

W.A. Veterans A.A.C.
Newsletter No. 113
Registered for posting as a
periodical - Category B.

Secretary	Val Prescott	384 8535
	Dorothy Whittam	387 6438
Treasurer	Roger Walsh	446 8248
Editor	Jill Pearton	275 3934

RESIGNATION

Jill Pearton has resigned as Editor and the Club wishes to express their appreciation and thanks for her untiring efforts.

Barrie Slinger will act as Editor of the Newsletter until the Annual General Meeting and it would be appreciated if all results could be handed to him within one week of the event.

Bob Fergie has been responsible for printing and collating the Newsletter - a thankless task, for which the Club are deeply appreciative. Bob commences Long Service Leave soon, and it will be necessary to obtain an alternative duplicating (gestetner) stencil or printing facilities. Suggestions or offers of assistance will be welcome by the editor as a matter of some urgency.

FILM NIGHT

'Blazing Saddles'

Saturday 27th March, 1982

Informal evening - B.Y.O.G.
Supper provided. Venue to be announced.

Fund raising for the Championships -
excellent value at \$5 per double.
Tickets from B. Slinger

MINUTES OF EXTRAORDINARY GENERAL MEETING HELD 11.12.81

The meeting opened at 9.22 pm.

Chairman: Bob Samuels

Minute Secretary: V. Prescott

Attendance : See Attendance Book.

Apologies : None

Motion read by Bob Fergie.

(1) That the A.G.M. be held on Sunday 25th April 1982.

(2) That the financial year 1981/82 be extended to 25th April, 1982.

Seconded / Frazer Deamus.

The motion was put to the meeting and CARRIED.

The meeting closed at 9.25 pm.

2.

The Editor
"VETRUI"

49 Holland St.
Wembley 6014

2nd Feb. 1982

Dear Editor,

I would just like to comment on the 24 hr Relay Special and say how much I enjoyed the very well written article preceding the results.

I, as one of the runners, would like to say how much I appreciated the help and assistance given by all the helpers and officials throughout the event, particularly those who sat and quietly froze during the night.

I enjoyed the event and in retrospect am enjoying it more the further away it gets.

Jeff Whittam

* Bob Sammells was responsible for the writing of this section of the "24 hr. relay special". Ed.

LIBRARY

The library is brought out to most events by Allan Tyson, and is for the benefit of all members. Anyone wishing to borrow books may do so simply by signing their name in the Blue Ledger that is kept in the Library Case, and signing again when the book is returned. On the front of each book is a number, this corresponds to a page number in the ledger with the book title at the top. Magazines may be borrowed without signing for them. Please return books and magazines as soon as you have read them, as others may wish to borrow them.

FEBRUARY BIRTHDAYS

1st	Ann Deamus	turns	42	remains	W40
1st	Jim Hosking	"	39	"	M35
1st	Val Pach	"	43	"	W40
2nd	Geoffrey Price	"	47	"	M45
4th	Andy Wright	"	61	"	M60
6th	Allen Tyson	"	57	"	M55
8th	Val Prescott	"	38	"	W35
8th	Dennis Wilmott	"	51	"	M50
9th	Alison Johnstone	"	35	becomes	W35
12th	Winston Hough	"	41	remains	M40
14th	Colleen Milbourne	"	34	"	W30
14th	Val Lishman	"	52	"	M50
16th	Colin Walsh	"	50	becomes	M50
18th	Pat Carr	"	50	"	W50
19th	Liz Shead	"	35	"	W35
21st	Jan Middleton	"	48	remains	W45
21st	Marlene Savage	"	44	"	W40

Happy Birthday to all those members who had birthdays in February.
Special congratulations to Alison and Liz on becoming Veterans.

Welcome to the following New Members

Birthday

Richard Brown	11.6.1940	(M40)
Michael Southall	8.12.1942	(M35)
Moel Goff	12.12.1920	(M60)
(Welcome back)		
Bruce Wilson	31.5.1945	(M35)
Ian Lyon	1.10.37	(M40)
Phyllis Head	26.12.1919	(W60)
Doreen Dow	14.4.1943	(W35)
Ron Taylor	13.4.1932	(M45)
Frederick Lyons	9.1.1946	(M35)

New Members

Phil Smith	24.10.1938	(M40)
Jim Langford	12.8.1944	(M35)
Rosemary Langford	19.4.1950	(W30)
Frank McLinden	7.5.1931	(M50)
Kenneth Gilbert	3.2.1942	(M40)

The South East Asian Running Scene for 1982 includes quite a number of marathons and events for Veterans. From a colourful illustrated calendar of events issued by Macritchie Runners in Singapore, we gleaned the following information :

March

7th New Zealand Forces Runners Club Invitation Marathon in Sembawang 6 am start.
7th Hong Kong coast of China Marathon (open). Hong Kong.

May

14/15/16th Singapore Masters Trade and Field meet in Singapore which includes a 10 K cross country. We are looking into the possibility of sending a combined men and womens team of about 10 to these champs., the team being selected on ability relative to previous Singapore results. The team would have to get a sponsor or group of sponsors to make this possible. Any offers ?

June

25th Singapore Amateur Athletic Association
Age group meet at Singapore National Stadium (restricted).

July

3rd Mauritius Beachcomber Marathon (open) Mauri

August

8th MacRitchie Runners 4th Annual cross country open Marathon at 6.30 am start.
4 laps of MacRitchie Reservoir in Singapore.

September

19th Singapore Amateur Athletic Association open Marathon in Singapore
19th Beijing open Marathon in China. No venue given.

October

3rd Melbourne open Marathon, Melbourne
8th Athletic Veterans of Hong Kong (AVOHK) 10 k c.c. Hong Kong
9th AVOHK Veterans Inaugural Trade and Field meeting
We have received information on this meeting and Hong Kong have been advised that the exact programme has not been definitely determined but will include 100, 200, 400, 800, 1500, 5000. HJ, LJ, TJ, Disc Jav. Shot. for all age groups of men and women plus 35 - 39 men only. Andreas Blunier, Secretary of the newly formed AVOHK advises that there will be a visiting WSA team of 120-150 vets combining the meeting with a tour of China.

Perhaps again (with sponsorship assistance) we could get in some real international competition there.

November

28th Macau Marathon (open)

December

5th Hawaii Marathon (open)

For any further information on these events contact
Art Briffa (322 5754 w) or Rob Shand (384 0939)

FRIENDSHIP COURSE - Kings Park 12.8 K 10/1/82 - Race Director Les Oakley

This event was run in a mild temperature of 13°, although the humidity was quite high, a contrast to last year's heat.

A very good attendance with 60 runners competing.

We welcomed I. Lyons M45, a new member into the club, also a visitor from the Veterans club in Victoria, P. Cooper W35.

Colin Leman who is running very well led the field through the first lap in 21.48 followed by D. Crowther and F. Smith. The order did not change at the finish with Colin Leman's time 44.12.

Assistants on the day were John (super) Pellier and Joan Pellier who put the wheel over the course to verify each lap 6.4 K. They were assisted by Mark Oakley drink waiter and Peter Oakley.

After the run a B.B.Q. was held followed by a cricket match, (Barrie Slinger definitely looks like Australian Test material).

SOUTH WEST CHAMPS - CAPEL 30/31st January 1982

+ S.W. Record ++ Club record (30) Women 30 year plus (35) Men 35 year plus
P.B. Personal best (where known) (45) Men 45 year plus. *Broke old Record
(S/W Champs)

100 Metres (30)

Dorothy Whittam 14.2
Thelma Manley 17.6

100 Metres (35)

Ross Calnan 13.2

100 Metres (45)

Ron Taylor 12.3 +
Derek Walker 12.9 *
Dave Carr 13.0 *
Dave Jones 13.2

110M Hurdles (45)

Derek Walker 20.7 + ++
Dave Jones 23.0

200 Metres (35)

Ross Calnan 26.4
Brian Waldhuter 26.4

200 Metres (45)

Ron Taylor 25.6 +
Derek Walker 26.3 *
Dave Carr 26.5 *
Dave Jones 26.9 =*
Bob Fergie 28.8

200 Metres (30)

Dorothy Whittam 29.6 =* ++
Thelma Manley 37.0

400 Metres (30)

Dorothy Whittam 70.0 * ++
Sue Leman 76.0 P.B.
Leslie Brown 83.0

400 Metres (35)

Brian Waldhuter 57.9

3000 M Walk (45)

Don Stone 16.48.7
Alex Cummings 18.5.3
Dave Jones ?

400 Metres (45)

Ron Taylor 57.3 +
Dave Carr 58.2 *
Dave Jones 65.8
Allan Tyson 72.9
Jeff Whittam 73.8

800 Metres (30)

Sue Leman 2.54.5 P.B.*
Leslie Brown 3.30.6

800 Metres (35)

Brian Waldhuter 2.13.9
Jim Hoskins 2.24.01

800 Metres (45)

Dave Carr 2.19.4
Allan Tyson 2.42.5
Jeff Whittam 2.45.5

1500 M Walk (30)

Jan Fletcher 9.14.3 + ++

1500 Metres (30)

Sue Leman 6.24.0 P.B.*
Leslie Brown 7.04.0

1500 Metres (35)

Colin Leman 4.40.2
Brian Waldhuter 4.42.0

1500 Metres (45)

Jeff Whittam 5.38.4

3000 M Walk (open)

Don Stone 17.03.6

3000 M Walk (35)

Don Stone 17.17.3

4 x 400 M Relay (35)

Jim Hoskins)
Alex Cummings) 4.52.7
Don Stone)
Jeff Whittam)

3000M (35)

Colin Leman 10.09.7
 Brian Waldhuter 11.26.0

3000 M (30)

Jan Fletcher 12.48.3 *
 Sue Leman 13.48.0 *
 Leslie Brown 15.26.0

5000 M Walk (open)

Don Stone 29.30.1

10,000 Metres (35)

Colin Leman 35.53
 (Jim Hoskins 19.37
 (withdrew at 5000 M)

10,000 Metres (45)

George Audley 39.48
 Allan Tyson 39.58
 Jeff Whittam 44.10

4 x 100 M Relay (30)

Jan Fletcher)
 Thelma Manley)
 Sue Leman) 61.0 +
 Dorothy Whittam)

4 x 400 M Relay (30)

Jan Fletcher)
 Leslie Brown)
 Sue Leman) 5.14.2*
 Dorothy Whittam)

4 x 400M Relay (35)

Dave Jones)
 Allan Tyson)
 Colin Leman) 4.15.1
 Dave Carr)

Long Jump (30)

Thelma Manley 3.09
 Kath Counsell 2.92

High Jump (30)

Kath Counsell 1.06 ++?

Javelin (30)

Jan Fletcher 22.32 ++
 Dorothy Whittam 19.30
 Kath Counsell 12.00

Javelin (35)

Bob Fergie 31.62

Triple Jump (45)

Derek Walker 10.43
 Dave Jones 8.24

Discus (35)

Ross Calnan 27.68

4 x 400 M Relay (35)

Jim Hoskins)
 Alex Cummings)
 Don Stone) 4.52.7
 Jeff Whittam)

100 M Hurdles Shirley Strickland Trophy

Eileen Hindle 14.9 (7th win) ++

200 Metres Open Women

Eileen Hindle 25.9 ++

Hammer 12 lb (35)

Alex Cummings 29.88 ++ ?
 Bob Fergie 28.72
 Mike Southall 27.66

Hammer 12 lb (45)

Alex Cummings 29.66
 Bob Fergie 24.80
 Jeff Whittam 20.06
 Allan Tyson 17.08 P.B.
 Don Stone 14.96

Shot (30)

Dorothy Whittam 7.97 ++
 Kath Counsell 7.36 ++

Shot (35) 16 lb ?

Ross Calnan 9.89

Shot (45) 12 lb

Bob Fergie 11.81 + ?
 Ron Taylor 10.38
 Jeff Whittam 7.26

Pole Vault (45)

Ron Taylor 2.60 +
 Bob Fergie 2.25 *

Long Jump (35)

Ross Calnan 4.87

Long Jump (45)

Derek Walker 5.32 + ++
 Dave Jones 4.04

Javelin (45)

Bob Fergie 29.48
 Alex Cummings 22.00
 Jeff Whittam 21.58
 Don Stone 17.60

High Jump (45)

Derek Walker 1.30

Javelin (35)

B. Old 41.44 ++

Discus (30)

Dorothy Whittam 19.92 +
 Kath Counsell 21.66

.....cont'd

6.

Discus (45)

Alex Cummings	30.18 ++
Bob Fergie	28.44
Jeff Whittam	22.58

Sorry if we missed any results, but they were not put into the sheets which are kept at each meeting. This applies mainly to members who are members of other clubs. A pad is kept near Vets club banner.

Yet another S/I Championships has come and gone, still keeping the tradition of being hot and sunny, but this year with less sunburn with the move back to Capel and shade.

Fifteen Vets and their families represented the Club, all clustered around the big tree at the top of the track.

As Dorothy was heard to say before the hundred, "with that downhill and a screaming tailwind, it should be a flyer". Everyone had a good time, the only thing to spoil it was a spate of injuries, with Bob tearing a hamstring in the Long Jump, he being the worst hit, mind you Don was learning "101 ways with ice pack and vibrator", and Derek and Jim were out watching the midnight Olympics or 'How to really streak round the track'. Derek will be watching the calendar till the next Champs.

Quite a few records were set or equalled, club record times were compared with record charts in H/L 108 S/I Champs records from programme.

SHOALWATER TEN (10.8 K) Sunday 7th February 1982

The race was started on an out and back course from 40, Fifth Ave, Shoalwater, shortly after 9 o'clock. There were twenty seven starters for the flat scenic course.

The race was run in warm to hot conditions with a fresh sea breeze after 6 K. There were a couple of hilarious incidents brought about by the fact that another run was underway in the same area at the same time on much the same course with neither they nor we aware of each other's existence prior to the start. The other run was evidently a training run for League umpires, and the complications were compounded by the fact that there were a few easily recognisable Marathon club members among them.

The ultra enthusiastic kids manning our drink station did not bother to be too discerning, a runner was a runner as far as they were concerned, and so the umpires did not go drinkless, and there were even a few bemused elderly pedestrians on a Sunday morning stroll who had paper cups thrust into their trembling hands.

Jo Stone was so overcome by the handsome umpires that instead of turning round at the Pt. Peron car park, she continued over the sand dunes in hot pursuit.

was

After the run we all had tea and tabnabs which followed by a B.B.Q. We then had a hilarious couple of hours with John Pellier recounting a master motoring trip he once made in Europe.

All in all, as far as I was concerned, it was a great day. My warmest thanks to the volunteer marshalls, drink kids, recorders and washer uppers, and a special thanks to my wife Jean who had worked very hard to make our first run a success. We both hope the "Shoalwater Ten" will be a regular fixture in the Vets programme for many years to come.

Dennis Wilmott

Results

RESULTS

<u>Men</u>			<u>Women</u>	
1st	C. Leman	39.17	S. Leman	58.00
2nd	R. Shand	41.23	A. Deanus	59.39
3rd	G. Allen	43.02	J. Pellier	59.40
4th	F. Deanus	43.15	P. Farrell	59.40
5th	J. Butts	43.54	M. Warren	62.08
6th	B. Sammells	43.57	J. Stone	66.23
7th	B. Mitchell	44.36	D. Whittam	67.22
8th	M. Khan	44.54	S. Mitchell	75.00
9th	S. Mitchell	45.03		
10th	D. Darwell	47.12		
11th	M. Warren	47.42		
12th	A. Tyson	48.58		
13th	J. Pellier	49.03		
14th	J. Whittam	51.57		
15th	B. Thomsett	51.57		
16th	F. Usher	54.05		
17th	R. Farrell	56.58		
18th	J. DeGruchy	64.41		

WEST COAST CHALLENGE 8 Km 14/2/82

At 7 am Horsley and Hayres met at the Floreat Beach Car park to check and mark this new course. What a day to introduce a run along our coast road. The wind was cold and strong, the skies cloudy, making conditions unpleasant.

Some would think these conditions would keep our members in bed, no way, by 7.45 a good number of cars had arrived. However, the occupants were reluctant to venture out.

Horsley blew his whistle and at approx. 8 am a field of 48 runners had assembled and Don Caplin fired his shot to send them on their way about 8.10 am.

Leman and Kirkman led the field with Frank Smith in contact. A gap saw Derrick Crowther, another gap Jim Barnes. Good to see Jerry Allen back with us and running well. Shand and Danby ! Looks like Brian owes Rob some money as Rob did not let him out of his sight over the whole journey 31.57 a piece.

Anyone wondering why Bill Hughes did not look all that happy during the run ? He and Dennis Butcher ran 15 miles before breakfast and threw in the 5 mile just to prove Veteran runners are 20c short in the dollar.

Most considered the course a good one and with the right conditions fast times could result.

Hayres returned from point duty to make the presentation of the Perpetual Shield, however, the winner Colin Leman having finished the 5 miles in 28.12 was feeling the cold wind and had gone off to run the National Cross Country course.

He was eventually stopped at the Perry Lakes B.B.Q. where a group of contented Vets were gathered cooking swaggers and eggs for breakfast.

Thanks to the following volunteer help on the day. Horsby, Berry, Caplin, Don Stone and Mike Stone. Course map by courtesy R. Shand.

AUSTRALIAN RECORDS (WOMEN)800 M

W35	Judy Daly	SA	2m.15.7s	7-11-81
	Judy Daly	SA	2m.19.9s.	5-12-81

1500m

W35	Judy Daly	SA	4m.40.4s.	25-11-81
	D. Letherby	SA	4m.39.83	12-12-81

10,000m

W35	Desiree Letherby	SA	34m34.4s	7-10-81
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Discus

W50	Sylvia White	SA	33.56m	14-11-81
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Shot Put

W50	Sylvia White	SA	11m.40cm.	5-12-81
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10,000m Walk

W55	Ruth Webber	SA	68m46.0s	23-8-81
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Javelin

W60	Margaret Cahill	SA	15m.06cm	10-1-81
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5000m

W35	Desiree Letherby	SA	16m.45.0s	9-12-81
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A TRAINING PROGRAMMEAnaerobic capacity

Find your basic speed to decide your events. Check your speed over 200m to set targets.

Speed can be obtained:

- 1) By longer strides, which requires increased power and flexibility of legs.
- 2) Faster frequency requiring greater reflex actions, better co-ordination more flexibility, relaxation and technique!

Power - Apply resistance to muscles by weight lifting. Do frog hops 50-100 metres with or without weights.

Hill work - For (1) upper legs (2) ankle flexibility, find hill 300 m long 1 in 3 grade with 400m flat at ends. Do 2 k warm up then spring up hill on toes - bouncing to give resistance to leg muscles. Drive hard, pushing upwards with toes. Flex ankles and as far as possible land on the fore foot with the heel coming down below the level of the toes. At foot of hill use flat section for sprint repetitions varying with each circuit 50-400m. Run up hill with high knee lift for quadriceps, next time most effort from ankles and alternate.

Do 1 hour on hill circuits and 15 minutes warm up/cool down.

Leg Speed Training - Flat area - 100m with gradual decline. Warm up 15 minutes. Don't be conscious of stride length, think only of moving legs fast with upper body relaxed and knee action high. Run with a subconscious stride and think of pulling the legs through fast by using the quads and lower abdominal muscles. Avoid running into the wind. Do hills 3 days, leg speed 3 days and long run 1 day for a 6 week period. Train according to age, physical condition and capacity to exercise.

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Track Training (10 weeks)

Get a balanced schedule to avoid running your best times in unimportant events. Increase training gradually and control speed.

Sprint Training

Fast relaxed running and sprint racing to develop speed and technique training with a concentration on an upright body carriage. Keep tall with relaxed upper body, good knee lift and use of the ankles for driving. The knees are kept high for (1) longer stride (2) it shortens the lever and allows the feet to come through high and fast.

Speed Running (Anaerobic)

Fast relaxed 100-150 metre runs with 3 minute recovery intervals.

Fartlek (Aerobic & Anaerobic)

According to your conditions.

Paar LaufRelaysTime Trials

Run near the distance of your event to find your strengths and weaknesses.

Starting Practice

Improves reflexes, sharpens co-ordinates body actions.

Repetitions (Intervals)

Vary the number run, the distance, time and interval.

Sharpeners

Anaerobic but less than volume but increased intensity once per week. 5 laps sprint 50 metres every 100 m. Brings you to race form. Anaerobic training is done until you feel tired which indicates that you have developed low blood pH.

Alternate hard anaerobic days. Supplement training with aerobic runs.

Work Out

Warm up, then suppling and loosing. Run 80-100m with shoulders and arms relaxed, on your toes, pull knees high, fast leg action but little forward movement. Then do 3 mins jog or walk. Again with wind, knees up, drive hard forward with ankles flexing you forward. Run down the track high on the toes with good knee lift. Twice more - faster, run tall, concentrate on stride length, spring and body lift. Do 6-8 times with the wind then do 15 mins cool down jog.

The first 4 weeks of track training should be aerobic as well as speed. Don't race in this period.

2-3 days anaerobic running, 2-3 days sprint, other days jogging and easy striding, for technique. Build the tempo gradually. Run smoothly through competitions (development races): Race in sprint, middle distance and distance races to improve your racing condition.

Last time trial 10 days before EVENT to be done at best effort, then lighten training but run every day. If fast make it short, if long - easy. Don't over-eat. Keep fresh and sharp in competition period.

OPERATION HOTFOOT FOR TELETHON

During October last year, I was part of the Hotfoot 81 Tri-Service Relay team which was organised to raise money for telethon.

There were 3 teams each comprising of 2 Navy, 2 Army, 2 Airforce and 2 reserve runners. Each team had a support crew who went ahead and set

10.

up camp.

The first runners started off from the G.P.O. at 4 pm on the 12th and we ran down the coast through Esperance, back up the middle to Kalgoorlie and across to finish at the G.P.O. on the 18th.

Each team was required to run approximately 96 kms. in 6 hours regardless of the terrain or weather.

I ended up covering a distance of 140 km. over the 7 days and I must admit it was far more taxing than anything I've ever done before.

Weather conditions varied from 42° during the day, to 10° with gale force winds and driving rain at night.

It was truly an experience I'll never forget, and one I'm not at all sure I'd care to repeat!

A total of 2034 km was covered.

David Dalziel

16th January 1982 RESULTS CLUB v CLUB - PERRY LAKES

1500

Brian Foley	4.40
Barry Sutherland	4.54
Jeff Whittam	5.20
Allan Tyson	5.21
Jim De Gruchy	6.36.6

Discus

A. Fergie	24.13
A. Cummings	25.52
J. Whittam	19.74
A. Tyson	15.14

High Jump

A. Fergie	1.45
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Triple Jump

A. Fergie	9.20
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400

Kath Holland	61.3
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400m

B. Foley	59.4
B. Sutherland	60.03
J. de Gruchy	63.1
A. Tyson	67.5
J. Whittam	73.5
V. Prescott	73.4
D. Whittam	63.7

Discus/ (As per KH - pathetic !)

Kath Holland	22.76
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4 x 100 Relays

54.0	4th
54.6	5th

17th January Results Perry Lake

400 H

D. Stone	80.7
J. Whittam	81.7
E. Hindle	65.0

Javelin

A. Fergie	33.08
D. Stone	22.64
J. Whittam	19.06

3000

A. Tyson	11.34.0
D. Stone	12.05.0

4 x 400 Relay

Greg Van Den Sanden (Floreat)	
A. Tyson	4.25.5
J. Whittam	
D. Stone	

RESULTS PERRY LAKES 23rd January 1982

Long Jump

D. Whittam	3.90
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400 H

Kath Holland	73.1
E. Hindle	65.3

... cont'd

23rd Jan. 1982 Results Perry Lakes ...

Hammer 16 lbs

A. Cummings	24.70
A. Fergie	24.84
J. Whittam	15.30
Allan Tyson	14.46

1500 Walk

D. Stone	7.26.3
A. Cummings	8.20.0
R. Johnson	9.37.0

200

P. Gare	23.8
E. Hindle	25.00
D. Walker	26.3
J. de Gruchy	27.1
D. Whittam	29.00

1500

D. Caplin	4.27
B. Sutherland	4.57
A. Tyson	5.16
J. Whittam	5.28

100M

E. Hindle	11.7
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Shot 16.1b

Bob Fergie	9.87 Record
Robin Johnson	7.37
Jeff Whittam	6.13
Alan Tyson	5.95
P. Gare	3.90

3000 Steeplechase

Jeff Whittam	12.33.1
Alan Tyson	13.13.2
Ted Maslin	10.56.5

300 M

Don Caplin	2.09.9
Barry Sutherland	2.20.0
Alan Tyson	2.35
Jim De Gruchy	2.44.5
Jeff Whittam	2.44.6

100 H Invitation

E. Hindle	13.9	Season's best
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Discus 2 Kg

A. Fergie	23.26
A. Cummings	23.42
R. Johnson	19.26
J. Whittam	18.60
A. Tyson	14.62
P. Gare	29.15

Discus 1 kg

Dorothy Whittam	17.48
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Pole Vault

A. Fergie	2.50
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100 m

D. Walker	12.6
R. De Gruchy	12.9
P. Gare	11.2

4 Kg

Kath Counsell	7.25
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4 x 400m Relay

D. Caplin	
R. De Gruchy	4.17.1
A. Fergie	
B. Sutherland	

Floreat/Vets 91 beat Morley Swans/Stirling/WA Harriers 41 on the day's performance.

Final Results

Karrinyup 6
Belmont/Sthn. Dist/East Hills 4
Floreat/Vets 2
Morley Swans/Stirling/WA Harriers 0

RESULTS PERRY LAKES 6th February 1982Hammer

A. Cummings	31.54
M. Southall	29.02
J. Whittam	20.60

Discus 1.5 Kg

A. Cummings	29.02
H. De Souza	25.92
J. Whittam	22.00
Kath Counsell	21.00 (1 kg)

400

R. De Gruchy	62.6
Kath Holland	60.1
P. Gare	53.0 and twilight 3.2.82 53.0

200

D. Jones	23.0
B. Oliver	27.2
P. Gare	25.4

....

12.

Shot 12 lbs

Robin Johnson	8.68
Jeff Whittam	7.36
Kath Counsell	7.22 (4 kg)
Dorothy Whittam	7.21

100 (Women)

Kath Holland	12.7
Dorothy Whittam	13.7

400 Hurdles

Kath Holland	72.7
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200 M

B. Foley	2.11.0
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3 K Walk

D. Stone	15.23.5
R. Johnson	19.14.3

1500

A. Tyson	5.18.8
----------	--------

100

R. De Gruchy	12.8
B. Oliver	12.8
D. Jones	13.1
H. De Souza	13.4
P. Gare	11.7

Javelin

B. Old	33.80
H. De Souza	26.90
J. Whittam	22.28
D. Whittam	18.26

10,000

Ed Smith (Victoria)	37.14.03
------------------------	----------

RESULTS PERRY LAKES 13th February 1982400 M

K. Holland	71.8
E. Hindle	64.4

Hammer 12 lb

M. Southall	27.12
J. Whittam	21.70

16 lb

A. Fergie	28.90
A. Cummings	24.98

Shot 12 lbs

A. Fergie	10.79
R. Johnson	8.70
A. Cummings	7.95
J. Whittam	7.41

Javelin

Dorothy Whittam	16.68
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100 M Hurdles

E. Hindle	14.8
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1500

B. Foley	4.32.8
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2 K Walk

R. Johnson	12.29.0
D. Stone	10.03.0

100 M

H. De Souza	13.4
R. Calnan	13.5
R. De Gruchy	13.8
K. Holland	13.5
P. Gare	12.3
E. Hindle	13.0

200

R. Calnan	26.4
D. Jones	26.4
R. De Gruchy	27.2
H. De Souza	27.5
K. Holland	26.4
P. Gare	23.4
E. Hindle	24.6

400 M

P. Gare	52.8
R. De Gruchy	62.3

BIG 6 Wednesday 10/2/82

400 m	K. Holland	4th	59.9
100 m	E. Hindle	14.4	(= Record) Aust Pre Vet)
100 m	E. Hindle	3rd	13.5

2 Km Steeple

T. Maslin 7.07.8
J. Whittam 7.55.9
D. Stone 8.23.5

3000

B. Foley 10.28
E. Smith 10.19

Discus 1.5 Kg

A. Fergie 32.44
C. Johnson 31.66
A. Cummings 29.98
H. De Souza 25.02
J. Whittam 21.18

RESULTS PERRY LAKES 20/21st February 1982Hammer 16 lb

A. Fergie 29.60 : M. Southall 26.14 : J. Whittam 17.00

200

J. De Gruchy 26.7

200 m Women

E. Hindle 24.6

100 m H Women

E. Hindle 13.8

100 m Men

P. Gare 11.7

400 m Men

P. Gare 52.5

Shot: Men and Women

Dorothy Whittam 7.59
Kath Counsell 7.50
A. Cummings 8.67 12 lb
J. Whittam 6.23 16 lb

100 M

E. Hindle 12.2
D. Whittam 13.9

400 M Women

E. Hindle 57.9 record

2 Km Steeplechase

E. Maslin 6.43.5
J. Whittam 7.57.8

Discus 1 Kg

Kath Counsell 20.58
Dorothy Whittam 17.78

Discus 1.5 Kg

Alex Cummings 26.72
Jeff Whittam 21.32

400 m Hurdles

E. Hindle 63.2 Record

3 Km Walk

D. Stone 15.22.1

Confucius say :- "Strike while the iron is hot"

But not with the Champs iron-on badge onto
nylon bags -- eh Don !

Marilyn Acreman is very flattered - and says thank you,
and what do you want to the person who gave her age
group as W35 but unfortunately its W40.

RESULTS PERRY LAKES 27th February 1982Long Jump

R. Johnson 4.85
D. Stone 3.58

200

P. Gare 23.7
F. Lyons 23.9
D. Carr 26.0
R. Calnan 26.1
P. Williams 27.3

Shot

D. Whittam 7.92
K. Counsell 7.51

400 M

P. Gare 52.8

100m Hurdles

E. Hindle 13.9

3 K

Jan Fletcher 12.05.3 (Record)
Margaret Harnen 12.31.0

Javelin

A. Fergie 32.56
A. Cummings 25.90
D. Stone 22.80
J. Whittam 20.78

400

D. Carr 56.1
R. Taylor 58.1
R. De Gruchy 61.0 (Record)
R. Johnson 64.3
D. Stone 70.9
J. Whittam 72.6
E. Hindle 57.7 Australian
Record claimed

800 + 35

B. Foley 2.08.1

3000m Steeplechase

E. Maslin 10.56 (open)
Over 45
E. Maslin 11.18
J. Whittam 12.13.5
D. Stone 13.42.5

WEST COAST CHALLENGE 8 Km 14/2/82Finishing
PlaceTime

1 C. Leman 28.12
2 F. Smith 28.25
3 H. Kirkman 28.54
4 D. Crowther 29.40
5 J. Barnes 30.32
6 G. Allen 31.19
7) R. Shand 31.57
8) B. Danby 31.57
9 D. Hough 32.45
10 E. Monks 32.53
11 M. Kahn 33.01
12 F. Deamus 33.06
13 B. Samnells 33.13
14 A. Acreman 33.26
15 M. Leman 33.56
16 J. Pellier 34.06
17 R. Walsh 34.40
18 D. Darvell 34.45
19 A. Davies 35.13
20 J. Whittam 35.17
21 P. Cowley 35.51
22) B. Slinger 37.12
23) M. Moyle 37.12
24) M. Warren 37.12

Finishing
PlaceTime

25 E. Hughes 37.25
26 A. Wright 37.38
27 B. Tomsett 38.06
28 B. Johnstone 38.44
29 G. Noordyk 38.56
30 F. Usher 39.12
31) L. Butcher (1st female) 40.00
32) D. Butcher 40.00
33 S. Leman (2nd female) 40.26
34 D. Jones 40.44
35 R. Farrell 40.59
36 H. Lyon 41.16
37 V. Beaumont 41.16
38 Jo Stone (3rd female) 42.37
39) A. Deamus 42.44
40) J. Pellier 42.44
41 M. Acreman 42.56
42 M. Warren 42.56
43 A. Johnstone 43.03
44 T. Boulton 43.28
45 P. Farrell 44.29
46 M. Berry 45.51
47 D. Whittam 47.10
48 V. Tyson 55.46

TIME TRIALS 7/1/82

The first of the new type of time trials, a little slow to start but otherwise no great problem.

100 M

<u>Heat 1</u>	N. Gereaux	M40	14.02
	J. De Gruchy	M55	13.04
	S. Lockwood	M50	14.38
	H. De Souza	M40	15.40

<u>Heat 2</u>	W. Monks	M45	13.45
	D. Whittam	W45	13.8
	A. Fergie	M45	13.8
	T. Manley	W45	F.T.F.

1500 m

<u>Heat 1</u>	R. Sammells	M45	5.15
	B. Foley	M35	4.39
	C. Leman	M35	4.37
	B. Danby	M35	4.47
	M. Johnson	M40	4.40
	D. Crowther	M40	F.T.F.

<u>Heat 2</u>	W. McCabe	M50	5.21
	T. Costello	M45	4.57
	A. Tyson	M55	5.40
	D. Butcher	M50	5.41
	D. Moffet	M50	5.14
	J. Whittam	M45	5.27
	J. Fletcher	W35	6.00
	L. Brown	W30	6.53

800

<u>Heat 1</u>	D. Crowther	M40	2.23
	R. Sammells	M45	2.32
	S. Lockwood	M50	2.53
	W. Monks	M45	2.25
	J. De Gruchy	M55	3.45
	C. Leman	M35	2.22
	B. Foley	M35	2.30

<u>Heat 2</u>	W. McCabe	M50	2.43
	N. Gereaux	M40	2.47
	T. Costello	M45	2.28
	A. Tyson	M55	2.43
	D. Moffett	M50	2.35
	D. Whittam	W45	3.23
	S. Leman	W35	3.10
	L. Brown	W30	3.37

2000 Walk

R. Horsley	M65	12.54
D. Stone	M50	12.54

This looks like an arranged finish to me. Others seen walking at various times include Jo Stone and Jane Fletcher.

Discus

R. Horsley	M	22.64	1.0 K
A. Fergie	M45	29.76	1.5 K
L. Brown	W30	16.84	1.0 K
A. Wright	M60	26.48	1.0 K
J. Whittam	M45	23.28	1.5 K
A. Tyson	M55	19.22	1.5 K
K. Counsell		20.98	1.0 K

Time trials 7/1/82 continued ...

Shot

K. Counsell		6.90	4.0 K
J. Whittam	M45	6.11	7.26 K
A. Wright	M60	7.16	4.0 K
A. Tyson	M55	6.67	5.5 K
D. Stone	M50	6.34	5.5 K
A. Fergie	M45	9.51	7.26 K
D. Whittam	W45	7.10	4.0 K

RESULTS FRIENDSHIP COURSE 10/1/82

		<u>Placing</u>	<u>1st lap</u>	<u>2nd lap</u>
M35	C. Leman	1	21.48	44.12
	F. Smith	3	23.34	47.17
	B. Danby	7	23.53	48.07
	J. Barnes	10	25.15	50.41
	M. Khan	12	25.27	51.00
	B. Doherty	17	-	53.15
	R. Walsh	21	26.30	55.37
	D. Darvell	27	-	58.03
	T. Bolton (Inv)	38	31.22	69.23
M40	D. Crowther	2	22.32	46.16
	D. Caplin	4	23.43	47.42
	M. Johnson	9	23.54	49.42
	F. Deamus	11	-	50.41
	B. Slinger	16	26.06	52.55
	M. Warren	19	-	54.58
	K. Baisley	22	27.50	55.43
	W. Carter	24	25.10	57.01
	B. Thomsett	33	29.35	61.36
	R. Farrell	37	32.35	68.08
	H. Kirkman	retired hurt		
M45	T. Costello	5	23.53	47.56
	D. Hough	6	23.52	48.04
	R. Shand	8	23.53	48.30
	B. Sammells	13	25.27	51.08
	B. Monks	14	25.28	51.09
	B. Mitchell	15	25.27	52.25
	J. Whittam	31	-	59.23
	I. Lyon (new member)		35.28	1 Lap only
M50	D. Moffett	18	-	53.40
	S. Lockwood	20	28.20	55.05
	D. Butcher	23	26.46	56.58
	J. C. McLean	34	33.20	65.02
	M. Berry	35	32.08	65.02
	D. Stone		29.00	1 Lap only
M55	A. Tyson	26	28.42	57.56
	M. Moyle	28	29.05	59.04
	F. Usher	36	32.08	65.08
	J. Martin		26.30	1 lap only
	A. Merrett		27.09	1 lap only

		Placing	1st lap	2nd lap	17.
M60	A. Wright	29		59.22	
	A. Leggett		29.35	1 lap only	
	G. Noordyk		30.42	1 lap only	
M65	D. Horsely	25	28.50	57.04	
	Cliff Bould did his own training				
W30	M. Tapper	39	35.28	69.37	
	G. Hall	44	35.00	70.37	
W35	M. Peterson	30	-	59.23	
	J. Stone	40	33.38	69.57	
	E. Crowther	45	35.00	70.41	
	P. Farrell	47	35.28	72.59	
	P. Cooper (Vet Vic)		28.40	1 lap only	
	J. Shillington		31.32	1 lap only	
	S. Leman		32.41	1 lap only	
W40	J. Slinger	32	29.21	61.04	
	A. Deamus	42	35.28	70.16	
	J. Pellier		33.38	1 lap only	
W45	M. Warren	43	35.00	70.28	
	J. Middleton		32.41	1 lap only	
	D. Whittam		37.40	1 lap only	
W50	N. Berry	46	35.28	72.59	
W55			44.03	1 lap only	

TIME TRIALS 14/1/82

5000 m

D. Hoyer	16.40	D. Moffett	19.26
C. Leman	17.10	F. Deamus	19.30
D. Crowther	17.19	A. J. Whittam	19.32
F. Smith	17.21	A. Tyson	19.43
M. Johnson	17.50	A. Acreman	19.47
T. Costello	17.58	D. Butcher	20.24
R. Shand	18.02	A. Merritt	20.30
B. Foley	18.21	W. Hughes	20.46
B. Danby	18.32	R. Faulkner	21.18
J. Pellier	19.15	C. Bould	22.18
R. Sammells	19.17	J. Fletcher	22.27
B. Sutherland	19.19	Joan Pellier	24.39
		L. Brown	24.55

400 m

Heat 1

N. Gereaux	65.99
J. Lyon	70.95
A. Wright	75.87
L. Oakley	64.95

Heat 2

J. Whittam	77.81
M. Johnson	66.62
W. Monks	61.91
B. Sutherland	65.62

Heat 3

D. Stone	75.48
A. Tyson	71.24
R. Sammells	68.28

18.

T.T. 14/1/82

200 m

Heat 1

L. Oakley	28.33
W. Monks	28.45
I. Lyon	29.78
N. Gereaux	29.95
A. Cummings	29.41

Heat 2

D. Whittam	30.18
T. Manley	39.56
A. Fergie	29.45

100 M

T. Jones	24.20
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Triple Jump

J. Whittam	8.19
A. Cummings	8.63
A. Fergie	9.18

JavelinMen 800 gm
Ladies 600 gm

D. Whittam	15.66
T. Manley	11.68
A. Fergie	28.36
A. Cummings	25.92
J. Fletcher	20.31
K. Baseley	22.98
D. Horsley	18.82

HammerAll 12 lbs only

D. Horsley	15.86
A. Wright	18.38
J. Whittam	19.50
A. Cummings	31.62
A. Fergie	35.32
A. Tyson	16.80

50+ eligible for records

10,000 m RESULT 21st January 1982

The middle of W.A.'s wettest January, the whole of the warm up trail was under inches of water. This did not stop the hard core of intrepid (or perhaps some other word !!) runners from completing the 10 K.

Times are as recorded with no allowance for wind or tidal assistance.
All other events were cancelled.

Derek Crowther	37.02
Alan Barr	37.04 (Inv)
Frank Smith	38.28
Ted Costello	38.49
Dennis Butcher	41.16
Jeff Whittam	42.50
Allan Tyson	44.22
Merv Moyle	45.06
Bill Hughes	45.49
Jan Fletcher	48.26
Dave Jones	50.45

Also ran part of the distance -

Derek Hoyer
Maurice Johnson (retired twice)
Dave Hough
Mel Shead

cont'd ...

Also there throwing a rapidly rusting shot and discus was Bill Chapman, who is determined to get that extra metre before the champs. Bob Sammells ran the opposite way on the grass (to stop getting dizzy ?).

The race should have been called the Perry Lakes Swin Through, as the two inside lanes were covered with about three inches of water, and the rest of the lanes slightly less and it rained the whole of the time. Derek proved that its always the exception that proves the rule, in this case, dog paddling beats crawl.

Our thanks to Don Caplin and Dorothy Whittam for timekeeping and lap scoring.

RESULTS 28th January 1982 TIME TRIALS

3 Km Walk

Don Stone 18.10
Jo Stone 21.49
Val Tyson 25.06

1500 M Heat 1

Don Caplin 4.27.31
Derek Hoyer 4.40.8
Derek Crowther 4.52.52
Barry Sutherland 4.55.42
M. Johnson 4.56.00
Bill Monks 5.02.52

Heat 2

Brian Danby 4.40.91
Ted Costello 4.49.0
Rob Shand 4.54.99
Bob Sammells 5.12.41
Morris Warren 5.21.27
Aub Davie 5.27.0
Mel Shead 5.39.28

Heat 3

Jeff Whittam 5.23.9
Allan Tyson 5.33.0
Wally McCabe 5.36.99
Dick Horsley 5.40.91
Jan Fletcher 5.55.97
Andy Wright 6.07.0
Cliff Bould 6.07.03

200 M Heat 1

Dorothy Whittam 30.72
Alan Acreman 32.29
(Inv) Bob Craig 32.38
Thelma Manley 38.34

Heat 2

Ian Lyon 28.68
Mel Shead 29.77
Neville Gereaux 29.81

800 M Heat 1

Don Caplin 2.14.7
Ted Costello 2.22.4
Brian Danby 2.27.3
B. Sutherland 2.31.0
Maurice Johnson 2.31.8
Bill Monks 2.36.0
Bob Sammells 2.36.5
Morris Warren 2.45.6

Heat 2

Derek Hoyer 2.18.5
Ian Henderson 2.19.24
Allan Tyson 2.42.00
Aub Davie 2.45.44
Mel Shead 2.46.06
Neville Gereaux 2.47.00
Barry Sutherland 2.55.00
Ian Lyon 3.00.00
Sue Leman 3.17.00
Dorothy Whittam 3.23.00
Leslie Brown 3.31.2

Hammer 12 lb

Jeff Whittam 20.00
Noel Goff 19.50
(Inv) Bob Craig 18.62
Andy Wright 17.54
Don Stone 16.88
Mel Shead 16.50
Dorothy Whittam 11.18

Triple Jump

(Inv) Bob Craig 9.58
Noel Goff 8.95
Mel Shead 8.45
Jeff Whittam 8.43

Javelin 800 gram

Mel Shead 28.94
(Inv) Bob Craig 23.18
Jeff Whittam 19.30

600 gram

Noel Goff 23.52
Andy Wright 19.64
Jan Fletcher 17.86
Dorothy Whittam 17.82

RESULTS OF TIME TRIALS 4th February 1982

5000 M		400 M Heat 1	
Derek Hoye	14.39	Cam Ansell	68.01
Frank Smith	16.31	Neville Gerveaux	69.01
Derek Crowther	17.18	Aub Davies	70.8
Don Caplin	17.33	Ian Lyons	71.28
Maurice Johnson	17.49	Leslie Brown	81.56
Seana Donby	18.43		
Ted Costello	18.01	Heat 2	
Bob Chand	18.07	Neil Costello	61.91
Bill Monks	18.38	Maurice Johnson	64.98
Charlie Sparo	18.39	Jeff Whittam	74.29
Gerry Allen	18.55		
Jim Hocking	19.02	1500 Walk	
Allan Tyson	19.32	Hugh Kirkman	7.37.56
Bill Hughes	19.46	Jan Fletcher	29.09.82 *
Cam Ansell	19.46	Jo Stone	9.25.56)
Dennis Butcher	20.33	Mel Shead	9.25.56)
Andy Wright	22.24	Lorna Butcher	10.43.0
Lorna Butcher	22.36	*Broke record	
Jill Pearton	23.14		
Also started but dropped out with injuries		Discus 1.5 Kg	
Aub Davies after 3 laps		Alex Cummings	30.14
Mel Shead after 4 laps		Robert Craig (Inv)	21.88
		Jeff Whittam	23.78
		Mel Shead	28.94
100 M Heat 1		1 Kg	
Ian Lyons	13.84	Noel Goff	28.18
Alex Cummings	13.94	Andy Wright	25.73 PB
Dorothy Whittam	14.16		
Thelma Manley	16.74		
Heat 2		Shot	
Ted Costello	13.74	Noel Goff (4 Kg)	8.78
Robert Craig (Inv)	14.01	Andy Wright (4 Kg)	7.01
Neville Gerveaux	14.09	Mel Shead (7.26 Kg)	8.22
Cam Ansell	14.17	Jeff Whittam (7.26 Kg)	7.01
Aub Davies	14.17	L. Shead (Inv)	5.55
Result sheet for Long Jump disappeared so anyone who has it let Jill Pearton know the results.			

The evening had cooled slightly after a 44°C max. earlier in the afternoon. Hugh Kirkman did the walk as he had not time to stay for the 5000 M which was held at the end of the track events, and he came within 7 seconds of the Record.

TWILIGHT 11th February 1982

Triple Jump		Hammer	
J. Whittam	8.78	M. Southall	25.80
		N. Goff	22.84
Javelin		A. Fergie	34.75
D. Whittam	17.92	A. Wright	18.08 all 12 lbs
N. Goff	24.92	J. Whittam	19.64
		R. Hayres	20.10
M. Southall	30.12	M. Shead	18.92
A. Fergie	30.32	5 K Walk	
R. Craig	26.90	D. Horsley	29 min 04.92
J. Whittam	20.00	3 K Walk	
M. Shead	22.20	V. Tyson	14 min 14.41

200 m Heat 1

D. Jones	27.24
I. Lyon	28.34

Heat 2

R. Craig	32.20
N. Gerveaux	32.20
J. Whittam	32.69

10,000 m February 11th 1982

C. Spare	39.32	B. Monks	38.26	
T. Costello	38.49	A. Acreman	44.56	
B. Harrison	34.59	B. Foley	38.47	
F. Smith	34.51	D. Crowther	35.47	
F. Steere	42.24	M. Johnston	40.23	
B. Danby	37.34	J. Pearton	54.23	
K. Anderson	34.30	J. Fletcher	47.04	
A. Davie	44.55	H. Kirkman	10.55	8 laps
M. Shead	45.22	C. Ansell	41.39	
D. Butcher	42.52	R. Shand	37.41	
B. Slinger	41.27	R. Walsh	20.06	<u>5000</u>
B. Hughes	46.15	M. Warren	42.31	
L. Butcher	49.22	P. Leam(visitor)	35.33	
		G. Sutherland	58.20	

1500 M18th February 1982TIME TRIALS

Jan Fletcher	5.38.0	I. Henderson	F.T.F.
Ken Gilbert	4.27.0	N. Gerveaux	5.47.0
B. Danby	4.48.0	A. Wright	5.57.0
P. Cowley	5.14.0	B. Hughes	5.30.0
T. Costello	4.58.0	L. Brown	6.50.0
G. Allen	5.09.0	A. Ansell	6.01.0
M. Johnson	4.47.0	M. Shead	5.30.0
B. Monks	4.46.0	J. McGuiness	5.37.0
C. Bould	6.13.0	J. Whittam	5.22.4
B. Sammells	5.08.29	L. Butcher	6.36.0
B. Foley	4.31.67	B. Sutherland	4.54.4
C. Ansell	4.59.0	B. Slinger	5.04.56
R. Shand	4.50.0	A. Davy	5.23.47

3000m Walk

D. Horsley	16.33
D. Stone	16.30
V. Tyson	22.32
M. Warren	21.34
J. Pearton	

Shot

D. Horsley	6.48	10 lbs
A. Wright	7.36	"
D. Whittam	6.43	"
J. Whittam	6.59	16 lbs (7.25 K)
M. Shead	7.45	"
R. Craig	6.71	"
A. Fergie	10.01	"
R. Taylor	7.92	"

100 M

D. Whittam	16.01
T. Manley	18.7
A. Cummings	15.73
J. McGuiness	15.58

The 100m actually turned out to be 110 m so all times good into a headwind.

22.

Discus

18/2/82

M. Warren	10.94	1 K
D. Horsley	24.20	"
A. Wright	29.04	"
D. Whittam	15.32	"
L. Brown	14.80	"
J. Fletcher	17.00	"
T. Manley	10.52	"
A. Cummings	31.80	1 1/2 K
M. Shead	16.16	2 K
R. Craig	18.56	"
J. Whittam	19.42	"
A. Fergie	26.98	"

800 m

M. Warren	3.24
D. Whittam	3.21
B. Sammells	2.33
L. Butcher	3.22
B. Danby	2.31
B. Foley	2.29
B. Monks	2.24
B. Sutherland	2.17
T. Costello	2.20
B. Hughes	2.50
B. Slinger	2.32
A. Davey	2.44
J. McGuinness	2.51
M. Johnson	DNF



NATIONALS NEWSLETTER NO. 7

PROGRAMME

Due to the large number of entries in some events, there will need to be a rescheduling in some areas. Most of these will be minor, a few minutes either way. However the 10,000 metre runs on Friday will have to commence one hour earlier. The new timetable will be:-

M35, M40	2.30 p.m.
M40 M45, M50	3.20 p.m.
M55 to M85	4.10 p.m.
W30 to W60	5.00 p.m.

OFFICIALS

We now need firm commitment for help over the Championships. There are key officials in all areas, someone who knows the rules and regulations etc., we now need lots of willing hands.

There are jobs for all ages, sizes and sexes - Timekeeping to pit raking, recording, judging or even typing. There are several positions for younger members of the family as messengers or manning the site score indicators.

Most important, we need six strong volunteers on Saturday and Sunday to help set up the grounds. These would need to be at the grounds by 11.00 a.m.

Let us know soon when you can assist.

COMPETITORS

Competitors should register before their first events. They will be given all receipts due, their programmes, and most important, their numbers. Please do not leave this too late, as a last minute rush could delay your event.

The registration material will be available at the 10K at McGilvray one hour before the first event, and at the officials room at Perry Lakes each day, from 11.00 a.m. What are left will be available at the Cross Country likewise.

2.

Results will be issued as follows:-

10,000 metres and the Saturday's results will be available early Sunday afternoon.

Sunday's results will be available at the Social Function and at the Cross Country.

The Cross Country results will be forwarded to all competitors later.

CERTIFICATES

Performance Certificates will be awarded to ALL competitors. These will be available shortly after the completion of the event from the Officials Room in the undercroft.

Medals for placegetters will be presented in the usual way.

Certificates for the placegetters in the State Veterans Championship will be distributed about 1 - 2 weeks later.

CANTEEN

Canteen facilities will be available on the Saturday and Sunday with food and drinks.

- 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 a.m. unless otherwise stated.
 Field event implements available afterwards if needed.

APRIL.

- THURS. 1st APRIL. V. Twilight Meeting. LAST ONE. P.T.W.U.
 5.30. 3000m Walk, 1500m. 100m. Discus.
 5.45. Long Jump.
 6.00. 800m. Shot.
- SUN. 4th APRIL. V. DO YOUR THING. 8 am. McCallum Park.
 SUN. 4th APRIL. 'CITY TO SURF'.
- FRID. 9th APRIL. V. AUSTRALIAN VETERANS MCGILLIVRAY. 3.30pm.
 SAT. 10th APRIL. NATIONAL CHAMPIONSHIPS. PERRY LAKES ST. 12noon.
 SUN. 11th APRIL. Members not competing are PERRY LAKES SD. 11.30am.
 MON. 12th APRIL. asked to help. Ring Bob REOBOLD HILL. 8.30am.
 Fergie on 4476898.
- SAT. 17th APRIL. A. Opening Day Cross Country Season. 2pm. Perry Lakes.
 Scratch Races.
- SUN. 18th APRIL. V. Bridges Run. Nominated Time. 8am. McCallum Park.
 Non-Watches. D. Hoyer/B Thomsett.
- SAT. 24th APRIL. A. Handicap Event. 2pm. Kings Park.
- SUN. 25th APRIL. V. CLUB. ANNUAL GENERAL MEETING. 8am. McCallum Park.
 followed by informal jog.

MAY.

- SAT. 1st. MAY. A. Lord Mayors Trophy. 2pm. McCallum Park.
- SUN. 2nd MAY. V. WALLESTON WALLUP. hilly road run. 10k. 9.30am.
 Wine Bottling, 2 varieties. B.Y.O. BBQ.
 14, Caladenia Rd, Walliston.
 Johnson, Adamson,
- SAT. 8th MAY. A. KINGS MEADOW SCRATCH RACES. 2pm. Guildford.
- SUN. 9th MAY. V. Ladies Day Course Group Jog. 8am. McCallum Park.
 (Mothers Day.)
- SAT. 15th May. A. State 12k Cross Country. 2pm. Perry Lakes.
- SUN. 16th MAY. V. CLIFF BOULD TROPHY. 8am. McCallum Park.
 Handicap 5.2k Certificate Run.
 Trophy to Handicap winner.
 Certificates to first, 2nd, 3rd and fastest.
 W. Carter/L. Butcher.

NOTE. EVERY TUESDAY. informal group jogs at 5.30pm, from the corner of
 Saw Ave and May Drive, Kings Park.

MAY CONTINUED.

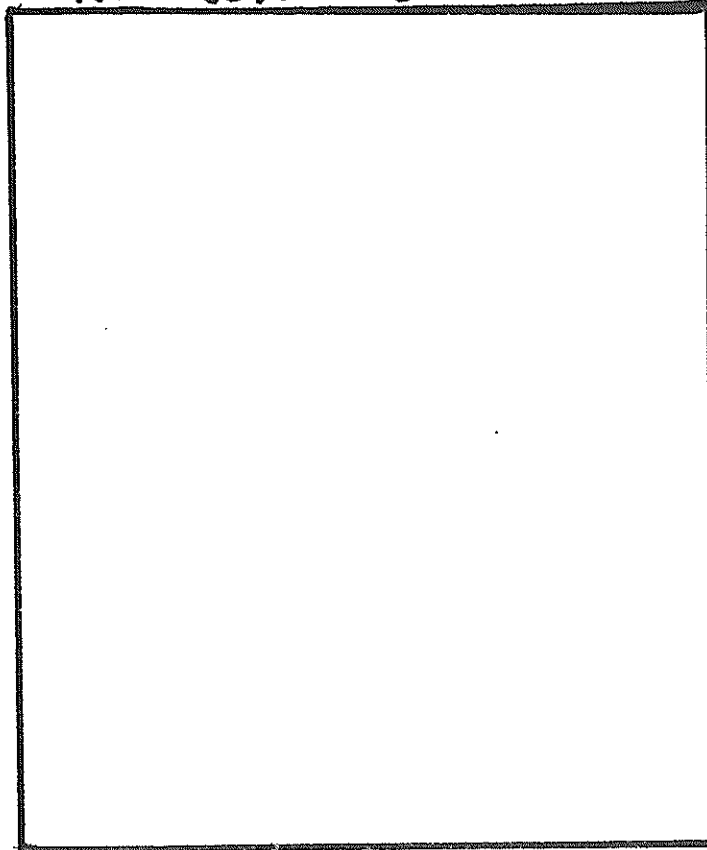
SUN. 23rd May. V. 3 x Dave Jones Course. 6.6k. 8am. McCallum Park.
Moyle / R. Farrell,
SUN. 23rd. MAY. A. 8k. Cross/Country Champs. Albany.
SUN. 30th. MAY. V. Do your own thing. 8am. McCallum Park.
SUN. 30th, MAY. A. Fremantle - Perth Relay. 7.30am. Fremantle Town Hall.

Would any members wishing or willing to host runs
in the coming months please contact Dorothy Whittam

Thanks.

GRAND COMPETITION

APPROX. SIZE



FILL THE ABOVE SPACE WITH YOUR
ENTRY FOR THE "WALLISTON WALLOP"
WINE LABEL. ENTRIES TO BE
'STRAIGHT' OR 'HUMOROUS'. PLAIN
OR COLOURED. ENTRIES CLOSE
31st MARCH 1982 TO ANY MEMBER
OF THE COMMITTEE.

GRAND MYSTERY PRIZE TO THE
WINNER. ENTER NOW!!!

March 1982

W.A. VETERANS A.A.C.
 Newsletter No. 114
 Registered for posting as
 a periodical - Category B

Secretary	Val Prescott	384 8585
	Dorothy Whittam	387 6438
Treasurer	Roger Walsh	446 8248
Editor	Barrie Slinger	386 7727

ANNUAL GENERAL MEETING

In terms of Clause 8 (a) of the Constitution members are advised that the Annual General Meeting of the club will be held at McCallum Park on SUNDAY 25th April 1982, commencing at 8 a.m. sharp. The meeting will be followed by a run.

Notices of motion will be received up to Sunday 18th April.

Nominations for Office Bearers will be received up till the same date, 18th April.

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

Subscriptions will be due on 25th April, and will be fixed at the A.G.M.

DO NOT FORGET TO TAKE YOUR MINUTES OF THE LAST A.G.M. YOU WILL FIND THEM IN NEWSLETTER No. 104.

All current office bearers have shown their willingness to continue another year but nominations are still open to any new ones.

Please return nomination form to Secretary by April 18th.

I _____ nominate _____

for the position of _____

Proposed by _____ Seconded by _____

I am willing to stand for the above position.

Signed _____ Date _____

The Committee consists of - President, Vice President, Secretary,
 See you all on Sunday Asst. Secretary, Treasurer and 3 committee members.
 25th April. Also Patron, Auditor, Librarian and Newsletter Editor.

MARCH BIRTHDAYS

3rd	Bob Harrison	turns 40 becomes M40	20th	Rob Shand	turns 50 becomes M50
3rd	George Iness	" 47 remains M45	20th	Mitch Loly	" 42 remains M40
6th	Jo Stone	" 37 " W35	22nd	Don Caplin	" 43 " M40
6th	Frank Smith	" 40 becomes M40	22nd	John Maddison	" 44 " M40
7th	R. Johnson	" 49 remains M45	23rd	Alex Cummings	" 51 " M50
9th	L. Butcher	" 52 " W50	26th	Duncan Strachan	" 60 becomes M60
11th	Brian Foley	" 38 " M35	26th	Phil Lorens	" 67 remains M65
12th	Cliff Bould	" 66 " M65	28th	Brian Hank	" 47 " M45
12th	Bill Monks	" 46 " M45	30th	Gary Lynn	" 38 " M35
13th	Bill Weatherilt	" 44 " M40	31st	Kath Holland	" 42 " W40
17th	Ruby Maddison	" 45 becomes W45	31st	David Pursell	" 42 " M40

2.

Apologies to Joe Shepherd who turned 75 on the 3rd February. Joe has entered in the Champs at Easter.

NEW ADDRESSES

John Spencer now lives at 517 Marmion Street, Booragoon 6154.

Morland Smith's new business address is : 16 Altona Street, West Perth.
His new home address is : 6 Godin Court, Churchlands.

Alan Tyson had a big win recently. He won a raffle for a pair of starting blocks so watch out you Marathon Men as you see him streaking from the blocks at the next Marathon (Boston ?). Or will they be left at home for Val to get a flying start in the walks at the Champs?

How it all began THE VETERANS - TOP RUNNING AFTER 40

Their pace might have slackened a little, their stride lost a little of its zip and their power may have waned just that bit, but the movement itself shows none of this diminished capacity. In fact, the Australian Veterans movements is growing at a rate rivalled by few other areas of sport. What started out as a fun thing is now a well organised, administered affair that still retains its fun element for several thousand athletes around Australia.

Although many athletes aged over 35 for women and 40 for men have competed in athletics over the years, the Australian Veterans probably had its beginnings in a visit to San Diego, USA, by Cliff Bould of Western Australia. Cliff, a former UK athlete, was also official physiotherapist with British Olympic teams, before migrating to Australia, and joining St. Stephen's Harriers in Melbourne before moving on to Perth.

Cliff competed in San Diego in 1969 at the US Masters (Veterans) meeting, winning three gold medals. The following year three Australians went again to San Diego to compete in the 1970 Masters titles - Cliff plus Col Junner (WA) and Wal Sheppard (Vic.). Cliff repeated his successes in the 3 and 6 miles but left the marathon to Col who finished third. Wal was fourth in both the 880 and mile. Junner and Sheppard were then 48 years and found the younger 40 year olds a little too good. At that time the only age groups were over 40, over 50 and over 60.

Shortly after this meet David Pain, from San Diego, the originator of the Masters competition, conceived the idea of an international veterans meeting and proposed that it be held in Europe about the time of the Munich Olympics. The meeting was ultimately held at Cologne in July 1972. Bedevilled by very wet weather the meeting was a great success giving great impetus to the veterans movement. The Australian team of 41 athletes did well with five gold, nine silver and five bronze medals.

By this time the movement was taking off in Australia and clubs had been formed in South Australia, New South Wales and Victoria, but it was decided that it was time for the formation of an Australian Association and the introduction of Australian championships.

Melbourne was selected as the location of the first championships and they actually preceded the establishment of the association. However the initial steps were taken at the time of the first championships. The meeting held at Box Hill in December 1973, and was held to coincide with the visit of an international contingent of 50, joined by 120 Australians. The meeting assured the progress of veterans competition in Australia. The social side was not neglected and all

../visitors

visitors were hosted by an Australian family for Christmas dinner.

The 1974 Championships were held in Sydney and following this the Australian association was formed in April 1971.

At the 1975 Toronto Games 70 Australians were among the 1500 athletes who took part. Although competing out of season, as usual, we were able to win 19 gold, 15 silver, and 13 bronze medals. A further step in the development of veterans athletics took place at Toronto when an International Conference was held. The world body was set up and co-ordination of activities, regulation of age groups, establishment of weights of throwing implements etc. was undertaken. Subsequently World Games have been held in Gothenburg, Sweden, Hanover in 1977, West Germany 1979 and Christchurch, New Zealand, this year.

The Australian membership for 1980/81 was 1834 and growing rapidly. The strongest Veterans group is in Victoria, where there are more than 600 members.

MUNDARING TO YORK (WA) 40 Mile Road Race - October 11 by John Hanczakowski

Although not originally interested in running the entire 64 km, Maurice Smith received much encouragement after he was left out in front at 32 km and by the time he reached the marathon distance in 2.51, he decided to continue on.

Despite the early 6 am start, the weather warmed up considerably after an hour, ensuring that Brian Marsland's record of 4.02 would remain intact for yet another year. Barbara Leach, the only woman to attempt the distance, covered 51 km before retiring. The first relay team to cross the line was the WA Veterans Club in 4.05.45.

Results

M. Smith 4.39.15; B. Robinson 4.47.04; C. Burro -; J. Mitra 5.26.45;
 W. Hanlon 5.42.39; J. Gordon 6.18.31. (6 finishers).

WA 24 HOUR RELAY by V. Etsover-Forte Extract from Jan-Feb. 1982 Fun Runner

In cold, wet and windy conditions, two men's teams and one women's team (each with ten members) set about the task of breaking their respective records for a 24 hour 10 runner relay. The attempt began at 2.17 pm at the Belmont Athletic Centre, a fine venue (which was not come by easily - but that's another story).

The 12 hours to 2 am saw a spate of 54-58 min 10-mile splits with runners lapping in times of between 4.58 and 6.18. The wind and rain ceased during the early evening but the night was cold and lonely. Barrie Robinson, 42, running no.6, brought us all out of our misery at 4 am and stirred us up with some raucous comments, which incidentally brought a complaint from a neighbouring suburb 2 km away !

Then dawn broke and we were rolling home to an Australian record for the O/40 men and O/35 world record for the terrific ladies' team, whose ages ranged from 37 to 56. The girls paddled out almost exactly 8 min miles one after the other. Also they never seemed as tired as the men. (The average age for the women was 42 yrs and the men 44.9 yrs.).

The men's Australian record was passed at 1.42 pm, by which time the temperature was 24°, sunny and hot; but with the girls having passed the world record of 176 plus at 12.53 pm excitement was high and the three teams were gathering momentum.

.../When

4.

When the stop gun was fired by Dick Horsley at 2.17 pm on Sunday afternoon, the men's A team had set a new Australian record of 250 miles 819 yards. The women had a new Australian and world record of 185 miles 1271 yards, and the courageous B team had a great 219 miles 1690 yards behind them.

Through 'Fun Runner' members would like to thank Dr. Ralph Godkin and his fellow doctors for 24 hour cover; Cliff Bould, physiotherapist; all the many lapscorers and timers; and the kitchen staff. On completion club president Bob Sammells was presented with the 24 hour Relay Shield by Dunlop Footwear, and a merry, well-earned party was enjoyed by all.

FASTEST MILES (average in brackets)

Men's team - T. Maslen 5.02 (5.22); M. Smith(5.42); J. Davies 5.32 (5.51); C. Spare 5.38 (5.54); M. Smith 4.58 (5.20); B. Robinson 5.17 (5.36); B. Monks 5.28 (5.44); J. Rowlands 5.24 (6.04); B. Samells 5.25 (6.05); R. Sparks 5.38 (6.03).

Women's team - J. Stone 7.27 (7.58); L. Butcher 7.03 (7.20); J. Pellier 7.56 (8.16); M. Petersen 7.02 (7.09); A. Dennis 8.04 (8.20); B. Wall 7.36 (7.54); D. Whittam 7.38 (8.10); J. Fletcher 6.40 (7.11); K. Holland 6.31 (6.54); M. Warren 7.41 (7.59).

OFF THE RECORD by Brian Lenton .. This book is now in the Vets Library. Running interviews with Ron Clarke, Rod Dixon, Herb Elliott, Jack Foster, John Landy, Arthur Lydiard, Albie Thomas, Chris Wardlaw.

1500 M Heat 1

Morland Smith	4.16
Brian Foley	4.29
Derek Hoyer	4.36=
Phil Wall	4.36=
Brian Danby	4.37
Barry Sutherland	4.41
Derek Crowther	4.46
Maurice Johnson	4.49

1500 Heat 2

Ken Gilbert	4.39
Ted Costello	4.39.57
Bill Monks	4.47
Alan Acreman	5.15
Bill Hughes	5.31
Mel Shead	5.33
Don Stone	5.36

1500 M Heat 3

Frank McLinden	5.04
Ed. Smith	5.08
Wal McCabe	5.15
Jeff Whittam	5.20
Jan Fletcher	5.41
Andy Wright	5.46
Sue Leman	6.04
Alicia Ansell	6.04
Lorna Butcher	6.06
Cliff Bould	6.22

200 M Heat 1

Chris Johnson	24.50
Dave Jones	26.60
Bill Monks	27.56
Nev Gereaux	29.75

200 M Heat 2

Dorothy Whittam	30.22
Lorna Butcher	34.20
Thelma Manly	36.98
Alicia Ansell	41.11

800 M Heat 1

Ian Henderson	2.14.49
Barry Sutherland	2.18
Ted Costello	2.20
Dalton Moffett	2.22
Derek Hoyer	2.25
Bill Monks	2.25.36
Maurice Johnson	2.27.57
Nev. Gereaux	2.38.33
Don Stone	2.52
Dorothy Whittam	3.18.62

800 M Heat 2

Ken Gilbert	2.05.88
Chris Johnson	2.12
Frank McLinden	2.33
Ed Smith	2.35
Jeff Whittam	2.47
Bill Hughes	2.50

3000 M Walk

V. Tyson	No Time
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Triple Jump

Jeff Whittam	8.26
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Hammer

Alex Cummings	24.56	16 lb
Mike Southall	23.30	"
Mel Shead	16.40	"
Jeff Whittam	14.88	"
Bill Chapman	19.00	12 lb
Andy Wright	17.20	"

Javelin

Chris Johnson	33.20	800 gm
Mike Southall	31.40	"
Mel Shead	30.00	"
Alex Cummings	23.84	"
Jeff Whittam	18.44	"
Dorothy Whittam	17.16	600 gm

RESULTS PERRY LAKES 13th March 1982

100 M Handicap			400 M Handicap			200 M Scratch	
J. Gold	Scratch	11.5	P. Gare	Scratch	53.1	E. Hindle	24.7
R. Calnan	"	12.6	R. Johnson	8 M	62.7	D. Whittam	28.7
D. Jones	"	12.7	D. Jones	10 M	62.7	J. Gold	23.8
R. Johnson	1 metre	12.5	V. Prescott	15 M	79.0	R. Johnson	27.7
E. Hindle	Scratch	12.1					
D. Whittam	10 metres	12.2					
V. Prescott	?	16.3					
100 M Hurdles Scratch			Long Jump			3000 M Scratch	
E. Hindle		14.7	P. Gare	5.63 m		E. Maslin	9.47.6
						B. Foley	10.00.4

Who were the Vets seen running round the warmup track ? One dressed as a "Fairy" chasing a witch, the other dressed as "Wee Willie Winky" chasing a dear old lady on a bicycle. Fortunately he did not catch her. Perhaps his secret weapon slowed him down !

THE BATTERHAM BUSH BASH

The fourth time this delightful and scenic hernia producing, hill climbing holocaust happened, was Sunday Jan 2.

Don Caplin must have grown five years younger since 1978, because he won it again. Fourth time lucky ? This 7½ km run was held in 1978, 79 and 80 in the winter, but Denis and Linley, the hosts, wanted to share their swimming pool as an after run therapy and somewhere for the kids to go when their parents described (for the fifth time), the pain of running up the hill alongside the Quarantine Station. All the dogs bark and howl, and it once reminded Rob Shand (one of the founding fathers of the Vets, and retired dog catcher) of the Dog Pound. Good old Dog Pound Hill with all the dogs, encouraging the runners, is like running up the Big Dipper.

Well those other three occasions were winter and the 81 event was moved onto 1982 into the Summer.

Forty eight runners started and finished. Thirty four men and fourteen women. Most agreed it was a good hard run.

Mike Berry, Bob Johnstone cycled around the course, acting as movable marshalls. There is no truth in the claim that they caused the traffic accidents at strategic corners during the run. Mrs. Kahn, wife of a new member and another wifely, husband supporter plus children directed the traffic (foot) at the dangerous Preston Point Road crossing.

Dedicated Bush Bashers have asked for the run to be doubled as it is so challenging. I don't know if they meant twice a year or twice on the one day (2 laps). I don't think the dogs at the Quarantine Station could cope !

RESULTS

1. M40 D. Caplin	27.19	2. M35 C. Leman	27.40	3. M40 D. Crowther	27.49
4. M45 R. Shand	28.54	5. M45 T. Costello	28.57	6. M40 M. Johnson	31.07
7. M40 F. Deanus	31.19	8. M45 B. Hanks	31.34	9. M45 B. Mitchell	31.37
10. M50 D. Moffett	31.54	11. M40 M. Warren	32.02	12. M55 A. Tyson	32.19
13. M50 B. Hayres	32.21	14. M45 R. Jones	32.30	15. M35 J. Barnes	32.35

RESULTS cont'd

6.

16. M40 W. Carter	32.36	17. M35 J. Allen	32.41	18. M45 B. Sammels	32.54
19. M35 J. Chadwick	33.45	20. M35 N. Kahn	33.52	21. M35 D. Darvell	34.19
22. M50 W. Hughes	34.45	23. M40 I. Sutherland	34.49	24. M45 P. Cowley	35.14
25. M40 B. Tompsett	35.32	26. M55 L. Hoyle	35.37	27. M60 A. Wright	35.49
28. M45 J. Whittam	35.49	29. M45 D. Batterham	35.57	30. M45 A. Davie	36.11
31. M65 D. Horsley	36.15	32. M65 C. Bould	36.15	33. M55 F. Usher	39.11
34. M40 R. Farrell	39.11	35. W30 M. Tapper	39.25	36. W35 S. Leman	39.57
37. W45 J. Middleton	39.59	38. W35 J. Stone	40.32	39. W45 M. Warren	41.05
40. W40 A. Deanus	41.39	41. W40 J. Pellier	41.39	42. W30 A. Hall	41.43
43. W50 N. Berry	42.49	44. W35 E. Crowther	42.58	45. W30 A. Johnson	43.08
46. W35 P. Farrell	45.00	47. W45 D. Whittam	48.54	48. W55 V. Tyson	54.40

TIME TRIALS 13/3/82

5000 Metres

R. Shand	17.25	J. Hough 8½ laps	18.58	D. Stone	20.40
B. Sutherland	18.02	P. Wall	16.55	D. Hoyer	17.08
F. McLinden	19.48	C. Bould	21.25	B. Danby	17.18
B. Foley	17.45	M. Johnson	17.41	F. Smith	16.12
G. Innes	17.18	W. McCabe	20.09	A. Wright	21.31
A. Acreman	19.31	C. Leman	16.38	J. Fletcher	21.07
E. Steere	18.30	G. Allen 1 lap short	17.54	R. Faulkner	19.40
T. Costello	18.02	J. Paxton	25.17	R. Horsley	21.08
D. Crowther	17.18	C. Ansell	19.08	D. Butcher	19.26
J. Maddison	17.14	A. Ansell	20.04	W. Hughes	19.10
A. Leggett	F.T.F.	A. Davie	20.16	M. Shead	21.13
				F. Usher	21.39

400 Metres

Heat 1

W. Monks	60.65
T. Costello	60.54
B. Foley	62.7
F. McLinden	65.39
C. White	62.7

Heat 2

A. Cummings	71.46)
D. Stone	71.46) Fiddle
J. Whittam	71.46)
M. Shead	67.13

Heat 3

B. Sutherland	60.41
M. Johnson	66.83
D. Jones	76.02
D. Moffett	58.06
C. Johnson	55.82

Shot (16 lbs)

A. Fergie	10.31
J. Whittam	6.35
M. Shead	7.48

100 M

C. Johnson	12.38
W. Monks	14.05
C. White	13.38
D. Whittam	14.31
T. Manley	17.16

1500 m Walk

V. Tyson - No time given

Discus

1.5 K

C. Johnson	28.07
A. Cummings	30.07
H. DeSouza	21.09
J. Whittam	18.21
M. Shead	26.69

1.0 K

R. Horsley	24.72
A. Wright	23.92

CLUB PENTATHLON 21st March, 1982

		<u>Long Jump</u>			<u>Javelin</u>			<u>Discus</u>			<u>1500</u>		<u>Total points</u>	<u>Posn.</u>
		<u>Dist.</u>	<u>Points</u>	<u>Dist.</u>	<u>Points</u>	<u>Dist.</u>	<u>Points</u>	<u>Dist.</u>	<u>Points</u>	<u>Time</u>	<u>Points</u>			
D. Whittam	W45	3.75	1147	30.0	800	17.30	412	17.58	436	7.45	190	2985	1st ladies	
W. Monks	M45	4.39	516	28.0	700	11.88	20	14.20	57	5.11	697	1990	2	
B. Danby	M35	4.30	120	30.13	287	16.42	20	16.64	20	4.59	706	1153	10	
A. Wright	M60	3.41	648	34.66	434	16.46	178	27.20	688	6.17	628	2576	1	
J. Whittam	M45	3.54	176	32.94	206	20.58	197	18.66	213	5.37	538	1330	8	
A. Tyson	M55	3.14	320	31.84	516	15.52	141	17.00	280	5.34	706	1963	3	
I. Lyon	M40	4.43	372	28.2	580	20.54	139	17.14	75	6.30	370	1536	5	
A. Davie	M45	3.65	220	29.78	522	16.82	85	16.46	136	5.35	550	1513	6	
P. Cowley	M40	4.36	344	29.8	420	19.08	102	14.64	20	5.22	598	1484	7	
W. Chapman	M55	3.01	255	37.21	21	19.50	300	24.08	563	8.35	20	1159	9	
D. Stone	M50	3.72	410	30.84	516	22.40	329	18.66	213	5.55	490	1958	4	
W. Hough	M40	-	-	-	-	-	-	-	-	5.35	520	520	12	
A. Fergie	M45	-	-	-	-	32.34	550	25.56	455	-	-	1005	11	

W.A. VETERANS A.A.C.
 Newsletter No. 115
 Registered for posting as
 a periodical - Category B

Secretary	Val Prescott	3848585
	Dorothy Whittam	387 6438
Treasurer	Colin Leman	364 7782
Editor	J. Whittam	387 6438

ANNUAL GENERAL MEETING REPORT (in brief) Full Report in a later Newsletter.

After the Minutes of the last A.G.M. were approved, the reports of the President, Secretary and Treasurer were given, and the following officials appointed :-

Patron	Bill Hughes	
President	Bob Sammells	
Vice President	Barrie Slinger	
Secretaries	Dorothy Whittam 387 6438; V. Prescott 384 8585	
Assistant Secretary	Bob Fergie 447 6898	
Treasurer	Colin Leman	
Committee Members (3)	Sue Leman 364 7782; D. Stone 342 2787; R. Shand 3840939	
Auditor	Ray Lawrence 447 9267	
Librarian	Allen Tyson 387 3722	
Handicapper)		
Armourer)	Andy Wright 447 9141	
Statistician		
(Keeper of the Records)	Dick Horsley 387 6805	
Newsletter Editor	Jeff Whittam 387 6438	

Life Membership was conferred upon Bob Fergie for all the work he has put in over the years as Assistant Secretary, Committee Member, running the Time Trials Points system, organising and co-ordinating the recent Australian Track and Field Championships.

Honorary Membership : Jack Collins having reached the age of 70 years now becomes an Honorary member. Jack had to give up running a couple of years ago because of a troublesome hip, for which he has just recently had an operation, but he still kept up his membership with the club and his fitness with A.U.S.S.I.E.

ATTENTION ! SUBSCRIPTIONS NOW DUE

New membership fees are now :- SINGLE \$15 COUPLE \$20.00
 New Members joining fee plus \$5.00

Congratulations to the following members who celebrated birthdays during April :-

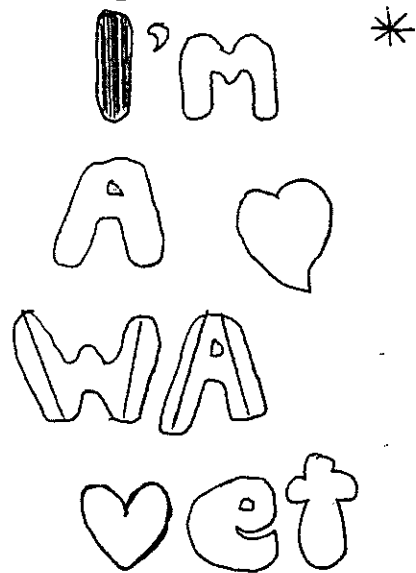
Bill Chapman turns 58 remains M55	Reg De Gruchy turns 56 remains M55
John Davies " 48 " M45	Alun Duffy " 40 becomes M40
David Darvell " 36 " M35	Joe Gold " 38 Remains M35
David Hough " 50 becomes M50	Lena Hilton " 36 " W35
Tom Jones " 89 remains M85	Bob Johnstone " 40 becomes M40
Maurice Johnston " 45 becomes M45	Dave Jones " 56 remains M55
Kevin Lang " 52 remains M50	James McLean " 51 " M50
G. Sutherland " 37 " W35	Jaqui Shillington " 40 becomes W40
Charlie Spare " 43 " M40	Ron Taylor " 50 becomes M50
H. McGlashan " 45 becomes M45	R. Langford " 32 remains W30
Alicia Ansell " 38 remains W35	

We would like to welcome the following new members to the club :-

Kevin Barry 41; Stan Latchford 41; Thomas Reynolds 41; Barrie Kernaghan 42;
 Margaret Harmen 44; Duncan Faux 35; Ron Torkildsen 50; Paul Gabbedy 38; David Clive 45;
 Edward Anderson 44; Erica Mercer 38; Ed Smith 45; Gary Aitken 40; Chris Johnson 41;
 Elicia Ansell 38; Charles White 42; James Turnbull 45; Hamis McGlashan 45; Frank Steere 38
 Ian Morrison; Fred Langford 35; John O'Brien; Jim Langford 38; Rosemary Langford 32.

2 2

Drawn by an unknown lap scorer during the Champs at Easter.



TIME TRIALS 25/3/82

3000 m Walk		5000 m		200 M	
V. Tyson	20.48.49	D. Horsley	28.37.0	C. White	28.06
		D. Stone	26.29.23	J. Corbello	28.06
				J. Whittam	33.16
				D. Whittam	29.40
				D. Moffett	27.30

Triple Jump
J. Whittam 8.57 Bill Chapman and Alex Cummings threw various things, but recorded no distances.

10,000 M

Mel Shead	14.54 (9 laps)	P. Wall	8.14 (6 laps)	F. Smith	33.20.8
M. Warren	40.59.0	J. Pellier	42.49.0	A. Tyson	41.13.9
A. Davie	44.31.88	B. Hughes	39.58.95	R. Shand	36.30.0
B. Monks	3.11 (2 laps)	N. Gereaux	46.17.0	M. Johnston	37.35
R. Godkin	43.46.0	A. Leggett	46.04.72	J. Pearton	49.18.39
Jan Fletcher	44.06.17	A. Acreman	40.40.0	B. Slinger	38.28
V. Pach	15.08 (8 laps)	Ken Gilbert	18.03(13 laps)	D. Crowther	35.36.10
R. Faulkner	39.43	John Maddison	21.24(15 laps)	C. Bould	45.43.89
L. Butcher	45.58.30	Derek Hoyer	35.05.62	F. McClindon	39.39.49
		F. Steers	38.43	R. Hayres	40.17

100 M		TIME TRIALS 1/4/82		The last session before the Nationals. Final trials for all the sore legs and crook knees.	
D. Whittam	14.2	H. De Souza	12.99		
I. Morrison	13.54	B. Oliver	14.18		
C. White	13.20	L. Butcher	15.50		
C. Johnson	12.73	M. Shead	14.84		

800 M

D. Whittam	3.18.4	C. White	2.50.0	B. Foley	2.18.72	D. Stone	15.55.35
S. Latchford	2.29.0	A. Davie	2.41.0	L. Brown	3.37.84	V. Tyson	20.30.65
F. McLinden	2.36.34	D. Moffett	2.33.9	D. Caplin	2.10.95		
K. Gilbert	2.07.0	C. Johnson	2.18.37				

1500 Metres

D. Caplin	4.20.34	N. Gereaux	5.28.78	W. McCabe	5.19.05
K. Gilbert	4.15.74	E. Maslen	4.26.0	L. Butcher	6.15.0
B. Foley	4.24.9	M. Shead	5.28.8	S. Maslen	7.18.56
B. Danby	4.44.61	L. Broun	6.55.33	D. Horsley	5.42.0
R. Faulkner	4.58.7	J. Fletcher	5.28.0	C. Bould	6.12.32
A. Davie	5.14.23	S. Latchford	4.57.07		

Vetrun 115

45 runners and numerous spectators gathered at Camp Markham on an overcast morning that could only be described as 'brisk'.

At 9 am I set the runners off down the beaten track, hopefully to be seen again at the other end. Conditions were superb for the gruelling 8 km trek, no sun and a cool breeze.

After following a dirt track, 1 km of beach, tar roads and too many damned hills (according to Jeff Whittam: "lies, all lies" said he, sliding back down the hill off the beach for the fourth time), the runners found themselves bounding along with the Tamars through some more scrub and finally to that elusive finish line and at last, a drink!

At last the sun obliged and shone, the wind dropped and everybody enjoyed a bar-b-que by the beach.

The official inter-service record for the course is 29 mins.

Helenn and I would like to thank everyone who came down to Stirling and made our run a success.

HMAS Stirling Run - results

'David Darvell'

1. F. Smith	34.15	16. E. Smith	39.13	31. R. Lawrence	46.52
2. B. Danby	34.17	17. B. Mitchell	39.14	32. M. Tapper	48.26
3. C. Leman	34.33	18. J. Whittam	39.30	33. S. Leman	48.56
4. D. Caplin	34.49	19. M. Khan	39.52	34. R. Farrell	48.59
5. D. Crowther	34.50	20. A. Tyson	40.32	35. J. Stone	51.38
6. R. Shand	34.53	21. R. Walsh	41.08	36. A. Deanus	52.14
7. D. Hoye) Snr or	34.54	22. G. Moses	41.09	37. J. Pellier	52.14
8. D. Hoye) Jnr?	34.54	23. M. Johnson	42.22	38. P. Farrell	55.42
9. A. Barr	35.08	24. A. Davie	42.32	39. E. Crowther	55.48
10. Costello	35.33	25. J. Pellier	42.36	40. D. Whittam	56.13
11. J. Madison	36.26	26. J. Moore	42.42.	41. G. Sutherland	56.46
12. J. Barnes	36.26	27. A. Wright	43.12	42. M. Hankin	1.08.40
13. G. Allen	36.29	28. C. Brooks	43.41	43. N. Berry	1.16.24
14. F. Deanus	36.32	29. B. Thomsett	44.27	44. V. Tyson	1.20.12
15. B. Sammells	37.01	30. F. Usher	44.27	45. R. Maddison	1.20.12

Sunday 28th March

47 starters lined up on a hot morning to try out the National Cross country course - being timed for the 1st lap only. Several runners continued on to do the 2nd lap as a shakedown for Easter Monday. There was a quiet B.B.Q. after the event for a small group of stayers.

1. C. Leman	21.16	17. M. Moyle	26.32	33. M. Sheed	29.37
2. D. Crowther	22.11	18. A. Davie	26.47	34. L. Butcher	30.23
3. R. Shand	22.58	19. G. Allen	26.54	35. M. Trapper	30.52
4. Pach	23.38	20. A. Acreman	26.57	36. F. Usher	31.16
5. J. Barnes	24.20	21. B. Mitchell	27.02	37. Pach	31.47
6. D. Hoye	24.23	22. E. Smith	27.06	38. E. Crowther	33.33
7. P. Bragg	25.05	23. B. Sammells	27.17	39. J. Pearton	33.33
8. J. Whittam	25.21	24. D. Horsley	27.28	40. R. Farrell	33.29
9. M. Smith	25.38	25. R. Godkin	27.32	41. J. Stone	38.37
10. D. Moffett	25.46	26. S. Lockwood	27.49	42. D. Farel	38.37
11. D. Darvell	25.52	27. A. Wright	27.55	43. A. Deanus	38.37
12. B. Hayres	26.09	28. M. Khan	28.05	44. J. Pellier	38.37
13. F. Deanus	26.17	29. D. Phillopson	28.12	45. D. Whittam	29.26
14. D. Stone	26.19	30. R. Lawrence	28.34	46. V. Tyson	52.00
15. R. Sparks	26.20	31. J. Pellier	28.34	47. S. Leman	22.00
16. F. McLinton	26.32	32. R. Walsh	28.50		

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ROUND THE BRIDGES NOMINATED TIME Sunday April 18th

It was a pity this event clashed with a Marathon Club event, as most members opted to the Marathon 20 miler. Never the less, 22 members ran the 10 k in a nominated time. There were one or two complaints that Rob set a too fast pace and so spoilt their time. Cliff and Dick actually ran the nearest to their nominated time but did not run round the bridges just to the bridge and back, so the prize went to Dave Jones who was the nearest man, and to June Strachan who was the nearest woman. Thanks go to Lorna Butcher, Tom Jones and Dorothy Whittam for timing and recording.

Round Bridges Nominated Time - results

<u>Name</u>	<u>Actual time</u>	<u>Nominated time</u>			
B. Buchanan	40.44	42.00	R. Lawrence	45.38	48.00
R. Jones	40.45	42.46	R. Farrell	46.19	48.52
R. Shand	40.46	42.00	D. Jones	46.58	47.12
B. Sammells	40.58	41.37	C. Bould	47.52	48.00
P. Cowley	41.05	42.00	D. Horsley	47.52	48.00
J. Chadwick	41.39	43.00	I. Sutherland	48.54	50.00
A. Davie	42.04	45.00	A. Wright	50.14	48.00
S. Nightingale(guest)	42.10	45.00	P. Farrell	50.41	55.00
D. Strachan	43.04	43.00	G. Noordyke	50.41	50.00
M. Kahn	43.26	41.30	M. Warren	51.23	56.21
M. Moyle	44.46	47.00	J. Strachan	55.10	58.00

To those members who won medals in the National Championships at Easter congratulations to each and everyone of them.

John Gilmour also broke a World record in the Mens 60 years 5,000 metres with a time of 16 mins. 38.3 secs. Well done John. Also 6 W.A. Vets set National Records.

NATIONAL CHAMPIONSHIPS April 1982 GOLD MEDALS (61)

N. Goff M60 100, 110 Hurdles, Long jump, Triple jump, pole vault
 E. Hindle W30 100, 200, 400, 800, 1500, 100 hurdles, 400 hurdles, long jump
 D. Horsley M65 1500, 3000 walk, 5000 walk, 10 K Cross Country
 F. Langford M35 3000 Steeplechase, 10 K Cross Country
 E. Maslen M45 3000 Steeplechase, pole vault
 D. Whittam W45 100, Shot, Long jump
 E. Mercer W35 800, 1500, 10 K Cross Country
 E. Maslen M45 1500, 5000, 400 hurdles
 J. Fletcher W35 5000, 1500 walk, Javelin
 J. Davies M45 110 hurdles, 3000 Steeplechase
 D. Stone M50 400 hurdles, 3000 Steeplechase, 5000 walk, 3000 walk
 B. Wilson M35 3000 Steeplechase, 3000 walk
 V. Tyson W55 3000 Walk, 1500 Walk
 P. Head W60 1500 walk, 3000 walk, javelin
 A. Fergie M45 Discus, shot, pole vault
 L. Butcher W50 1500, 5000, 10,000, 10 K Cross Country
 L. Brown W35 400, 800, Discus, Shot

Vetrun 115

GOLD MEDALS

B. Kernaghan	M40	100
T. Jones	M85	100
D. Whittam	W45	200, 400, 400 hurdles
F. Lyons	M35	400
P. Gare	M40	400
D. Carr	M45	400
B. Foley	M35	800
J. Shepherd	M75	800, 1500
K. Holland	W40	800
P. Head	W60	10 K Cross Country
F. Smith	M40	5000, 10,000
J. Gilmour	M60	5000, 10,000
C. Bould	M65	5000, 10,000
M. Harman	W40	1500, 5000
J. Langford	M35	10,000
G. Innes	M45	10,000
D. Jones	M50	400 Hurdles
A. Ansell	W35	10,000
D. Faux	M35	3000 Walk, 5000 Walk
P. Smith	M40	3000 Walk, pole vault
R. Brown	M40	Discus, shot
K. Counsel	W35	Shot
M. Southall	M35	Hammer
A. Fergie	M45	Hammer, high jump
R. Mercer	W35	Long jump
A. Wright	M60	High jump
T. Manley	W45	High jump
D. Caplin	M40	10 K Cross country
B. Leach	W35	10 K Cross country

BRONZE MEDALS (46)

D. Carr	M45	100, 200	C. Janner	M55	10,000
G. Noordyk	M60	100, 800	T. Reynolds	M40	110 hurdles
B. Kernaghan	M40	400	G. Audley	M45	110 hurdles
R. DeGrunchy	M50	400	D. Horsley	M65	Discus, shot
B. Sutherland	M35	800	B. Robinson	M40	Shot
G. Aitken	M40	800	A. Cummings	M50	Shot
W. Monks	M45	800	B. Old	M40	Javelin
M. Moyle	M55	800, 1500	A. Fergie	M45	Javelin
M. Harman	W40	800	J. Turnbull	M45	Hammer, long jump
B. Wilson	M35	1500	A. Wright	M60	Long jump
D. Caplin	M40	1500	I. Morrison	M35	Triple jump
J. Langford	M35	5000	D. Crowther	M40	10K Cross country
G. Innes	M45	5000	E. Maslen	M45	10K Cross country
J. Fletcher	W35	1500, 10000	R. Shand	M50	10K Cross country
P. Wall	M40	10,000	D. Strachan	M60	10K Cross country
F. McLinden	M50	10,000	D. Dow	W35	10K Cross country

SILVER MEDALS

(76)

J. Gold	M35	100
R. Taylor	M45	100, 200
D. Jones	M50	100, 200, 400
D. Dow	W35	100, 200, 400
P. Carr	W50	100, 200, 800
F. Lyons	M35	200
B. Kernaghan	M40	200
N. Goff	M60	200, High Jump
D. Moffett	M50	400, 800
K. Gilbert	M40	800, 1500
B. Foley	M35	1500
J. Gilmour	M60	1500
P. Wall	M40	5000
R. Shand	M50	5000, 10,000
D. Horsley	M65	5000
M. Warren	W45	1500 walk
M. Harman	W40	10K Cross country
R. Harrison	M40	10,000
R. Langford	W30	5000, 10,000
P. Smith	M45	110 hurdles
A. Cummings	M50	110 hurdles, hammer
B. Leach	W35	10,000
K. Counsel	W35	Discus, long jump
C. Johnson	M40	Shot
J. Turnbull	M45	Javelin
W. Monks	M45	High jump
J. Langford	M35	10K Cross country
M. Tapper	W30	10K Cross country

FIRST STATE CHAMPIONSHIPS 1982 April

W.R. World Record N.R. National Record S.O. State Open Record S.R. State Residential Rec.

<u>100 m M35</u>		<u>M40</u>		<u>M45</u>	
1. J. Gold	11.9	1. B. Kernaghan	11.6	1. R. Taylor	12.4
2. F. Lyons	12.0	2. P. Gare	11.9	2. D. Carr	12.4
3. P. Gabbedy	12.4	3. R. Calnan	12.1	3. R. Johnson	12.7
<u>M55</u>		<u>M60</u>		<u>M85</u>	
1. D. Jones	13.2	1. N. Goff	14.6 S.R.	1. T. Jones	22.4 N.R. S.O. S.R.
2. R. De Gruchy	13.8	2. G. Noordyk	18.9		
<u>W30</u>		<u>W35</u>		<u>W45</u>	
1. E. Hindle	12.7	1. D. Dow	15.4	1. D. Whittam	14.5
				2. T. Manley	17.0
<u>W50</u>					
1. P. Carr	15.9 S.R.				
2. L. Butcher	16.9				

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200 M M35
 1. F. Lyons 23.9
 2. J. Gold 24.4
 3. P. Gabbedy 25.7

M40
 1. B. Kernaghan 23.5
 2. P. Gare 23.7
 3. C. Johnson 25.3

M45
 1. R. Taylor 25.8
 2. D. Carr 25.8
 3. A. Davie 29.5

M50
 1. D. Moffett 26.5

M55
 1. D. Jones 26.5
 2. R. DeGruchy 27.8

M60
 1. N. Goff 31.1 S.R.

W30
 1. E. Hindle 26.3 S.R.

W35
 1. D. Dow 32.2

W45
 1. D. Whittam 28.7
 2. T. Manley 35.5

W50
 1. P. Carr 32.3 S.R.

400 M M35
 1. F. Lyons 51.4
 2. P. Gabbedy 55.0
 3. I. Morrison 59.0

M40
 1. P. Gare 55.2
 2. C. Johnson 55.6

M45
 1. D. Carr 55.9
 2. R. Taylor 57.9
 3. W. Monks 60.0

M50
 1. D. Moffett 57.6 S.R.
 2. F. McLinden 64.4

M55
 1. D. Jones 62.8
 2. R. DeGruchy 63.5
 3. G. Morgan 74.4

M60
 1. A. Wright 81.4
 2. G. Noordyk 81.5

W30
 1. E. Hindle 63.3

W35
 1. D. Dow 71.8
 2. L. Brown 90.1

W45
 1. D. Whittam 67.8 S.R.

800 M M35
 1. B. Foley 2.07.0
 2. B. Sutherland 2.11.5
 3. B. Wilson 2.19.2

M40
 1. K. Gilbert 2.01.1 S.R.
 2. G. Aitken 2.05.4
 3. B. Waldhuter 2.06.2

M45
 1. D. Carr 2.13.7
 2. W. Monks 2.14.7
 3. R. Sammells 2.22.0

M50
 1. D. Moffett 2.15.8 S.R.
 2. F. McLinden 2.24.6
 3. R. Hayres 2.29.7

M55
 1. M. Moyle 2.46.1
 2. R. DeGruchy 2.46.5

M60
 1. G. Noordyk 2.50.6

M75
 1. J. Shepherd 3.39.5 S.R.

W30
 1. E. Hindle 2.28.4

W35
 1. E. Mercer 2.37.2
 2. L. Brown 3.31.6

W40
 1. K. Holland 2.36.9
 2. M. Harman 2.51.9

W60
 1. P. Head 3.55.2 N.R. SO S.R.

1500 M M35
 1. B. Foley 4.22.1
 2. B. Wilson 4.24.7
 3. B. Sutherland 4.32.8

M40
 1. K. Gilbert 4.14.0
 2. D. Caplin 4.20.3
 3. I. Henderson 4.39.4

M45
 1. E. Maslen 4.25.0
 2. R. Sammells 4.48.9
 3. M. Johnston 4.59.4

M50
 1. F. McLinden 5.02.9
 2. R. Hayres 5.05.2

M55
 1. M. Moyle 5.25.2

M60
 1. J. Gilmour 4.47.5
 2. A. Wright 5.41.7
 3. G. Noordyk 5.56.0

M65
 1. D. Horsley 5.34.1

M75
 1. J. Shepherd 7.23.8 S.R.

W30
 1. E. Hindle 5.15.8

W35
 1. E. Mercer 5.30.0
 2. J. Fletcher 5.32.0
 3. D. Dow 5.44.0

W40
 1. M. Harman 5.41.3 S.R.

W45
 1. M. Warren 6.45.6

W50
 1. L. Butcher 6.23.0

W60
 1. P. Head 7.42.0 S.R.

W60
1. P. Head 21.02.6

1400 m Walk W35
1. J. Fletcher 8.28.1 S.R.

Discus M35
1. I. Morrison 24.46

M50
1. A. Cummings 30.98

M65
1. D. Horsley 25.80

M45 SHOT
1. A. Fergie 9.80
2. R. Johnson 7.45
3. J. Turnbull 7.45

M65
1. D. Horsley 8.38

Javelin M40
1. B. Old 41.04
2. C. Johnson 28.22
3. B. Robinson 26.60

M60
1. N. Goff 23.34 S.R.

HAMMER M35
1. M. Southall 29.12

M50
1. A. Cummings 26.70
2. R. Hayres 16.92

LONG JUMP M35
1. I. Morrison 5.00

M55
1. R. DeGruchy 4.36

W35
1. E. Mercer 4.10
2. K. Counsel 3.34

TRIPLE JUMP M35
1. I. Morrison 10.24

M55
1. R. DeGruchy 8.37

M45
1. E. Maslen 2.60
2. A. Fergie 2.50

M45
1. A. Fergie 1.45
2. W. Monks 1.30

10 K CROSS COUNTRY M35
1. F. Langford 41.30
2. J. Langford 42.11
3. C. Leman 43.37

W45
1. M. Warren 9.41.0 S.R.

M40
1. R. Brown 48.18 N.R.S.O. S.R.

2. C. Johnson 26.88
3. P. Smith

M55
1. W. Chapman 24.78

W35
1. K. Counsel 21.40
2. L. Brown 16.18

M50
1. A. Cummings 8.66

M55
1. W. Chapman 9.06

W35
1. K. Counsel 7.42 S.R.
2. L. Brown 6.10

M45
1. J. Turnbull 33.84
2. A. Fergie 33.78
3. R. Sammells 24.44

W35
1. J. Fletcher 18.88

M40
1. P. Smith 18.90

M55
1. W. Chapman 17.84

M60
1. A. Wright 19.50

M40
1. R. Calnan 4.89

M60
1. N. Goff 4.35 S.R.
2. A. Wright 3.68

W45
1. D. Whittam 3.83
2. T. Manley 3.43

M40
1. P. Smith 10.08

M60
1. N. Goff 9.36 S.R.

M60
1. N. Goff 2.05

M60
1. A. Wright 1.20) S.R.
2. N. Goff 1.20)

M40
1. D. Caplin 44.35
2. D. Crowther 44.56
3. G. Aitken 45.05

W55
1. P. Head 9.35.0 S.R.

M45
1. A. Fergie 26.32
2. J. Turnbull 22.52
3. J. Whittam 19.04

M60
1. A. Wright 28.52
2. N. Goff 26.40

SHOT M40
1. R. Brown 16.51 N.R. S. S.R.

2. C. Johnson 8.85
3. B. Robinson 7.96

M60
1. N. Goff 9.87

W45
1. D. Whittam 7.64

M50
1. R. Shand 26.62
2. A. Cummings 22.82

W60
1. P. Head 9.22

M45
1. A. Fergie 29.76
2. J. Turnbull 18.70
3. J. Whittam 17.00

M45
1. W. Monks 5.02
2. J. Turnbull 4.08

W30
1. E. Hindle 5.55 N.R. S. S.R.

M50
1. A. Cummings 8.53

POLE VAULT M40
1. P. Smith 3.40 S.R.

HIGH JUMP M40
1. P. Smith 1.40

W45
1. T. Manley 1.20 S.R.

M45
1. E. Maslen 47.25
2. G. Audley 48.47
3. B. Hanks 49.58

10K Cross Country cont'd ...

<u>M50</u>			<u>M55</u>		<u>M60</u>	
1. R. Shand	47.20		1. M. Moyle	58.10	1. D. Strachan	57.42
2. F. McLinden	49.56		2. F. Usher	59.49	2. A. Wright	58.42
3. A. Briffa	52.19					
<u>M65</u>			<u>W30</u>		<u>W35</u>	
1. D. Horsley	58.45		1. M. Tapper	68.10	1. B. Leach	55.02
					2. E. Mercer	61.40
<u>W40</u>			<u>W45</u>		3. D. Dow	65.16
1. M. Harman	60.39		1. L. Butcher	62.48		
2. A. Deanus	70.50		<u>W60</u>			
			1. P. Head	81.05		

ASSOCIATION EVENTS Sat. 17th April

Only 4 members ran in the Opening Day Scratch races held at Perry Lakes. They were Barrie Sutherland who ran the 4 K in 14 mins 57 secs. Derek Hoye ran the 8 K in 29 min 18 secs. Brian Danby also ran the 8 K in 30 min 05 sec.

Dorothy Whittam ran in the 2 K race but was not credited with a finishing time much to her disgust. There were probably others who ran but registered with another club. If you would like your times to be published in the newsletter, please let either Jeff or Dorothy or Derek Hoye know your time and distance.

MARATHON CLUB 20 miles Sunday 18th April

John Gilmour has done it again ! John broke the World record for his age group (60). He ran 20 miles in 1 hour 59 m 58 secs. Well done John. When are you going to have a rest.

Derek Hoye came 3rd in the 10 miler held in conjunction with the 20 mile. These results were taken from the newspaper, no other results are at hand as yet.

Association of W.A. Event - Wanneroo

April 24th

WOMENS 4K Cross/Country

2nd	Lee Docksey	19m 25 secs
3rd	Erica Mercer	19m 58 secs
4th	Margaret Harman	20m 57 secs
5th	Eileen Hindle	21m 26 secs
6th	Rosemary Langford	21m 41 secs
8th	Dorothy Whittam	26 m 12 secs

MENS 8K Cross/Country

12th	Don Caplin	34m 12 secs
13th	Ted Maslen	34m 37 secs
15th	Brian Danby	34m 54.3 secs
18th	Derek Hoye	35m 35.9 s.
20th	Barrie Sutherland	36m 05 s.
25th	Rob Shand	36m 55.9 s.
32nd	Ed Smith	39m 11.5 s.
34th	Graham Thornton	41m 05.4 secs.

Jim Langford won the event but I did not get his time. Sorry Jim. While only two of the women ran in Vets colours, all but two of the men were.

WINTER WALKS - RESULTS

April 24 10Km Jackadder Lake

Duncan Faux M35 51.23

Don Stone M50 59.15

Dick Horsley M65 59.27

April 18 8Km Perry Lakes

Duncan Faux M35 39.55

Don Stone M50 48.28

May 1 12Km Wanneroo

Duncan Faux M35 61.08

Don Stone M50 69.42

Jim Turnbull M45 70.50

"Veteran Athletics is the greatest movement in Australia, even if you finish last, you still get an ovation". (Stan Nicholls, seconds after breaking the World Record for the 3,000 metres Steeple Chase. (M70 age group) in Perth, Easter 1982.)

On 17th April, 1981, Cliff Bould and Dave Jones were the Club's delegates to the Australian Association of Veterans Athletic Clubs' National Conference in Brisbane. They confirmed the Club's willingness to host the 1982 Championships and Conference duly awarded them to us. There was no turning back.

The Club Committee elected the previous year had immediately started planning for Easter, 1982. The Championships had been provisionally awarded to Perth and two years was needed to prepare for them. They would be costly to run and fund-raising began at once. The money raised actually helped to give us a reasonable amount of money in hand at the start of the 1981/82 Season. Denis Butcher was appointed co-ordinator for the Championships, began researching what was required and started to put some proposals together.

By August, 1980, some initial costing had been done, the 10,000's were planned for McGillivray, Jorgensen Park for the Cross Country, and Charlie Spare was investigating hire costs of buses needed for the Kalamunda and return trip. The Floreat Hotel was to be considered for the Function.

Shortly after this, things began to fall apart. Denis went to work in Zimbabwe and, later, Dave Carr was transferred to Northcliffe. The initial impetus was lost and eight months drifted by with little tangible progress. By March, 1981, with Rob Shand, Don Caplin and Bruce Buchanan ~~not going to stand for re-election, the prospects for the incoming, necessarily inexperienced Committee, were daunting. It would have to run the Club and plan, organise and stage a National Championships virtually from scratch. When Wal Sheppard, Secretary, A.A.V.A.C., enquired of Rob Shand if we could host the Championships, Rob replied that we could not, giving the justification of an inexperienced Committee. There the matter rested until the 1981 AGM.~~

Feeling at this Meeting was strongly in favour of our hosting the Championships, but the final decision was left to the new Committee. This met on Wednesday, 1st April, 1981, agreed to Perth for 1982 and requested Rob Shand to notify Wal Sheppard.

13th May, 1981, saw the formation of the ad hoc Organising Committee. The members were Brian Danby, Bob Fergie, Bob Hayres, Dave Jones, Bob Sammells (who had stood for election after all), Don Stone and Derek Walker. (Five months later, Derek had to withdraw and Roger Walsh filled the vacant position.) The trauma was over and work had to recommence.

We soon discovered that in Bob Fergie we had an organising genius. He drew up the overall plan and target dates that we stuck to throughout. Brian Danby was responsible for the publicly-hated but privately-loved Cross Country Course; he was aided and abetted by Jeff Whittam in studying the terrain and planning the Course. Dave Jones made the Official Programme his 'labour of love' and the final version was generally acclaimed as being the best ever. Don Stone looked after video, photography, T-Shirts, the Stadium Shop, and other matters too numerous to mention. Derek Walker arranged sponsorship from the Atrium Club and Coates Hire Service. Bob Hayres was to organise the Function but was not above a bit of fund-raising himself. He organised a supply of pens for sale, the Quiz Night and also the initial supplies of Exacto T-Shirts. Then to keep his hand in, just before the Championships he went to buy a watch from Mazzucchelli's to buy a watch for the Raffle. The jewellers ended up donating

a Seiko watch which was eventually won by the sole competitor from the Northern Territory! Bob Sammells acted as Chairman/Secretary and also managed to obtain R & I Bank sponsorship. Roger Walsh's expertise saved us from going overdrawn on a few occasions when we had used our available funds and depleted most of the Club's. Expenditure raced ahead of income until February, 1982, so the cash

raised in 1980 was a lifesaver. Roger's regular statements of income and expenditure were a vital aid in keeping to budget.

The Organising Committee were all cogs in a wheel and so were of equal importance. Except that one was of more importance than the others. That cog was Bob Fergie and the effort that Bob put in was prodigious. To report all of the work that Bob did would be an impossibility. But the results of his work were on display during the Championships wherever one looked. The paperwork, the Canteen, the AAWA Officials, the computer-printed results, the certificates, Chest Numbers, all were evidence of Bob's great involvement. All who competed at Easter owe Bob a great debt of gratitude. ~

There were many innovations at the Championships and we may have been setting standards for others to follow. A few of the more important ones were:

- The Chronomix clock and timing equipment. These were donated by the WA Marathon Club and greatly eased the administrative side of the distance events. The clock would also have assisted runners to better pace themselves, so making for improved times.
- Video record of the Championships. Jenny Danby gave up her Easter to film some nine hours of events. She will be giving up many more hours to editing in order to produce a three-hour film for the Club.
- Three-digit Chest Numbers. Unique numbers reduce errors in lap-scoring and recording generally.
- Computer records of all competitors and events entered. A computer had been used in Brisbane but it is not known to what extent. Jim Langford did the programming, supplied the machine, worked many long hours with it in the Control Room and still found time to run.
- Giving of certificates to all competitors. A well-received feature of the Championships.

The Championships were generally adjudged to be a success and a credit to our Club. Some have gone so far as to say that these were the best organised Championships ever. For the sake of 160 or so competitors from the Eastern States and New Zealand who brought themselves and their families to Perth, and had faith in us to do a decent job, let us hope that they were ~~right~~ the best. We had first-class venues, excellent weather for the time of year, and splendid competition. Everyone seemed to have had a tremendous time and many friendships were made.

One of our other successes was the Function. Seemingly, this is always a difficult thing to organise. Well, Bob Fayres and Phil Wall did a wonderful job between them. (The less said about the Floreat Hotel the better.)

For the statistically-minded, the Championships produced

- four World Records
- 65 National Records
- 141 WA Open Records
- 42 WA Residential Records.

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R & I Bank Trophies for Outstanding Performance went to

- Shirley Brasher (W55 Tasmania)
- Richard Brown (M40 Western Australia)

Many of the people and organisations who helped the Club with the Championships have already been thanked individually by letter. It is appropriate, however, to mention our sponsors:

- Atrium Club
- Coates Hire Service
- R & I Bank of WA
- Westwools

and the donation by Mazzucchelli's.

They have demonstrated their support for Veterans Athletics; please demonstrate your support for them.

And to stop us from becoming conceited with success, another quote from the great Stan Nicholls, made during the Cross Country,

"I've been running for 54 years and this is the worst Course I've ever been on."

You can't win them all.

CHAMPIONSHIP HIGHLIGHTS.

Jo Stone	Tom Jones/Bill Empey's 100 metres sprint.
Colin Leman	Seeing Rob Shand literally run himself into the ground in the 10,000 metres.
Rob Shand	Phil Smith's nerve shattering pole vaulting.
Merv Moyle	Frank Smith's 5,000 metres win.
Alan Acreman	Being last in an event for the first time.
Bob Sammells	Frank Smith's 5,000 and 10,000 metres wins.
Bob Fergie	All those steps from the track to the control room, <u>SO MANY TIMES.</u>
Jeff Whittam	George McGrath's "long sprint" in the 1500 metres and his smile and polite "thank you" in the cross country.

if anyone has any other particular 'highlight' they would like published let me know. (Ed.)

COMMITTEE MEETING HELD ON 5th MAY 1982.

It was reported that after the wine bottling on Sunday 2nd May that there were quite a number of bottles left unsold. If you haven't obtained your supply see any member of the committee, who will only be too pleased to sell you some. For those who don't know there were two types of wine bottled, RIESLING and TAWNY PORT both are on sale at \$1.50 per bottle or if you buy a dozen you get 13 for the price of 12.

The committee is looking into the possibility of buying a Cronomix timing clock and time readout apparatus, as used by the marathon club and at the Champs at Easter.

New York Marathon Tour. Air New Zealand are running a tour commencing on the 16th October 1982 from Sydney. Anyone interested in going? See Dorothy Whittam for details.

NEW MEMBERS.

Rod Cox	11, Joseph Street, Leederville. 6007.	3816524	17 Aug 1943	M35
Brian Landers	188, Collins Street, Kalgoorlie. (090)211682		18 Oct 1941	M40
Graham Thornton	7, Balmoral Road, Goosebeery Hill. 6067.	2933027	8 Oct 40	M40
Lee Anice Docksey	Flat 21/8, Currie Street, Daglish. 6008.		1 Feb 1951.	W30

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ANNUAL SUBSCRIPTIONS.

These are now due, if you have not already paid yours, do so now! Make a note of it to Colin Leman, 27, Cunningham Street, Ardross. 6153. (TREASURER) or to Dorothy Whittam, 49 Holland Street, Wembley. 6014. (Secretary) if you do not this could be your last newsletter.

GRADE "1" COACHES COURSE 1982.

The above course will be conducted from Tuesday June 1st to Sunday July 25th. The course covers basic coaching methods of all track and field events, and also general coaching principles, physical conditioning and the prevention of sports injuries. Examinations, both written and practical, will be held at the conclusion of the course. For further information and application forms, phone the course co-ordinator= ROB YOUNG on 3496304.

CHANGE OF ADDRESS.

Brian Hanks. 4, Magenta Place, Riverton. 6155.
Art Briffa. 227, Mill Point Road, South Perth. 6151.
Morland Smith. 6, Godin Court, Churchlands. 6108.
Alvin Willis. Anyone Know His Present Address?

BACK COPIES OF NEWSLETTERS.

If anyone has missed getting a newsletter, or would like a back copy we have copies covering the last twelve months. This offer closes on the 1st July 1982, when all copies left will be destroyed. So get in quick, see Jeff or Dorothy Whittam.

PRELIMINARY NOTICE.

OCTOBER 9-11 1982.

Camping weekend at the SUTHERLAND'S COUNTRY SEAT. Situated one mile from Pemberton on the Northcliffe Road. The rolling lawns of the estate abutt the virgin jarrah forest, into which guests will be invited to wander in search of flora and fauna, interesting runs, toilets, firewood etc. It is hoped that in the evening there will be a campfire. We are hoping to be able to hire toilets, or possibly it may be a rack of spades with a toilet roll on the end. More about this later, the weekend not the toilet roll.

SYDNEY 100 Mile Track Race

The 100 mile track race held in Sydney on April 10th 1982 was won by a 60 yr old veteran in 14hr 47min. Cliff Young turned 60 in February 1982, and has been running for only three years. His best marathon time of 2hr 57min was in the Big 'M' Marathon. He is a potato farmer who runs in long sleeved shirt and track suit trousers as he has a skin complaint and cannot expose himself to the sun. Joe Record of W.A. was 2nd in 16hrs 32min, and these were the only two, out of 12 starters to finish. The 'track' was circular, on a grass oval, 392.5metres in circumference with 4.1 laps to the mile and it required 110 laps plus 5metres to cover the 100 miles.

NEWSLETTER.

As you may have noticed this newsletter covers the months of April/May this is to try and make it that the next newsletter which will be June's will arrive early in June and not in July. This Newsletter is late because the committee been in the process of purchasing a Photo-copier, on which this newsletter has been printed. We are sorry for the delay but hope that in the future you will receive your Newsletter about the 2nd or 3rd of the month

Congratulations to the following members who celebrate birthdays in MAY.

	Turns	date	Becomes	date		Turns	date	Remains	date
Alan Acreman	45		M45	23	Erica Mercer	39		M35	30
Denis Batterham	" 50	"	M50	25	Jim Martin	" 57	"	M55	06
Derek Cook	" 41	Remains	M40	24	John McKechnie	" 56	"	M55	03
Peter Gallagher	" 41	"	M40	22	Marion Peterson	" 39	"	W35	10
Peter Gare	" 42	"	M40	21	Tom Reynolds	" 41	"	M40	18
John Gilmour	" 63	"	M60	03	Paul Slyth	" 40	Becomes	M40	42
Glen Hall	" 34	"	W30	17	Bruce Wilson	" 37	Remains	M35	31
Fred Langford	" 36	"	M35	30	Roger Walsh	" 39	"	M35	30
Stan Latchford	" 41	"	M40	19	Alvin Willis	" 42	"	M40	09
Ray Lawrence	" 54	"	M50	15	HAPPY BIRTHDAY TO ?				
Frank McLinden	" 51	"	M50	07					

LATE NEWS.

Veterans Marathon Championships July 25th 1982.
 We have just received news that veterans may compete in the Australian Marathon in Brisbane, also that special arrangements will be made to time any veteran who does not complete the course in four hours.
 The AAU had previously stated that there would be a cut off time of four hours, for both men and women.

Extract from letter sent to us from the Veterans National body. (Wal Sheppard)
 "I would also like to express the thanks of the Association for the magnificent staging of our National Championships. The overall organisation was first class and I think it proper that your committee should be thanked. It is also desirable that the officials and helpers should be commended and I would appreciate it if you would arrange for our thanks to be circulated accordingly. Melbourne is already planning the next Championships in the knowledge that they have a hard act to follow.
 signed. Wal Sheppard.

WEST AUSTRALIAN VETERANS ATHLETIC CLUB.

WINTER PROGRAMME 1982.

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Veterans events open to all members.
 W = Walkers 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 after the event. The first name is the member responsible for organising the event, the second names 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¢ will be charged.
 Note. Runs at McCallum Park will start at 8.00am, unless otherwise stated.
 Field event implements available afterwards if needed.

JUNE.

AT.	5th JUNE.	A.	Womens C/Country Relays. Mens 4k & 8k Handicaps.	KINGS PARK.
JN.	6th June.	.	<u>PEOPLES MARATHON.</u>	
W.	6th June.	WC.	Jackadder Lake. 3k, 6k, 10k.	9am.
AT.	12th June.	A.	Cross/Country Handicaps.	2pm. Perry Lakes.
JN.	13th June.	V.	<u>BOB HARRISONS RUN.</u>	9am. Dianella Reserve.
			followed by B.Y.O. B.B.Q.	8km.
			Bob Harrison/ F. Steere.	
un.	13th June.	WC.	Canning Vale. 20kms.	9am.
at.	19th June.	WC.	Whitfords. 12k.	1.30pm.
un.	20th June.	V.	Do Your Own Thing.	8am. McCallum Park.
un.	20th June.	A.	City of Stirling Champs.	2pm. Hale School.
at.	26th June.	A.	<u>George Skeels Trophy.</u>	4.15pm. Perry Lakes.
			<u>Vets have to organise this event. Please help.</u>	
un.	27th June.	V.	McCallum-Kings Park-McCallum.	8am. McCallum Park.
			Group Jog.	
un.	27th June.	WC.	Perry Drive. Perry Lakes. STATE CHAMPS. 30k.	1.30pm.

JULY

at.	3rd July.	A.	Runners Handicap.	2pm. Jorganson Park, Kalamunda.
at.	3rd July.	WC.	Canning Vale. 8k.	9.am.
un.	4th July.	V.	<u>CLUB CROSS/COUNTRY CHAMPS.</u>	10am. Jorganson Park, Kalamunda.
			Certificate Run. 1st, 2nd, 3rd each age group. Committee and helpers.	
un.	4th July.	A.	South West Champs.	Boyanup.
at.	10th July.	WC.	W.A.I.T. 12k.	1.30pm.
at.	10th July.	A.	Runners Handicap.	2pm. Point Walter.

NOTE. EVERY TUESDAY. informal group jogs at 5.30pm. from the corner of
 Saw Ave and May Drive, Kings Park.

July Continued.

Sun. 11th July.	V.	Bridges Group Jog.	8am.	McCallum Park.
Sun. 11th July.	A.	State 25k Road - 10k Women.	9am.	W.A.I.T.
Sat. 17th July.	WC.	Wanneroo Club Champs.	1.30pm.	
Sat. 17th July.	A.	Canning Relays.+ 5k Handicap.		McCallum Park.
Sun. 18th July.	V.	<u>SUTHERLANDS RUN.</u> followed by B.Y.O.B.B.Q.	9am.	17, Millington St, Ardross.
Sat. 24th July.	A.	Mens 10k & Womens 5k Road Champs.		
Sun. 25th July.	V.	2 Parks Jog.	8am.	McCallum Park
Sun. 25th July.	WC.	Perry Drive. Perry Lakes.	9am.	
Sun. 25th July.	A.	Boyanup Marathon & Half Marathon.	10am.	Boyanup Tavern.
Sat. 31st July.	A.	State 10k Mens & 4k Womens	1.45pm.	Carine.
