Enid Crowther who returned to the Channel Islands, a long standing member Jim Coventry, Bob Roberts and Martin O'Rourke, all of whom for some strange reason took up residence in the Eastern States.

It has not been an easy year during which to administer the club with its continued growth and its increasing diversification of interests and loyalties. The pressures applied by the AAWA have caused a number of dissatisfactions, but their new system of registrations may solve some of the problems. Alternatively, we may have to consider withdrawing the club as a club from Association events and members will have to join other clubs if they wish to compete in winter or summer competition. The support of AAWA events on the track have been poor this year, and unless participation increases next track season, we may be in danger of losing veterans events in future. After all the battling this and previous committees had to achieve to get the unique position we have with the controlling body of Athletics in the State (a position not enjoyed by Veterans clubs in other States), it would be a pity to lose it. I would like to thank all those who supported the club and carried out their rostered duties, to the others I have no comment to make, except to say that your lack of responsibility made it harder for the others. I would especially like to thank the women members who volunteered (without coercion) to fulfill the canteen rosters.

In view of the poor attendance at Track and Field, the increased tendency for people to do their own thing, and the fact that Perth as a venue comes after New Zealand and Brisbane, being a third long distance to travel which doesn't provide for large numbers, and a change in committee and the departure of our Games Chairman, I have advised Wal Sheppard, Secretary of the Australian Association of Veterans Athletic Clubs, that we would find it very difficult to host the 1982 Australian Track and Field Championships in Perth. He has agreed to offer it to Canberra and to organise a re-arrangement of sequence of venues to ensure that Perth does not come after Brisbane or Tasmania in the programme.

To all members of the club new and old, I would like to thank those who supported my efforts and those of your committee this year - please continue it for your new committee, and take pride in the club to which you belong. I have been Secretary now for four years and will not be standing for re-election as Secretary or committee member, the position which from experience I feel should be held for no longer than two years at the most. This is not an easy one and in carrying out your duties you make some enemies, but you make a lot of good friends, and the range of activities in which you become involved is diverse and rewarding.

I wish my successor and the Club the best of years in 1981.

Rob Shand
SECRETARY

W.A. VETERANS A.A.C.A.G.M. 29th March, 1981TREASURERS REPORT

The club started the year with a cash balance of \$1,143.11 and sundry assets of approximately \$400.00. At the close, cash at bank was \$1,817.53 with assets of some \$900. The total assets of the club have, then, increased from some \$1,500.00 to \$2,700.00.

Copies of the audited Statement of Receipts and payments have been distributed so I propose to mention only the major items reported in dollars.

RECEIPTS

* Subscriptions	\$1,459
* Newsletter, etc.	698
Christmas Raffle	565
Bank and B/S interest	92
Sundowner Run	271
Wine Bottling	319
Sale of Sportswear	350

PAYMENTS

Christmas party subsidy	\$267
Electronic data processing	344
Newsletter costs	275
Purchases of equipment, certificates, trophies etc.	559
Purchases of sportswear	314
Travel grant re 1980	
National Vets Champs.	469
Term deposit	512

Of these, two require further comment.

Bank and Building Society Interest. On higher average balances, interest was lower than last year. The increased size and activities of the club has necessitated the use of a Bank Society Cheque account. The cheque account has a lower interest rate, hence the difference.

In an attempt to redress the situation, a \$500 Term Deposit was made in November and this was received with the accrued interest in February. This will mature in May 1981.

Every attempt should be made in the coming year to maintain a working balance in the Cheque account, and seek higher-yielding, safe investments for any surplus.

ELECTRONIC DATA PROCESSING. A new venture for the club was the purchase of computer processing facilities from the University of Western Australia. The Secretary had the awesome task of addressing over 200 newsletters by hand twelve times a year. Addresses are now stored on computer files and address labels printed.

The cost of these facilities at \$344 may seem to be high, but a large proportion of this related to the loading of existing members addresses onto the computer files and so was of a non-recurring nature. Since then, the monthly costs of computer facilities for additions, changes, and label printing has been some \$12 per month. For the coming year, costs should not exceed \$180.

To conclude, at the present time the Club has no outstanding financial commitments, and has a sound base from which to work in the 1981/82 season.

R. E. SAMMELL

27.3.81

* Received as subscriptions and allocated by treasurer for accounting purposes.

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W.A. VETERANS AMATEUR ATHLETIC CLUBSTATEMENT OF RECEIPTS AND PAYMENTS FOR YEAR ENDED 31ST MARCH, 1981

1979/80 Amounts Received:

1,309.60	Subscriptions 1980/81		1,394.00
	Subscriptions in Advance 1981/82		65.00
1,309.60	Total Subscriptions Received		1,459.00
	Other Receipts:		
106.33	Bank and Building Society Interest	92.19	
51.90	Donations	90.00	
	Newsletter, Name Badges, etc.	698.40	
	Profits from:		
516.42	Christmas Raffle	565.67	
314.51	Club Champs & Members' runs	102.00	
	Sundowner Run	271.92	
2.00	Measuring Wheel Hire	14.00	
232.63	Wine Bottling	319.56	1,273.15
437.20	Sportswear sales		350.20
194.00	Travel fund	117.00	2,620.94
3,164.59	Total Receipts		4,079.94

Amounts Paid:

	Affiliation Fees:		
10.00	A.A.W.A.	35.00	
25.40	Australian Ass. Veteran A.C.	38.80	73.80
	Christmas Party Subsidy		267.23
	Electronic Data Processing Costs		344.55
92.22	Magazine Subscriptions		26.00
248.85	Newsletter Production and Mailing		275.76
	Presentation - Mr. D. A. Carr		28.00
	Purchases:		
90.20	Certificates and trophies	99.27	
159.50	Badges and lettering equip.	182.80	
86.00	Sports equipment	231.25	
243.38	Miscellaneous	45.93	559.25
150.00	Secretary's Honorarium		250.00
526.40	Sportswear		314.95
230.95	Stationary, postages & telephones		98.45
174.48	Sundry payments		28.00
	Term deposit (11% p.a. matures 12.5.81)		512.50
794.49	Travel Grant re Nat. Veterans Champs.		469.78
	Secretary's expenses in advance 1980/81		92.25
85.00	Payments in Advance 1981/82	65.00	3,405.52
2,916.87	Total Payments		
247.72	Excess of Receipts over Payments 1980/81		674.42
895.39	Opening Balance as at 1.4.1980		1,143.11
1,143.11	Closing Balance as at 31.3.1981		1,817.53

J. H. COLLINS
Hon. AuditorR. E. SAMMELLS
Hon. Treasurer

W.A. VETERANS AMATEUR ATHLETIC CLUBStocks on hand at cost

Club badges	4 @ \$1.15	\$ 4.60
Club singlets (gold)	3 @ \$4.15	12.45
Club singlets (white)	29 @ \$4.15	120.35
Souvenir T-Shirts	7 @ \$3.00	21.00
Long-sleeved T-Shirts	24 @ \$5.00	120.00
Sports bags	3 @ \$9.00	27.00
		<hr/>
		\$305.40

Term Deposit

Rural & Industries Bank of W.A.
 Three month deposit @ 11% maturing 12.5.1981 \$512.50

Equipment

1 Club Banner	Notice Board and Lettering
1 Measuring Wheel	Library
4 Relay Batons	
2 Dymo Tape machines	
2 Hammers (12 lb)	
4 Discus	
7 Shots	
4 Javelin	
1 Javelin Carrier	
1 Field Events Measuring Tape (30 m)	
3 Stop Watches	
1 Starting Pistol	
1 Set Starting Blocks	
2 Sets Field Events Markers	
Course Markers	
Position Numbers	

Perpetual Trophies

Cliff Bould Trophy	
Reg Briggs Trophy	
Patrons Trophy	Photograph Album

R. E. SAMMELLS
 Hon. Treasurer

31.3.1981

PENTATHLON

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Sunday 1st March, 1981

		Long Jump		Javelin		100 m		Discus		1500 m		Total
		Dist.	Points	Dist.	Points	Time	Points	Dist.	Points	Time	Points	Points
B. Danby	M35	4.99	396	17.12	20	13.6	480	18.60	20	-	-	916
J. Pellier	M40	4.08	232	27.74	319	14.3	440	21.00	70	5.48	442	1503
L. Oakley	M35	4.21	84	19.52	20	14.5	300	17.56	20	5.20	680	1004
B. Old	M40	4.16	264	34.54	489	14.1	480	26.80	273	7.20	20	1526
A. Cummings	M45	4.28	472	23.32	280	15.1	580	31.68	529	6.32	208	2069
D. Walker	M45	5.16	824	21.40	222	12.9	820	26.78	357	5.46	484	2707
R. Shand	M45	2.99	20	30.06	482	18.2	20	27.42	380	5.27	598	1500
A. Wright	M60	3.45	672	17.72	369	16.3	540	25.30	612	6.28	562	2755
J. Whittam	M45	3.52	168	18.32	130	16.6	80	21.82	184	5.41	514	1076
D. Stone	M50	3.59	345	22.22	323	16.0	300	20.80	273	6.04	436	1677
D. Carr	M45	3.23	52	16.38	71	14.1	580	19.30	96	5.19	646	1445
H. De Souza	M40	3.47	20	31.24	406	-	-	26.32	256	-	-	682
A. Fergie	M45	4.31	484	29.54	466	14.6	480	29.86	465	6.32	208	2103
M. Khan	M40	3.24	20	-	-	-	-	-	-	-	-	20
D. Branson	M40	-	-	-	-	-	-	-	-	5.33	532	532
N. Berry	W50	2.09	348	11.12	223	19.8	20	11.40	220	8.15	100	911
L. Brown	W30	2.65	60	11.46	49	17.7	20	17.10	164	7.04	316	609
J. Wijesundena	W35	3.71	657	13.28	153	15.4	420	15.86	234	7.27	208	1672
D. Whittam	W40	3.21	605	16.32	308	14.9	620	17.84	327	7.59	46	1906
J. Pellier	W40	2.41	205	11.08	114	19.6	20	12.30	122	7.38	172	633
L. Butcher	W50	2.43	589	13.74	337	16.0	600	11.24	212	6.51	604	2342
J. Pearton	W30	-	-	-	-	-	-	-	-	6.33	502	502

Discus 1.5 k M35 to 55 No records Men 35--45 (Adjusted for points)

1.0 k M60+ and Womens

Javelin 800 gm Men

Adjusted for points 60+

600 gm Women

Thanks to Jeff Whittam, Bob Fergie and others for the good organisation of the events.

WINNERS MEN A. WRIGHT M60 2755 points

WOMEN L. BUTCHER W50 2342 points

"FUN RUN" Training

Sunday 15th March saw one of the best roll-ups of club members for many months. So many in fact that some people along the way thought that it was the real thing happening. Our thanks to those who helped out with water along the way. It's good to see such club spirit in action.

Approximately 60 - 70 members, which is now only a small proportion of the total club membership, were present on this occasion.

However back in March 1976, Newsletter 32, there was a good turn out of Vets in the fun run and these amounted to 17 runners ! Also that year 2000 people turned out for the run.

We have had a short note from Jack Collins who had to withdraw from running with an injury. Jack jointed AUSSI (Australian Union of Senior Swimmers International) and is doing well in their competitions.

"My swimming has been restricted to the breast stroke because of a shoulder injury, which appears to be coming good. In the Senior Swimmers Carnival I completed in three individual events in the 65-69 age groups - 50 m Free-style, 50 m Breast stroke (4th), and 100 m Breast stroke (3rd). A total of 12 swimmers competed in this group.

In the 65-74 200 m Medley Relay - Men in which I swam the Breast stroke leg, the Inglewood club established a National record, but what gave us most satisfaction was finishing 26 seconds ahead of the second team.

But from the fitness point of view, importance is placed on the Endurance Awards - 800 m, 1500 m, 3000m and one-hour - and I achieved 800 m, 1500m, and one-hour in 1980.

While I got more satisfaction out of running - lapping a 50 metre pool can be so boring - I have been happy to turn to swimming in order to maintain a high standard of fitness for my age."

FEBRUARY BIRTHDAYS

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1st	Ann DEANUS	turns 41	remains	W40
	Jim HOSKINS	" 38	"	M35
2nd	Geoff PRICE	" 46	"	M45
3rd	Joe SHEPHERD	" 74	and remains another of our "elders"	
4th	Andy WRIGHT	" 60	becomes	M60
6th	Allan TYSON	" 56	remains	M55
8th	Val PRESCOTT	" 37	"	W35
	Dennis WILMOTT	" 50	becomes	M50
9th	Alison JOHNSTONE	" 34	remains	W30
10th	Fay FAIRBANKS	" 46	"	W45
11th	Cary NATHAN	" 36	"	M35
12th	Diane TURNER	" 39	"	W35
	Winston HOUGH	" 40	becomes	M40
14th	Val LISHMAN	" 51	remains	M50
	Colleen MILBOURNE	" 33	"	W30
16th	Colin WALSH	" 49	"	M45
18th	Pat CARR	" 49	"	W45
21st	Jim COVENTRY	" 49	"	M45
	Jan MIDDLETON	" 47	"	W45

Last month three of our elder members were surprised to find that they had suddenly aged two years in the space of one !

These were :- Jack COLLINS 69 not 70
 Dick HORSLEY 68 not 69
 Reg BRIGGS 75 not 76

Apologies to each of them.

MARCH BIRTHDAYS

3rd	Bob HARRISON	turns 39	remains	M35
	George INNES	" 46	"	M45
4th	George ATZEMIS	" 41	"	M40
6th	Jo STONE	" 36	"	W35
	Frank SMITH	" 39	"	M35
7th	Robin JOHNSON	" 48	"	M45
9th	Lorna BUTCHER	" 51	"	W50
12th	Bill MONKS	" 45	becomes	M45
13th	Bill WEATHERILT	" 43	remains	M40
14th	Adrian MACDERMOTT	" 41	"	M40
19th	Richard HARRISON	" 42	"	M40
20th	Rob SHAND	" 49	"	M45
	Mitch LOLY	" 41	"	M40
22nd	Don CAPLIN	" 42	"	M40
	John MADDISON	" 43	"	M40
23rd	Alec CUMMINGS	" 50	becomes	M50
24th	Phil LENNIE	" 56	remains	M55
26th	Phil LLORENS	" 66	"	M65
	Gerry ALLEN	" 39	"	M35
28th	Brian HANKS	" 46	"	M45
30th	Gary LYNN	" 37	"	M35
31st	Kath HOLLAND	" 41	"	W40
	David PURSELL	" 41	"	M40

APRIL BIRTHDAYS

7th	Lena HILTON	turns	35	becomes	W35
9th	Maurice JOHNSTON	"	44	remains	M40
10th	Jackie SHILLINGTON	"	49	"	W35
11th	Tom JONES	"	88	and remains our oldest member	
12th	Bob JOHNSTONE	"	39	remains	M35
	Dave JONES	"	55	becomes	M55
13th	Jeff JOYCE	"	41	remains	M40
14th	Graham MOSES	"	42	"	M40
	Reg de Gruchy	"	55	becomes	M55
15th	Steve FOSTER	"	39	remains	M35
18th	Gloria SUTHERLAND	"	36	"	W35
	Dave HOUGH	"	49	"	M45
19th	Charlie SPARE	"	42	"	M40
	Bill CHAPMAN	"	57	"	M55
21st	John DAVIES	"	47	"	M45
26th	Maurice SMITH	"	47	"	M45
27th	J. CALABRESE	"	54	"	M50
28th	Lorraine DUSCI	"	39	"	W35
29th	Joe GOLD	"	37	"	M35
	Tony KING	"	42	"	M40

We welcome :-

David PURSELL
2A Pinetree Gully Road,
Willeton 6155

457 4423 M40

Ann DEANUS
22 Ypres Road,
Kelmscott

390 5892 W40

K. LANG
20 Chatton Street,
Dianella 6062

George MAJOR
95 Rome Road,
MELVILLE

330 5468 M45

We hope they will all be down to McCallum regularly

Those wishing to register this year for the AAWA winter season, please pick up the forms from Dorothy Whittam as soon as possible. The first event is on Saturday 2nd May. Numbers can be collected from Dorothy within 2 days of entering, from her at the club rooms or at 49 Holland Street, Wembley.

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Dick Davies will be transferring for A.A.W.A. runs from Vets to W.A. Harriers as he and his son wish to be registered members of the same club.

Betty Davies will not be rejoining the club this year.

NATIONAL VETERANS' CHAMPIONSHIPS, 1982

Following discussion on this subject at the A.G.M., it was considered further at a Committee Meeting on 1st April. Notwithstanding the date, the conclusion was reached that the Club would be able to stage a successful Championships in 1982. Rob Shand duly advised the Association of Veterans Athletic Clubs the following day.

The venue will be decided upon during the National Conference at Easter. Canberra is the other possible host city but it seems likely that they may withdraw their application.

Staging such an event will require a lot of planning and a lot of preparation by members. Listed below are those who have already pledged their active support. More help will almost certainly be reached and it would be greatly appreciated if those prepared to assist in some way would give their names to any Committee member as soon as possible.

Lesley Brown	Dick Horsley	Ian Sutherland
Lorna Butcher	George Innes	Alan Tyson
Cliff Bould	Dore Jongs	Val Tyson
Alec Cummings	John Pellier	Derek Walker
Brian Danby	Jill Pearton	Jo Walker
Hillary De Souza	Val Prescott	Peter Williams
Bob Fergie	Don Stone	Dorothy Whittam
John Gilmour	Jo Stone	Andy Wright
Bob Hayres	Mike Stone	

STOP PRESS

W.A. definitely is to be host to the 1982 NATIONAL VETERAN'S CHAMPIONSHIPS. We will need your support NOW if it is to be a success.

MEETING of volunteers:-

17 Lennox Place, East Hamersley

Wednesday 13th May

6.00 - 7.30 p.m. (Don Stone's residence)

TWO RUNS TO SUPPORT IF YOU ARE GOING NORTH IN MAY

1. SUNDAY 24th MAY - WICKHAM to COSSACK
Fun Run, 12 k (Entry forms from Dorothy Whittam)
2. STATE CROSS COUNTRY CHAMPIONSHIPS - SUNDAY 31st MAY - GERALDTON - 8 k
Veterans' age categories for men and women.

Registered for posting as periodical
- Category B

Secretary (Val Prescott) 384 8585
(Dorothy Whittam) 387 6438
Treasurer 446 8248
Editor 275 3934

"Never give up anything until it is
no longer necessary".

Gandhi

There are still SEVENTY people who have'nt paid their subs for 1981-82.

If you are one of them and you want to continue to be a member of the club, please send your money IMMEDIATELY to -

Roger WALSH at 36 Carrick St. Woodlands, 6008

\$10 per annum (single)

\$15 per annum (couple)

NEW ZEALAND CHAMPIONSHIPS - January 1981

After some anxiety as to whether the flights would leave, 14 members and 3 supporters finally made it to New Zealand for the Veterans World Championships.

Those who enjoyed the flight to Wellington and then the 128 K coach ride through attractive countryside to Palmerston North, for the road running were Bould's 2, Tyson's 2, Butcher 1 and Gilmore 1.

The 5 K course on roads around the picturesque area of the Teachers Training College was easy to follow and free of traffic. It was obvious that a number of the competitors enjoyed the 10 K. Next day in the 25 K some of the Europeans were feeling the warmer day and it was amazing that some of the older runners (M & W) ran in both events.

An entertaining concert and a backstage supper with the artists, including a Maori Choir was enjoyed on Saturday night. The presentations and buffet dinner on the Sunday was our farewell to the I.G.A.L. (next year in Japan).

The flight direct to Christchurch was along the scenic coast of the South Island with views of the snow covered peaks.

We were then transported to motel type accommodation at the Canterbury University where the meals were cafeteria style and of a high standard.

The Students Union Block was well attended at night with its bar, dance floor and cinema available.

The crisp early mornings made the training runs around the large playing field a big change from running in Perth in summer. Generally throughout our stay the weather was perfect although a couple of days became suddenly chilly

Special buses were used to take us to the QE 2 Stadium for the track and field championships where we were pleased to meet up with the others who did not go to the road runs.

Merretts 2 Waldhuters 2 Carrs 2 Stone 1 Holland, Calnan,
Gare 4 Hughes

The synthetic track was similar to Perry Lakes but the warm up on which some events had to be held was grassed.

The marathon course out and back didnt have any hills and was through pleasant country. It was cool at the start but warmed to about 20°.

The presentations, entertainment and enjoyable supper took place in the Christchurch "grand" Town Hall.

Most visitors concluded their visit to N.Z. with a tour by coach of the scenic areas. Some were put in touch with friendly members of the public with a "Host-a-Vet" service.

Those who attended the lecture by the visiting sports medical people received a lot of valuable information and advice.

(Our thanks to Alan Tyson for providing this comprehensive report).

Congratulations to members of the club who won medals. There were many outstanding results in a very high standard championship.

RESULTS.

I.G.A.L. PALMERSTON NORTH

(see NL 103 p.10)

CHRISTCHURCH

John Gilmour M60

800 m 1st in 2m16.98s World Record
(2 hours after running in 5,000 m)
1500 m 1st in 4m 46.2s
(ran with two pain killing injections in left calf)
5,000 m 1st in 16 m 57.2s
10,000 m 1st in 35 m 10.3s
(Run on a very soft grass track with strong winds blowing).

Kath Holland W40

100 m 1st in 12.6s
200 m 1st
400 m 1st in 1.00.28
4 x 100 m relay 1st

Alan Tyson

10,000 m	40m 30s	30th
10,000 m cross country	42m 49s	30th
Marathon	3 hr 30s	31st

Don Stone M50

Gold medal in the Teams 20 km walk - 2hr 00m 47s in 5th place
5 km walk

Cliff Bould M60

Gold medal in M60 road running team with John Gilmour
5,000 m 20m 42s
10,000 m 43m 39s

David Carr M45

400 m - won heat
- 4th in final in 55.17s
Silver medal in 4 x 400 relay
Also competed in 100 m, 200 m, 800 m.

Alan Merrett M55

3000 m Steeple 5th
5000 m cross country 5th

Vetrun 105

Ross Calnan M40

Competed in 100 m, 200 m, 400 m, 800 m, and long jump.

Peter Gare M40

Competed in the 100 m, 4th in 200 m, 400 m.

Brian Waldhuter M40

Competed in the 400 m, 800 m, 1500 m.

Lorna Butcher W50

400 m 5th

Silver medal in 4 x 400 relay

Also competed in 200 m, 1500 m, 7th in 6.11, 5000 m and 10,000 m.

Val Tyson W55

Competed in 1500 m walk and 5,000 m walk.

Pat Carr W45

Competed in 100m, 200 m.

Bronze medal in 4 x 100 m relay.

SOUTH WEST CHAMPIONSHIPS

These happened many months ago, and although not many members participated those who did performed very creditably for the club.

RESULTSMen - 35 and over

1500 m	D. Caplin	4.30.1 (Record)	1st
3000 m	D. Caplin	10.04.8	1st
4 x 100 m relay	Vets	52.4	2nd

45 and over

100 m	D. Walker	14.2	1st
400 m	M. Smith	1.03.1	1st
1500 m	M. Smith	4.49.9	1st
110 m hurdles	D. Walker	21.1 (Record)	1st
Discus	A. Fergie	28.32 m	1st
Hammer	A. Fergie	36.84m (Record)	1st
High jump	A. Fergie	1.44 m	1st
Triple jump	D. Walker	10.51m (Record)	1st

Women - 30 and over

100 m	V. Prescott	15.9	1st
400 m	D. Whittam	1.14.6	1st
Shot put	D. Whittam	7.95 m	1st
4 x 100 m relay	Vets	1.02.2	1st

NEW MEMBERS

We welcome -

Barrie Sutherland M35
15 Worthington Road,
Booragoon

Thursday 9th April

TIME TRIALS WIND-UP AND PRESENTATION OF TROPHIES

During the course of a very pleasant social evening after the final time trial, three trophies were presented to various club members. The first two were for the winners of the time trials competition for men and women.

Places for the women's trophy were settled during Week 25 when Lorna Dutcher W50, took a clear lead with 7855 points over Dorothy Whittam W40 with 6543 points and Joan Slinger with 4826 points.

Results in the men's competition depended on the final event, the 10,000 m to settle all three places. It was Wright v Caplin for 1st and Robinson v Walker for 3rd. Wright outperformed Caplin and Walker was injured. Robinson arrived with runners assembled on the track and just managed to set off with the starting gun.

Andy Wright M60, 8753 points, Don Caplin M40, 8248 points, Barrie Robinson M40, 7822 points. Congratulations to all six members and thanks to Bill Hughes for providing these two Patron's trophies each year.

The third trophy to be presented was the Reg Briggs trophy for the most improved veterans during 1980-81. This went for 1981 to Don Caplin.

Judges' comments on the choice of Don were :-

"Selections this year were made according to the criteria laid down previously. Most of the improving athletes this year did not meet the membership requirements, leaving only a small number of eligible candidates. If those that were ineligible maintain their improvement next year, we will see a very keen contest in 1982.

After careful consideration the choice for 1981 was made of a member who competes at a very high level of excellence, so that large improvements are not possible. In 1980 he improved in running events from 100 metres upwards. This improvement was sustained in 1981 with further gains in the longer distances. During the Thursday evening trials he has shown improvement in most of the field events, though not at the same level as with the runs.

Our congratulations to Don and thanks to Reg Briggs for providing this trophy.

EASTER WEEKEND "DASH DOWN TO DAVE'S AT NORTHCLIFFE"

By Friday lunchtime the early arrivals, Tysons, Brian Danby, Lorna Butcher, Jill Pearton and the Hayres, were installed cosily in one of the District High School classrooms and were basking in the sunshine. Later the Shands with Christopher Carr, Pelliars (with Joan's mum), Sammells with their children had arrived.

At 5 pm most of these were out on the Bibbulmun track for a run. (You must keep your eyes open for direction signs - said David Carr - not likely said the rest - after seeing a demonstration of the results of doing that :). However despite the hazards all agreed that the environment for running was quite superb.

After a picnic meal in the school Home Economics room the group gathered at Carr's for an evening of gossip then back to the classrooms for bed, but not much sleep due to the "singing" toads, biting mosquitos and excessive heat from the well stocked fires! Lorna Butcher was almost drummed out of the tea room next morning as she was the only member of the group who could admit to a good night's sleep! Slingers, camping on the Bibbulmun track, also had trouble with mosquitos, and later had more trouble when they were

unable to move their tent due to the activities of a logging truck near by ! Sutherlands arrived to join the party from Pemberton for the morning run. This time we did a two circuit track on bitumen road and unmade tracks close to the town. Ten kilometres said David - at least 11 said the rest - as we ran as fast as possible to stay ahead of the impending rain. The incredible downpour which followed did not deter us from continuing with the scheduled visit to the Boorara tree, and hiking a considerable distance to the cascades in the still persistent rain. Plastic garbage bags proved to be very popular attire for the trek.

Late afternoon the Barnes arrived to complete the party, and found most people asleep exhausted from the day's activities so far. However at 5.00 there was a reasonably sized group ready for yet another run. This included going past the pub to a round of jeers from the locals, and surprising an Albany visitor who had his car miraculously lifted from a bog by the fast running "Northcliffe Running Club".

After hot showers all round at the local garage, the group gathered at Susan Cahills home (one of the school teachers') for a meal of fish and chips, before a large number converged on the dance in the Northcliffe Hall. There, with sound system courtesy of the school record player we enjoyed the Gay Gordons, Waltz Oxford, Gypsy Tap, Pride of Erin, Barn dance and many others. After a typical country supper - home made cakes, sandwiches and milky coffee - many sore legs and feet staggered off to bed to be undisturbed by toads, mosquitoes or the cold !

Sunday after the rain was bright and clear as the group gathered for another morning run. Again the locals were surprised by cavorting vets, this time alias "Easter Bunnies". Later in the day after yet another breakfast, complete with easter eggs, courtesy of Val Tyson, the group left to climb Mt. Chudulup on the way to Windy Harbour. After climbing round the cliffs at Point D'Entrecasteaux some hardy ones went swimming while the rest watched the activities on the beach. After a picnic lunch the party began to diminish, Brian Danby having left for Albany and the Haynes to return to Perth.

Back at Northcliffe an even smaller group of runners set out for another evening run. A larger group of women went walking and were almost lost forever due to the not-so-expert-as-she-thought guidance of Jill Pearton. After another hearty meal the group again gathered at Carrs for what turned out to be a noisy party with many of the local teachers and other residents. Of course it ended with what has come to be considered to be true "Vets" style, a sing song, led by Slinger, John "Thatcher cottage" Pellier and others.

It was agreed that the Monday run should be "a bit later" to allow for some recovery, but it was a merry group of feet setting out, and an expanded group of walkers for the final run. Breakfast and cleaning up took till almost lunchtime as the group broke up to return home in almost reverse order with Shands, Pearton, Butcher and Tysons being the last to leave.

Many thanks to Pat and David for organising a most successful, enjoyable and tiring weekend.

NATIONAL VETERANS CHAMPIONSHIPS -- BRISBANE EASTER 1981

Results Three members of the club participated, and all came home with medals to their credit.

Cliff Bould M55

5,000 m	Bronze	21m 15s
10,000 m	Bronze	45m 06.38s

Jim De Gruchy M55

100m	Silver	12.78s
400m hurdles	Silver	98.88s
Long Jump	Bronze	4.67m
400 m	Bronze	61.83s

David Jones

100 m	Gold	12.70s
200 m	Silver	26.37s
110 m hurdles	Silver	23.11s

Our congratulations to all three for such a good showing. Special thanks are due to Cliff Bould who represented the club at the National Delegates Conference which took place during the weekend.

24 Hour Relay - Wollongong section of N.S.W. Vets intend running a 24 hour relay sometime during June.

Gordon WESTLAKE - a member for many years, but not one we see very often is up in the Gulf of Carpentaria fishing or a business and probably for pleasure. He will not be rejoining the club when he comes down later in the year.

NEW MEMBERS

We welcome:

Janet FLETCHER	W35
15 Park Street,	
Subiaco 6008	Phone: 381 1771
Colin LEMAN	M35
27 Cunningham Street	
Ardross 6153	Phone 364 7732

AUSTRALIAN VETERANS MARATHON will be held in Melbourne on July 26th. Further information from Dorothy Whittam.

HONOUR FOR THE CLUB

Bob Sammells our club president has been elected as President of the Australian Association of Veterans Athletics Clubs.

Cliff Bould is also a Vice President of the Association.

Don Stone is off to the Maccabean Games in Israel in the near future to compete in a 3,000 m walk.

Older members of the club may remember Col Junner who was involved in a serious accident earlier in the year. He is now up and about to start running again soon.

If anyone is in the NORTH WEST in July or August don't miss out on:-

(1) Sunday 19th July ROEBOURNE MARATHON

Starts 6.00 am at the Roebourne Showgrounds. All age groups and both sexes catered for.

Contact STAN LATCHFORD 091 831043 (work)

091 831427 (home)

(2) Monday 3rd August "Fenac 10,000" at Karratha organised by the Hamersley Iron Workshops Social Club.

NATIONAL VETERANS CHAMPIONSHIPS, EASTER 1982 PERTH

A special meeting took place at Don Stone's residence on Wednesday 13th May 1981, to start planning for this important event.

From the people present the following members volunteered their services to organise a major segment of the organisation :-

Bob Fergie - programme and co-ordination of events in the stadium including organising officials.

Bob Hayres - social committee in liaison with Phil Wall.

David Jones - publicity (Dave has already been able to have a small item inserted in the West Australian giving details of the event - thanks Dave).

Derek Walker - promotion and finance.

Brian Danby - cross country.

These people will later co-opt others, so if you would like to be involved in some way now with something in particular, please let any of them or a committee member know.

We have heard recently from TWO members at present overseas -

1. The CROWTHER family is planning to return to Perth later in the year, probably for good this time. They found the Channel Islands both too wet and too expensive.
2. The USHERS, currently touring for a year have reached the end of their European holiday and are now in the U.S.A. Frank saw a marathon in Barcelona, Spain which made him feel rather guilty as he has hardly put on his running shoes, despite his good intentions. He and Bette are on a month's "air hopping" in U.S.A. from where they will go on to Canada, back to U.K. and perhaps to Scandinavia before returning to Perth probably in November.

OCEANIA REGIONAL TRACK - FIELD CHAMPS

Suva, Fiji, 14th - 18th May 1982. Anybody wanting information please contact Dorothy Whittam.

8.

1982 Veterans Marathon - Japan either July or September + 10 km road race. These races are conducted by IGAL, the sister organisation to the World Veterans. For information contact Dorothy.

5th World Championships These are scheduled for San Juan, Puerto Rico, in late September 1983. Puerto Rico is the eastern most island of the West Indies group in the Caribbean sea. For information see Dorothy.

The club has been re-allocated to 'C' Grade for the 1981 winter season.

Eric Pearton, who was running well until a hip injury put him out of competition at the end of last year, has decided to have a hip replacement operation during July. The club wishes him well for his speedy recovery.

FREMANTLE - PERTH RELAY 'C' DIV. 10th May, 1981

LEG	RUNNER	WATCH TIME	LEG TIME
1	Don Caplin	11.36	11.36
2	Derek Hoyer	21.55	10.21
3	Derek Hoyer	26.07	4.12
4	Bob Sammells	33.11	7.04
5	Jim Barnes	44.25	11.14
6	John Pellier	63.59 ???	20.24 ???
7	Jeff Whittam	60.02	- 3.57 Faster than a speeding bullet
(Official times)			

Dorothy Whittam timed John in at 52.52 at the start of the last leg and Jeff at the finish at 60.23. On these timings John did 8.06 and Jeff 7.31.

The team were announced as winners of 'C' division but in Monday's paper were placed 2nd behind University.

Alan Tyson should have run leg 3 but owing to the speed Don and Derek did their legs, (7th position overall), and a case of "when you gotta go, you gotta go" he missed Derek finishing the second leg, so Derek carried on with leg 3, which fortunately, was the short 1 km leg.

Finally, due to one person having to run the two legs, the club was officially disqualified.

"ROUND BRIDGES" Nominated time run

		<u>Estimated</u>	<u>Finish</u>	
G. Nordyk	M55	50.00	43.54	
M. Johnstone	M40	37.30	35.09	
J. Whittam	M45	43.57	45.49	
D. Whittam	M45	65.00	59.45	
M. Kady	M35	43.30	41.00	
K. Baseley	M40	43.45	40.32	
W. Mitchell	M45	42.20	41.56	
F. Deanus	M40	46.00	43.13	
A. Walsh	M35	38.00	37.49	(3)
C. Milbourne	M30	47.00	43.31	
F. Smith	M35	37.25	37.30	(2)
D. Walker	M45	44.50	41.16	
L. Oakley	M35	38.38	37.42	
S. Lockwood	M50	43.00	41.38	
D. Jones	M50	46.00	50.03	
D. Tyson	M55	43.15	43.15	(1)
B. Hanks	M45	40.00	39.28	
B. Johnson	M35	44.30	45.45	
D. Caplin	M40	37.15	37.40	
V. Dyson	M55	72.15	69.50	
J. Stone	M35	47.00	50.37	
J. Pellier	M40	58.22	53.24	
J. Middleton	M45	55.16	53.12	
A. Deanus	M40	65.00	59.49	
J. Walker	M30	65.00	69.50	
A. Wright	M60	45.00	43.55	
J. Sunderland	M40	44.30	41.51	
J. Shillington	M35	60.00	47.54	
A. Kirkman	M35	35.00	33.34	
T. Fitzgerald	Visitor	47.00	45.11	
L. Brown	M30	50.00	53.24	
L. Butcher	M50	48.00	50.37	
W. Monks	M45	38.00	36.23	
M. Warren	M40	43.00	40.46	
J. Pearton	M30	48.00	50.37	

Rob Shand and B. Beecham were late starters finishing just behind J. Whittam.

STATE 16 KM ROAD CHAMPIONSHIPS - - W.A.I.T. 16th MAY, 1981

	Lap 1	Lap 2	
Phil Wall	26.33	53.40	+
Kevin Anderson	?	53.58	+
Frank Smith	27.18	55.24	+
Hank Stoffers	27.04	55.32	+
Bob Harrison	27.58	56.18	+
Derek Hoyer	27.17	56.23	
Maurie Smith	27.45	56.42	+
John Gilmour	28.33	57.56	+
Dick Davies	29.31	58.23	+
Jim Barnes	28.50	58.49	
Roger Walsh	30.33	62.06 ?	+
Garry Lynn	30.40	62.06	+
Ted Maslen	31.36	62.13	+
Winston Hough	30.45	62.28	
Dave Carr	32.15	64.33	
Martin O'Rourke	31.06	64.34	+
John Pellier	32.08	64.51	
John Butts	31.01	65.21	+
Jeff Whittam	32.56	67.30	
Derek Walker	32.34	68.40	
Barry Munyard	34.20	68.41	
Art Briffa	32.22	Withdrew	+
R. Ford	39.20	Withdrew	+

+ running for other clubs.

WOMENS 3 km

Jill Pearton	12-19.5
Jan Fletcher	12-41.3
Kath Holland	13-01.9
Dorothy Whittam	14-55.8

WALLISTON WALLOP Sunday 17th May

As ever this was a glorious day of sunshine although the wind was rather cold. There was a good turn out of Vets to run, help and sample the superb selection of scones and apple pie afterwards.

Prizes went to :-

David Carr M45	1st man home	
Joan Slinger W35	1st woman home	
Derek Hoyer M40	Fastest man	37.17
Jill Pearton W30	Fastest woman	50.17

After lunch slides were shown of various recent Vets gatherings, and as usual the late stayers were still there in the evening.

Our thanks to Maurice and Rose for their 3rd year of hosting this most enjoyable (if hard) run.

RESULTS

<u>Place</u>	<u>Time in</u>		<u>Handicap</u>	<u>Actual time</u>
1	54.37	Dave Carr	M45 -13	41.37
2	55.35	Joan Slinger	W35 - 4	51.35
3	55.59	A. Tyson	M55 -12.30	43.29
4	55.59	J. Stone	W35 - 4	51.59
5	56.02	B. Sammells	M40 -13.30	42.32
6	56.05	B. Robinson	M40 -15	41.09
7	56.17	D. Hoyer	M40 -19	37.17
8	56.33	R. Walsh	M35 -13	43.33
9	56.52	Dave Shepard	M40 -13	43.52
10.	57.51	B. Slinger	M40 -13	44.51
11	58.03	H. Stoffers	M40 -19.30	39.33
12	58.10	E. Johnston	M40 -15	43.10
13	58.17	J. Pearton	W30 -8	50.17
14	58.38	M. Warren	M40 -12.30	46.08
15	58.56	B. Buchanan	M50 -10	48.56
16	59.10	J. Pellier	M40 -13	46.10
17	59.20	D. Caplin	M40 -18.30	40.50
18	59.28	I. Sutherland	M40 -10	49.10
19	59.51	R. Berry	- -10	49.51
20	60.29	M. Berry	M45 -10	50.29
21	60.51	Bill Mitchell	M45 -10	50.51
22	61.21	Dave Jones	M55 - 9	52.21
23	61.41	D. Walker	M45 - 9	52.41
24	61.41	M. Moyle	M55 - 9	52.41
25	61.41	G. Noordyk	M55 - 9	52.41
26	62.22	R. Lawrence	M50 - 9	53.22
27	63.58	Barry Adamson	M35 - 9	54.58
28	68.22	Nora Berry	W50 S	68.22
29	68.22	Joan Pellier	W40 S	68.22
30	75.56	Gloria Sutherland	W35 S	75.56
31	75.56	M. Stoffers	- S	75.56
32	76.36	Val Tyson	W55 S	76.36

MAY BIRTHDAYS

3rd	John Gilmour	turns	62	remains	M60
6th	Jim Martin	"	56	"	M55
7th	John Suttle	"	44	"	M40
10th	Marian Peterson	"	38	"	W35
15th	Ray Lawrence	"	53	"	M50
17th	Glenn Hall	"	33	"	W30
21st	Peter Gare	"	41	"	M40
22nd	Peter Gallagher	"	40	Becomes	M40
	Derys Butcher	"	54	remains	M50
23rd	Roy Kemp	"	42	"	M40
	Val Tyson		Ask Val !!		W55
	Alan Acreman	"	44	"	M40
24th	Delia McKnight	"	45	becomes	W45
25th	Dennis Batterham	"	49	remains	M45
30th	Roger Walsh	"	38	"	M35

JUNE BIRTHDAYS

4th	J. Cowley	turns	45	becomes	M45
6th	Kevin Cameron	"	41	remains	M40
	John David	"	36	"	M35
8th	Colleen Kirkman	"	38	"	W35
9th	Ralph Godkin	"	61	"	M60
15th	David Carr	"	49	"	M45
16th	Col Junner	"	59	"	M55
17th	Barrie Thomsett	"	41	"	M40
18th	Barry Adamson	"	39	"	M35
19th	J. Walker	"	26	"	Pre Vet
21st	R.(Dick) Davies	"	46	"	M45
27th	Gwen Darcey	"	52	"	W50

Vetrun 106
first officially
VETRUM

THE VETRUM

W.A. VETERANS A.A.C.

July 1981

Newsletter No. 106

Registered for posting as a
periodical - Category B
Secretary - Val Prescott 384 8585
Dorothy Whittam 387 6438
Treasurer - Roger Walsh 446 8248
Editor - Jill Pearton 275 3934

A change is as good as a holiday !

Trad

"THE VETRUM"

With the introduction of new postal regulations at the beginning of July, the old title of "Newsletter" was no longer acceptable to Australia Post, for the re-registration of our publication. At very short notice, the editor, in consultation with such committee members as happened to be at home that evening, has come up with a name to be used for the next twelve months. She feels that it does represent the club quite well, and assures the field events members that there is no slight intended to them. However if anyone can come up with something they think is much better we can always have another change next July.

PEOPLES MARATHON Sunday 7th June, 1981

As always there was a large contingent from the club to successfully complete this event, despite the difficult conditions on the day. The cold and rain were greatly appreciated, but the strong wind made the going hard in the early stages of the race. Seven club members received running shoes or track suits as winners in particular categories, at the Marathon Club presentation afternoon at the Floreat Hotel on the following Sunday.

These people were :

Kevin ANDERSON	M40	2nd	2.37.20
Phil WALL	M35	3rd	2.39.56
Barbara LEACH	W35	2nd woman	3.13.00

Sectional Winners.

Women 35 - 39	Barbara LEACH
50 +	Lorna BUTCHER
Men 40 - 44	Kevin ANDERSON
45 - 49	Maurice SMITH
55 - 59	Alan TYSON
60 +	John GILMOUR

Special congratulations to all of these people for their fine efforts on the day. Thirteen club members came in under the 3 hour mark, and a total of 60 finished out of the 369 finishers.

It was also good to see so many of the club's non-competitors helping out at the start/finish, drinks and sponging stations and as traffic directors around the course. One especially welcome face, was that of Val Tyson at the finish. Val's stint started at about 7.15 am taking late entries and

.../2

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2.

finished about 6 hours later as the stragglers made their way in.
Ian Sutherland changed mid race from being a competitor to officiating when he "retired hurt", and, he won himself a sports bag in the lucky draw for officials at the Marathon Club afternoon ! That everything did run smoothly was due largely to the efforts of John Maddison who directed and coordinated the proceedings with his usual efficiency.

In all it was a very good day for the club.

PLACE	NAME	AGE	TIME
2	Anderson, Kevin	M40	2.37.20
3	Wall, Philip	M35	2.39.56
5	Smith, Frank	M35	2.40.33
6	Smith, Maurice	M45	2.43.47
12	Gilmour, John	M60	2.47.16
16	Barnes, Jim	M35	2.48.00
20	Davies, John	M45	2.49.43
21	Robinson, Barrie	M40	2.50.13
26	Harrison, Bob	M35	2.52.50
30	Davies, Dick	M45	2.54.40
33	Caplin, Don	M40	2.55.59
40	Johnston, Maurice	M40	2.58.40
44	Joyce, Jeff	M40	2.59.15
48	Butts, John	M45	3.01.49
55	Carr, David	M45	3.04.22
59	Spark, Richard	M40	3.04.51
60	Shand, Rob	M45	3.05.12
69	Pellier, John	M40	3.06.20
70	Fry, Tim	M45	3.06.24
76	Hough, David	M45	3.08.28
89	Leach, Barbara 2nd F	W35	3.13.00
103	Slinger, Barrie	M40	3.17.23
104	Fursell, David	M40	3.17.39
127	Prendergast, Geoff	M40	3.22.05
129	Atzemis, George	M40	3.22.37
134	O'Rourke, Martin	M35	3.22.59
137	Zemunik, Andrew	M40	3.23.30
142	Tyson, Alan	M55	3.24.38
160	Warren, Morris	M40	3.27.44
173	Cowley, Peter	M40	3.31.10
188	Calabrese, John	M50	3.36.13
193	Hayres, Robert	M45	3.36.50
195	Spare, Charles	M40	3.37.08
196	Pearton, Jill 4th F	W30	3.37.30
198	Deanus, Fraser	M40	3.38.01
207	Slinger, Joan 5th F	W35	3.39.04
213	Munyard, Barry	M35	3.41.17
214	Wright, Andy	M60	3.41.33
217	Stone, Jo 6th F	W35	3.41.57
223	Noordyk, Gerry	M55	3.44.22
241	Johnstone, Bob	M35	3.49.20
243	Moyle, Mervyn	M50	3.49.35
246	Acreman, Alan	M40	3.50.19
247	Wilmott, Dennis	M50	3.50.19
252	Hughes, William	M50	3.51.37
259	Hughes, John	M45	3.53.00
260	Mitchell, Willie	M45	3.53.43
263	Batterham, Denis	M45	3.54.20
265	Strachan, Duncan	M55	3.54.35
269	Thomsett, Barrie	M40	3.55.12
277	Gold, Joseph	M35	3.57.12
278	Khan, Michael	M35	3.58.12
291	Dowling, Tony	M40	4.04.14
293	Lawrence, Ray	M50	4.04.40
298	Leggett, Arthur	M60	4.06.11
308	Shillington, Jaqueline	W35	4.08.42
315	Cowley, John	M40	4.12.00
316	Butcher, Lorna	W50	4.12.10
335	Hall, Glen	W30	4.25.56
336	Carter, Wes	M40	4.25.56

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NEWS OF OTHER MARATHONS

Derek CROWTHER, M40, has written from Jersey to tell us of the "Coca-Cola Jersey Spartan A.C. Marathon" which took place on the 3rd May.

Conditions were very bad as the runners were faced with a Force 6 wind and freezing rain in the last 6 miles of the race. Derek had planned to do a time of 2.45 - 2.50 but the 49 minutes it took him to do this last six miles gave him a total time of 2.59.05. The course was a hilly 2 lap one, being all up for the first 2 miles, then having what Derek called a "rather nasty" hill at the end. He says that the English contingent was all for turning round and flying out again when they first saw the course! However they stayed and one of their number was the winner in 2.29.44.

A lady vet, Betty Norrish, W50, completed in 3.33.40, a time which would have put her into 4th place in the Perth People's Marathon. She knows John Gilmour and Wally McCabe and wishes to be remembered to them.

Also of interest to Marathoners is a recent article in "The World Association of Veteran Athletes" Newsletter No. 4 March 1981. It concerns an Australian, Cliff Young, who was a member of the winning M55 Cross Country team at Christchurch in January and also ran the Marathon in 2 hours 58 minutes.

The following newspaper interview was recorded when Cliff completed his first Marathon in 3.02.25 in Victoria last year.

"Distance running is a wonderful sport. Pain is its only failing.

I am a failed marathon runner. I am envious of those born with the talent to absorb merciless punishment.

I cannot guarantee the total precision of the following conversation, but be assured that the attempt to paint an accurate picture is genuine.

Firstly, a few words of explanation. The Victorian professional country marathon championship was held at Lara last Sunday, and there were 47 entrants. I was one of them, Cliff Young was another. The event was scheduled to start at 9 am, supposedly to beat the heat, but at 8.30 we all realised we faced a torrid experience. Hot north winds were racing through the shadows of the You Yangs, and that's when I decided not to subject my shamefully unfit frame to anything further than 18 of the tortuous 42 kms.

We assembled at the start and I nodded to a bloke dressed in a shirt, trousers and something resembling desert boots.

"Come along to have a look did you mate?" I mumbled, endeavoring to wrench my mind away from the hopeless task ahead.

"Oh no", he fired, "I've come down here to run in this".

It is the policy of all distance runners to be polite and helpful to each other. That's why I advised this wizened-looking gentleman to hurry and change into his running gear or he would miss the start.

"Don't wear shorts or track suits", he said. "Can't see any need for them".

It was then that I concluded that Cliff Young a 58 year old potato farmer from the mountain goat town of Beech Forrest in the Otway Ranges was successfully unloading his pre-race scare tactics on me.

STIFF

"Ever run a marathon before?" I ventured.

"Yeah on Friday".

"What just two days ago?"

"Yeah ... made a blue, though. Should have run it Wednesday .. felt a bit stiff yesterday.

4.

The race began, and the men in their gleaming Adidas, Puma, Nike and other imported gear took off at intervals as the handicapper released them.

Cliff Young conceded the limitman 27 mins. 40 secs. start and pranced off in his shirt, trousers and desert boots. He said they were running shoes, and that they cost him \$6.99.

The first drink station was at the 12 km mark, you could have Big M or cordial. I chose the Big M succumbed listlessly to suffering and promptly retired from the race.

Failed marathon runners talk a lot. When I retreated to the comfort of a friend's car, the three other occupants were discussing the amazing Cliff Young.

He was about 4000 metres up the road by that stage, and spectators were beginning to believe that his economical no-nonsense style was about to carry him to the biggest upset in the history of Australian marathon running.

They were puzzled, too, that he kept waving and smiling at people, thanking them for their encouragement.

Cliff Young didn't win the championship. He was 10th over the line in the time of 3 hours 2 mins. 25 secs.

That time would earn him a thrashing at the Olympic Games, but Cliff's not among that high. And he hopes that he won't have to suffer the same brutal conditions again.

MEAT

Somewhere along the line, I feel that Australia missed out on a potential world-beater when it didn't discover Cliff about 40 years ago.

I reached that conclusion when he viltzed up to me after the race and said "Are you all right mate?". I just have to tell you more about Cliff Young. He doesn't drink, he doesn't smoke, and he hasn't eaten meat for five years.

"I ate a bit of meat about five years ago", Cliff confessed. "Got so crook I was up all night .. gees I was crook. Haven't touched meat since". Cliff is not married because he hasn't had time, and he lives with his 86 year old mother on his 100-hectare farm.

His grandmother died when she was 101, and Cliff reckons he has a fair chance of reaching at least 90.

"Bit worried about skin cancer though, mate", he confessed. "Had a couple of operations, that's why I've got to keep my legs covered up".

Cliff believes he has a future as a distance runner, even though he has had only three professional starts. "Might go to those world veterans' games in New Zealand in January", he said.

"Don't mind this distance running caper. You're not a bad bunch of blokes you lot".

You're not such a bad joker yourself, Cliff.

Jack Pennington (Australian editor of "The Veteran Runner") who met Cliff in New Zealand, has been invited to Cliff's farm to have a Sunday run to Apollo Bay "it's only 25 miles each way". Actually Cliff feels that the marathon is a bit short and would like to participate in a 100 miles race.

Jack believes that Cliff Young will run close to the world best for the MGO marathon, especially when he recalls that Cliff ran for 3 hours on the University lawns at Christchurch on the day before the marathon "just to make sure he was on form" !!

Ed Note: Don't think that we are advising that this is how everyone should go about a marathon but it's interesting to see that such an unorthodox approach can succeed.

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VETRUN

Sunday 23.4.1981. 2 x Cliff Bould Course - 10.4 km. Sealed Handicap

On duty: Messrs Sammells and Tyson with assistance from Dick Horsley.
 Congratulations to Ann Deanus and Roger Walsh, winners of the Ladies and Mens' events. Sports bags were presented to the winners and to Brian Hanks, whose name was picked at random from the competitors. A hand-carved trophy, made by Dick Horsley, was presented by him to Lorna Butcher.

Bob Sammells is planning to run a lot harder next time he knows his electricity bill is due. He ran the State 25 km Road Championships course at Mundijong on Saturday 20th June in 100 minutes 10 sec. and received his electricity bill on Monday for \$100.10c !!

CLIFF BOULD TROPHY - HANDICAP EVENT 10.4 km Held Sunday 14.7.81

Place on H/cap	H/cap	Actual time	Place on h/cap	H/cap	Actual time
1.	W30 G. Hall	57.36	24.	M60 A. Wright	62.01
2.	M35 M. Khan	57.38	25.	M40 W. Carter	62.04
3.	M50 S. Lockwood	58.30	26.	M55 G. Noordyk	62.07
4.	W35 M. Peterson	58.52	27.	M50 D. Moffett	62.08
5.	M35 B. Danby	59.43	28.	M45 W. Mitchell	62.15
6.	M40 M. Loly	59.47	29.	M45 G. Innes	62.18
7.	M40 M. Johnston	59.53	30.	M A. Davie	62.20
8.	M45 D. Walker	60.06	31.	M65 C. Bould	62.36
9.	W35 J. Slinger	60.10	32.	M40 R. Sammells	62.37
10.	M55 A. Tyson	60.10	33.	M35 B. Sutherland	63.16
11.	M60 R. Godkin	60.25	34.	M55 D. Jones	63.24
12.	M40 J. Pellier	60.32	35.	M45 A. Denham	63.39
13.	M50 D. Wilmott	61.06	36.	M65 P. Llorens	63.59
14.	M55 M. Moyle	61.16	37.	W40 A. Deanus	64.12
15.	M45 W. Monks	61.21	38.	W40 R. Maddison	64.25
16.	M35 C. Leman	61.23	39.	M45 M. Berry	64.47
17.	M40 R. Spark	61.24	40.	W40 J. Pellier	65.01
18.	M35 F. Smith	61.34	41.	W50 N. Berry	65.12
19.	M50 R. Lawrence	61.35	42.	W45 J. Middleton	65.20
20.	M45 R. Hayres	61.36	43.	M50 W. Hughes	65.24
21.	M45 J. Maddison	61.38	44.	M35 L. Oakley	66.31
22.	M40 D. Hoye	61.41	45.	M50 B. Buchanan	67.37
23.	M40 M. Warren	61.46	46.	W35 G. Sutherland	73.16
			47.	W30 M. Tapper	73.16

5.2 km finishers

W50	L. Butcher	29.01
W45	M. Warren	29.50
W40	D. Whittam	32.16
W55	V. Tyson	34.00

The trophy went this year to a woman member for the first time. This was Glen Hall W30 who was 2 seconds, on handicap, ahead of Mike Khan M35. Stan Lockwood M50 came in 3rd. All three receive certificates as does the fastest finisher, Derek Hoye, M40, who finished in 36 m 41 s.

JULY BIRTHDAYS

1st	Julie Brown	turns 32 remains	W30
3rd	Bob Fergie	" 46 "	M45
	Gary Cragun	" 44 "	M40
6th	Mike Berry	" 50 becomes	M50
8th	Ed Jennings	" 42 remains	M40
	Ron Bragg	" 40 becomes	M40
10th	Dorothy Whittam	" 45 "	W45
11th	John Butts	" 47 remains	M45
12th	Joan Slinger	" 40 becomes	W40
13th	George Mavor	" 46 remains	M45
16th	Terry Manford	" 43 "	M40
17th	Alan Verrett	" 54 "	M50

July birthdays continued

18th	Felix McKnight	turns	44	remains	M40
19th	Vic Kallis	"	36	"	M35
26th	Enid Crowther	"	39	"	W35
27th	Eric Pearson	"	50	becomes	M50
29th	Peter Cowley	"	42	remains	M40
31st	Brian Waldhuter	"	41	"	M40

Denys Butcher is doctoring on in Zimbabwe, and his exact date of returning to W.A. is still uncertain. Denys has'nt done much running as he is still plagued by an injured Achilles tendon. However he has watched some very interesting and high quality performances. Some of these include:

33 miles - won by 9 secs in 3 hours 30 mins, 20th won getting home in 3 hours 50 mins.

20 mile race - 1st four runners were all Africans, the fifth and eighth were Europeans. These were the only two Europeans in the first 25 finishers.

50 km - won in 3 hours 1 min. 1st over 50 - 4 hours 24 mins.
1st over 40 - 3 hours 16 min.

WALKERS CLUB RESULTS

Two events in the last three months have seen particularly good results from Don Stone (M50) and Dick Horsley (M65).

May 16th Jackadder Lake DON RAPLEY CUP Teams of two

1st Vets A.A.C. in 93 m 35 s

Dick Horsley 46.11

Don Stone 47.24

(Dick has already won the cup in 1974 with Martin Davies)

June 14th Canning Vale STATE 20 Km CHAMPIONSHIPS

2nd Dick Horsley 127 m 12 s.

3rd Don Stone 133 m 30s.

(Other walking results are in the results sheets).

HAVE YOU HAD FEWER CAR ACCIDENTS SINCE YOU TOOK UP RUNNING ?

A claim from the Bavarian Motor Works Journal that runners make better drivers. According to the report, a runner's reaction time is quicker than the typical non-athletic driver. Also, the sense of well-being achieved by most runners helps them avoid those accidents associated with stress and depression. The report estimates that 10 percent of collisions are caused by physically unfit people. Of course, we knew all along that runners were better drivers than non-runners. Now, if we can only convince the auto insurance companies.

From "Runners World" July 1980

WAMC GNANGARA 20 km

24th May, 1981

Congratulations to D. Hoyer, H. Stoffers, M. Smith, D. Caplin who won the Open Mens Team trophy. It's not often a Vets team wins an open event such as this.

Other club members also received trophies in a variety of categories.

Derek Hoyer did particularly well as he came in 2nd overall and was also first in the men's over 40 section.

MIDLAND CLUB have advised of a change of venue for their handicap competition on August 22nd. The race will now commence in John Forrest National Park near the kiosk. Admission to the park has been attended to by the Club which has shown initiative in obtaining better facilities.

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Phil Wall, M35, was awarded the trophy for 1st as Wayde Clews, who beat Phil on time, was not eligible as he was not a member of the WAMC.

Jo Stone was first woman over 35 in the 20 km.

Jan Hough was first woman over 35 in the 10 km.

Cliff Bould also received an award for the oldest finisher.

"BLUE RIBBON" RUN, SHOWGROUNDS

Sunday 21st June, 1981

A large number of runners gathered in overcast weather for this run at a new venue. The 8 km course included 2 laps of the show ring, 3 laps of the perimeter of the showgrounds then another 2 laps of the showring. Runners were originally told that they only need do two laps of the perimeter, and one of the major prizes, a bottle of 'Gallop Moselle 1980' went to Val Tyson for the rudest comment of the day when told she had to do a third! Unfortunately the comment is unprintable but Val may repeat it to anyone who is willing to come up with a suitable reward. A host of prizes were presented on the basis of lucky numbers, to the extent that a Parker pen could be the sign of a W.A. Veteran Athlete. Although the weather became colder, many people stayed to enjoy lunch in the stand, and all agreed that Berrys, Haynes, and Johnstons had done a good job of organising "something different," many thanks to all of them.

TWO PARKS RUN

28th June

16 Vets took part in the 2 parks aqua-run on the 28th June. This was a Fun Run with a guess the distance and your time contest. The distance was 6501 metres for the 3 lap course, Val Tyson guessed the nearest distance with her guess of 6900 metres. Then to make it a family affair Allan had the nearest time. The prizes for this run were return trips for 2 by air to Sydney (provided they win the raffle of course).

With the recent transport strikes and work to rules by bus drivers perhaps Perth should take a leaf out of New York's book.

"RUNNERS STRIKE BACK"

When all the subways and buses in New York City shut down because of the transit strike, the Big Apple's runners struck back. They changed from their business suits to their running outfits, swapped their briefcases for backpacks and started running to work.

The run-to-work program has long been a project of the New York Road Runners Club, and when the strike was pending, the club organizers went into high gear. They distributed information on the distances between mid-Manhattan and the various bridges that feed the city. They offered advice on how runners could carry their materials and business clothes to work and where they could shower and change, and they encouraged businesses to help them "adapt the current running explosion and channel it towards continued social change".

When the transit workers finally carried out their strike threat and shut down all public transportation in the city, the Road Runners set up water stations on the Manhattan side of the Brooklyn Bridge. They chose that particular place because many people living in Brooklyn Heights work in the Wall Street area, a comfortable two mile run across the scenic causeway. In addition to the runners, thousands of people rode bikes or walked over the bridge to work during the strike.

"Most of the people who stopped at our aid station were walkers," Susan Marcus, a Road Runners Club spokesperson said. "They were people not used to exercise, and the walk tired them. But most of them said they liked the idea and would keep doing it after the strike ended".

Runners strike back

People who did run to work carried their papers and lunches in backpacks instead of briefcases or handbags. Most of them brought changes of clothes to work on the days before they intended to run. Some local health clubs, schools and Ys made their showers available or runners sponge bathed in company washrooms.

Some runners who didn't like early morning runs reversed the procedure, walking to work or catching a ride, and then running home. Others moved up to two-a-days.

It would be interesting to find out how many people who took up running to work during the strike will continue now that the subways and buses are running again. Certainly, a runner could get to work quicker on foot than by most buses, and trying to find a parking place for your car in Manhattan can be more difficult than finding a place on the starting line of the New York City Marathon.

Runners World, July 1980

NEW MEMBERS

We welcome :

Marlene (W40) and Gerry (M45) SAVAGE
13 Terence Street, Gosnells 6110 Phone: 398 3719

Duncan STRACHAN M55
8 Jacobsen Way, Thornlie 6108 Phone: 459 3859

Marilyn (W40) and Alan (M40) ACREMAN
59 Devon Road, Swanbourne 6010 Phone: 384 7843

Ruby MADDISON W40
38 Ardagh Street, Morley 6062

Aubrey DAVIE M45
20 Harwood Street, Forrestfield 6058

Eileen HINDLE W30
15 Burrendah Boulevard, Willetton 6155

Margaret WARREN W45
11 Wittering Crescent, Balga

A.A.W.A. REGISTRATION FEES

There has been another change in the fees structure for registration this year.

It will cost \$15 to register for the Winter season only.

As at the 1st September there will be a fee of

\$20 to pay for the Summer season

or \$10 if you are already joined for the Winter season.

This as far as we know will mean -

If you join for the Winter season the cost is \$15

" " " " " Summer " " " \$20

" " " " " Summer and Winter the cost is \$25

There will be different numbers for summer and winter.

* NB AAWA A.G.M.

10th August 7.30 pm Fiesta Room, Foreat Hotel.

They will be discussing Registration fees.

All registered Vets should attend.

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SINGLET

It has been suggested that the club should make some changes to the present club singlet. Particular things under consideration are firstly to see if there is something of a lighter weight available, perhaps of a mesh; and also there is now a need to provide a proper ladies singlet.

If anyone has any suggestions as to fabric/colour/design, please let a committee member know your thoughts. We'd also like to hear if you are happy with the present singlet.

Bob and Maureen HAYRES are now in America enjoying the Northern hemisphere summer. Its not certain that Bob took his running shoes, but we're sure he'll probably have found time to get in some exercise as Maureen is an enthusiastic walker.

COMING EVENTS

JO-ANNES JOLLY JAUNT

(and blame her if its not says Derek :) Sunday August 9th 9.00 am
Bickley Reservoir

The course is 7.6 km of road and gravel track. From the top of Bickley hill its 1.5 km downhill then 1.5 km back up. After this there is a 2.3 km cross country over a gravel path, rocks and a brook or two, undulating and winding through very pretty country. Again this is out and back making 4.6 km, and a grand total of 7.6 km.

Nice picnic area with b.b.q's - so bring your own - showers available - swim if you're game.

The event is a sealed handicap - 50 cents to enter - for the Carr/Shand Perpetual Trophy. This will be an annual event and there will be a trophy for both men and women.

Come along and make it a good day. 4 or 5 helpers needed.

CLUB HALF MARATHON CHAMPS Sunday 30th August

There will be certificates for 1st, 2nd and 3rd in each age group. The Marathon club have recently changed their programme so that the championship now clashes with their run at Irish town. At this stage with so many other runs - Fremantle Fun Run, Round the Bridges F.R. and the State Marathon it really is impossible to make an alteration to our programme as well, so members of both clubs will just have to make their choice.

Well in the future is the 24 HOUR RELAY this will be on the weekend of the 17/18th October so keep that Saturday and Sunday free to come and give your support either actual or moral to the team.

If you want to run, contact a committee member. The relay will start at 2.00 pm Saturday and finish at 2.00 pm Sunday.

AUGUST 16th RUN AT DARLINGTON

16 K for men

8 K for joggers

Up the bridle path.

Start at 9.00 At Darlington Railway Station Brook Road.

Enquiries to John Maddison - 275 4827

B-B-Q at Kevin Baisley's - bring your own portable BBQ if you have one.

VETS RESULTS

TIME TRIALS No. 26 FINAL POINTS

STATE CHAMPIONSHIPS

CLUB RESULTS 26/4/81; 31/5/81

WAMC Albany Fallen Comrades, Wanneroo 20 mile; Darlington half marathon

WEEK 26 TIME TRIALS 9th April

<u>NAME</u>	<u>AGE</u>	<u>TIME</u>	<u>POINTS</u>
J. Slinger	W35	49.02.2	448
J. Pearton	W30	49.50.3	355
L. Butcher	W50	49.50.3	605
J. Pellier	W40	55.49.5	F.T.F.
D. Whittam	W40	55.49.5	105
J. Tomlinson	?	52.25.0	?
D. Hoyer	M40	34.37.8	977
B. Danby	M35	34.57.1	913
D. Hough	M35	39.36.0	634
N. Morphet	M35	37.07.0	733
R. Faulkner	M35	41.39.0	511
J. Pellier	M40	39.38.0	677
A. Tyson	M55	40.54.0	806
G. Mayor	M40	46.14.0	281
K. Anderson	M40	33.33.7	1041
B. Harrison	M40	34.02.5	1012
D. Caplin	M40	36.00.2	894
B. Robinson	M40	40.01.0	654
C. Bould	M65	44.03.6	876
A. Wright	M55	46.28.2	472
S. Lockwood	M50	43.31.0	579
I. Sutherland	M40	41.41.0	554
D. Wilmott	M40	43.35.9	439
B. Slinger	M40	40.21.3	634
R. Faulkner (jnr)	-	55.49.0	Invitation
L. Oakley	M35	39.41.3	629

THURSDAY TIME TRIALS

FINAL POINTS

Ladies

L. Butcher	7855
D. Whittam	6492
J. Slinger	4844
J. Stone	3993
J. Pearton	3856
L. Brown	2665
V. Tyson	1622
J. Walker	591
V. Prescott	520
G. Sutherland	424
E. Crowther	210
P. Carr	200

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FINAL POINTS

Men

A. Wright	8623	H. DeSouza	2609
D. Caplin	8248	D. Moffett	2279
B. Robinson	7822	R. Bennett	2134
D. Walker	7820	W. McCabe	2119
B. Danby	7464	J. David	2079
D. Carr	7293	D. Jones	2002
J. Whittam	7233	J. Pellier	1999
R. Horsley	7192	W. Hough	1925
A. Tyson	6493	W. Hughes	1924
R. Sammells	6416	M. Smith	1868
D. Stone	6169	R. Harrison	1819
N. Morfitt	6086	F. Smith	1634
W. Monks	6030	D. Hough	1445
L. Oakley	5986	J. Gilmour	1227
R. Faulkner	5638	G. Moses	1219
C. Bould	5530	E. Pearton	1189
A. Fergie	5483	K. Anderson	1059
I. Sutherland	5029	M. Stone	1024
S. Lockwood	4992	D. Crowther	933
M. Johnson	4885	V. Anderson	803
J. Degruchy	4402	G. Lynn	794
R. Briggs	4052	J. Maddison	700
B. Elinger	3738	M. O'Rourke	674
D. Branson	3640	B. Old	607
K. Basley	3392	J. Hosking	580
A. Cummings	3165	G. Allen	490
R. Shand	2719	R. Kemp	478
E. Cameron	2661	D. Wilmott	439
D. Hoyer	2613	P. Williams	354
		J. Rowland	133

STATE CHAMPIONSHIPS

February - March 1981

O 35 M

	<u>5000 m</u>
D. Caplin	16.30.6
C. Spare	18.20.3

1500 m

	<u>800 m</u>
D. Carr	2.18

400 m

	<u>200 m</u>
H. DeSouza	26.7

100 m

H. De Souza	12.6
R. Calnan	13.3
P. Williams	13.5
B. Old	14.5

O 45 M

E. Maslen	16.42.5
J. Gilmour	17.29.9

E. Maslen	4.35.8
J. Whittam	5.14.9

J. Whittam	2.37.3
D. Stone	2.39.8
A. Wright	2.54.9
R. Degruchy	2.56.9

J. Whittam	71.6
D. Stone	79.0
E. Maslen	59.4
J. De Gruchy	63.2
A. Fergie	68.1

D. Walker	26.7
D. Stone	32.4
J. Whittam	33.3
J. De Gruchy	28.5

D. Walker	13.1
D. Carr	13.6
R. De Gruchy	14.0
A. Fergie	14.6

Vetrun 106

first officially

VETRUN

Place	Actual Time	Handicap	Time	Difference	Handicap position
1	H. Kirkman	14.36	14.55	+ 0.19	*11
2	D. Caplin	14.59	14.58	- 0.6	18
3	M. Smith	15.02	14.58	+ 0.4	17
4	C. Lehman	15.21	Inv		
5	R. Shand	15.49	15.50	+ 0.1	15
6	M. Johnson	15.51	15.30	- 0.13	20
7	B. Sutherland	16.04	Inv		
8	J. Maddison	16.15	16.44	+ 0.29	8-3
9	B. Sammells	16.16	16.52	+ 0.36	437
10	J. Barnes	16.21	16.38	+ 0.43	22
11	R. Walsh	16.45	16.36	- 0.09	19
12	R. Sparks	16.52	18.02	+ 1.10	* 38
13	A. Tyson	16.53	17.23	+ 0.30	7
14	J. Rowland	17.02	17.23	+ 0.21	9
15	R. Hayres	17.03	17.23	+ 0.20	10
16	J. Pollier	17.24	17.30	+ 0.06	14
17	D. Moffett	17.27	18.02	+ 0.35	5
18	R. Berry	17.28	Inv		
19	K. Basley	17.30	17.30	0.0	*16
20	B. Faulkner	17.50	18.22	+ 0.32	6
21	B. Mitchell	17.56	18.10	+ 0.14	12
22	M. Warren	18.16	17.18	- 0.58	27
23	L. Mentalvo	18.23	Inv		
24	F. Deanus	18.56	18.08	- 0.48	23
25	A. Davie	19.15	Inv		
26	B. Hughes	19.19	18.14	- 1.22	31
27	G. Noordyk	19.26	18.31	- 0.55	E25
28	C. Bould	19.35	18.40	- 0.55	E25
29	R. Lawrence	19.45	18.42	- 1.03	28
30	A. Wright	19.52	18.40	- 1.12	29
31	S. Lockwood	19.52	18.32	- 1.20	30
32	I. Sutherland	20.30	18.13	- 2.17	33
33	L. Butcher	20.54	21.02	+ 0.08	13
34	D. Jones	20.58	17.52	- 3.06	34
35	D. Walker	20.59	17.18	- 3.41	36
36	R. Feldman	21.01	Inv		
37	J. Pellier	23.00	25.12	+ 2.12	* 1
38	A. Deanus	23.42	25.14	+ 1.32	2
39	R. Maddison	25.49	25.14	- 0.35	21
40	N. Berry	26.03	25.12	- 0.51	24
41	G. Sutherland	27.25	23.04	- 3.21	35
42	V. Tyson	27.58	25.44	- 2.12	32

Vetrun 106
first officially
VETRUM

Sunday 26.4.81		2 x CLIFF BOULD 10.4 K		Sealed Handicap		14.
	Time Lap 1	Time Lap 2	Handicap Base time	Difference	Position	
<u>W35</u>						
C. Milbourne	-	47.29	46.00	- 1.29	2	
M. Petersen	24.24	50.23	46.00	- 4.23	3	
J. Slinger	24.40	54.33	46.00	- 8.33	5	
<u>W40</u>						
A. Deanus	33.36	61.59	65.00	+ 3.01	1	
D. Whittam	33.36	-	60.00	-	-	
<u>W50</u>						
L. Butcher	27.18	54.33	50.00	- 4.33	4	
<u>M35</u>						
H. Kirkman	18.26	37.09	37.00	- 0.09	10	
B. Slinger	22.15	44.30	45.30	+ 1.00	6	
R. Walsh	20.18	41.36	46.30	+ 4.54	1	
<u>M40</u>						
D. Caplin	19.27	40.38	37.00	- 3.38	20	
F. Deanus	23.04	46.20	48.00	+ 1.40	2	
D. Hoyer	18.27	38.00	36.30	- 1.30	15	
G. Lynn	20.18	41.21	38.30	- 2.51	17	
D. Pursell	22.15	43.18	42.00	- 1.18	14	
I. Sutherland	23.26	46.51	48.30	+ 1.39	3	
B. Thomsett	24.05	50.14	43.00	- 7.14	23	
M. Warren	22.29	46.41	46.00	- 0.41	12	
<u>M45</u>						
B. Buchanan	21.50	44.47	43.00	- 1.47	16	
B. Hanks	21.22	42.54	44.00	+ 1.06	5	
R. Shand	22.27	44.23	39.30	- 4.53	22	
D. Walker	23.52	47.30	48.00	+ 0.30	8	
<u>M50</u>						
R. Lawrence	-	50.07	50.30	+ 0.23	9	
<u>M55</u>						
D. Jones	25.05	53.33	50.00	- 3.33	19	
G. Morgan	24.57	53.33	49.00	- 4.33	21	
G. Noordyk	-	48.43	50.00	+ 1.17	4	
A. Wright	24.20	49.03	46.00	- 3.03	18	
<u>M65</u>						
C. Bould	23.40	47.29	46.30	- 0.59	13	
P. Llorens	29.00	59.28	60.00	+ 0.32	7	
<u>Ungraded</u>						
B. Danby	19.01	38.48	38.30	- 0.18	11	
<u>Invitation</u>						
K. Whistler	26.24	52.42	-	-	-	
*A. Petersen	21.56	45.11	-	-	-	
*T. Fitzgerald	24.45	51.38	-	-	-	

*Invited by Hugh Kirkman

Vetrun 106 first officially VETRUM

"BLUE RIBBON" Run Showgrounds

21st June, 1981

27.01	B. Danby	M35	33.09	S. Lockwood	M50
27.49	D. Caplin	M40	33.10	A. Tyson	M55
28.30	R. Shand	M45	34.23	F. Deanus	M40
28.59	H. Kirkman	M35	34.32	A. Davie	M45
29.08	B. Sutherland	M35	34.45	J. Slinger	W35
29.10	D. Davies	M45	35.36	J. Pellier	M40
29.24	M. Davies	Inv	35.37	R. Lawrence	M50
29.29	J. Maddison	M40	36.07	C. Bould	M65
29.37	W. Hough	M40	36.25	D. Horsley	M65
29.45	Bill Monks	M45	37.36	L. Butcher	W50
29.54	R. Sammells	M40	40.40	J. Hough	W35
30.11	J. Rowland	M40	41.01	R. Maddison	W40
30.26	J. Barnes	M35	43.18	Mary Warren	W45
30.36	R. Spark	M40	43.45	D. Whittam	W40
30.39	M. Loly	M40	43.48	J. Middleton	W45
31.27	K. Basley	M40	45.13	D. Hough	Inv
31.43	R. Walsh	M35	45.41	J. Pellier	W40
31.49	L. Oakley	M35	45.41	Ann Deanus	W40
32.09	M. Khan	M35	46.16	J. Barnes jnr	
32.12	A. Denham	M45	46.54	M. Acreman	W40
32.13	M. Warren	M40	50.29	D. Kipan	Inv
32.30	D. Wilmott	M50	50.29	V. Tyson	W55
33.08	A. Acreman	M40			

ALBANY FALLEN COMRADES 10 K (WAMC)

25th April, 1981

Handicap Place	Actual Place	Name	Handicap time	Actual time
4	12	B. Robinson	M40 37.19	43.04
13	6	P. Wall	M35 38.37	40.27
14	13	W. Hough	M40 39.06	44.06
18	20	D. Sheppard	M40 40.42	46.42
22	24	R. Hayres	M45 41.15	48.15
23	21	A. Briffa	M50 41.30	47.30
25	26	M. Berry	M45 42.12	49.12
26	30	M. Khan	M35 42.15	51.45

Age group Winners

35 - 39 P. Wall
40 - 44 B. Robinson
50 - 54 A. Briffa

WANNEROO 20 miles (WAMC)

12th April, 1981

Place	Name	Time	Place	Name	Time
10	P. Wall	M35 119.34	63	B. Monks	M 140.11
12	M. Smith	M45 120.28	70	* R. Hayres	M45 144.12
14	B. Harrison	M35 121.03	80	S. Foster	M35 147.21
20	K. Anderson	M40 124.39	84	M. Warren	M40 148.47
21	J. Davies	M45 125.09	87	A. Tyson	M55 152.01
23	B. Danby	M35 125.29	88	I. Sutherland	M 152.45
24	D. Caplin	M40 126.23	93	M. Berry	M45 153.38
27	B. Robinson	M40 127.08	95	F. Deanus	M40 155.14
42	D. Davies	M45 133.23	98	C. Milbourne	W30 157.08
45	M. Johnston	M40 134.29	100	J. Pearton	W30 157.42
47	W. Hough	M40 134.54	101	S. Lockwood	M50 157.43
49	J. Pellier	M40 135.06	104	B. Munyard	M35 158.21
55	R. Spark	M40 138.01	114	J. Stone	W35 157.10
58	T. Fry	M45 138.53	115	A. Wright	M60 157.12
59	L. Oakley	M35 139.13	122	A. Leggett	M60 175.12

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16

10 Miles

<u>Place</u>	<u>Name</u>		<u>Time</u>
4	F. Smith	M35	58.37
5	D. Hoyer	M40	61.14
6	R. Bragg	M40	62.44
8	R. Walsh	M35	63.55
10	R. Shand	M45	63.57
12	R. Sammells	M40	65.26
16	D. Moffett	M50	70.12
19	G. Price	M45	71.02
28	J. Hough	W35	94.47
31	N. Berry	W50	101.51
32	A. Tyson	M55	101.51
33	R. Maddison	W40	104.08

DARLINGTON HALF-MARATHON (WAMC)

3rd May, 1981

<u>Place</u>	<u>Name</u>		<u>Time</u>
11	D. Hoyer	M40	76.40
12	H. Stoffers	M40	76.41
17	B. Harrison	M35	78.25
23	D. Caplin	M40	79.47
27	F. Smith	M35	80.08
30	P. Cowley	M	80.27
31	B. Danby	M35	80.52
33	J. Barnes	M35	81.09
39	M. Johnston	M40	82.57
40	J. Davies	M45	83.11
42	B. Robinson	M40	83.44
44	W. Hough	M40	84.20
46	R. Shand	M45	84.28
52	R. Spark	M40	85.14
60	R. Bragg	M	86.15
68	R. Sammells	M40	87.10
70	B. Hanks	M45	87.19
78	D. Hough	M45	88.33
80	J. Joyce	M40	88.42
81	R. Walsh	M35	88.43
84	B. Sutherland	M35	89.37
90	R. Hayres	M45	90.34
92	J. Pellier	M40	91.17
93	B. Slinger	M40	91.49
96	D. Pursell	M40	92.17
97	G. Price	M45	92.31
101	D. Walker	M45	92.39
102	A. Tyson	M55	92.45
107	M. Berry	M45	93.22
115	F. Deamus	M40	94.48
120	G. Prendergast	M40	96.01
123	R. Godkin	M30	96.15
126	B. Munyard	M35	96.43
131	M. Warren	M40	97.35
136	C. Milbourne	W30	98.47
141	A. Acreman	M40	100.48
142	J. Slinger	W35	101.06
159	J. Pearton	W30	104.48
160	J. Stone	W35	105.00
170	L. Butcher	W50	112.47

1st woman on handicap

THE VETRUM

WA VETERANS A.A.C.

August, 1981

NEWSLETTER No. 107

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Secretary - Val Prescott 384 8585
 - Dorothy Whittam 387 6438
 Treasurer - Roger Walsh 446 8243
 Editor - Jill Pearton 275 3934

A man of words and not of deeds

Is like a garden full of weeds.

KEVIN CAMERON

Newer club members may not have realised that a club member of longstanding recently saved the life of a young mentally handicapped boy lost in bush country near Serpentine. Kevin CAMERON and his dog Sam were only allowed into the search area after Kevin had approached Channel 7 to say that he and the dog were available. It took them about 2 hours to pick up the scent and locate the boy in a swamp. Kevin gave the boy food and wine, then carried him out through some very steep, rugged country, until spotted by a helicopter. The boy had been missing for over 24 hours, and this area had been previously searched.

The club is proud to have such a member, and our congratulations go to Kevin for his fine effort.

Kevin has'nt been down to run much recently as he has been troubled with injuries.

CLUB CROSS COUNTRY CHAMPIONSHIPS 5th July, 1981 Jorgenson Park

For the first time since the Berry's "found" Jorgenson Park as a venue for a club run, the day was fine and sunny. It was also the first year that Nora and Mike were not involved with the organisation. Perhaps they were "jinxed"?

This year Jeff Whittam was largely responsible for marking out the course, with lots of helpers at the finish to keep track of the large field.

Food after was organised by Gloria Sutherland, with Bob Harrison providing a fabulous selection of hot dishes. A large number of club women and wives were co-opted to provide salads, cakes, etc. and to help out in the kitchen. The club thanks all these people for another year of memorable food!

After eating, John Pelliers' home movies of recent club events made entertaining viewing. Comments on John's hairstyle as shown, have since led him to have most of it cut off!

RECORDS

W30	J. Stone	44.30	1980	
W35	J. Slinger	43.10	1981	New Record
W40	D. Whittam	53.12	1981	New Record
W45	N. Berry	55.14	1980	
W50	L. Butcher	44.43	1980	
W55	V. Tyson	55.40	1980	
M35	H. Kirkman	30.55	1981	New Record
M40	D. Hoye	30.30	1980	
M45	M. Smith	32.06	1980	
M50	P. Lennie	36.43	1979	
M55	A. Merrett	35.09	1980	
M60	A. Wright	42.18	1981	New Record

*As attached
attached*

Hugh Kirkman's record is 2 seconds faster than the time he shared with Phil Wall of 30.57 which Phil set in 1979, and Hugh equalled last year.

RESULTS

W30	J. Pearton	50.17	W35	J. Slinger	43.10
	J. Walker	DNF		M. Peterson	43.17
	M. Tapper	DNF		J. Stone	45.27
				G. Sutherland	57.53
W40	D. Whittam	53.12	W50	L. Butcher	46.08
	A. Deanus	55.14		N. Berry	57.05
	E. Acreman	56.57			
W55	V. Tyson	61.55	INV	S. Leman	DNF
				J. Strachan	DNF
M35	H. Kirkman	30.55	M40	D. Hove	31.45
	B. Harrison	32.12		D. Caplin	33.22
	C. Leman	32.32		M. Johnston	34.52
	B. Sutherland	34.22		J. Spencer	35.16
	R. Walsh	36.31		B. Robinson	35.22
	L. Oakley	37.01		K. Basley	35.41
	J. Hosking	38.19		J. Pellier	37.00
	M. Khan	38.45		B. Slinger	37.08
	R. Faulkner	40.40		M. Loly	37.13
				M. Warren	38.57
M45	M. Smith	32.56		A. Acreman	39.41
	G. Innes	33.25		F. Deanus	42.10
	R. Shand	33.46		R. Sammells	DNF
	D. Hough	36.01			
	B. Monks	36.19	M50	M. Moyle	40.31
	P. Cowley	36.41		S. Lockwood	40.36
	B. Mitchell	38.18		D. Wilmott	40.40
	J. Whittam	39.31		D. Strachan	44.14
	M. Berry	43.05			
INV	J. Quirk	39.04	M55	A. Tyson	36.18
	N. Richards	43.03	M60	A. Wright	42.18
	(Victoria)				
	J. McGinnys	41.32			
	D. Darrell	39.02			
	A. Duffy	42.26			
	T. Costello	34.55			

AUGUST BIRTHDAYS

1st	Richard Martin	turns 59	remains	M55
5th	Jill Pearton	turns 34	"	W30
	Jeff Whittam	" 47	"	M45
8th	Ted Maslen	" 46	"	M45
	Brian Danby	" 33	"	Pre Vet
9th	Eamon Murphy	" 44	"	M40
13th	Barrie Robinson	" 42	"	M40
15th	Bill Hughes	" 54	"	M50
	Maxine Tapper	" 33	"	W30
	Ed Parr	" 45	becomes	M45
16th	Stan Lenton	" 41	remains	M40
18th	Jan Hough	" 38	"	W35
19th	Tim Fry	" 49	"	M45
25th	Richard Spark	" 42	"	M40
	Barbara Leach	" 37	"	W35

BELATED BIRTHDAY

7th July. ~ Derek Walker turned 49 remains M45 until next year.

Derek also missed out on two records being recorded from the S.V. Championships, these were :

- (1) Long Jump 5.21 m
- (2) Triple Jump 10.58 m

Sorry Derek - it's not really a conspiracy to make you think we forget about you.

Don Stone (M50) is back from walking in Israel. He did a personal best while there.

Jim Martin (M55) has been running Super Marathons in South Africa. We hope to have a report from him for the next newsletter.

AUSTRALIAN VETERAN'S MARATHON CHAMPIONSHIPS

WERRIBEE SOUTH, VICTORIA. 1 pm Saturday 25.7.81

Weather: Cold, very strong wind, no rain.

Course: Flat, similar country to Herne Hill. Five laps.

Less starters than expected, probably due to airline problems.

Veterans and A.A.U. off together with the one starters gun enabling members of the state team to compete for veterans medals. Phil Wall, Kevin Anderson and Barbara Leach were eligible.

Unfortunately the task of heading into the near gale every fifth lap caused many runners to drop out, including Barbara Leach.

Silver medals were won by Kevin Anderson and Allen Tyson.

The medal presentations and celebration buffet were held the next day at the Race Walkers Club at Albert Park Lake. However, due to rescheduling of flights of the Japanese athletes the time of this function was advanced and the West Australian party arrived too late to fully participate.

However, an enjoyable time was spent in Melbourne especially those who stayed on with the excuse that no flights were available to Perth.

The ethnic restaurant scene in Carlton - Brunswick was a big attraction also the display at the Victoria Markets (16½ acres). Many purchases were made and some members needed to be dragged away.

It was also a good opportunity to take in a V.F.L. match.

The weather was not much colder than Perth, and there was only one wet day during the week.

A number of visiting Veterans stayed at the Y.W.C.A. which has good facilities including a pool and sauna. The rates were better than at the ancient hotel where the state team had been booked.

Names of placegetters :-

W35

1	Helen Alderson	S.A.	3 hrs 18 mins 45 secs
---	----------------	------	-----------------------

W50

1	Shirley Young	Vic	3 " 21 " 14 "
---	---------------	-----	---------------

M35

1	Garry Hand	ACT.	2 " 21 " 42 "
2	Carl Stevenson	Vic.	2 " 28 " 50 "

M35

3	John Bell	ACT	2 hrs 28 mins 59 secs
4	Ian Graves	NSW	2 " 30 " 43 "
5	Horst Wegner	NSW	2 " 33 " 07 "
6	Alan Wilson	ACT	2 " 42 " 00 "
7	Peter Liebert	S.A.	2 " 42 " 30 "
8	Stan Hanley	Vic.	3 " 07 " 42 "

M40

1	Don Harris	Tas.	2 " 35 " 18 "
* 2	Kevin Anderson	W.A.	2 " 38 " 21 "
3	Jim Seymon	Vic.	2 " 38 " 30 "
4	Trevor Vincent	Vic.	2 " 39 " 12 "
5	Robin Best	Qld.	2 " 43 " 40 "
6	Bryan Thomas	ACT	2 " 46 " 45 "
7	Fred Smith	Vic.	2 " 47 " 59 "
8	Leo Jones	Vic.	2 " 54 " 50 "
9	Lionel Sleeman	Vic.	2 " 55 " 01 "
10	Graeme Salthouse	Vic.	2 " 55 " 41 "
11	David Reader	N.T.	2 " 57 " 31 "
12	Malcolm Scott	Vic.	2 " 57 " 49 "
13	Ian Black	Vic.	3 " 00 " 25 "
14	John Waite	Vic.	3 " 02 " 07 "
15	Ivan Davidson	Vic.	3 " 03 " 35 "

M45

1	Bruce Longmore	Tas.	2 " 43 " 01 "
2	Ken Fraser	Vic.	2 " 44 " 46 "
3	John Smith	Vic.	2 " 50 " 03 "
4	Jim Crawford	Vic.	2 " 57 " 18 "
5	Colin Silcock	Vic.	3 " 01 " 42 "
6	Tom Davison	Vic.	3 " 08 " 45 "
7	Ray Callaghan	Vic.	3 " 12 " 41 "
8	Bill Lotherington	Vic.	3 " 13 " 31 "
9	Theo Van Kalleveen	Vic.	3 " 13 " 42 "
10	Peter Rustman	Vic.	3 " 14 " 21 "
11	Nick Witkamp	Vic.	3 " 39 " 06 "

M50

1	Ron Young	Vic.	2 " 45 " 29 "
2	John McNamee	N.T.	3 " 07 " 53 "

M55

1	Jack Ryan	Vic.	2 " 51 " 57 "
* 2	Alan Tyson	W.A.	3 " 09 " 25 "
3	Stan Miskin	Vic.	3 " 44 " 38 "

M60

1	John Milne	NSW	3 " 16 " 21 "
2	Peter Colthup	Vic.	3 " 36 " 26 "

M70

1	Stan Nicholls	Vic.	3 " 27 " 08 "
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(Alan Tyson is to thank for this report. Complete results are included as many of the competitors would be known to club members here - and for those who don't know anyone and fancy themselves as marathoners, the times are of interest - Ed).

Have you felt poorer since taking up running ?

THE RUNNING COSTS OF KEEPING FIT - by Robert Hunt

For a person who runs 10 km a day, buying good running shoes can be as expensive as running a small car, according to research done at the University of Pennsylvania.

Researchers found that running shoes had lost 50 per cent of their ability to absorb shocks after covering about 550 km or about eight weeks of running.

With good running shoes costing between \$80 and \$100 a pair, it works out at more than \$10 a week.

The research was carried out by Dr. Peter Cavanagh, associate professor of biomechanics at the University of Pennsylvania.

Dr. Cavanagh is also the science editor for Runners World magazine and the director of the magazine's shoe evaluation research programme.

Dr. Cavanagh is one of a party of eight scientists from around the world involved in biomechanics research - the study of human movement during sports activities.

The group is in Perth for a series of lectures and seminars organised by the department of human movement and recreation studies at the University of W.A.

Sports under scrutiny include track and field athletics, cycling, swimming and diving, rowing, skiing and water polo.

Research into running had changed the design of shoes dramatically over the last 10 years, Professor Cavanagh said yesterday.

It showed that force under the runner's foot was in the order of 2200 newtons.

"Running is the equivalent of having two people on your back, then standing on one foot and then on the front of the foot", Professor Cavanagh said.

"But it's only for a very brief moment".

Wearing running shoes as a general sport shoe was not advisable because they were not designed to provide the necessary support for other sports.

Following the fashionable idea of wearing running shoes for general use was not good either.

About 75 per cent of running shoes had no ability to breathe, like leather or mesh, and provided an ideal dark, warm and wet environment for the growth of fungal diseases.

From The West Australian, Thursday July 30, 1981

TEAMS FOR THE 24 HOUR RELAY October 17th/18th

The following members have put their names in for selection :-

K. Anderson	M. Smith
D. Caplin	R. Shand
D. Hoyer	C. Spare
M. Johnston	J. Davies
B. Monks	M. Ellis-Smith
B. Robinson	J. Pellier
J. Rowland	G. Innes

If there is anyone else who is eligible i.e.: over 40 before October 17th, and would like to run see Bob Sammells IMMEDIATELY. Help will be needed with recording, general organisation, morale boosting, providing food and drink for the runners so if you don't feel up to running come and be in on the excitement of the day by helping out.

.../6

AN URGENT MESSAGE FROM ALAN TYSON

Alan has one large EMPTY suitcase - which should be FULL of club library books. If YOU have a book out and you've finished reading it, please return it soon. If you can't bear to be without it, perhaps you need to buy one for yourself.

We do have a lot of new members who would benefit from being able to read some of those books.

NATIONAL VETERANS CHAMPIONSHIPS 1982 PERTH

Steady progress is being made in refining the organisation of the championships. A meeting for people already involved is being held during August, and it is hoped to begin co-opting members for specific tasks soon afterwards. If you would like to help but have't put your name down please do so soon, as its a big job and will only be done if everyone participates.

Alan Tyson was talking to the Victorians during his recent Melbourne trip for the Vets Marathon. They are planning to come in force in a chartered bus.

Bob Fergie

Bob is a club member not much in evidence during the winter season due to a number of family commitments, (he is also a field events man). However, he is very active for the club on a "back stage" basis. Without him the club newsletter would be much longer in production, and his latest system of folding the newsletter for posting has halved postage costs. Bob and his family do all the duplicating, collating, stapling, folding, sorting and posting each month.

Our thanks to him for all that he does to keep things running so smoothly despite postal strikes.

SUTHERLANDS RUN 8.4 km

Sunday 19th July, 1981

On a cool, but sunny morning, more than 50 runners set out at handicap intervals for the second Sutherland's Run. The course was the same as last year, including a very pleasant run along the Applecross foreshore, and a steep climb up Wireless Hill towards the end.

The view, if one had time or energy left to admire it, was spectacular, before turning for the final downhill run to the finish.

Coffee mugs were awarded to the first two place getters for men and women on handicap. These were:

<u>WOMEN</u>	1st Ruby Maddison	W40
	2nd Jan Middleton	W45
<u>MEN</u>	1st Frank Smith	M35
	2nd Col Leman	M35

On actual times Col Leman was 1st with Frank Smith coming in 5 seconds behind. In the women, Joan Slinger was 1st with Jo Stone in second place.

Afterwards Gloria provided toast, honey and cream, which meant that many stayers didn't eat much of their BYO barbecue.

Thanks to Gloria and Ian, also to Pat Carr for recording and others who helped on the course.

Vetrun 107

RESULTS

Handicap Place	Name		Handicap Time	Actual Time	Actual place
1.	Ruby Maddison	W40	48.40	46.40	38
2	Jan Middleton	W45	49.01	46.31	37
3	Margaret Warren	W45	49.12	47.12	39
4	Susan Leman	W35	50.02	48.32	40
5	Dorothy Whittam	W45	50.38	48.38	41
6	Maxine Tapper	W30	51.16	49.46	43
7	Gloria Sutherland	W35	51.31	49.51	44
8	Frank Smith	M35	51.21	29.36	2
9	Col Leman	M35	51.29	29.29	1
10	Maurice Warren	M40	51.46	35.16	17
11	Bob Sammells	M40	51.43	32.43	7
12	George Innos	M45	51.59	31.29	5
13	Joan Slinger	W40	52.06	39.36	32
14	Joan Pellier	W40	52.06	49.36	42
15	Anne Deanus	W40	52.18	50.48	45
16	Bill Douglas	M50	52.21	36.51	24
17	Rob Shand	M45	52.24	31.24	4
18	Ralph Godkin	M60	52.35	37.05	25
19	Cliff Bould	M65	52.36	38.36	28
20	Willy Mitchell	M45	52.40	35.40	19
21	Dolton Moffett	M50	52.41	35.11	16
22	John Maddison	M40	52.51	32.51	8
23	Ves Carter	M45	52.58	34.43	13
24	John Pellier	M40	53.07	34.37	12
25	Jo Stone	W35	53.11	41.41	33
26	Don Caplin	M40	53.14	30.44	3
27	Andy Wright	M60	53.14	38.44	29
28	Dick Horsley	M65	53.14	39.14	31
29	Nora Berry	W50	53.28	51.50	46
30	Lorna Butcher	W50	53.36	43.06	35
31	Barrie Slinger	M40	53.39	34.54	14
32	Barrie Sutherland	M35	53.54	33.54	10
33	Mel Shead	M35	53.58	38.28	27
34	Rob Berry		53.58	Inv	
35	Derek Walker	M45	54.04	36.04	20
36	Fraser Deanus	M40	54.04	36.19	22
37	John Spencer	M40	54.28	32.13	6
38	Jo Walker	PV	54.28	52.58	47
39	Dave Hough	M45	54.33	33.33	9
40	Alan Tyson	M55	54.38	36.08	21
41	Jeff Whittam	M45	54.38	27.38	26
42	Barry Thomsett	M40	54.49	41.49	34
43	S. Mitchell		54.49	Inv	
44	Mike Berry	M50	55.15	36.30	23
45	Rick Spark	M40	55.42	35.27	18
46	Maurice Johnston	M40	56.16	35.01	15
47	Jill Pearton	W30	56.56	43.26	36
48	Brian Danby	PV	57.04	34.34	11
49	Alan Duffy	M35	57.21	33.51	30
50	J. McClean		63.38	Inv	
51	Glen Hall	W30	71.51	61.51	44
52	Val Prescott	W35	89.27	77.57	49

APOLOGY to Morland Smith (M40). He completed the Peoples Marathon taking 54th place in the time of 3 hours 3 mins. 35 secs.

Morland has a job which keeps him in the bush for much of the time so he does'nt have the opportunity to be down at McCallum to meet other club members.

.../8

NEW MEMBERS

We Welcome :

Bernie DOWERTY M35
41 Illawong Way,
Kingsley, 6024

Susan Loman W35
27 Cunningham Tce.
Ardross, 6153

David Darvell M35
8 Boon Court,
Rockingham, 6158

Alan Duffy
67 Tweeddale Road,
Applecross, 6153

Liz (W30) and Mel (M35) Shead
9 Hynes Road,
Dalkeith, 6009

AAWA "Spring Fun"

A four day programme of track and field events will be held prior to the summer season.

Clubs may enter a team - all members must be registered.

Dates will be :

Sunday 27th September
Sunday 4th October
Saturday 10th October
Sunday 18th October

Starting time : 9.00 am

Events will include :

100 m, 200 m, 400 m, 1500 m, Hurdles, Long Jump, High Jump
Discus, Shot.

If you're interested, contact Val Prescott now.

COMING EVENTS

Time Trials will start on the 8th October - programme of events shortly.

There will be a run in late October round the cross country course under consideration for the National Championships at Easter. Comments are needed as to the suitability of the course, so as many people as possible are invited to come and have their say. There will be three groups organised : fast, medium, and slow to suit everyone. See next programme for the actual date.

NOTE Change of address
Joanne and Derek Walker
79 Morrison Road,
Swanview.
Telephone 294 3518

State Marathon - Sunday 20th September - 8.00 am Herne Hill Prim. School

The marathon is open to everyone this year, registered and unregistered. Entry fee \$2. And unregistered competitors must sign a declaration that they are not professionals.

As there will be a number of Veterans participating, any club member who is not running, and can spare Sunday morning, the AAWA will need help with manning drinks stations, sponging stations and recording times. If you can help please give your name and telephone number to Dorothy Whittam or Val Prescott as soon as possible.

QUIZ NIGHT

Tuesday, 29th September 1981, Hawaiian Room, Shenton Park Hotel, Nicholson Road at 7.30 pm.

Tickets \$2 each from Bob Hare or Barrie Slinger. Tables of six.

AAWA MENS 10 Km CHAMPS (Road)

Jim Langford 31:10.4

WAIT 18th July, 1981

	<u>3.5 K</u>	<u>7 K</u>	<u>10 K</u>
H..Kirkman	11.38	24.04	33.59
D. Hoyo	11.42	23.38	33.57
F. Smith	11.46	23.55	34.48
K. Anderson	11.52	23.56	34.25
J. Gilmour	12.04	24.21	34.31
T. Maslen	12.17	24.39	35.45
M. Johnston	12.35	25.20	36.17
D. Davies	12.38	25.25	36.30
J. Butts	12.38	25.53	37.09
G. Lynn	12.49 W/D	withdrew	-
B. Sutherland	12.58	27.17	40.20
K. Basely	13.16	27.19	39.12
J. Pellier	13.29	27.25	39.04
A. Tyson	13.34	27.11	38.58
(Started)			
late 1 min)			
21 sec)			
B. Harrison	13.34	25.43	36.11 (34.50 Actual)
M. Warren	13.57	28.58	41.36
J. Whittam	13.57 W/D	Withdrew	-

2K 'Sprinters'

Marion Peterson 7.51
Dorothy Whittam 8.44.7
Mrs. Maslin 9.27.4

WOMEN'S 3 KM CHAMPS (Road)

Bileen Hindle 11.31.5
Jan Fletcher 13.34.1

CANNING RELAYS

AATA 25th July, 1981

<u>1st Team</u>	<u>Time (running)</u>	<u>Time actual</u>
Don Caplin	16.31.15	16.31
Colin Leman	33.13	16.42
Jim Barnes	51.00	17.47
Derek Hoyer	67.45	16.45

3rd Posn2nd Team

Maurice Johnson	16.59	16.59
Bob Sammells	35.08	18.07
John Pellier	53.39	18.33
Richard Spark	72.21	18.42

3rd Team

Charlie Spare	18.01.62	18.01
Maurice Warren	37.39	19.38
Andy Wright	58.57	21.18
Jeff Whittam	78.11	19.14

Barrie Robinson 18.16 ran for Floreat

5 Km Eileen Hindle 22.00 3 mins Handicap Actual time 19.00

2 Km Kath Holland 7 mins 30.

The Singapore Veterans Championships are scheduled for the 16th and 17th. October. Details of this and a proposed 10 day trip from Val(384 8585) or Dorothy (387 6438)

** Late note on Time Trials....

The Time Trials will be over 10 weeks only this year finishing on 10th. December. Each event once only.

To give maximum competition for the championships a programme will be run on Thursday evenings after Christmas with a choice of a number of events. In this way you should be able to have competition in your events of choice until a week or so of the Championships.

Place	Name		Time
2	P. Wall	M35	72.59
3	D. Hoyer	M40	73.43
4	H. Kirkman	M35	74.56
6	H. Stoffers	M40	75.20
9	M. Smith	M45	76.46
10	D. Caplin	M40	77.18
14	J. Gilmour	M60	78.04
16	B. Danby	M35	78.22
19	F. Smith	M35	78.55
24	M. Johnston	M40	80.00
25	J. Barnes	M35	80.07
32	J. Joyce	M40	81.40
34	R. Shand	M45	82.05
37	D. Davies	M45	82.39
42	R. Sammells	M40	83.53
46	W. Hough	M40	84.06
50	J. Maddison	M40	84.42
55	R. Spark	M40	85.17
63	D. Hough	M45	86.14
67	J. Pellier	M40	86.48
71	B. Hanks	M45	87.26
72	D. Pursell	M40	87.31
75	D. Carr	M45	87.53
80	B. Sutherland	M35	88.53
85	G. Price	M45	91.21
86	B. Munyard	M35	92.15
87	F. Deamus	M40	92.24
88	A. Tyson	M55	92.27
95	I. Sutherland	M40	93.20
96	D. Walker	M45	93.24
101	M. Warren	M40	94.23
111	C. Bould	M65	96.45
114	A. Wright	M60	97.16
116	W. Mitchell	M45	97.37
117	A. Acreman	M40	97.40
118	J. Pearton	W30	97.48
119	M. Khan	M35	97.50
129	G. Noordyk	M55	102.02
133	J. Stone	W35	104.44
135	A. Leggett	M60	105.48
136	L. Butcher	W50	105.51
139	R. Lawrence	M50	109.02
147	A. Deamus	W40	137.00
148	M. Pellier	W40	137.07
149	N. Berry	W50	137.30

10 K

3	N. Morfitt		39.43
6	J. Whittam	M45	44.16
8	T. Fry	M45	47.31
21	J. Hough	W35	58.26
22	R. Maddison	W40	62.29
23	V. Tyson	W55	72.42

WAIT FOUNDERS 16 K (WAMC)

23th June, 1981

<u>Place</u>	<u>Name</u>		<u>Time</u>
4	H. Kirkman	M35	54.45
5	D. Hoyer	M40	55.30
6	F. Smith	M35	55.46
8	M. Smith	M45	56.23
10	B. Harrison	M35	56.52
11	J. Joyce	M40	57.10
15	J. Barnes	M35	58.20
18	B. Danby	M35	59.05
19	R. Shand	M45	59.09
20	M. Johnston	M40	59.18
22	D. Davies	M45	59.53
23	B. Robinson	M40	59.57
26	J. Maddison	M40	60.41
32	B. Sutherland	M35	61.40
36	D. Hough	M45	62.18
42	W. Hough	M40	63.30
43	J. Pellier	M40	63.54
49	D. Walker	M45	66.02
52	T. Fry	M45	66.32
54	L. Oakley	M35	66.44
56	G. Price	M45	67.04
59	A. Acreman	M40	67.40
67	S. Lockwood	M50	68.51
76	A. Wright	M60	72.25
79	C. Bould	M65	73.45
81	M. Acreman	M40	93.23

WALKING RESULTSApril 11th Wanneroo Don Stone 106.28 16 KApril 25th 15 K Kewdale Dick Horsley 96.56
10 K Don Stone 63.01May 2nd 20 K Canning Vale
13 K Dick Horsley 83.07
6 K Don Stone 36.06May 9th WAIT 10 K Hcp
Dick Horsley 58.08 1st
8 K Don Stone 47.54May 23rd Jackadder Lake 9.180 K Hcp
Don Stone 55.40
Dick Horsley 56.52May 31st State 50 K No Asso' Officials Canning Vale

Shortened to 30 K TT

Dick Horsley 26 K 182.28
Don Stone 18 K 131.57AAWA Opening Run of Cross/Country Season 2.5.81
Senior Women 3,000 metres

D. Whittam 17.52 H/cap 1.00

	<u>Time</u>	<u>Handicap</u>
D. Hoyer	32.00.41	3.55
J. Whittam	37.46.61	8.30
M. Warren	43.52.95	5.00
K. Cameron	36.57.82	10.00
J. Pellier	37.30.66	7.40
H. Kirkman	31.05.58	2.30
K. Anderson	31.22	2.00
R. Walsh	35.20.95	4.45
T. Maslen	33.01	4.20
A. Biffa	35.56	6.00

AAWA CITY OF STIRLING CHAMPS 23rd May, 1981

WOMENS OPEN 5000 m H'cap

		<u>Clock time</u>	<u>H'cap</u>	<u>Actual time</u>
3rd	J. Pearton	28.19.8	(less h'cap)	
	J. Fletcher		(plus h'cap)	22.45

Jan ran a short course along with several others.

SUB JUNIORS & VETERANS H'CAP (Women) 2000 m.

Kath Holland	11.43.8	(50 sec)	10.38.8
D. Whittam	12.01.2	(15 sec before gun)	12.16.2

MENS 10,000 m SCRATCH

K. Anderson	39.10.8	*
H. Kirkman	39.31.3	*
D. Hoyer	39.49.4	
D. Carr	44.01.4	
R. Walsh	45.31.5	*
B. Oliver	46.44.1	*
J. Whittam	46.59.7	
A. Briffa	48.26.8	*
W. McCabe	49.15.8	*

* running for other clubs

CROSS COUNTRY CHURCHLANDS AAWA June 6th 1981Mens 8 K

H. Kirkman	29.20
D. Hoyer	30.45
A. Briffa	35.47
J. Whittam	36.26

2 K

Kath Holland	8.32.3
Dorothy Whittam	9.59

AAWA KINGS PARK SCRATCH RACE June 13th 1981Men 8 K

E. Maslen	31.17.10
B. Harrison	?
K. Anderson	32.14.06
J. Joyce	32.29.04
J. Spencer	33.51
C. Lynn	34.49.95
J. Pellier	35.53.08
K. Basley	36.09
J. Whittam	36.59.61

Dick Davies - not recorded

LADIES 3 x 4 K Cross Country Relay

Joan	20.48.8	41.34
Jill	20.45.4	41.34
Dorothy	22.20.2	63.54.2

AAWA STATE 25 K Road Champs at Mundijong 20.6.81

Kevin Anderson	1.28.18
Bob Harrison	1.30.56
John Gilmour	1.31.37
Colin Leman	1.33
Jeff Joyce	1.33.37
J. M. Barnes	1.33.38
Ted Maslen	1.34.45
Maurice Johnson	1.35.54
Bob Sannells	1.40.10
John Pellier	1.40.19
Derek Walker	1.46.04
Colin Walsh	1.48.03
Barry Munyard	1.48.00
Alan Tyson	1.51.27
Andy Wright	1.54.27

TWO PARKS RUN 6501 metres 28th June, 1981

1	25.48.03	Bill Monks
2	25.59.76	Bob Sannells
3	26.57.11	Roger Walsh
4	27.59.09	Alan Tyson
5	28.33.71	Mike Khan
6	29.32.41	Ralph Godkin
7	30.04.70	Duncan Strachan
	30.03.60	Terri Fitzgerald Inv
8	30.33.17	Aubrey Davie
9	30.48.24	Gerry Noordyk
10	31.07.29	Marion Peterson
11	33.21.30	Lorna Butcher
12	39.52.91	Tim Bolton
13	42.33.30	Nora Berry
14	42.36.30	Gloria Sutherland

Withdrew Val Tyson and Barbara Anderson Inv

1981

v = Veterans events open to all members.

mc = Marathon Club events.

a = Athletic Association events. Intending competitors must be registered with the Association through the club Secretary.

The club members on roster are shown in brackets after the event. The first name is the member responsible for organising the event, the second named member is to assist, If not available make alternative arrangements and advise the Secretary. The member responsible should forward all results to the Secretary as soon as possible after the event.

Certificate events are noted on the programme. An entry fee of 50 cents will be charged.

Runs unsuitable for children ARE NOTED WITH THE LETTERS "uc".

Note Runs at McCallum to start at 8.00 am unless otherwise stated. Field event implements available afterwards if needed.

OCTOBER.

Sat. Oct. 3rd. A. George Younes 10,000m. Track. Race. Perry Lakes.

Sat. Oct. 3rd. A. Winter Wind-up. 5-30. Rugby Union Rooms. Perry Lakes.

Sun. Oct. 4th. V. Do your own thing. 8.00 am. McCallum Park.

Sun. Oct. 4th. Super Coaster Fun Run. X

Thurs Oct 8th. V. TIME TRIAL. 1. Commence. 5.30pm. Perry Lakes Norm up.
1500m Shot Fergie/Horsley.

Sat. Oct. 10th. A. Spring Competition.

Sun. Oct. 11th. V. Group Jog to Kings Park. 8.00am. McCallum Park.

Thurs. Oct. 15th. V. Time Trial (2) 5.30. pm. P.L.W.U.
Long Jump 400m. Sammells/J. Pearton.

SAT/SUN. 17/18th Oct. CLUB. 24hr. RELAY. Start. 2. pm. BELMONT ATHLETIC
ALL CLUB MEMBERS ASSIST PLEASE. TRACK.

Sun. 18th A. Spring Competition.

Thurs. Oct. 22nd. V. Time Trial (3). 5.30. pm. P.L.W.U.
100m 2000m Walk. Robinson/F Smith.

Sun. Oct. 25th. V. Reabold Hill Run. 5k. 8.00am. Reabold Hill.
Followed by Breakfast B.B.Q. B Dancy/J D Whittam.

Thurs. Oct. 29th. V. Time Trial (4). 5.30 pm. P.L.W.U.
Hammer. 800m Lockwood/MCOrdyk.

Sat. Oct. 31st. A. Track and Field Season Starts. Perry Lakes.

P.T.O.

NOVEMBER. PROGRAMME.

Sun. Nov. 1st. V. Do your own thing. 8.00am. McCallum Park.

Sun. Nov. 1st. V. VETERANS SUNDOWNER RUN. 5pm. Riverton Bridge.
Organised by club so join in D. Walker and club
or assist please. members.

Thurs Nov. 5th. V. Time Trial (5). 5.30pm. P.L.W.U.
3000m Hosking/L Brown.

Sat. Nov. 7th. A. Track and Field. Perry Lakes.

Sun. Nov. 8th. V. BRIDGES AND MILL POINT ROAD CLUB 8.00am. McCallum Park.
CHAMPS. Certificate Run, 50c. Prescott/Cummings/
Certificates to 1.2.3 in each age group. M. Stone.

Thurs. Nov. 12th. V. Time Trial (6). 5.30pm. P.L.W.U.
1500m Walk Discus A Tyson/V Tyson.

Sat. Nov. 14th. A. Track and Field. Perry Lakes.

Sun. Nov. 15th. V. JIM BARNES RUN. BYO. BBQ. 9.30am. 5, Tremlett St,
Thornlie.

Thurs. Nov. 19th. V. Time Trial (7) 6pm. P.L.W.U.
1 Mile, Sprint event (no points) Wright/J Stone.

Sat. Nov. 21st. A. Track and Field. Perry Lakes.

Sun. Nov. 22nd. V. WOMENS DAY FOR ORGANISING. 8.am. McCallum Park.
Surprise Events and Distance unknown.

Sun. Nov. 22nd A. Albany Marathon. Albany.

Thurs. Nov. 26th. V. Time Trials (8). 6pm. P.L.W.U.
5,000m. Caplin/Horsley.

Sat. Nov. 28th. A. Track and Field. Perry Lakes.

Sun. Nov. 29th. V. RELAYS DAY. 8.00am. McCallum Park.
Warren/Kahn.

NATIONALS NEWSHEET NO. 1

The Club is now fully committed to stage the National Championships next Easter. A number of fund raising ventures have been organized to finance the Championships. The full support of all members is essential.

A 100% response will show our esprit de corps and determination to stage a successful Championship. This is our year, let us enjoy it, let us show the other States what we can do.

1. QUIZ NIGHT

We can promise you an amusing, pleasant evening in good company in what is probably the Club's first quiz night. Three hundred tickets will be available.

Place: Shenton Park Hotel
Date: 29th September 1981
Time: 19.30 hours
Cost: \$3.00 per ticket (For a very good cause)

Tables: Six persons per table
Prizes: All sorts
Compere: Barrie Slinger

Disputes: Settled face to face with
Barry Robinson, ex Royal Navy
boxing champion, best of three
rounds.

2. PRESENTATION PENS

Five hundred ball point pens, printed with "Australian Veterans' National Championships, Perth 1982" will be sold at a price of five for \$5.00, a unit cost of only \$1.00 each.

Please contact any committee member for pens, tickets or information.
