

VETERANS A.A.C.
 NEWSLETTER No. 116.
 Registered for posting as
 a periodical - Category B.

Secretary	Val Prescott	384 8585
	Dorothy Whittam	387 6438
Treasurer	Colin Leman	364 7782
Editor	Jeff Whittam	387 6438

MINUTES OF THE ANNUAL GENERAL MEETING OF THE W.A. VETERANS A.A.C. Held 25th April 1982 at McCallum Park at 8.00am.

PRESENT. 50 Members.

APOLOGIES. Gordon Westlake Les Oakley Frank Smith Garnett Morgan
 John Rowlands Allen Tyson Tom Jones

NEW MEMBERS Graham Thornton Lee Docksey

MINUTES OF THE LAST A.G.M. Passed as correct.

PRESIDENT'S REPORT. Accepted.

SECRETARY'S REPORT. Accepted.

TREASURER'S REPORT. Accepted.

ELECTION OF OFFICERS.

PATRON. Bill Hughes. Nominated. Bob Hayres. Seconded. Barrie Slinger

AUDITOR. Ray Lawrence. " Andy Wright " Merv Moyle

LIBRARIAN. Allen Tyson. " Val Tyson " Joan Slinger

EDITOR. Jeff Whittam " Barrie Slinger " Stan Lockwood

ARMOURER/H'CAPPER. Andy Wright " Morris Warren " Brian Danby

Bob Sammells at this point left the chair, Bob Fergie took over.

PRESIDENT. Bob Sammells Nominated. Dick Horsley. Seconded. Bob Hayres
 Bob Fergie, Rob Shand Declined Nomination.

JOINT SECRETARIES. Val Prescott, Dorothy Whittam both renominated.

Moved. Cliff Bould. Seconded. Dick Horsley.

TREASURER. Roger Walsh declined to stand again owing to family reasons.
 Colin Leman Volunteered and was seconded by Jeff Whittam. Carried
 unanimously.

VICE PRESIDENT. Barrie Slinger. Nominated Lorna Butcher Seconded
 Gloria Sutherland.

COMMITTEE MEMBERS. NOMINATED. Don Stone. Sue Leman. Rob Shand. Brian Danby.
 Question raised as to Brian Danby's eligibility. Vote taken. declared
 eligible. Three members required. After voting, Sue Leman, Don Stone
 and Rob Shand were duly elected.

HONORARY MEMBERSHIP. Jack Collins. NOMINATED. Stan Lockwood. Seconded
 Don Caplin. Passed Unanimously. (Jack had just passed his 70th birthday)

RECORDS OFFICER. Dick Horsley. (Dick has been records officer for a number
 of years in an unofficial capacity. He now gets the title officially).

LIFE MEMBERSHIP. Requirements:- Five Years continual active membership,
 a substantial work contribution to the club, to be nominated by at

least three (3) members and be passed by the committee before being brought before the A.G.M. for approval.

NOMINATED. Bob Fergie. Proposed by the committee. Passed Unanimously.

CLUB FEES. The committee recommended that fees be raised to \$15 single, \$20 Couple, nomination for new members to remain at \$5 to cover the cost of car sticker, name badge and copy of the club constitution. The motion was put by Roger Walsh and seconded by Frank Usher. Carried. The fees were partially determined by newsletter costs.

NEWSLETTER. At present:- \$1 per month per member - \$12 per year. To have the newsletter printed commercially would be:- Offset Printing \$250 per edition. Photo Copying \$200 a month over three years, with the club owning the machine after this period. Gestetner type Duplicating, restricted and messy, not recommended. Major cost element will be equipment and paper. 5000 sheets per month are required approximately. There was some discussion on the amount of results necessary in the newsletter, should these be in the newsletter or just on the board at McCallum. It was decided to leave them as they were in the newsletter.

MOTION ON LIFE MEMBERSHIP. Put by Bob Sammells, who relinquished the Chair to Bob Fergie. (seconded by Jeff Whittam)

"That the Constitution be amended to:- (A) Increase the qualification for Life Membership from five years to 10 years, and that 75% of the members present vote in favour of the nominee, that the requirement to pay subscription fees be abolished.

Bob Sammells spoke in favour of the motion. Cliff Bould and Reg Briggs spoke against. Dick Horsley moved an amendment, that the period be eight years. Seconded by Cliff Bould. The amendment was lost at the vote. Frank Usher moved that 10 years be the qualifying time up to 50 years of age, at time of joining, and over 50 years the qualifying time be 5 years. Seconded. Barrie Thomsett. Duncan Strachan, Jeff Whittam and Bob Hayres spoke against the motion. Amendment lost at the vote.

The original motion was then put to the vote and carried.

MOTION OF SPECIAL FUN RAISING. Put by Bob Sammells seconded by Jeff Whittam.

That a special fund raising event be held to assist athletes from the club to attend the Australian Track & Field Championships to be held in Melbourne in 1983, to try and raise 1,000 dollars. This would enable those who support the idea, to support the fund raising event and those against the idea to feel free of any obligation to do so. Any money raised would go towards subsidization. Barrie Slinger spoke against the motion. Duncan Strachan and Sue Leman both said the subsidy should be in the form of a tracksuit or something similar, as against travel expenses.

The motion for the Melbourne T & F Champs only was lost at the Vote.

GENERAL BUSINESS. Don Stone proposed that the Vet's Club not be affiliated with A.A. of W.A. in view of the rise in affiliation fees from \$50 - \$100. Seconded by Fraser Deanus. Mr Stone felt that the assn. does not give this sum back to the benefit of athletes. Don Caplin Spoke against the motion saying that W.A. was unique in that Vet's did not have to run for another club in Assn. events. Bob Sammells Also spoke against the motion. The Motion was lost at the vote.

WINE BOTTLING COMPETITION. Sheet with all entries received, circulated around the meeting.

LIBRARY. Don Stone (temporary Librarian in Allen Tyson's absence) said that 11 books were unaccounted for. A list will be made up of the titles missing and published along with the names of the last borrowers, in the newsletter.

PUBLICISING THE CLUB. Hillary De Souza thought the club should advertise if it needed to expand. The committee should look into this.

BOSTON MARATHON. Barrie Slinger gave a short account of this to the meeting at the request of Rob Shand.

COMMITTEE. Dick Horsley Expressed the thanks of the Meeting to the retiring committee for the work it had done on behalf of the Club in it's term of office.

T. SHIRTS, BADGES ETC. Don Stone said that he had a number of T shirts and badges left from the National Champs and also some of the iron on National Logo's left. All sold would help to boost club funds.

STRING CLUB VESTS. Mike Berry asked when mesh singlets would be available. Bob Sammells said the new committee would look into the matter.

REG BRIGGS TROPHY. Selection committee, Bob Sammells, Gloria Sutherland and Jeff Whittam. Qualifications. The Veteran has to be over 34 years for women and 40 years for men. They shall have shown consistent improvement throughout the year and have been regular participants in veteran's club runs. The Winner was Dorothy Whittam, Who was presented with the trophy by Reg Briggs.

PATRON'S TROPHIES. These are given to the winner's of the Time Trials held in summer. The winners were, Ladies. Lorna Butcher. Men. Allen Tyson.

The Meeting closed at 9.50am.
President's, Secretaries and Treasurer's reports are separate later in the newsletter.

QUIZ NIGHT.

It is hoped that sometime early in August the club will be holding a Quiz night. As yet no details have been finalised, but please keep the date in mind. We will let you have details as soon as they come to hand.

TRAILER.

The club is on the lookout for a trailer that could be converted for use in storing the clubs equipment, ie Flags, arrows, water containers etc. If you have one that you no longer use and would like to donate it to the club we would be very grateful. Otherwise we will look into buying one. We would have to get a metal cover for it so that it could be locked up whilst not in use. Any sheetmetal workers or anyone able to help out with designs or ideas contact Barrie Slinger who is looking into the matter for the committee.

* SUBSCRIPTIONS DUE. *
* If you have not yet paid your annual subscription this will be the last *
* newsletter that you will receive. Send your subscriptions to:- *
* Colin Leman, 27, Cunningham Street, Ardross. W.A. 6153. Tel:- 364 7782. *

CORRECTIONS TO LAST NEWSLETTER. We know that Rob Shand ran himself into the ground in the 10,000 metres at the Champs, unfortunately his time should read 38min 28.4sec. (page7). On page four under gold medals, from D Whittam down to A Fergie should read Silver Medals and opposite Lorna Butcher and Leslie Brown should read Bronze Medals. For those still trying to decipher the cryptic message on page 9 about the Assn. event at Wanneroo, it should have read, While only two of the women ran in Vet's colours, all but two of them were Vet's.

HEARD AT PERRY LAKES. The Perth Runners Club is not a club for serious athletes it's for people who enjoy running.????

FEATURE EVENTS.

JUNE 13th Bob Harrison's Run at Dianella.

June 26th George Skeels Handicaps at Perry Lakes. The Veterans Club is responsible for the running of this event, although it is a A.A. of W.A. event that is run in conjunction with the Schools Champs. The club receives the entry fees, so we make some money on it. What we require is help in marking the course in the morning, and help in collecting the flags after the event, we also need help with taking of entries and marshalling of the course during the event. Let Jeff Whittam know if you can help at any of the above jobs.

JULY 4th CLUB CROSS COUNTRY CHAMPS. at Kalamunda. There will be a \$2.00 charge for this event, this includes entry fee and the social event after the race. There will be a \$2.00 fee for those just attending the social.

✓ July 18th. SUTHERLANDS RUN. Ardross.

Metric Misery

Metrics, don't talk to me about metrics, mate!" said the farmer.

"When they changed from pounds, shilling and pence to dollars, it made my place twice as valuable, so my rates doubled.

"When they changed from acres to hectares, I lost half my land. Rates doubled again.

"When they changed from miles to kilometres, it put my place twice as far out of town and doubled my petrol bill. And I get booked twice as much for speeding.

"Since they changed from gallons to litres, it takes four times as much petrol to fill the ute's tank.

"I used to have a dam that held 100,000 gallons. When this became 454,600 litres, the dam overflowed and flooded what land I had left.

"When they changed from pounds to kilograms, it halved the weight of my cows and doubled the amount I had to feed them.

With all these worries his ulcer started playing up so his doctor suggested a bit of jogging to take his mind off things. Being too old to rejoin his old Club, Shin Splints Harriers, he came to the West and joined the W.A. Vets. You should have heard him then!

"I used to tackle the Six Miles and the occasional Marathon. Now I'm going to have to try the Marathon as it's shorter than the 10,000."

"At least they couldn't muck about with the Triple Jump."

"Field events blokes are a load of cissies these days. Implements less than half the weight, yet they can't throw anywhere near as far as the blokes in my day."

"Some of these Vets can run. I never used to be able to race the distances they cover on training runs."

"Morton S. Foot, the Club Coach, told me that the Metrics Board had come up with some new, short events - just for whinging old buggers like me. So I tried the 200, 400 and 800 flat. Great! Then the 110 and 400 Hurdles with the new, improved lower barriers. Terrific! A Board that can do things like that for a bloke can't be all bad, can it?"

And he ran happily ever after.

Thought for today:- Do Decimals Cause Tenth Thituations?

CLIFF BOULD TROPHY

Sunday May 16 1982

The ladies seem to have a strangle-hold on this trophy much to the horror of the handicapper, who went in fear of his fellow men when he saw the result. A draw for 1st - with the ladies taking out 3rd and 4th places as well. Congratulations to Anne Deanus and June Strachan, also to Frank Smith for his fastest time in this race. "All is not lost Mr Handicapper."

My thanks to Cliff, Frank and Andy for their help.

Sorry about the deception but it was 10.4 km and not 5.2 km as advertised - even had the Secretary fooled.

Note.- A quick look at corrected times shows just how well the handicap worked, about 10 mins between first and last.

"My sons have doubled in size since they changed from inches to centimetres, so I had to buy them all new clothes.

"The old lady's figure has filled out from 40-50-30 to 100-127-76, so I had to buy a bigger bed.

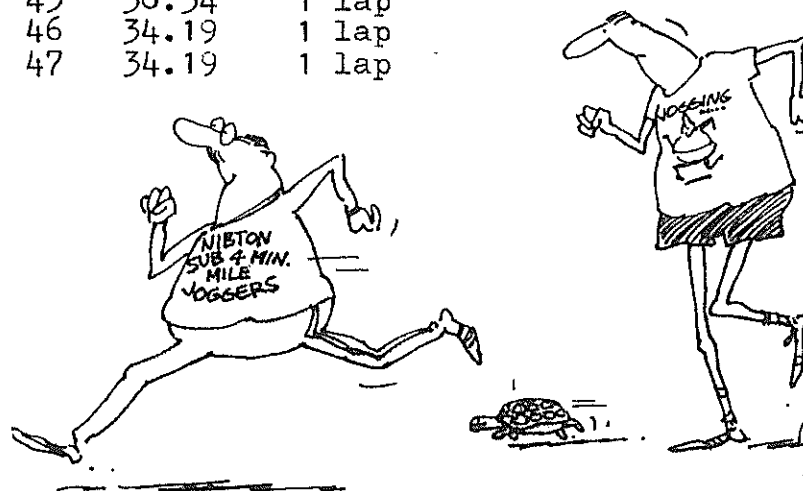
"And the weather! Every time it rains, we get flooded in millilitres. Since they changed to Celcius, the place has got too damned cold to live in.

"And daylight saving! The extra hour of sunlight curdled the cow's milk, faded the curtains, makes the hens lay hard-boiled eggs and turned me roosters funny."

From Mt. Stuart Sergeants' Mess, Lavarack Barracks, Townsville, Qld.

Vetrun 116

	Finish Time	H/Cap.	Actual Time	Name
1	36.27	27.00	63.27	F Smith
2	37.07	26.30	Fastest	
3	37.51	25.45	63.37	C Leman
4	38.30	25.00	63.36	D Caplin
5	39.40	25.15	Not eligible	A Barr
6	39.51	22.15	64.55	D Hoyer
7	40.35	24.30	62.06	J Madison
8	40.36	25.45	65.05	J Barnes
9	40.46	23.00	66.21	D Crowther
10	40.56	22.30	63.46	R Jones
11	41.28	20.30	63.26	?
12	41.58	20.00	61.58	R Sammel
13	42.43		61.58	B Buchanan
14	42.49	19.00	Not eligible	R Cox
15	43.16	20.00	61.49	W Mitchell
16	43.23	19.00	63.16	D Moffett
17	43.54	19.45	62.23	A AcReman
18	45.12	19.45	63.39	M Kahn
19	45.27	20.45	64.57	B Slinger
20	45.39	17.30	66.12	G Thornton
21	46.22	15.45	63.09	S Lockwood
22	46.27	15.00	62.17	D A Strahan
23	46.36	17.45	61.27	R Horsley
24	47.31	15.45	64.21	A Davie
25	47.41	18.30	63.16	A Wright
26	49.24	15.00	66.11	M Warren
27	49.53	15.30	64.24	D Jones
28	49.53	15.30	65.23	R Lawrence
29	50.08	11.00	65.23	J Noordyke
30	50.45	12.15	61.08	L Butcher
31	50.45	19.30	63.00	R Farrell
32	53.48	6.00 1st	70.15	F Deamus
33	53.48	15.00	59.48	A Deamus
34	54.45	6.00 3rd	68.48	J C McClean
35	56.00	5.00 4th	60.45	P Farrell
36	57.09	6.00	61.00	M Warren
37	58.11	3.00	63.09	M AcReman
38	59.21	2.00	61.11	G Sutherland
39	59.21	7.00	61.21	N Berry
40	59.48	0.00 1st	66.21	M Tapper
41	25.02	1 lap	59.48	J Strachan
42	26.15	1 lap		R Hearnshaw
43	28.28	1 lap		F Crowther
44	28.28	1 lap		D Whittam
45	30.34	1 lap		S Leman
46	34.19	1 lap		V Tyson
47	34.19	1 lap		R Madison
				F Holcroft



Sexy thoughts keep runners' spirits up

Just over 14,000 of 16,350 runners pounding the streets of London in Sunday's marathon had one thing on their minds—sex.

American magazine The Runner informs that according to a survey of 3,140 long (and lonely) distance runners, 82.2 per cent think about sex while running. Revealingly, it also said that 18.9 per cent think about running during sex and 26.5 per cent would rather give up sex than running.

Could this be why we have so many distance runners in the club? Below is a questionnaire especially designed for Veterans.

1. What do you think of whilst running?.....
 2. WHY?
 3. Who do you like to train with?.....
 4. WHY?
 5. How long do TRAINING sessions last?.....
 6. Should we adopt the slogan "I'm not a veteran. I'm a SEXY SENIOR RUNNER."?
 7. WHY?

JUNE BIRTHDAYS.

Barry Adamson	Turns 45	becomes M45	18	Ralph Godkin	Turns 62	remains M60	30
Richard Brown	" 42	remains M40	11	Chris Johnson	" 41	" M40	20
Denys Butcher	" 55	becomes M55	22	Col Junner	" 60	becomes M60	16
Kevin Cameron	" 42	remains M40	06	June Strachen	" 57	remains W55	30
Dave Carr	" 50	becomes M50	15	Gerry Savage	" 47	" M45	30
Aubrey Davie	" 47	remains M45	29	James Turnbull	" 46	" M45	05
Hilary De Souza	" 44	" M40	08	Barrie Thomsett	" 42	" M40	17
Duncan Faux	" 36	" M35	05	Ken Whistler	" 49	" M45	23
Paul Gabbedy	" 38	" M35	30	Jo-Anne Walker	" 27	" Pre Vet	19

COMMONWEALTH GAMES.

The A.A.U. have tickets for the Commonwealth Games available to anyone who wishes to see them. The tickets will only be sold in full sets at a cost of \$149.00 per set. Anyone interested ring 387 1050 for details.

LIBRARY. Below is a list of books that are available from the library, or at least should be. As you will see a number of the books are not actually in the suitcase. They have either been borrowed without being booked out or just have not been returned. This makes the librarians job a very difficult one. The procedure is:- find the book that you want to borrow, look for the NUMBER written on the FRONT COVER, write YOUR NAME and the date borrowed, in the corresponding numbered page. When you return the book, write the DATE that it was returned opposite your name. Please return books promptly as other people may want to borrow them. The magazines may be borrowed any time you wish without signing for them, again though please return them as soon as you have read them as other people may wish to read them, particularly the new editions.

BOOKS IN THE LIBRARY AT THE MOMENT.

1. Complete book of running.
- 1a. " " " "
4. Biorythm sports forecasting.
5. Running for life.
8. Sports organisers handbook.
15. W.A. Vets Newsletters (4years).
22. Interval training.
28. Athletics 1977.
32. Athletics-Throwing.
33. Athletics-Jumping and Vaulting.

BOOKS OUT AT THE MOMENT. WITH BORROWER.

3. The complete woman runner. R Farrell
 7. Computerized running training programmes B Buchanan
 9. How they train. R Farrell
 10. Womens running. J Walker
 11. Light on yoga. G Hall
 12. Modern Olympic Games. ?
 13. Non runners book. B Sammells
 14. Van Aaken method. D Wilmott
 17. Hints on athletic injuries. R DeGruchy
 18. The long run solution. K Basley
 19. Fitness after forty. C Ansell
- cont.

Vetrun 10.6

BOOKS OUT AT THE MOMENT. WITH BORROWER.

10. The complete runner. M Moyle. 29a Serious runners Handbook. J Barnes.
 24. Run gently Run long. R DeGruchy. 29b " " " D Crowther.
 26. Guide to distance running. W Weatherilt. 30. Ron Clarkes running book. G Sutherland.
 31. Off the Record. S Lockwood.

If you are on the list as having a book out, but have handed it back in. Would you see Don Stone and let him know. If you have a book out that is signed out in someone elses name, again will you see Don Stone and let him have the book so he can get it back into circulation. Don is acting librarian whilst Allen Tyson is away on holiday. When you see Allen back, will you see him instead of Don. Once again do try and return books promptly, and SIGN THEM IN AND OUT.

CHANGE OF ADDRESS. Bruce Buchanan, 2, Jarman Avenue, Manning. W.A. 6152.
 Ralph Godkin, 16, Joyce Street, Dalkeith. W.A. 6009.

PHOTOCOPIER PURCHASE.

For some considerable time now our Newsletter costs have been subsidised. All good things come to an end, and our subsidy was no exception, so the committee had to determine the best method of producing a good quality Newsletter consonant with cost.

Our own photocopier was the solution and leasing was the favoured method of payment, as it is later hoped to purchase a Chronomix clock and equipment trailer. With no taxation concessions available to us, leasing would have been too costly. Personal loan and overdraft were the other options considered but rejected as it was unreasonable to expect a member to provide security for an advance.

Outright purchase was the only option left and Colin Leman negotiated excellent terms for the Toshiba machine that was eventually obtained.

One or more fund raising ventures will be held in the near future to restore our cash position and your active support is essential.

WALKING RESULTS.

8th May. Midland 10km.	16th May. Jackadder Lake. State 16km.	May 22 Dianella
M50 Don Stone 58.01	M35 Duncan Faux 84.07 2nd	M50 Don Stone
M45 Jim Turnbull 59.20	M50 Don Stone 96.19 3rd	59.27

Club Members officiating at the State Walking Champs

Marlene Savage. Dick Horsley and Jim Smith.

WALLISTON WALLIOP May 2nd 1982.

While Kevin Basley and Bob Hayres organised the wine bottling---? Runners, under an overcast sky, Faced the starter for the demanding 10km course.

1st home was Frank Smith in the smart time of 37.24. The handicap was won by Ann Deanus, who was also the first lady to finish. The mens handicap was won by Bob Harrison, afterwards morning tea was served by Rose, Ann, Clara and Rita. Meanwhile back at the barrels, members were taking it in turns to bottle the two types of wine: (Reisling and Tawny Port). Mike berry goaded me into a bottle capping contest, which he won, this sent him off on an ego trip.

The weather stayed fine for the barbecue and I feel everyone had a good time. The day was spoilt for me slightly as I had to stay sober to keep my eyes on Bob Hayres, Don Caplin and Mike Berry, who having built their reputations at Rotto, were determined to keep them intact.

Many thanks to all those who helped out.

Maurice & Rose Johnson.

Thanks for letting us use your house and for the run. The Club.

8

SECRETARY'S NOTES.

The first decision your committee had to make at the beginning of the year was to hold the Nationals or not. Our decision was to go ahead. It was a big decision with only 12 months to go. But thanks to a terrific Championship Committee the Champs were a great success. But lets go back to last Easter. We would like to congratulate the three competitors who went to last years Champs in Brisbane and did very well. They were Cliff Bould who won 2 Bronze, Jim De Gruchy 2 silver and 2 Bronze and Dave Jones who won 1 Gold and 2 Silver. What more can we ask of our representatives. Also during Easter Pat and Dave Carr opened their home and the local High School to a group of Vets who spent a nice relaxing weekend running between the rain drops and dancing at the local hop. A good time was had by all. Australia Post suddenly decided that all newsletters should have a name. Your Editor came up with "Vetrun" and we decided that it was very appropriate. If anyone wondered why suddenly required a name, now you know. The month of May saw very little change in the programme of events, the committee slowly getting into gear. During the month of June we had a new run called the "Blue Ribbon Run". Where else but the showgrounds could this run be held. There were not quite as many people there as during show week so we had plenty of room to parade. The weather could have been better and a bit less mud on the final lap, but everyone seemed to enjoy themselves. July showed that no matter what month it is held in the "Sutherland Run" is always popular, the same with the "Walleston Wallop". We would like to congratulate Derek Hoyer, Hank Stoffers, Maurice Smith and Don Caplin on winning the Open Team Trophy in the Marathon Clubs 20k at Gungahlin, also Dick Horsley and Don Stone in coming 2nd and 3rd respectively in the State 16 and 20k Walking Champs. Also winning the team prize in the Don Rapley Cup Don also came 2nd in the State 3k Track Walk. The Australian Veterans Marathon was held in July in conjunction with the Australian Ass Marathon. Phil Wall, Barbara Leach and Kevin Anderson were chosen to represent W.A. and Allen Tyson ran in the Veterans race. Both Kevin and Allen won silver medals. July saw our members take part in our Club Cross/Country Championships at Jorganson Park. Something happened to the weather because for the first time the sun shone. We would like to thank Gloria Sutherland, Bob Harrison and all the ladies for the most delicious food, it gets better every year. August saw yet another new event in the Veterans programme. "Jo-Annes Jolly Jaunt" This event was organised by Jo and Derek Walker. They put up two trophies, one for men and one for women. They are called "The Carr/Shand Trophies". Thank you both Derek and Jo. The first winners were Joan Pellier and Bill Mitchell. The club half marathon was again spoiled by insufficient markers and we apologise for that. September saw our first Quiz Night and first fund raising for the Nationals. It was a great success, making over \$800 for the fund. We would like to thank everybody who had anything to do with the organising on a great effort. October saw the start of the time-trials and another 24hr Relay. What can we say about the relay that hasn't been said before. Nothing. Just thanks to everybody for giving their utmost. The club is proud of you. Also in October we had our first introduction to the Nationals Cross/Country course. I will not repeat some of the comments, its not befitting a lady. Next came our Sundown Run. We did not have as many competitors as we would have liked, maybe next year will be better. Thanks again to all the organisers. The ladies found a new course for their event. Most runners liked the course pleased no doubt that they went round the cemetery and not through it. The coffee and scones afterwards also went down very well. Thanks Joan. We held our first sit down dinner in December. We feel that everybody who was there enjoyed themselves and felt that it was a great success. We also held our second wine bottling of the year just before Christmas. and anybody who took part in the run must agree that the Nationals Cross/Country course is peanuts compared to the John Forrest Jog. Jog being the operative word. January saw in the special twiling meetings, extra training for the nationals. Another run in January was "The

Shoalwater 10k" This run unfortunately classed with another, but we were pleased with the turnout. Thanks to Dennis and his wife. The Floreat Beach Run this year was changed to "The West Coast Challenge" Bob Hayres donated a trophy and this years winner was Colin Leman. Thanks Bob. We also had a new run in March. "The Garden Island Run" The turnout for this event was terrific. Probably due to the fact that everyone wanted to see Garden Island either for the first time or again after several years. Thanks go to David and Helenne for a terrific but hard run. We will be sorry when you go back to Sydney. Tuesday's informal group jogs in Kings Park are still popular, the same with the B.B.Q.s they keep holding, anyreason will do. We had 36 members registered with the Ass. for the cross/country season. We had trouble at times making up teams but we did manage to win the 'C' grade competition. We would like to congratulate all those who helped win the trophy. For summer we had 28 registered members. Once again we had to be rostered to help and all but a couple turned up when asked. Thank you. The competition at W.A.I.T. was a bit disappointing over the response from Veterans. The South/West Champs this year was held at Capel instead of Bunbury. Our club had a good number entered and the results were excellent. We finished the year with the Nationals, and what a good event to finish on. We would like to congratulate the Championship Committee on a very good acheivement. Also we do not think there were many members who did not help one way or another, either by entering the Champs or in an official capacity. Thank you very much. We would like to congragulate Lorna Butcher and Allen Tyson on winning the "Patrons Trophies". We would also like to thank Bob Fergie on all the hard work he has put into the time-trials and also;the special Twilight meetings that he has organised. Thanks Bob. Membership at the moment stands at. Women 49, Men 188. I hope that the club continues to grow and that the members who joined us for the Nationals will stay members next year. I would also like to thank all the members for the help they have given Val and myself during the year.

Derek Whitlam

President's Report

To open, I must congratulate all who were at the AGM last year for their wisdom and foresight in selecting such an industrious Committee. Our Club has a history of hard-working, forward-looking Committees and this year's was no exception.

By definition, we are required to serve the membership by giving it what it wants. I believe that largely we have done this; if we have fallen short of expectations in any way, it is because the increasing number of events on the 'runners' calendar' was such that we could not fit in all of the events that we would have wished. Our lady Secretaries tried to avoid clashes with popular events in planning our Programme, and were close to 100% successful.

There have been a number of notable events and achievements this year that brought me a lot of satisfaction and made me proud to be a member of our Club. I can name only a few and hope that by so doing I am not stealing our Secretaries' thunder. These were:

- The performances of our three athletes at Brisbane, Easter, 1981
- The successes of Dick Horsley and Don Stone in State Walking Championships and the time that they have devoted to aspiring walkers
- The Carr/Shand Trophv. donated by Jo and Derek Walker

10

- The Challenger Trophy, donated by Bob Hayres/ Parker Pens
- John Gilmour's new World Records
- Club hosting, thanks to Jim Barnes, of U.S. Navy personnel
- The winning of so many trophies at the WAMC/QANTAS 20km Run
- The 24-Hour Relay Teams' performances
- Maurice Smith's and Barrie Robinson's WAMC 40 Mile Race performances
- Successes in the Albany Marathon and S.W. Championships
- Kevin Cameron's good citizenship
- Our ladies, who plied us with food and drink after they organised races for us.
- The help given by members in our and WAMC events, when not running themselves.

This last point of helping is one that simplified the running of our Club for the Committee. Members generally were only too willing to help when asked. And it was this willingness that contributed to the spirit of good fellowship that was apparent whenever a few 'Vets' got together.

I should like to mention Club uniform. You do not need me to tell you that informality is one of the reasons why we have been so successful as a Club. But I wish to make a plea for more formality when entering non-Club events by urging that the Club white singlet and black shorts are worn. They identify you to other Vets; runners, helpers and supporters alike. They identify you to other runners. They indicate the support that our Club is giving to the host organisation. They help potential members to identify us and make us more approachable. You are proud of our Club; be proud to wear its uniform.

This report would be incomplete without mention of the National Championships and our 1st State Championships. These have been adjudged as having been highly successful and our sincere thanks are due to the Organising Committee and all the Club and non-Club individuals and organisations who made a contribution. I do not wish to dwell at length on the Championships, but I feel obliged to mention two Organising Committee members in particular for their efforts.

One is Brian Danby, who was responsible for planning and staging the 10,000m and Cross Country events. Brian's contribution was outstanding for its selflessness as he was not qualified to compete in the Championships.

The other is Bob Fergie. Bob brought to the Committee a depth of knowledge and experience that was possibly second to none in the Club. These, allied to his planning and administrative abilities, his capacity for hard work and his personal friendships with AAWA officials, made the Championships a viable project for the Club. We would have been struggling without him and it is my belief that every competitor at the Championships owes Bob a debt of gratitude.

Looking to the immediate future, I can see the prospect of further growth for our Club. The running base in Perth is broadening. This is due largely to the continued success of the W.A. Marathon Club in staging interesting and challenging distance events for runners of all ages, sexes and abilities. The AAWA has also sought to attract more into athletics by 'opening' the State Marathon, its newly-found Runners Club and the WAIT experiment.

Our members' participation (and performances!) in AAWA and publicly-held events all serves as a fine advertisement for our Club; and with increasing numbers of runners in the community, there must be a flow-on to us.

To conclude, this year has been a very successful one for our Club
and I am confident that this success will be maintained in '82/83'.

R. E. Sammells
President

W.A. VETERANS AMATEUR ATHLETIC CLUB.

STATEMENT OF RECEIPTS AND PAYMENTS FOR PERIOD 1.4.1981 - 25.4.1982

RECEIPTS.

<u>1980/81</u>		<u>1981/82</u>
1394.00	Subscriptions 1981/82	1591.50
65.00	Subscriptions in Advance 1982/83	50.00
1459.00	Total Subscriptions Received	1641.50
	<u>Other Receipts.</u>	
92.19	Bank Interest	151.44
90.00	Donations	35.50
698.40	Newsletter, Name Badges Etc.	728.50
565.67	Christmas Raffle	-----
102.00	Club Championships & Members Runs	274.50
271.92	Sundowner Run	-----
14.00	Measuring Wheel Hire	-----
319.56	Wine Bottling	639.00
350.20	Sportswear & Book Sales	124.00
117.00	Travel Fund	-----
-----	Sundries	22.50
-----	Net Proceeds National Championships	1909.15
4079.94	TOTAL RECEIPTS.	5526.09

PAYMENTS.

35.00	A.A.W.A	50.00
38.80	Australian Assoc. of Veterans	90.80
267.23	Christmas Party Subsidy	855.26
620.31	Newsletter Costs	1017.91
250.00	Secretaries Honorarium	250.00
231.25	Sports Equipment	141.70
98.45	Stationery, Postages, Telephone	279.83
469.78	Travel Grants 1981 Nationals	150.00
512.50	Term Deposit	-----
182.80	Badges & Lettering Equipment	184.00
99.27	Certificates & Trophies	-----
26.00	Magazine Subscriptions	12.00
314.95	Sportswear & Books	143.50
101.93	Miscellaneous	251.01
92.25	Secretaries Advance	-----
65.00	Payments in Advance	-----
-----	24 Hour Relay Expenses	439.13
-----	Wine Bottling Costs	575.48
3405.52	TOTAL PAYMENTS	4440.32
674.42	EXCESS OF PAYMENTS OVER EXPENDITURE	1085.77
-----	TERM DEPOSIT REDEEMED DURING YEAR	512.50
1143.11	ADD OPENING BALANCE 1.4.1981	1817.53
\$1817.53	CLOSING BALANCE AT BANK AS 25.4.1982	\$3415.80

R.L. Lawrence. Hon. Auditor.

Roger Walsh. Hon. Treasurer.

12

W.A VETERANS AMATEUR ATHLETIC CLUB.SUMMARY OF NATIONAL CHAMPIONSHIPS FINANCE AS AT 25.4.1982.RECEIPTS.

T Shirt Sales	1372.14	
State Singlet Sales	445.50	
Entries	1364.00	
Pens & Sundries	623.07	
Book Sales	103.50	
Dinner Tickets	2844.00	
Sponsors	2850.00	
Quiz Night Proceeds	888.25	
Sundowner Run	569.15	
Raffle-Watch	160.18	
Bar Takings Dinner	197.85	11417.64

Expenditure


Venues	255.00	
Medals	1662.08	
Dinner Catering	3057.50	
Dinner Drinks	450.42	
Certificates	945.87	
Dinner Refunds	24.00	
T.Shirts	1541.84	
State Singlets	521.05	
Chest Numbers	193.82	
Cross Country costs	72.54	
Sundowner Run	541.09	
Entry Forms	56.28	
Trophies	85.00	
Video Tapes	82.00	
Hire Loud Hailers	20.00	9508.49
Subtotal		1909.15


Less Accounts yet to pay.

Cross Country Shirts	137.50	
Artlook -Books	70.00	
St.John's Ambulance	75.00	
Music -Dinner	50.00	
Phsyiotherapy (estimate)	150.00	
Video Production	200.00	
Additional Certificates	121.02	
Stationery	12.36	(815.88)

Plus Sponsorship to come	1000.00
Plus Refund deposit P.C.C.	150.00

Estimated Net Surplus	\$2243.27
-----------------------	-----------


R.L.Lawrence.
Hon.Auditor.


R.M.Walsh.
Hon.Treasurer.

Vetrun 116

Saturday 1st May. Lord Mayor's Trophy Day. at McCallum Park.

Women's 4,000 metres.				Rosemary Langford	18.45	Scr	18.45	Actual Time
				Erica Mercer	19.49	2.00	17.49	"
				Dorothy Whittam	25.06	1.40	23.26	"
8000 metres.				Clock h/cap actual		clock h/cap actual		
Basil Worner				29.04	Scr	29.04	Don Caplin	38.22 9.30 28.52
Lee Docksey (W30)				33.16	Scr	33.16	Ted Maslen	38.24 10.45 27.39
Frank Smith				36.15	9.30	26.45	Derek Hoyer	38.26 9.45 28.41
Colin Leman				37.04	9.30	27.34	Barrie Sutherland	38.29 9.40 28.49
Derek Crowther				37.17	9.30	27.47	Neil Morfitt	38.31 9.30 29.01
Garry Lynn				37.43	8.55	28.48	Barrie Slinger	42.59 9.30 33.29
Eddie Smith				37.48	7.10	30.38	Jeff Whittam	43.50 9.30 34.20
Jim Langford				38.06	12.44	25.22	Wally McCabe	44.02 9.30 34.32

The reason most of the men were off 9.30 h'cap was because it was their first run of the season. Basil Worner was running for Perth Runner's Club.

Saturday 8th May. King's Meadow Scratch Races. at Guildford.

Women's 3,000 metres.				Rosemary Langford	13.47
Lee Docksey				Dorothy Whittam	14.31
Margaret Harman				Sheila Maslen	15.08
Men's 6,000 metres.				Barrie Sutherland	20.26
Jim Langford				Gary Lynn	21.16
Brian Danby				Eddie Smith	22.22
Don Caplin				Art Briffa	22.55
Derek Hoyer				Graham Thornton	23.32
Ted Maslen				Jeff Whittam	24.11

Flat 3,000 metres circuit with a moderate westerly breeze.

Results of "Breath for the Deaf, Fun Run. Claremont Sun 2nd May 1982.

12km.				6km.	
Ted Maslen	45.05	Alan Acreman	50.39	Mel Shead	23.32
Rob Shand	45.43	Laurie Baxter	52.00		
Barbara Leach	50.03	Lee Docksey	53.45		
Dalton Moffatt	50.19				

Also Ran But no times obtained. Derek Walker, Tim Fry. The course was the Marathon Club's Christ Church 12km course.

King of the Mountain. Albany. 25th April 1982.

M45 George Audley 5.36 M50 Art Briffa N/T

'Fallen Comrades' 10,000 metres.

M40 Barrie Robinson 39.06 M45 George Audley 39.22
M50 Art Briffa 39.54

Saturday 15th May 1982. State Cross Country Champs. Perry Lakes.

WOMEN'S 4km.			
Lee Docksey	17.10	Margaret Harman	18.52
Erica Mercer	17.18	Dorothy Whittam	22.01
		Rosemary Langford	22.15
		Sheila Maslen	23.01

As Lee was under 35 years Erica retained the title she won last year, with Margaret in 2nd place and Dorothy 3rd. Well done girls.

MEN'S 12km.

Jim Langford	42.09	Kevin Anderson	45.27	Gary Lynn	48.12
Fred Langford	44.13	Frank Smith	45.33	Peter Hopper	50.30
Derek Hoyer	44.26	Bob Harrison	46.57	Vic Thrussell	50.39
Gary Aitken	45.04	Barrie Sutherland	46.59	Barrie Slinger	52.57
Colin Leman	45.17	Derek Crowther	47.17	Graham Thornton	54.28
Ted Maslen	45.22	Jim Barnes	47.32	Laurie Baxter	55.14

Unofficial Results are (for the over 40 years) 1st Derek Hoyer who retained the title he won last year. 2nd Ian Sinfield in 44.?? and 3rd Gary Aitken.

cont. from page 7.

14

RESULTS WALLISTON WALLOP.

Frank Smith.	37.24	Duncan Strachan.	48.41
Colin Leman.	38.00	Aubrey Davie.	49.50
Bob Harrison.	38.45	Andy Wright.	49.52
Derek Crowther.	38.58	D. Phillipson.	50.10
Derek Hoyer.	39.17	Mike Berry.	53.13
Don Caplin.	41.12	Ray Lawrence.	54.46
Kevin Anderson.	41.12	Mike Khan.	55.06
Dave Darvill.	44.12	Robert Farrell.	55.20
Frank Steere.	44.17	Ann Deamus.	59.32
Bob Sammells.	45.13	Jo Stone.	59.32
Bill Mitchell.	45.41	Margaret Warren.	60.03
Morris Warren.	45.50	Phillis Farrell.	60.03
Barrie Slinger.	47.13	Nora Berry.	65.02
Fraser Deamus.	47.13	Sue Leman.	65.02
Brian Danby.	47.13	Enid Crowther.	65.02
Maurice Johnson.	47.13	June Strachan.	73.22
Peter Cowley.	47.19	Dorothy Whittam.	73.22
Graham Thornton.	48.28		

LIFE/HONORARY MEMBERSHIP.

In the last newsletter we announced that Jack Collins had been given Honorary membership, what we should have stated was that Jack was a Life Member who had reached the age of 70 years young, and was therefore entitled to Honorary membership also. Jack now becomes the first member to receive both titles. We are glad to hear that you are back in the swim again after your operation and hope you are soon competing again.

Noted in the West Australian. Don Caplin is in fourth position in the individual placings in the Corporate Cup, after the first event.

PLEA FOR HELP.

Dennis Wilmott has not been able to get to any club runs recently as he has developed a heel spur. He would welcome a Phone call or letter from any member who has had this curse. he is attending a podiatrist, but would welcome any advice or commiseration from anyone who has been similarly afflicted. His address and phone number are:- Dennis Wilmott, 40, Fifth Ave, Shoalwater Bay. W.A. 6169. PH. 095 272705.

CHANGE OF ADDRESS. Derek and Enid Crowther, 89 Regency Drive, Thornlie. 6108
Colleen Millbourne. 10, Condor Circle, Willetton. 6155.

CLUB RUN 23rd May 82. Three + Dave Jones. 6.6km

On a cool and cloudy morning, five ladies and fifteen men turned out at McCallum Park. Our event coincided with the Marathon Clubs 20km at Wanneroo and no doubt the veterans who will be competing in the Peoples Marathon on 6th June took this last opportunity for a long competitive run. Frank Usher who was injured offered to take over the recording of times from Robert Farrell who was then able to run. Winner of the ladies section was Lorna Butcher, and for the men was Dave Carr, up on a visit from Northcliffe.

RESULTS.

Lorna Butcher	10.22	21.09	31.41	Bill Monks	9.23	18.08	26.24
Phillis Farrell	12.49	25.52	38.38	Bob Sammells	9.23	18.23	27.03
Val Tyson	14.04	26.47	w/drew	Dalton Moffett	9.23	18.32	27.33
Pat Carr	14.04	27.47	"	Stan Lockwood	10.07	19.45	28.56
Dorothy Whittam	14.06	w/drew		Jeff Whittam	9.44	19.40	29.36
<u>MEN</u>				John Chadwick	10.11	20.29	30.01
Dave Carr	9.09	17.55	26.21	Garnett Morgan	9.54	20.12	30.22
Ron Jones	9.10	17.57	26.23				

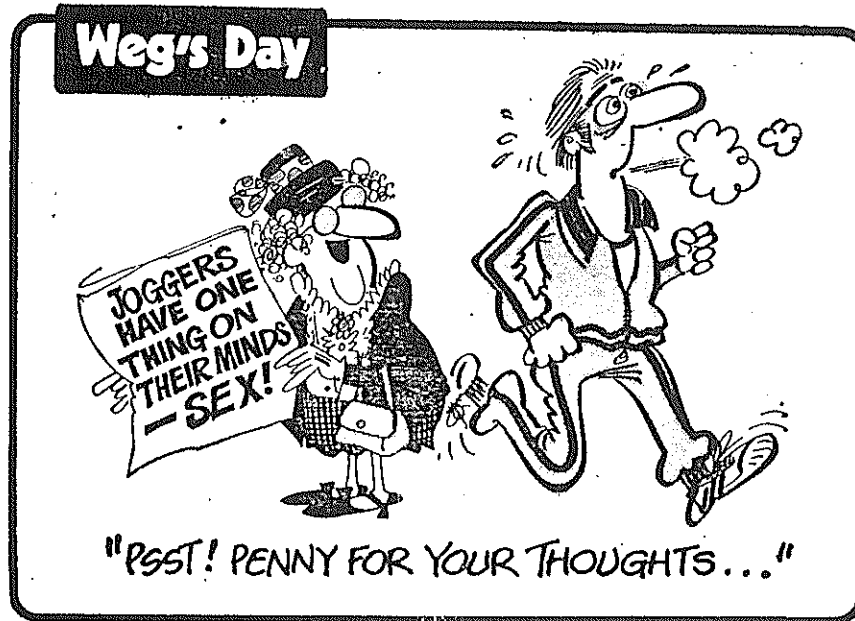
sont.

Vetrun 116

Ray Lawrence	9.55	20.18	31.06	Cliff Bould	11.28	22.57	33.44
Robert Farrell	11.02	21.51	32.34	Bruce Buchanan	11.28	22.57	33.44
Tim Bolton (inv)	10.49	22.23	33.42	Dick Horsley	9.58	W/drew	

NEXT MONTH.

We have a report of the BOSTON MARATHON and the SINGAPORE MASTERS CHAMPS plus other news of 'vital' interest. If anyone has anything they would like published in the newsletter, cartoons, news items, articles of interest, books they have read that might be of interest to other runners etc. Please let me have them by the 25th of the month, preferably earlier, for publication in the next months newsletter. ed.





The Vetrun

No. 117

JULY 1982



W.A. VETERANS A.A.C.
PRESIDENT R.E. SAMMELLS.

Registered for posting
as a periodical.
Category 'B'

Secretaries	Val Prescott	384 8585
	Dorothy Whittam	387 6438
Treasurer	Colin Leman	364 7782
Editor	Jeff Whittam	

They are called the good old days because we were not good,
we were not old and we were thinking of the nights anyway.

NOTICE OF GENERAL MEETING

A General Meeting will be held at 11.00 a.m., Sunday, 18th July, 1982
at 17, Millington Street, Ardross.

Agenda

1. Open Meeting.
2. Apologies.
3. Motion
"That the proposed Constitution forms part of the Club's
application for incorporation."
4. Close Meeting.

The background to the Motion is the Committee's decision to seek
incorporation, the main purpose of which is to protect committee
members, present and future, from personal liability to any
creditor of the Club.

The proposed Constitution is based upon a specimen proposed for
Clubs similar to our own, and includes all the essential elements
of the present Constitution. Three minor changes are:

	Present	Proposed
Objects	Committee may accept associate members	Deleted
Committee	Includes Hon. Assistant Secretary	This office deleted and Vice-President added
AGM	Before 31st March each year	In the month of April each year

Additional subjects described are Finance, Trustees, Membership,
Common Seal, Assets and Dissolution.

Copies of the proposed Constitution are available on request from
Dorothy Whittam, 49 Holland Street, Wembley.

CRONOMIX. The decision to purchase one of these clocks has been deferred to
a later date, when finances are more fluid. The club is however hiring one
for the Cross Country Champs at Jorgenson Park, to get members opinions on
the subject.

TRAILER. The approx cost of a manufactured one would be in the vicinity of \$500-\$600. We have however had one of our members offer to make one for us which should run considerably less.

PERSONAL ACCIDENT.

INSURANCE. All REGISTERED members of the A.A.W.A. are covered by a policy held by the association, to the amount of \$2,000 in the event of death during an ORGANISED athletic event, with up to \$200 for certain accidents, pulled muscles etc. do not come under this cover. The cover also extends to going to and returning from an event. Non Registered members can take out their own insurance for about \$4. If you are interested. There is however an age limit of 65 years of age. PUBLIC RISK. All members are covered as the club is affiliated with the A.A.W.A.

 * QUIZ NIGHT 11th AUGUST *
 * at the SHENTON PARK HOTEL. TICKETS \$3.00 each *
 * START TIME 7.30pm TABLES of SIX PERSONS *
 * TICKETS ARE OBTAINABLE FROM:- ANY COMMITTEE MEMBER *
 *if anyone would like to donate prizes we would be *
 *very grateful. *

STATE VETERANS TRACK AND FIELD CHAMPIONSHIPS EACH YEAR?

The committee would like to know what members feel about holding our own track and field championships each year, as is done in other States, this will entail quite an amount of work to make them a success. We feel however that the effort would be well worth while.

CATHAY PACIFIC - PENANG MARATHON. 5th SEPTEMBER 1982.

Anyone interested in the above Marathon? Prizes for the first 20 women and first twenty men With trophies to the first overall, first woman finisher, first over 40, first over 50, a certificate to all finishers and a T-shirt to every entrant. For further information ring Richard Spark on 272 1977.

You have heard of cats having nine lives? Well Dick Horsley has three. He has been made a Life Member of the Walkers Club to add to his other two Life Memberships, our own club and the A.A.W.A. Congratulations Dick.

QANTAS 20km 23rd May 1982. RESULTS.

3 Frank Smith	1.11.23	66 Frank McLinden	1.25.33
4 Derek Hoyer	1.13.18	68 Morris Warren	1.26.16
7 Colin Léman	1.14.02	70 Barrie Slinger	1.27.03
12 Don Caplin	1.15.46	72 Bill Mitchell	1.27.58
14 Derek Crowther	1.15.57	73 Richard Spark	1.28.03
18 Phil Wall	1.17.23	97 Andy Wright	1.35.51
19 Jim Barnes	1.17.51	100 Charlie Spare	1.35.53
22 John Davies	1.18.40	106 Barrie Thomsett	1.40.12
53 Fraser Deanus	1.23.47	..2a Ann Deanus	1.55.00

STATE 8km CROSS COUNTRY CHAMPS. Albany 23rd May 1982.

VETERANS SECTION. 8km		WOMENS 5km.		OPEN 8km	
1 Ted Maslen	31.28	Rosemary Langford	25.07	Jim Langford	25.07
2 George Audley	34.29			Fred Langford	27.32
				Neil Morfitt	31.38

SINGAPORE MASTERS CHAMPIONSHIPS. by one of our overseas reporters.

The weather for this years Champs was 'cool'. At least by Singapore standards with the temperature only hovering around the 32* mark, with the humidity between 80-100% all the time. The W.A. Veterans were represented by Rob Shand and Art Briffa, acting as All Australians for these Champs.

The first half of the programme started at 3pm on Saturday, but was soon so far behind schedule that the 4pm Javelin event coincided with 6pm 5000metres at 6.30pm. This enabled Rob to get in two throws of the javelin before rushing off to start in the 5000m then a quick rush back to the throwing area where his first throw put him into third place with 27.24metres. In the 5000m Rob won in 18.30.9 with Art coming in 2nd in 19.43.5 a very good start from our two representatives. On the Sunday the programme was scheduled to start at 8am but when but when our two stalwarts arrived at 8.30am for the M50 one Km 50 as they call it in Singapore, they found that the first event had not started, the starter still being at home in bed and there being no other gun available. Eventually he did arrive and they started to catch up on the programme by putting the M50 + all older men and ALL the women off together. Rob won this M50 event in 4.50.8 with Art in second place in 5.25.5. In winning Rob set an All Comers Record beating the old record of 4.55.8. After this the pair of them sat and poured water into themselves whilst it just poured out, like they were a couple of sieves, and old ones at that. They reckon that you 1 pint per hour just to keep level with the output.

In the evening, 5.30pm to be exact, the 10km Road Race commenced, and once again the Dynamic Duo were there to the fore. This event was run on the East Coast Parkway, along a bitumen path that was also a cycleway. With Singapore having a population of 2.7million and most of these riding bicycles you can imagine the congestion as the East Coast Parkway seems to be the most popular spot for riding a bicycle. The organisers tried to clear the way but it was a bit like trying to get the water off the warmup track, as soon as one lot were cleared off another lot rode on. The winner of the event was a M45 a major in the Ghurkas who won in 36.59 Rob was 2nd placegetter in 38.22 breaking yet another All Comers Record (43.41 by Andy Blunier of Asian Runner). Art finished in 10th place overall, and 2nd in M50 with a time of 42.33.

After the event it was down to the sea for a swim, did you know that it is possible to sweat under water? to cool off. A quick change and off to the Function, an eight course chinese meal. A good time was had by both participants their only complaint being that Beer is about a \$A1.55 a GLASS.

BOSTON MARATHON 1982.

The bus trip from Boston out to the start at Hopkinton seemed neverending and I am sure that the thought going through many of the runner's minds must have been "I'm sure that the course is long". The temperature was 22* max and the weather was sunny, extra good for a public holiday, but not so good for running the marathon. It took some time after the start for the congestion to ease. Water, ice and orange slices were offered by people, for the full length of the course. At approximately 10 miles a large Australian Flag was held aloft by a big group of Ockers, who gave much encouragement to all the Australian runners. As we got nearer to Boston the crowds grew much larger and became much more vocal in their support. It became hard to know just where we were on the course as all we could see was a tunnel of spectators. HEARTBREAK HILL was just that for me as I found I had miscalculated, I had not passed it after all, but soon came upon it, a very long, very tiring slope. From there on the course has many downhill stretches to the finish. I recomend that those in the Club who intend running this event in the future, have plenty in reserve for the last five miles. At 23 miles I started to walk, as I must have been out of sugar. I am sure that many of the vet's who participated will agree with me that late in the race the spectators become almost unbearable in their vigorous support and encouragement. I also recommend not to wear any form of advertising, as the constant "come on so and so" will drive you insane by the time you finish. I would have been walking right to the finish if Barry Slinger had not caught me and lifted my sagging morale and got me running again. Thanks Barry. After the event a great social was held, conducted by Bill Hughes, in his hotel suite. Swan Lager being served to help ward off dehydrat-

BOSTON MARATHON cont.

ion, this was thoroughly enjoyed by everyone. Below is a list of the Vet's times. Sorry it has not got the seconds included.

David Hough 3hr 14min. Bill Hughes 3hr 15min. Barry Slinger 3hr. 15min.
Allen Tyson 3hr 17min. Denys Butcher 3hr 20min. Jim Barnes 3hr 16min.
John Pellier D.N.F.

FROM OUR ROVING CORRESPONDENTS.

Joan and John Pellier after the Boston Marathon stayed on for a look around America then moved on to the U.K. Our spies tell us they are enjoying themselves but they are not doing too much running. Allen Tyson also stayed on as did Dave Hough. Allen is following the Spring North admiring the flowers and running in fun runs. He reckons he has just run in the perfect fun run, organised by a brewery. After the event, FREE BEER for all, plus hot dogs and other quite unnecessary trivia. The race incidentally was 7.2km, sorry MILES, he is in the land of imperial measure. Allen's time was 47min. The weekend before he had been on a bicycle rally, one of 3,500 cyclists who rode 210miles in the weekend. He should be fit when he gets home. Allen also sends his congratulations on the National Champs at Easter.

HAVE YOU BOUGHT A NEW CAR LATELY? You Have? then how about a new VETERANS CAR STICKER to put on it. DOROTHY WHITTAM has a new supply on hand, so rush in and get one and one for the other car or your folder or sports bag, anything but just get one, or two. Cost is only \$1.00 each

Anyone holidaying in Albany and would like a run, the Albany Clubs programme is as follows, July 11, 18, 25, Club Cross Country at Mt. Adelaide. Start 11am August 1, 8, 15, Club Cross Country at St. Josephs. Anyone requiring further information contact George Audley, RMB 9210, Lower Denmark Road, Albany. 6330. Ph. 098 446252.

FREMANTLE - PERTH RELAY. 30th May 1982.

This year the club managed to field two teams, as against scratching to make up one team last year. Our first team ran in 'C' Grade, whilst the second team ran in 'D' Grade. The Vets stopped University from making a clean sweep of all the grades. After winning the 'C' grade trophy last year, we had expected to be moved up into 'B' grade this year, but the powers that be were lenient with us and allowed us to remain as we were. (The trophy was for the winter season not the Fremantle - Perth Relay.) Frank Smith was first runner and he came to the changeover in 5th place, which the other runners maintained throughout the race. The 'B' team finished second to University in 'D' Grade which was also a very creditable performance. Mention must also be made of Dick Horsley who ran the fifth leg from Goldsworthy Road to the University (3km). Dick first ran in the Fremantle - Perth Relay in 1931, the second time it was held. 51 years ago. Dick ran for the 'B' team. Results are below:-

3.5km	Frank Smith	11.04	11.04	Jim Barnes	12.03	12.03	D Caplin	10.54
3km	Derek Hoyer	20.57	9.53*	Bob Sammells	23.00	Approx no times Taken		
1km	Don Caplin	24.15	3.18	Bruce Buchanan	27.08	J Rowland 2.41		
2km	Kevin Anderson	30.29	6.14*	Graham Thornton	34.18	7.10		
3km	Colin Leman	40.24	9.55	Dick Horsley	47.00	12.42	D Caplin	9.09
2km	Derek Crowther	47.34	7.10	Barrie Sutherland	54.13	7.13	T O'Hare	7.03
2km	Bob Harrison	54.27	6.53*	Dave Carr	61.28	7.15		

*denotes section record. Extreme Right hand Column Shows record holder and time. Previous best time was in 1979 when the "A" team did 56.11 and finished in second place. This years time would also have won 'B' grade had we been moved into that division.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Kevin Barry	turns 41	remains M40	26	Victor Kailis	turns 37	remains M35	19
John Butts	" 48	" M45	11	Sue Leman	" 36	" W35	05
Ron Bragg	" 41	" M40	09	Thelma Manley	" 47	" W45	03
Mike Berry	" 51	" M50	06	George Mavor	" 47	" M45	13
Kath Counsel	" 39	" W35	30	Terry Manford	" 44	" M40	16
John Chadwick	" 38	" M35	19	Eric Pearton	" 51	" M50	27
Peter Cowley	" 43	" M40	29	Terry Ryan	" 37	" M35	24
Enid Crowther	" 40	Becomes W40	26	Joan Slinger	" 41	" W40	12
Bernie Doherty	" 36	Remains M35	12	Derek Walker	" 50	becomes M50	07
Bob Fergie	" 47	" M45	03	Brian Waldhuter	" 42	remains M40	31
Edward Jennings	" 43	" M40	08	Dorothy Whittam	" 46	" W45	10

NEW MEMBERS. We welcome the following into the club:-

Sheila Maslen. 31, Roebuck Drive, Manning. 6152. 450 5656. 6th Jan 1938 W40
 Gerard Ryan. 3, Ferndale Street, Floreat Park. 6014. 387 5274 5th Feb 45. M35
 Laurence Baxter. Flat 21/8, Currie Street, Daglish. 30th Nov 1941. M40.

It is with regret that we say goodbye to Dave and Helenne Darville, Dave is being transferred back east, his tour of duty over here being at an end. They will long be remembered for the magnificent run and day they gave us on Garden Island. Also resigning as he is already over east is Tony O'Hare. We wish them all the best in their running over there. (What is the attraction of this mysterious east?) Another resignation is Liz Shead, you can still bring Mel out to events though.

CHANGES OF ADDRESS.

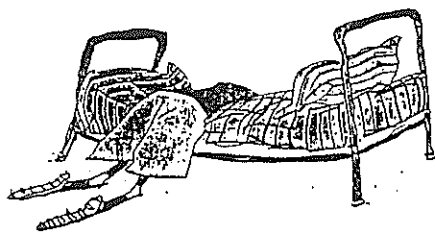
Ed Smith, 39, Warburton Avenue, Padbury. 6025. 401 3239.
 John Spencer, 517, Marmion Street, Booragoon. 6154.
 Jim McLean, 12, Brix Street, Wembley Downs.
 Mel Shead, P.O. Box 244, Claremont. 6010. 386 6021.
 Colin Walsh, 4, Westmorland Drive, Leeming. 6155. Bus. 332 6632. H. 332 6232.
 Erica Mercer, 26, Muir Street, Innaloo. 6018.

RESULTS OF OCEANIA GAMES HELD IN FIJI 13-16 MAY 1982.

A copy of the results from these games has been received and has now been placed in the library. Anyone wishing to read them see Don, or Allen.

The A.G.M. of the A.A.W.A. Will be held on the 11th August 1982. As yet no date has been fixed. Any registered member is eligible to attend.
 Venue just to hand. Conference room, Perry Lakes Stadium.

Jogging clears the mind
 and prepares you
 to face a new day
 refreshed and renewed.



KINGS PARK CROSS COUNTRY. 5th June 1982.

WOMENS 3 x 4000metres

Enid Crowther	21.00	21.00
Lee Docksey	18.20	39.20
Dorothy Whittam	23.02	62.22

for 5th Place.

4000metres H'Cap.

Margaret Harman	20.46	1.35	19.11
-----------------	-------	------	-------

8000metres H'Cap.

Kevin Anderson	40.27	10.55	29.32	Rob Shand	41.13	09.25	31.48
Derek Hoyer	41.05	11.20	29.45	Barrie Sutherland	42.01	10.05	31.56
Don Caplin	41.50	11.40	30.10	Frank Steere	43.17	10.55	32.12
Ted Maslen	41.01	10.45	30.16	Ed Parr	No time Available.		

PERRY LAKES CROSS COUNTRY H'CAPS. 12th June 1982.

3km

Dave Carr	15.17	4.35	10.42	Jeff Whittam	15.26	2.55	12.31
Erica Mercer	15.08	2.45	12.23	Dorothy Whittam	15.53	Scr	15.53

5km

Neil Morfitt	26.39	8.35	18.04	Margaret Harman	26.10	2.50	23.20
Garry Lynn	26.37	7.55	18.42	Rosemary Langford	26.15	2.00	24.15
Barrie Sutherland	27.08	8.15	18.53	Sheila Maslen	28.43	1.10	27.33

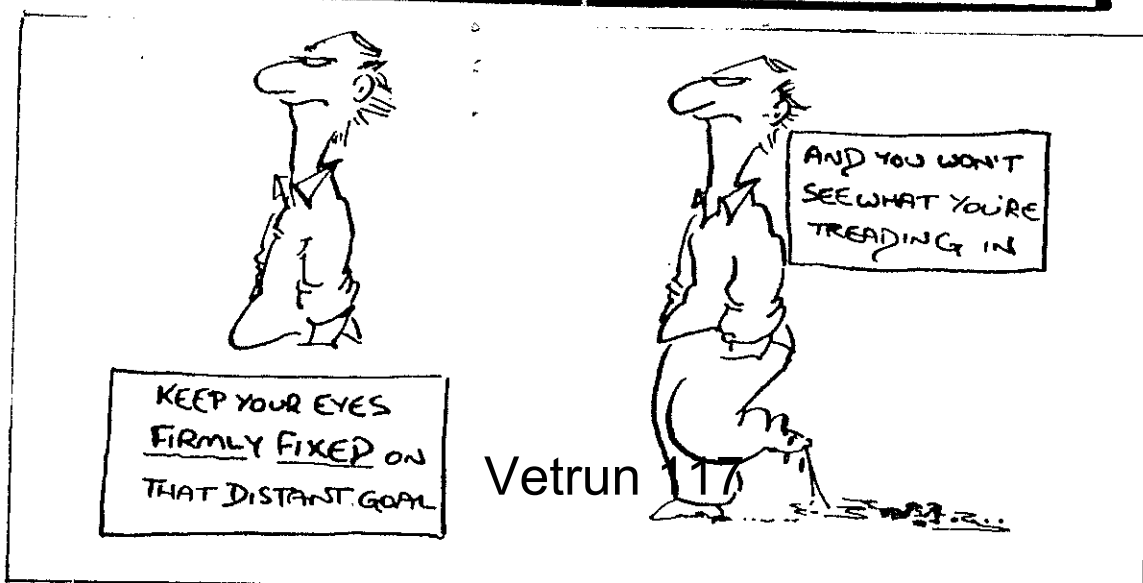
10km

Derek Hoyer	56.19	18.30	37.49	Brian Foley	58.12	15.40	42.32
Don Caplin	56.34	18.35	37.59	Lee Docksey	56.02	8.20	47.42
Ted Maslen	55.52	17.45	38.07	Jim Langford	54.58	did not get heap	
Ed Smith	55.34	14.20	41.14	Fred Langford	54.57		
Peter Hopper	56.59	15.25	41.34				

Dave and Pat Carr are hoping to come up to Perth for the August holidays. They are however without accommodation. If anyone is going away for the two weeks of the school holidays and they require someone to water the dog and take the lawn for a walk Dave will be happy to oblige in exchange for accommodation. Contact them at District High School, Northcliffe. 6262.

1. What do you think of whilst running? **NOT.. RUNNING**
2. WHY? **BECAUSE..IT'S..LESS..PAIN..FULL..**
3. Who do you like to train with? **RALPH GODKINS..POODLE**
4. WHY? **SHE NEVER..CONTRADICTS..MY..THEORYS**
5. How long do TRAINING sessions last? **Until dinners ready**
6. Should we adopt the slogan "I'm not a veteran. I'm a SEXY SENIOR RUNNER."? **NO**
7. WHY? **(a) IT'S A..SEXIST..STATEMENT..(b) PEOPLE..MAY..THINK WE'RE SERIOUS & ISSUE CHALLENGES.**

the only
reply.



ASSC. EVENTS.

Any member of the club who would like to run in Assc. events, may do so by paying \$1. You will not however be eligible for any prizes, or be given a handicap. In handicap events you would start off with the Perth Runners Club Members. Register at the same table as the Perth Runners Club. This applies only to the Winter Season. For any further details see Dorothy Whittam.

BOB HARRISON DIANELLA RESERVE RUN. 13th June 1982.

On a wet and windy Sunday morning about 50 brave runners lined up for the start of the 8400 metres course, which included concrete paths, grass and sand. With the constant rain, the timekeepers, Frank Smith and Brian Danby, had a few problems with wet timesheets and pens not writing. We apologise to the members whose times were not recorded.

Kevin Anderson was fastest, followed by Colin Leman and Derek Hoyer. The first lady was Margaret Harman.

This was a new course and by the reaction I got, it was well received, so next year I will be attempting to do it again. A group of the ladies took a wrong turn, but I am sure they did not mind running a little extra and getting a little wetter.

We all congregated in the hall where a barbecue lunch was served, with a little wine and salads, which capped off a good run.

Thank you all for attending and I hope to see you all there again next year.

BOB HARRISON.

RESULTS.

1. Kevin Anderson	28.36	16. Graham Thornton	34.42	31. ???	??
2. Derek Hoyer	29.00	17. Bill Mitchell	34.48	32. Barry Thomsett	
3. Colin Leman	29.07	18. Graham Moses	35.31		39.13
4. Derek Crowther	30.23	*19. John McGuinness	36.06	33. Bob Farrell	39.18
5. Frank Steere	31.29	20. Fraser Deamus	37.02	34. Lorna Butcher	39.18
6. Dave Carr	31.55	21. Aub Davie	37.02	35. Marilyn Acreman	
7. Don Caplin	31.58	22. Morris Warren	37.30		39.52
8. Bill Monks	32.05	*23. Jim Greenfield	38.07	36. Margaret Warren	40.13
9. Bob Sammells	32.53	24. Andy Wright	38.14		
*10. Steve Mitchell	33.10	25. Margaret Harman	38.33	37. Ruby Maddison	42.10
11. John Maddison	33.32	26. Ian Sutherland	38.50	38. Nora Berry	42.11
12. Bob Paulkner	33.41	27. Lee Docksey	38.50	39. Cliff Bould	42.13
13. Maurice Johnson	33.43	28. Sue Leman	38.52	40. Enid Crowther	42.26
14. Bill Hughes	34.24	29. Phyllis Farrell	38.52	*41. Tim Bolton	42.30
15. Mike Kahn	34.28	30. Ann Deamus	38.52		
		42. Dorothy Whittam	43.50		
		*43. Jacky Greenfield	56.00		
		*44. Mary McGuinness	56.00		

* Ran by invitation.

I hope I managed to get everything in order. If the timekeepers had trouble think of me trying to decypher their list. Ed.

How to cope with injury

IF you jog around blocks or hope to represent your country at the 1984 Olympics, here's a book that may interest you.

If you are sick and tired of nagging aches and pains, then it will certainly interest you.

If you never attempt to exert yourself physically and have more than adequate medical insurance, then skip this story and read something else.

jogging

For this is a story about a book which aims at preventing athletes from injuring themselves and, if it's too late to do that, suggests some handy hints to limit the hurt.

It's called "Athletic Injuries—with primary and home treatments," and is written by a West Australian, Cliff Bould.

As a qualified physiotherapist and a runner for more than 50 years, Mr Bould certainly has a right to put his ideas and theories into book form.

Today, aged 64 and only just out of the ranks of veteran athletics, where he has held world records in a number of distance events, he still manages to run daily despite severe illness and disability which would have permanently incapacitated most individuals.

This book, in his second and its beauty lies in its simple layout. Everything is easy and quick to find and written in a manner that does not require a doctorate to understand.

For example, you take off tonight for a run around the block, but in the dark you stumble over a gutter and sprain your ankle.

Hobbling home, you reach for your copy of Mr Bould's book. Chapter seven deals with sprains and their treatment and listed underneath is a six-day treatment plan.

Published by Artlook Books, "Athletic Injuries" is a must for athletes and their trainers, remedial gymnasts and first aiders, physiotherapists and anyone dealing in physical rehabilitation.

And at only \$4.95, it's not going to cause much pain.

FROM THE WEST AUSTRALIAN
FRIDAY 18th JUNE 1982

Join in, the Cottesloe Cup's open to all

Probably the most historic annual run in Western Australia will take place again on Saturday.

It's the 9.2km Cottesloe Cup which dates back to 1941. It covers a two-lap course round the streets of Cottesloe, starting and finishing at the Cottesloe Hotel.

And for the second time in its history it's open to anyone who wants to join in.

It was a young Col Junner who faced the starting gun in 1941 for the first time the event was run.

"Back in those days the course was different, doing Peppermint Grove and Mosman Park as well at Cottesloe and crossing Stirling Highway," Col, who turned 60 yesterday, said.

"In 1953, the course

had to be changed because of the traffic in Stirling Highway.

"Phil James and I set the new course, which is still in use, in his old car.

"It was supposed to be a legitimate six miles (9.6km), but it turned out to be five and three-quarters (9.2km), because we judged the distance off the car speedometer.

"This resulted in some pretty impressive times for the race. In fact they were phenomenal."

The trophy for the event, the Cyril Norman Shield, reads like a who's who of West Australian running—it even includes Col's name.

"I ran the event for 25 years before I won it. It did take longer than I thought," he admitted.

"It was always popular because of the



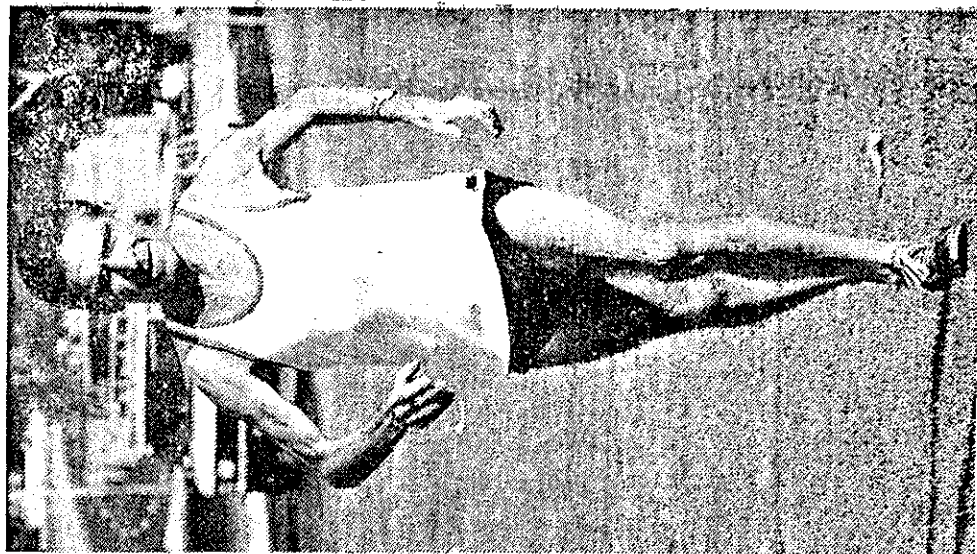
route and because winning the shield was a common ambition. It's a very illustrious crowd on that shield."

The race was dropped by the Athletic Association of WA in 1980, but was revived by the WA Marathon Club last year.

That was only the second year Col has ever missed running it.

He was recovering after being knocked down by a car. The only other time he missed the event was when he was with a State cross-country team competing interstate.

The Marathon Club is



◆ Veteran runner Colin Junner.

Col is a member of Long Standing. Its good to see him back running again after his bad accident about two years ago. The run was held on the 17th June.

WEST AUSTRALIAN VETERANS ATHLETIC CLUB.
WINTER PROGRAMME. 1982.

V. = Veterans club events open to all members.

WC. = Walkers Club events.

A. = Athletic Association events. Intending competitors must be registered with the Ass. 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 name is to assist. The member responsible should forward all results to the secretary or editor 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 events implements available afterwards if needed.

AUGUST PROGRAMME.

SUN. AUG 1st.	V.	<u>Hill Tracks Run.</u>	7.65km. 8.00am. Perry Lakes.
			followed by B.Y.O..B.B.Q. R. Shand/D Crowther.
SAT. AUG 7th.	A.	State 16k Road. and Womens Road Relay.	W.A.I.T..
SUN. AUG 8th.	V.	<u>Jo-Annes Jolly Jaunt.</u>	H/Cap. 6k. 9.30am. Bickley Reservoir.
			for Carr/Shand Trophy. 1st Man, 1st Lady. D & J Walker.
Sat. AUG 14th.	A.	Midland H/Caps.	John Forrest National Park.
SUN. AUG 15th.	V.	McCallum-Kings Park-	McCallum Group Jog. 8am.
SAT. AUG 21st.	A.	Helena Vale Relays.	Helena Vale Race Course.
SUN. AUG 22nd.	V.	Round the Bridges Group Jog.	8am. McCallum Park.
SAT AUG 28th.	A.	Karrinyup H/Caps.	Newman College.
SUN. AUG 29th.	V.	<u>CLUB 1/2 MARATHON CHAMPIONSHIPS.</u>	8am. McCallum Park.
		<u>Certificate Run.</u>	Sammells/Berry/D.Whittam.

SEPTEMBER PROGRAMME.

SAT. SEPT 4th.	A.	Channel 7 Relays.	Mirrabooka.
SUN. SEPT 5th.	V.	<u>Brian Danbys Run.</u>	9am. Pinaroo Memorial Park.
		followed by B.Y.O. B.B.Q	Whitfords Ave, Padbury.
			J. & B. Danby.
SUN. SEPT 12th.	V.	Do Your Own Thing.	8am. McCallum Park.
SUN. SEPT 12th.	A.	<u>State Marathon.</u>	8am. Herne Hill
SUN. SEPT 19th.	V.	<u>Dave Jones Relays.</u>	8am. McCallum Park.
Sun. SEPT. 19th.	A.	York/Toodyay Relay.	9am. York.
SAT. SEPT. 25th.	A.	Reabold H/Caps.	Reabold Hill.
SUN. SEPT 26th.		<u>BRIDGES FUN RUN.</u>	

NOTE. EVERY TUESDAY. informal group jogs at 5.30pm. from the corner of Saw Ave and May Drive, Kings Park.
Ladies meet at 5pm.



The Vetrin

No. 118

AUGUST 1982



W.A. VETERANS A.A.C.

PRESIDENT R.E. SAMMELLS.

Registered for posting
as a periodical.

Category 'B'

Secretaries

Val Prescott

384 8585

Dorothy Whittam

387 6438

Treasurer

Colin Leman

364 7782

Editor

Jeff Whittam

All Glory comes from daring to begin.

ALTERATION OF VENUE AUGUST 8th.

WOULD YOU PLEASE NOTE THAT JO-ANNES JOLLY JAUNT, WILL NOW TAKE PLACE AT ROCKY POOL, PECHY ROAD. NOT AT BICKLEY AS STATED IN THE PROGRAMME. To get to Rocky Pool, follow Morrison Road from Midland to about 40metres from the end. Turn left into Pechy Road to the bottom of the hill, turn left into the carpark. The run still commences at 9.30am and is for the CARR/SHAND TROPHY. First man and First lady. B.Y.O. Barbecue afterwards.

STATE SELECTION.

Congratulations to Frank Smith on being selected to run for W.A. in the National Marathon Championships, to be held in Brisbane. On the 24th July.

COMMITTEE MEETING.

Rob Shand has unfortunately had to resign from the committee, for personal reasons and in his place the committee has co-opted Brian Danby, who was the other member nominated at the A.G.M.

The A.A.W.A. has set up a committee to look into the erection of Flood lighting at Perry Lakes Stadium. Each club is requested to have a member on this committee, we would like a registered member to volunteer for this job. Anyone who feels they would like to do this would they please contact Bob Sammells who has all the details.

THE A.G.M. of the A.A.W.A. has been changed from 11th August to the 17th August 1982 and will still be held in the Conference Room at Perry Lakes Stadium at 7.30pm. Anyone who intended going please make a note of this.

SUNDOWN RUN. It has been decided that this run will now be held at the Dianella Reserve, corner of Alexander Drive, Morley Drive and Light Street. It will start at 9.00AM not in the afternoon as before. It will be held on the 24th October 1982. Entries will be accepted from any lady over the age of 30 years and any man over 35 years of age. Entry fee will be \$3.00 for those paid by the closing date on the entry form and \$4.00 for those sent in after this date. Entries will be taken upto 1 hour before the start time. Certificates will be presented to ALL competitors. Prizes will NOT be given for age group winners but will be by a random method yet to be decided upon. The distance is hoped to be over a two lap circuit, each lap being approx. 4km with the option of doing either one or two laps.

Chronomix. At the end of this Newsletter you will find a questionnaire about the clock, would you please fill it in and hand it to any committee member or post it in to the secretary.

CLUB CROSS-COUNTRY CHAMPIONSHIPS. ² Sunday, 4th July, 1982

Venue: Jorgensen Park, Kalamunda. Course: 3 laps totalling 8.7km.

Conditions for these Championships were ideal; rather cool, minimal wind and dry. Jeff Whittam et alia had flagged the Course to Jeff's very high standards and it was impossible to get lost. The WAMC had kindly loaned us their Chronomix clock and, with this in place and officials ready, Liz Khan fired the pistol to send 50 runners haring down the Course.

Marilyn Acreman, Maxine Tapper and Derek Hoyer were forced to withdraw and Frank Smith did the impossible, but we ended with 47 runners conquering the fairly demanding Course. The racing was keen and the certificate winners fully-earned their awards.

C C-C day at Jorgensen Park tends to become just that - a day. It is a fact that the racing interfered with the day's programme of unbridled sybaritism but most resolutely managed not to let it spoil their day. Everybody did justice to the marvellous 'spread' and, once again, we must thank Bob Harrison and our ladies for looking after us so well. Roll on 1983!

Results

<u>W35</u>		<u>M40</u>		<u>M50</u>	
1 Enid Crowther	48.40	1 Don Caplin	31.24	1 Rob Shand	35.13
2 Jo Stone	49.02	2 Frank Smith	31.41	2 Frank McLinden	37.01
3 Sue Leman	49.17	3 Stan Latchford	34.36	3 Dave Fough	38.33
4 Gloria Sutherland	49.53	4 Derek Crowther	34.39	4 Stan Lockwood	38.57
5 Phyllis Farrell	52.01	5 Gerry Allen	35.45	5 Mike Berry	39.40
		6 John Maddison	35.54	6 Jim MacLean	47.41
		7 Jack Moore inv.	36.56		
<u>W40</u>		8 Kevin Martin	37.38	<u>M55</u>	
1 Ann Deanus	49.59.	9 Charlie Spare	38.20	1 Alan Tyson	42.26
		10 Barrie Slinger	39.29	2 Merv Moyle	43.16
<u>W45</u>		11 Frazer Deanus	39.29	3 Frank Usher	45.56
1 Margaret Warren	50.10	12 Barry Thomsett	42.50		
2 Dorothy Whittam	54.18	13 Bob Farrell	43.32	<u>M60</u>	
				1 Andy Wright	43.01
<u>W50</u>		<u>M45</u>		2 Arthur Leggatt	43.03
1 Lorna Butcher	44.03	1 Bill Monks	34.53		
2 Nora Berry	56.09	2 Ed Smith	36.02	<u>M65</u>	
		3 Bill Mitchell	37.09.	1 Dick Horsley	41.47
<u>W55</u>		4 John Spencer	37.52		
1 Val Tyson	58.16	5 Alan Acreman	38.37		
		6 Jeff Whittam	40.00		
<u>M35</u>		7 Aub Davie	41.13		
1 Colin Leman	32.00	8 Morris Warren	42.28		
2 Jim Barnes	34.23				
3 Mike Khan	38.07				

From the course markers. I think it was a terrific idea of Maurice's when he was marking the course to put guide lines through the stream and swamp, so that everyone kept to the driest parts and avoided the mud, the ladies must have appreciated it as their cries of delight could be heard echoing around the course as they went through that section. Next year Maurice has plans to try and make this the most scenic part of the course, by building a dam across the stream just below the crossing, so we have our own miniature Lake Argyle. He is also thinking of getting Frank a Guide Dog, so he will not go off course again on the THIRD lap when he is in the lead.

NEW MEMBERS.

Kevin Martin, 53, Vanessa Way, Swan View. 6056. 294 2809. 28th Aug 1937 M40.
Nicolas Gurr, 200, Hampton Road, Sth Fremantle. 6162. 335 9463. 7th Oct 1945
M35.

CHANGE OF ADDRESS.

Neville Gereaux, Lot 204, Quail St, Silver Sands. S.A. 5173.
Gerry Noordyk, 57, First Avenue, Bickley. 6076.

Corrections.

State Champs held in conjunction with the Aust Champs at Easter. Mens 400m
Peter Gare's time should have read 52.7 not 55.2.
Maurice Smaith DID have a birthday in April, on the 26th Turned 48 remains M45
Frank Usher is 58 not 55 as was stated in a previous newsletter.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Brian Danby	turns 34	remains P/V 08	Jill Pearton	turns 35	becomes W35 05
George Audley	" 47	" M45 21	Barrie Robinson	" 43	remains M40 13
Jan Hough	" 39	" W35 18	Richard Spark	" 43	" M40 25
Bill Hughes	" 55	becomes M55 15	Maxine Tapper	" 35	becomes W35 15
Jim Langford	" 38	remains M35 12	Jeff Whittam	" 48	remains M45 05
Barbara Leach	" 38	" W35 25	Rod Cox	" 39	" M35 17
R.G. Martin	" 60	becomes M60 01	Kevin Martin	" 44	" M40 28
Ted Maslen	" 47	remains M45 08			

STATE 25km ROAD CHAMPS. At W.A.I.T. 11th July 1982.

6. Frank Smith	1.26.34	31. Bob Harrison	1.43.54
8. Don Caplin	1.30.50	33. Ed Smith	1.44.56
9. Kevin Anderson	1.31.01	38. Morris Warren	1.48.01
12. John Gilmour	1.31.35	39. Fraser Deanus	1.49.39
19. Mel Pach	1.36.11	43. Dave Hough	1.51.46
20. Ted Maslen	1.36.52	46. Graham Thornton	1.54.32
29. Bill Hughes	1.42.54	48. Denys Butcher	1.57.52

John Gilmour set yet another world record, with his time of 1.31.35, in M60 class.
Congratulations John.

Jorgenson Park H'caps. 3rd July 1982.

Derek Hoyer	31.02	Barry Sutherland	31.51	Brian Foley	32.53
-------------	-------	------------------	-------	-------------	-------

CANNING RELAYS. McCALLUM PARK 17th July 1982.

After a very wet week the weather improved on the Saturday and the sun shone for the runners in the relays. Our sun also shone as the 'A' team won 'C' grade with our 'B' team finishing in fourth place. The 'A' team finished in 6th place overall 1½ minutes behind the winners.

Frank Smith	16.33	16.33	Brian Foley	18.39	18.39
Don Caplin	33.36	17.03	Ed Smith	37.39	19.00
Kevin Anderson	50.39	17.03	Derek Hoyer	55.48	18.09
Colin Leman	68.07	17.28	Barry Sutherland	74.13	18.25

FUNDRAISING WEEKEND.

Anyone interested in a fundraising weekend in aid of John Gilmour's trip to Japan to defend his World 10km Road Title, for the fourth time. Please contact Allen Tyson. He would like to organise it on the 14th August at the Mundaring Youth Hostel, which would be very convenient for those wishing to run in the King of the Mountain race the following morning. He is also hoping to have a Guest Speaker and possibly films.

George Skeels Trophy. Reabold Hill 26th June 1982.

H'cap	Psn	H'cap	Clock	Actual	Psn
4.	Jeff Whittam	4.35	28.54	24.19	26
15.	Margaret Harman	1.50	29.21	27.31	34
16.	Erica Mercer	3.50	29.22	25.32	30
17.	Graham Thornton	5.50	29.23	23.33	23
21.	Garry Lynn	7.45	29.41	21.56	18
22.	Ted Maslen	8.40	29.47	21.07	12
24.	Barry Sutherland	7.55	29.54	21.49	16
30.	Derek Hoyer	9.00	30.31	21.31	14

As you will see from the clock times the handicapper did an excellent job. For the first time this year a lady won the Trophy. She was Tracy Assmusen from the Midland club. Thanks to all those who assisted at the event, especially Dick Horsley Bob Harrison and Frank Steere who staggered round the course in the morning with the flags

Marking the route, and all those who helped to marshal in the afternoon.

MEASURING WHEEL. This has now been repaired and is now available for those who are requiring to measure courses for their events.

Couldn't resist putting this one in.

1. What do you think of whilst running? *BILL ROGERS THIS*
 2. WHY? *BECAUSE LINDA LOVELACE'S THIGHS SLOW ME DOWN.*
 3. Who do you like to train with? *LINDA LOVELACE.*
 4. WHY? *BECAUSE SHE RUNS SLOWER THAN BILL ROGERS.*
 5. How long do TRAINING sessions last? *UNTIL I START THINKING ABOUT MAURICE JOHNSON'S THIGHS*
 6. Should we adopt the slogan "I'm not a veteran (YAK!) I'm a SEXY SENIOR RUNNER" *No*
 7. WHY? *I PREFER AVAILABLE ANTIQUE AMOROUS ATHLETE.*

(THIS CAN QUICKLY BE CHANGED TO AMATEUR ATHLETIC ASSOC OF AUST IF THE WIFE HEARS ABOUT IT!!!)

POINT WALTER H'caps. 10th July 1982.

2km.	4km.	H'cap	Clock	Actual
Sheila Maslen go 10.34	Margaret Harman 1.45	18.29	16.44	
Dorothy Whittam go 10.46	Jeff Whittam 3.45	21.08	17.23	
8km.				
Barry Sutherland 12.10	43.32	31.22	Brian Foley 10.55	42.59 32.04

MINUTES OF SPECIAL GENERAL MEETING. Held 18th July 1982 at 17, Millington Street, Ardross.

Meeting opened at 10.50am.

Apologies. Merv Moyle. Jeff Whittam.

Present. 30 members.

The Motion, as detailed in N/L 117, Proposed by Bob Sammells and seconded by Sue Leman, was put to the meeting. That the proposed constitution forms part of the Clubs application for Incorporation, with three changes to the present Constitution.

Motion passed unanimously.

Meeting closed at 10.55am.

There was further discussion on changes to the club uniform. The committee feel that while the present singlet is distinctive, it would look better with a black strip, of approx 6 inches deep, across the chest. The members seemed to be in agreement, so the committee will go ahead with the matter.

CHANGE OF VENUE.

Vetrun 118 The State 10km for men and 8km for women Cross Country Champs, due to have been held at Carine on the 31st July 1982, will now be held at HAIF SCHOOL on the 31st July 1982. Commencing at 1.45pm. REGISTERED MEMBERS PLEASE NOTE.

SUTHERLANDS RUN. 18th July 1982.

Fifty runners lined up at the start of the 8.4km Sutherland run, to be led away along the route by our good neighbour and cyclist, Jim Finch, the traditional "leader of the pack".

Included were seven new faces, Lyn Hill, Rosemary & Hamish McGlashen, Selby Munsey, Duncan Phillip, Kevin Martin and Micheal Goldrich.

Winter turned on one of her beautiful still days, with the sun beaming down from blue skies. After surviving the hazards of crossing Reynolds Road and Canning Highway, the route took us along the River foreshore past the old Majestic Hotel, to Tomkins Park, then up over Wireless Hill and down towards the finishing line.

Gloria Sutherland had the neighbours in Millington Street out on the verges, wild with excitement AND disbelief as she appeared FIRST over the hill and bolting for the tape. Swabs later proved nothing except perhaps an overdose of Vets Port.

First man over the line was newcomer Kevin Martin, followed on by Maxine Tapper Margaret Warren, and another new face, Hamish McGlashen.

RESULTS

1. Gloria Sutherland	W35	47.22	4.30	42.52
2. Kevin Martin	M40	47.41	13.30	34.11
3. Maxine Tapper	W30	48.07	4.30	43.37
4. Margaret Warren	W45	48.30	5.30	43.00
5. Hamish McGlashen	M45	49.13	13.30	35.43
6. George Feet	M45	49.25	13.30	35.55
7. Sue Leman	W35	50.17	7.30	42.47
8. Lyn Hill	inv	50.32	5.00	45.32
9. Nora Berry	W50	51.00	2.30	48.30
10. Mike Khan	M35	52.05	17.30	34.35
11. Dick Horsley	M65	52.05	14.00	38.05
12. Derek Crowther	M40	52.34	22.00	30.34
13. Aub Davie	M45	52.35	15.45	36.50
14. Morris Warren	M40	52.36	18.15	34.21
15. Merv Moyle	M55	52.37	15.00	37.37
16. Duncan Phillip	inv	52.38	13.30	39.08
17. Cliff Bould	M65	52.39	13.30	39.09
18. Dalton Moffett	M50	52.40	18.00	34.40
19. Gerry Allen	M40	52.43	19.30	33.13
20. Andy Wright	M60	52.46	14.30	38.16
21. Lorna Butcher	W 50	52.49	12.00	40.49
22. Don Caplin	M40	52.54	22.30	30.24
23. Colin Leman	M35	53.01	23.00	29.55
24. Mel Shead	M35	53.01	17.30	35.31
25. Rob Shand	M50	53.07	21.15	31.52
26. Ruby Maddison	W45	53.08	5.00	48.08
27. Enid Crowther	W40	53.08	8.00	45.08
28. John Maddison	M40	53.08	20.30	32.38
29. Maurice Smith	M45	53.09	22.30	31.39
30. Frank Smith	M40	53.15	24.00	29.15
31. Ray Lawrence	M50	53.43	13.30	40.13
32. Jim Barnes	M35	54.08	21.00	33.08
33. Joan Slinger	W40	54.24	11.30	42.54
34. John Spencer	M45	54.28	21.00	33.28
35. Jo Stone	W35	54.39	11.30	43.09
36. Frank Usher	M55	54.42	14.00	40.42
37. Bob Sammells	M45	54.55	19.15	35.40
38. Barry Slinger	M40	55.09	18.45	36.24
39. Jill Pearton	W30	55.15	11.30	43.45
40. Bill Hughes	M50	55.47	17.30	38.17
41. Denys Butcher	M55	55.47	18.15	37.32
42. ? ?	?	56.35	?	?
43. Selby Munsey	M45	56.51	13.30	43.21
44. Mike Berry	M50	57.18	18.00	39.18
45. Allen Tyson	M55	57.18	18.45	38.33

Results Sutherlands Run cont.

46. Micheal Goldrich	inv	57.24	13.30	43.54
47. Rosemary McGlashen	inv	58.35	1.00	57.35
48. Val Tyson	W55	58.35	1.00	57.35
49. Val Prescottt	W35	67.22	2.30	64.52

The event has now been run for three years and the records are:-

W30	Jill Pearton	43.26	18.6.81
W35	Joan Slinger	40.37	27.4.80
W40	Joan Slinger	39.36	18.6.81
W45	Margaret Warren	43.00	18.7.82
W50	Lorna Butcher	40.49	18.7.82
W55	Val Tyson	57.35	18.7.82
M35	Frank Smith	29.36	18.6.81
M40	Frank Smith	29.15	18.7.82
M45	Maurice Smith	30.38	18.6.81
M50	Rob Shand	31.52	18.7.82
M55	Allen Tyson	36.08	27.4.80
M60	Ralph Godkin	37.05	27.4.80
M65	Dick Horsley	38.05	18.7.82

The day wound up with Maurice Smith getting a few more miles up on our pianola, and Val Tyson Harmonising in some fine renditions.

We look forward to seeing you all again next year.

Ian & Gloria Sutherland.

Thanks for having us all to your place and for allowing us to hold a Special General meeting at the same time. The Club.

WALKING RESULTS.

29th May 82.	Wanneroo.	M50	Don Stone	165.48	25km
6th June 82.	People's Marathon	M35	Duncan Faux	Withdrew	at 35km
" " "	Jackadder Lake	M50	Don Stone	58.01	10km
13th June 82	Canning Vale	M45	Jim Turnbull	127.07	20km
" " "	" "	M35	Duncan Faux	56.59	10km
19th June 82	Whitfords	M45	Jim Turnbull	70.48	12km
" " "	" "	M65	Dick Horsley	73.33	"
27th June 82	Perry Lakes.	State	30km Championships.		
	2nd	M45	Jim Turnbull	192.31	
	3rd	M50	Don Stone	205.51	
12th July 82	W.A.I.T.	M50	Don Stone	69.55	12km
		M65	Dick Horsley	34.47	6km
17th July 82	Wanneroo	M45	Jim Turnbull	136.24	20km
		M50	Don Stone	58.00	9km of 20km w/drew

STATE 10km ROAD CHAMPS. Kings Park 14th July 1982.

Womens 5km Champs.

Margaret Harman 20.44 Erica Mercer 20.47 Rosemary Langford 21.28

Mens 10km Champs.

Jim Langford	16.08	32.52	Ted Maslen	18.10	37.05
Frank Smith	16.24	33.06	Martin O'Rourke	18.35	37.09
Fred Langford	16.45	33.26	Rob Shand	18.48	37.27
Derek Hoyer	17.17	34.45	Barry Sutherland	19.23	37.54
Garry Lynn	17.49	35.31	Bruce Buchanan	19.33	39.26
Jim Barnes	18.21	36.19	Don Stone	21.50	45.01

In the points competition being run by the Association, we are in 1st and 5th position as at the 23rd July. This is in "C" grade. the first team has 18 points whilst the 2nd team has 8 points, there are 11 teams in "C" grade.

Friday 9th July. West-Inst



Greg Jeremy presents shields to veteran runners Dorothy Whitlam and Bob Samuels.

Valiant vets

jogging

WA's veteran runners are the tops. Our women hold the 24-hour relay world record, and the men are Australian record holders.

Their achievements were marked last week when Dorothy Whitlam and Bob Samuels accepted shields from Greg Jeremy of Dunlop Footwear.

Dorothy and Bob were members of the WA Veteran's Athletic Club teams which broke the endurance event records last October.

In the 24-hour relay teams of ten members attempt to cover as much distance as possible in the period, with members running one mile each in turn.

The WA club fielded two men's teams in an attempt to break the national record of 244 miles 1280 yards, set in 1979.

The A team took the title, bettering the record by some five and a half miles.

Meanwhile, the women's team was heading towards a world title, running into the record books with a distance of 186 miles 1271 yards.

It is believed that WA's greatest rivals in this event, South Australia, are planning an assault on both records.

CONT. FROM PAGE 2.

RECORDS . CLUB CROSS COUNTRY CHAMPS. JORGENSEN PARK.

M30	Jo Stone	44.30	1980	
M35	Joan Slinger	43.10	1981	
M40	Ann Deanus	49.59	1982	New Record
M45	Margaret Warren	50.10	1982	New Record
M50	Lorna Butcher	44.03	1982	New Record
M55	Val Tyson	55.40	1980	
M35	Fugh Kirkman	30.55	1981	
M40	Derek Hoyer	30.30	1980	
M45	Maurie Smith	32.06	1980	
M50	Rob Shand	35.13	1982	New Record
M55	Alan Merrett	35.09	1980	
M60	Andy Wright	42.18	1981	
M65	Dick Horsley	41.47	1982	New Record

WOMEN

W30	W35	W40	W45	W50	W55	AND W60
11.7 E. HINDLE	12.0 K. HOLLAND	12.4 K. HOLLAND	13.7 D. WHITTAM	15.9 P. CARR	18.06 V. TYSON	100
24.6 E. HINDLE	24.6 K. HOLLAND	25.6 K. HOLLAND	28.7 D. WHITTAM	32.2 P. CARR	41.5 V. TYSON	200
57.7 E. HINDLE	56.0 K. HOLLAND	59.3 K. HOLLAND	67.8 D. WHITTAM	80.8 L. BUTCHER	93.1 V. TYSON	400
222.2 E. HINDLE	229.8 K. HOLLAND	229.6 K. HOLLAND	307.7 D. WHITTAM	312.3 L. BUTCHER	355.3 P. HEAD W60	800
509.8 E. HINDLE	527.9 K. HOLLAND	541.3 M. HARMAN	640.0 L. BUTCHER	6.06 L. BUTCHER	740.8 V. TYSON W55	1500
651.5 L. BROWN	620.9 J. FLETCHER	737.5 D. WHITTAM	710.0 D. WHITTAM	647.7 L. BUTCHER	740.8 P. HEAD W60	1 MILE
13.8 E. HINDLE					9.040 V. TYSON - W55	100 H
63.2 E. HINDLE	63.6 K. HOLLAND	72.7 K. HOLLAND	88.2 D. WHITTAM			400 H
1201.8 E. HINDLE	1205.3 J. FLETCHER	12.31 M. HARMAN	14.23 D. WHITTAM	13.19 L. BUTCHER		3000
22.00 J. PEARTON	2204.0 A. ANSELL	20.39 M. HARMAN	24.27 M. WARREN	22.33 L. BUTCHER	28.00 V. TYSON - W55	5000
44.145 J. PEARTON	4109.9 A. ANSELL	42.31 M. WARREN	51.39 L. BUTCHER	45.58.3 L. BUTCHER	37.21 P. HEAD - W60	10000
9.38 J. PEARTON	8.281 J. FLETCHER	10.14 D. WHITTAM	941.0 M. WARREN	10.25.6 L. BUTCHER	61.455 J. STANHAM W55	1500 W
13.29 J. PEARTON	12.44 J. STONE	14.59.2 D. WHITTAM	13.52.0 M. WARREN	14.27.0 L. BUTCHER	9.39.0 V. TYSON - W55	2000 W
7.30 L. BROWN	19.10 J. STONE	10.13 D. WHITTAM	20.37.0 M. WARREN		9.39.0 P. HEAD - W60	3000 W
18.44 E. HINDLE	9.04 K. HOLLAND	10.13 D. WHITTAM	7.97 D. WHITTAM	6.29 L. BUTCHER	21.01.6 P. HEAD	SHOT
21.26 E. HINDLE	22.32 J. FLETCHER	22.76 K. HOLLAND	19.92 D. WHITTAM	13.70 L. BUTCHER	8.48 V. TYSON	DISCS
5.40 E. HINDLE	5.19 K. HOLLAND	18.52 D. WHITTAM	18.26 D. WHITTAM	14.14 L. BUTCHER	10.14 V. TYSON	JAVELIN
1.49 E. HINDLE	1.06 K. COUNSELL	3.78 D. WHITTAM	4.22 D. GOODWIN	2.69 L. BUTCHER	2.20 V. TYSON	LONG JP
	8.82 K. HOLLAND		1.20 T. MANLEY			HIGH J.
						TRIPLE
						A

REPORT FROM ALLEN TYSON.

There was no difficulty in finding the starting area for the 9th Auckland "Round the Bays" Fun Run. Most of the population seemed to be swarming in the same direction. However, it was a different matter getting back behind the starting line, so David Hough and Allen Tyson lined up in a position with about 20,000 runners in front of them. There were 65,000 others waiting for the gun behind them!

After a ragged start, people starting charging down various routes through the city to the main course on the sea front. It was an enjoyable run - good roads, no hills and the two veterans were soon in a "runners high", passing many thousands of "competitors" (Maori women and little kids).

The 10 k. event seemed to be run with a minimum of officials. There were no prizes and the congestion at the finish was minimised by moving people off to a picnic area half a mile away to where many firms had roped off areas for refreshments for their teams.

Noted in Eastern States Veterans Newsletters
A Queensland member suggested that their State Championship 10,000 M track event be held earlier in the season.

The South Australian club is making enquiries re getting their own clubrooms.

Many of the competitors who made the trip to Perth at Easter continued on to Fiji and performed with great success in the Pacific Championships. One received special mention for also running in the Big M. Marathon - Stan Nicholls (M 70) - in 3 h. 15 m.

CHRONOMIX CLOCK

The cost of a clock with a single face is \$1350 + 17½% Sales Tax + freight of \$360. (sorry I missed this off the Questionnaire).

Veterans Athletic Club

100 x 1 MILE CLUB RELAY

01-994 5888

Team Manager:

NOEL A. NOBLE
47 GREENEND ROAD
BEDFORD PARK
CHISWICK
LONDON W4 1AH
UNITED KINGDOM

FURTHER WORLD RECORD ATTEMPT
BY BRITISH VETERAN ATHLETES.

The British Veterans' Athletic Club, holders of the World Record for a 100 x 1 mile relay by a team of Veteran athletes, Club or National, will attempt to beat their own best time at Ashton Playing Fields, Woodford Green, on Sunday June 13 1982.

The Veterans Athletic Club established the first world record for the event on June 29 1980, with a time of 9 hours 58 minutes 16 seconds and a team of runners aged between 40 and 70.

The world record challenge was taken up by an American Veteran team - San Diego Track Club - who set a new record for the 100 x 1 mile of 9 hours 15 minute 44.3 seconds on October 19 1980.

The reply from the British veterans was remarkable from a team whose ages totalled nearly 5000 years. They shattered the San Diego time by 30 minutes 23.3 seconds (8 hours 45 min 21 sec) at the Crystal Palace Stadium on May 31 last year (1981).

Almost every world record for multiples of 10 x 1 mile by veteran athletes was broken on the way to the 100 x 1 mile record and the relay was part of a competition between senior athletic clubs throughout Britain.

The veterans were placed third in the National competition and also won an award for the most improved club. In many cases fathers were competing against their children.

San Diego T C's attempt to regain the title failed by 21 minutes and an attempt on the record by the New South Wales Veterans' Amateur Athletic Club in Australia recorded a time of 9 hours 7 minutes 15 seconds.

The British team members hope their record will stand for some years to come.

Copy Net Club
More 2/6



M E N										
RECORDS - W.A. VETERANS ATHLETIC CLUB (7030-4-1982)										
M35 (P/V)	M40	M45	M50	M55	M60	M65	M70+			
100	11.2 P. GARE	12.06 D. CARR	12.5 D. JONES	12.7 D. JONES	14.6 N. GOFF	15.4 D. HORSLEY	17.5 R. BRIGGS M70 M75 R. BRIGGS 24.2 T. JONES M70			
200	23.2 P. GARE	25.4 D. CARR	25.9 D. JONES	26.3 D. JONES	31.1 N. GOFF	36.1 J. COLLINS	37.2 R. BRIGGS			
400	50.5 P. GARE	55.17 D. CARR	57.6 D. MOFFETT	61.0 R. DE GRUCHY	71.4 D. HORSLEY	73.8 D. HORSLEY	83.4 R. BRIGGS M75 R. BRIGGS 85.4 M70 R. BRIGGS			
800	2.02.9 D. CARLIN	2.08 D. CARR	2.05.8 D. MOFFETT	2.11.9 J. GILMOUR	2.16.95 J. GILMOUR (WR)	2.38.0 D. HORSLEY	2.39.5 J. S. McPHER M70 R. BRIGGS M75 R. BRIGGS 2.45.6 M70 R. BRIGGS 2.53.8 J. S. McPHER			
1500	4.12.7 D. CARLIN	4.24.6 D. CARR	4.43.8 A. BRIGGS	4.22 J. GILMOUR	4.30.5 J. GILMOUR (WR)	5.16.9 D. HORSLEY	5.25 J. S. McPHER			
1 MILE	4.39.0 D. CARLIN	4.58.0 D. CARR	5.36.6 R. HAYNES	4.40.4 J. GILMOUR	4.57.1 J. GILMOUR (WR)					
3000	8.52 P. WALL	9.27.6 D. CARR	9.59.0 A. BRIGGS	9.24.0 J. GILMOUR	9.41.0 J. GILMOUR (WR)	11.36 D. HORSLEY	16.26 R. BRIGGS M70 R. BRIGGS 26.53.7 M70 R. J. McPHER			
5000	15.14 P. WALL	16.30 E. MASLEN	16.05.8 J. GILMOUR	16.09.7 J. GILMOUR	16.34.3 J. GILMOUR (WR)	20.64 D. HORSLEY	24.07 R. J. McPHER			
10000	32.57 J. LANGFORD	34.03 E. MASLEN	33.05.0 J. GILMOUR	33.40 J. GILMOUR	34.23 J. GILMOUR (WR)	44.03 C. BOULD				
110M HDS	16.2 J. REYNOLDS	20.7 D. WALKER	18.3 N. GOFF	18.4 N. GOFF	19.9 N. GOFF					
400M HDS.	60.1 P. GARE	66.6 J. DAVIES	71.2 D. JONES	73.9 D. JONES						
2000M S/CHSE	7.30.4 H. STOFFERS	6.43.5 E. MASLEN	8.23.5 D. STONE	8.23.9 A. TYSON						
3000M S/CHSE	10.14.9 F. LANGFORD	9.44 E. MASLEN	11.35.1 A. McPHER	11.18.0 A. McPHER						

M E N

RECORDS - W.A. VETERANS ATHLETIC CLUB (70-80-4-1982) (CONT'D)

M35 (P/V)	M 40	M 45	M 50	M 55	M 60	M 65	M 70+
1500 WALK 8.31.0 R. SUTHERLAND	7.31.0 J. SMITH	7.28.0 J. SMITH	7.19.0 D. STONE	9.18.9 A. TYSON	7.22.0 D. HORLEY	7.45.4 D. HORLEY	
2000 WALK 11.49.0 B. DANBY	10.18.0 J. SMITH	10.0.2 J. SMITH	10.00.2 D. STONE	12.09.7 A. TYSON	10.49.0 D. HORLEY	10.40.1 D. HORLEY	
3000 WALK 14.06.6 D. FAUX	16.16.0 J. SMITH	15.44.0 J. SMITH	15.11.7 D. STONE		15.22.0 D. HORLEY	14.55.8 D. HORLEY	
5000 WALK 25.44.2 D. FAUX	34.37.0 J. SMITH	26.53.0 J. SMITH	24.29.2 D. STONE		26.33.0 D. HORLEY	27.32.0 D. HORLEY	M 70 R. BRIGGS
DISCUS 40.24 E. NIEMANIS	48.16 R. BROWN	30.40 A. CUMMINGS	31.84 A. CUMMINGS	26.34 N. GOFF	29.80 A. WRIGHT	26.9.2 D. HORLEY	44.88 R. BRIGGS
46.85 HAMMER E. NIEMANIS	31.26 R. FERGIE	31.76 R. FERGIE	33.54 A. CUMMINGS	26.08 N. GOFF	22.84 N. GOFF	16.22 D. HORLEY	M 70 R. BRIGGS
12.80 SHOT E. NIEMANIS	16.51 R. BROWN	10.31 R. FERGIE	9.07 W. HUGHES	10.01 N. GOFF	10.73 D. HORLEY	8.99 D. HORLEY	7.78 R. BRIGGS
45.52 JAVELIN T. REYNOLDS	41.44 B. OLD	37.40 R. FERGIE	31.20 A. CUMMINGS	25.96 N. GOFF	24.92 N. GOFF	18.82 D. HORLEY	15.78 R. BRIGGS
6.36 LONG JUMP T. REYNOLDS	5.94 D. STOTT	5.32 D. WALKER	5.64 N. GOFF	5.15 N. GOFF	4.35 N. GOFF	3.35 D. HORLEY	2.72 R. BRIGGS
12.37 TRIPLE JUMP T. REYNOLDS	10.28 J. BOWLAND	10.51 D. WALKER	11.30 N. GOFF	11.46 N. GOFF	9.36 N. GOFF		
1.71 HIGH JUMP T. REYNOLDS	1.50 T. BUTTY	1.45 R. FERGIE	1.30 D. JONES	1.35 N. GOFF	1.20 N. GOFF		
2.70 POLE VAULT T. REYNOLDS	3.40 R. SMITH	2.70 E. MARLEN	2.40 N. GOFF	2.40 N. GOFF			

A.A.V.A.C. MENS RECORDS

	100	200	400	800	1500	5000	10000	3000 WALK	5000 WALK	5000 HURDLES
M 35	11.2 HARRY GILES	22.7 HARRY GILES	50.2 NOEL CLOUGH V	1-56.2 NOEL CLOUGH V	4-02.3 TREVOR VINCENT V	14-48.8 ALBY THOMAS N	31-17 R IRWIN	12-37 PETER FULLAGH S-ER	24-36 JOHN SALTER	15.22 PETER MOORE
M40	10.8 REG AUSTIN	22.5 REG AUSTIN	49.5 NOEL CLOUGH V	1-54.8 TONY BLUE Q	3-57.5 TONY BLUE Q	14-55.3 TREVOR VINCENT V	30-50 TREVOR VINCENT V	13-12.7 BOB MEE	22-34 JOHN SMITH	16.5 KEN PRIEST -LEY
M45	11.4 TED EDEN REG AUSTIN	22.7 REG AUSTIN	52.34 HAL THOMAS S	2-00.3 TOM ROBERTS V	4-10.0 TOM ROBERTS V	15-23.6 DAVE POWER N	31-49.2 DAVE POWER N	13-45.2 HARRY SUMMERS V	23-38 HARRY SUMMERS V	17.5 LLOYD SCHAEF -FER
M50	11.56 LLOYD SNEELIN S -G	23.81 LLOYD SNEELI S -NG	52.5 LLOYD SNEELIN S -G	2-05.1 WAL SHEPPA V -RD	4-14.0 JACK RYAN V	15-54 JACK RYAN V	33-05 JOHN GILMOUR W	14-40 JOHN POTTAGE V	25-23 JOHN POTTAGE V	18.0 GEORGE BARTLE V -TT
M55	11.7 BERNIE HOGAN	24.2 BERNIE HOGAN	57.6 REG McRAE V	2-11.9 JOHN GILMOUR W	4-17.6 JACK RYAN V	15-57.0 GEORGE McGRATH N	33-36.2 JACK RYAN V	15-15 GEORGE NEVITT V	26-36 GEORGE NEVITT V	18.59 KEN McCONN -ELL
M60	12.15 BERNIE HOGAN	25.23 BERNIE HOGAN	59.41 BERNIE HOGAN	2-17.9 GEORGE McGRATH N	4-30.0 JOHN GILMOUR W	16-38.3 JOHN GILMOUR W	35-07.7 JOHN GILMOUR W	15-05 TOM DAINTRY V	25-57.5 TOM DAINTRY V	19.9 NOEL GOLF W
M65	13.8 BILL MORELAN V -D	28.9 WALLY STUBBINS Q -GS	1-02.17 JACK STEVENS V	2-22.9 JACK STEVENS V	5-03.3 MERV JENKINS -ON	18-10.0 STAN NICHOLL V -S	37-52.2 STAN NICHOLL V -S	14-57 TOM DAINTRY V	25-44 TOM DAINTRY V	27.7 ANDY SMITH V
M70	14.6 GEORGE SIMPSON V	30.8 GEORGE SIMPSON V	1-09.76 MERV JENKINS -ON	2-37.4 MERV JENKINS -ON	5-11.8 MERV JENKINS -ON	19-58.0 STAN NICHOLL V	43-36.0 STAN NICHOLL V -S	15-51.0 TOM DAINTRY V	27-01.8 TOM DAINTRY V	
M75	15.59 FRITZ DUCHENE	34.08 FRITZ DUCHEN -E	1-19.5 BERT WARBURT -ON	3-26.8 JOHN POELSMA	6-16.5 REG BARLOW V	22-17 JOHN POELSMA	46-16.0 REG BARLOW V	18-18 GUS THEOBALD V -D	38-16.3 WILLIAM GRIERSO V -N	19.7 GEORGE SIMPSON V
M80	23.40 VAL EMPEY N	55.15 VAL EMPEY N						19-11 GUS THEOBALD V -D	32-21 GUS THEOBALD V -D	
M85	22.4 THOMAS JONES	46.4 BILL EMPEY N						19-31.0 GUS THEOBALD V	33-14.2 GUS THEOBALD V -D	

AS AT 1-6-82

400	HIGH	LONG	TRIPLE	POLV	DISCUS	HAMMER	JAVELIN	SHOT	3000	PENTATH	MARATH
HURDLES	JUMP	JUMP	JUMP	VAULT	THROW	THROW		PUT	S'CHASE	-LON	Post
56.09 HARRY GILES	1.78 WINSTON BALES	6.78 RUSS SARAH	14.63 RUSS SARAH	4.03 JOHN HAMANN S	45.76 GRAEME YOUNG V	50.88 GRAEME YOUNG V	53.66 RAY MOONEY	15.89 P PHILLIPS	9-45.5 PETER HANNAFO -RD		2-28-50 CARL STEVENS -CH
54.2 NOEL CLOUGH V	1.95 GRAEME MORRIS -H	6.13 GRAHAM ANNAND	12.44 RON ANNAND V	3.66 GLEN POWELL S	48.18 RICHARD BROWN W	49.94 DON LEADBET S-TER	62.30 NICK BIRKS S	14.02 RICHARD BROWN W	9-45.5 DOUG WORLING	3380 LLOYD MITCHEL -SON	2-27-43 TED PAULIN
1-02.0 DON BRODIE	1.65 DICK DONCHI V	5.86 JIM McGRATH	12.65 JOHN STURZAK N-ER	3.56 GLEN POWELL S	38.98 WES BALODIS V	53.34 T MULLINS	53.90 PAT LEANE V	12.44 BILL VAN WEE V-NAN	9-50.66 DOUG WORLING	2482 K WHITE	2-36-36 GERRY HICKS S
1-03.6 WAL SHEPPAR V -D	1.60 GEORGE BARTLE V -TT	5.53 JIM McGRATH	11.82 KENNETH McCONNIE -LL	3.50 GARVIN BROWN Q	40.64 JIM ACHURCH Q	43.82 DES FRAWLEY Q	53.93 JIM ACHURCH Q	14.82 AIVAAR PAVULINS V	10-22.4 THEO ORR V	3417 RUDI HOCHREI V -TER	2-44-0 PETER PIPER N
1-04.56 RON AUST	1.49 KENNETH McCONNIE -LL	5.43 KENNETH McCONNIE -LL	12.19 KENNETH McCONNIE -LL	2.00 ALEX LAMPARD S	37.08 RUDY HOCHREI -TER	33.94 AIVAAR PAVULIN V -S	47.60 DES FRAWLEY Q	13.31 AIVAAR PAVULIN V -S	11-29.8 ALAN MERRETT	2282 F CONNOR	2-34-45 GEORGE McGRATH N
1-15.0 ALEX LAMPARD S	1.45 HARRY LOGAN V	4.86 HARRY LOGAN V	10.63 CLIFF WEST	2.30 ALEX LAMPARD S	42.70 JOHN FRASER V	43.30 JOHN FRASER V	29.76 KEVIN HOPKINS N	13.21 JOHN FRASER V	12-40.0 STAN NICHOLL V -S	2906 C WEST	2-41-07 JOHN GILMOUR V
1.24.0 ANDY SMITH V	1.20 ANDY SMITH V	3.92 GEORGE SIMPSON V	8.35 ANDY SMITH V		37.80 ROY FOLEY V	39.12 JOHN FRASER V	25.92 WALLY STUBBIN Q -GS	11.03 ROY FOLEY V	12-35.9 STAN NICHOLL V -S	1211 AL DIGNANCE S	3-0-46 STAN NICHOLL V
1.30.0 GEORGE SIMPSON V		3.91 GEORGE SIMPSON V	8.06 GEORGE SIMPSON V		27.36 PERC BARNES S	25.64 BILL TUNNALE V -Y	24.6 PERC BARNES S	8.46 PERC BARNES S	13-26.5 STAN NICHOLL V -S		3-27-08 STAN NICHOLL V
1.53.3 GEORGE SIMPSON V		3.28 GEORGE SIMPSON V	6.40 GEORGE SIMPSON V		22.02 PERC BARNES S	22.36 PERC BARNES S	21.16 PERC BARNES S	6.92 PERC BARNES S			4-37-39 JOHN POBELS -A

CHRONOMIX.

Now that everyone has had a chance to see the Chronomix clock in action at the Club Cross Country Champs, the committee would like your reaction to it.

1. Did you read your time from it each lap?.....
2. Did you read your time from it at the finish?.....
3. Did you remember your times, the vital ones, that is?.....
4. Did you have any difficulty reading your times?.....
5. Do you prefer to have your lap/finish times called?.....
6. Do you think it would be a good investment for the club?.....
7. Do you think the Club would be able to utilise it to the full?.....
8. Do you think the club should spend it's money on a Chronomix rather than just leave it in the bank?.....
9. Do you have any other suggestions for items that the club should purchase?
If so, what?

Hand or send this completed questionnaire to the Sectretary, Treasurer or any member of the committee before the end of August. Please do not forget, as we would like to know what members feel about this matter.



The Vetrun

No 119.
SEPTEMBER 1982



W.A. VETERANS A.A.C.

PRESIDENT. R.E. SAMMELLS.

Registered for posting
as a periodical.
Category 'B'

Secretaries

Val Prescott

384 8585

Dorothy Whittam

387 6438

Treasurer

Colin Leman

364 7782

Editor

Jeff Whittam

A few people get up bright and early; Most of us just get up early!

COMMITTEE MEETING. State Championships 1983.

It has been decided that we will hold a State Veterans Track and Field Championships in 1983. It is hoped that we will be able to hold them between the end of the track season and Easter, this will enable those who are going to the Nationals at Easter to extend their training and keep that competitive edge right up to the Nationals. It has yet to be finalised whether the competition will be held on one weekend or two.

Christmas wind-up.

After the success of last years dinner, it has been agreed that another similar function should be held again this year. It will take place sometime in December. The venue and date have still to be decided. Watch the Newsletters in the near future for more details.

WINE.

As most members know, the Walliston Wallop run preceeds our annual wine bottling. This Year we bottled a Riesling and a Tawny Port. We still have quite a number of bottles yet to sell, and at only \$1.50 per bottle or 13 bottles to the dozen it is a very reasonable buy. They are both very pleasant wines so why not buy some, for yourself or to give as a gift. Contact any member of the committee to take advantage of this offer.

The President has had a letter from Dave Darvell, who resigned from the club when he was posted back east. He is still running, and has joined the Frankston Vets. If anyone is going through Victoria and gets in the region of Frankston, he would like them to pop in and maybe have a run together, or possibly with the other Frankston Vets. His address is:-

Dave and Helenne Darvell, 4/50, Petrie Street, Frankston. Victoria. 3199.

National Champs Easter 1982. STATE CHAMPS EASTER 1982. Various CLUB CHAMPS.

Some 200 or thereabouts, Certificates for the above and other events are at present held by the secretary, who would like to distribute them to their various owners. Would members who own them EITHER collect them or arrange for them to be collected OR send a stamped self addressed envelope (8x10 or 205x255mm) to the secretary for forwarding, before the end of September. After this date the will be destroyed. If you are not sure if you have any to come, give Dorothy a ring on 387 6438, she has a complete list.

NEW MEMBERS. We welcome the following new members to the club:-

Duncan Phillip, 31, Bruce Street, Como. 6152. M50 11th July 1932.

George Peet, 16, Addison Street, South Perth. 6151. M45 19th October 1933.

Selby Walter Munsie, 28, Kingsall Road, Attadale. 6156. M45 3rd November 1933.

SEPTEMBER BIRTHDAYS. HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Tony Dowling	turns 44	remains M40	14	Barrie Sutherland	Turns 40	becomes M40
Tony Denham	" 47	" M45	15	John Spencer	" 46	remains M45 26
Bob Hayres	" 51	" M50	16	Frank Usher	" 59	" M55 30
Chris Harland	" 33	" W30	21	Morris Warren	" 45	becomes M45 24
Stan Lockwood	" 53	" M50	29	Andy Zemunik	" 43	remains M40 14
Frank Steere	" 39	" M35	06	Arthur Leggett	" 64	" M60 08
Mel Shead	" 39	" M35	04			

CHANGE OF ADDRESS.

Ron Jones. 46, Latrobe Street, Yokine. 6060.
Morland Smith. 6, Godin Court, Churchlands 6018.

From Dave Hough. Seen in a shop window in downtown Boston, prior to the marathon:- A huge blown up poster showing a group of exhausted marathoners, under which the caption "WE DRENCH OURSELVES WITH THE GRACE OF EXHAUSTION, AND THE ECSTASY OF KNOWING WE ARE WORTHY OF RECEIVING IT" by Jean Sutton.

CHRONOMIX CLOCK. From the replies that have been received so far it appears at the members are overwhelmingly in favour of the purchase of the clock as soon as club funds permit. Everyone seemed to find it easy to read and to remember their times easier, most seemed to find this preferable to having times called during races.

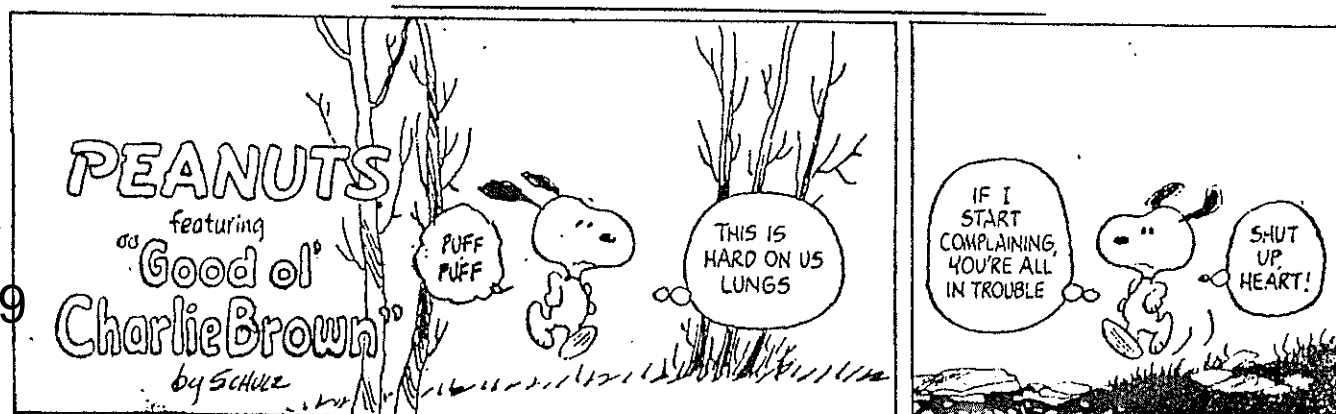
ON TRAINING. So you think you train hard and long? Well have a read of this extract from RUNNING Jan/Feb 1982. Available from our library in the suitcase. "Mike Newton who finished second in the 24 hour race, (in England) ran without rest for the entire period, pausing only to change clothes against the night cold and then on again, lap after lap, hour after hour. He covered 158 miles and has told me since that he immediately began his preparations for the Nottingham six-day event (which Joe Record ran and finished second in) running 70 HOURS A WEEK!!!! I wonder if he got overtime?

There is a report of the six-day event in the magazine which is a Marathon Special issue.

CORRECTION. BIRTHDAY. KEVIN MARTIN turned 45 becomes M45 28th August 1937.

Sorry about that Kevin, thanks for noticing it Dick.

A.A.W.A. REABOLD H'CAPS. 25th September 1982. These races will now be known as the "Staminade Handicaps" and will be run as a TEAM EVENT. Only registered runners will be eligible for the teams. The first Four runners from a club will be regarded as the first team, the next four as the second team and so on, regardless of sex. Entry fees will be as for normal individual entries. i.e. \$1.00. If there are only three members in a team this team will be eliminated for points scoring purposes. an athlete who fails to finish will be allocated points as though he or she finished last. There will be prize money for the first five teams to finish, this will go to the clubs not the individuals. Prize money will be 1st team \$12.00, 2nd \$9.00, 3rd \$6.00, 4th \$4.00, 5th \$2.00. The more registered members we have running the more chance we have, so try to come along.



SOUTH WEST MARATHON CHAMPS. 24th July 1982.

Marathon. M40. 1. Hank Stoffers 2.55.12 2nd. Barrie Robinson. ????

Marathon M35. 2nd Mel Shead ??? M40. Derek Crowther 1.18.43 First.

M50. 1st Dave Carr 1.24.41

These results were taken from the paper, thats why not all times are noted. When the editor is not at a race, would you arrange amongst those competing or your followers to take a list of ALL veteran runners and their finishing times, and pass it on to the editor. Thanks.

STATE CROSS COUNTRY CHAMPS AT HALE SCHOOL. Women 8km, Men 10km. 31st July 1982.

8km. W30 Rosemary Langford 41.12 W35 Erica Mercer 37.47
Lee Docksey W/D at 3km W40 Margaret Harman 45.19 + extra dist.

10km M35	5km. fin	M40. Frank Smith	5km fin.
3. Jim Langford	17.40 36.06	9. Don Caplin	18.32 37.42
27. Jim Barnes	17.35 42.16	19. Don Caplin	19.20 39.49
34. Barrie Sutherland	20.49 43.11	22. Derek Hoyer	19.32 40.28
38. Brian Foley	21.41 44.57	23. Derek Crowther	19.45 40.29
M45		N/R Hugh Kirkman W/D	5km No time
30. Ted Maslen	20.00 42.55	M50	
Jeff Whittam	23.30 W/Drew	26. Rob Shand	20.43 41.59
(N/R not registered)		Don Stone	24.17 W/Drew
		N/R Dave Hough	22.13 45.20

5. H'cap.

Shiela Maslen go 30.15 (W45) M40 Graham Thornton ? No time taken
3km H'cap. W45. Dorothy Whittam go 16.44

STATE 16km ROAD CHAMPS. W.A.I.T. 7th August 1982.

M40 Frank Smith	53.38	M40 Bob Harrison	61.21
M40 Don Caplin	56.00	M50 Dave Carr	62.31
M40 Kevin Anderson	56.33	Barrie Sutherland	62.58 M35
M40 Derek Crowther	57.31	M45 Maurice Johnson	63.39
M35 Colin Leman	57.31	Dave Hough	64.17 M50
M35 Jim Barnes	58.47	M45 Ed Smith	64.29
M45 Ted Maslen	59.41	M45 John Spencer	64.29
M50 Rob Shand	61.14	M35 Brian Foley	65.24

MIDLAND H'CAPS. John Forrest Nat Park. 14th August 1982. 11.4km

1. ? Ron Ford	1.00	1.00.05	59.05	6km H'cap.
M35 Brian Foley	15.40	1.04.40	49.00	W40 Margaret Harman
M45 Jeff Whittam	10.45	1.04.49	54.04	32.27 27.37
N/RM45 John Spencer	15.45	1.04.58	49.13	3km H'cap
M45 Ted Maslen	19.40	1.06.44	47.04	W45 Sheila Maslen Go
M40 Derek Hoyer	20.05	1.08.55	48.50	18.22 18.22



JO-ANNE'S JOLLY JAUNT. Rocky Pool J.F.N.P. August 8th 1982.

Mine host, still miserable from a 7am drenching whilst course marking, enviously sent 34 runners on their way in pleasant sunny conditions. Maurice Johnson and Frank Smith obviously had some inside information on the course, and elected not to run. The former pleading photographic duties and the latter that his new status as State representative entitled him to appearance money.

The new permanent course was remarkably well received by runners; swimmers and mountaineers alike, although nature lovers partaking (including newly engaged invited runners Sharon Mitchell and Ken Phillips) felt they could have enjoyed themselves more staying longer in the bush.

There were some very good performances on a difficult course, George Innes, the indegatigable Barrie Robinson and of course Bill Monks. Andy Wright seems to aquire more youth and ability with every passing year, threatening to become a real force in the near future. Steady improvers Ron Jones, Kevin Martin and Alun Dufty. Bill Mitchell, I have a sneaking suspicion, could have taken off the Trophy for the second year running, if he had known near the end of the run how close he was - only 27 seconds.

The benefits of regular training are now very apparent, with Enid Crowther, Maxine Tapper and to a degree Marilyn Acreman, looking at recent performances. An actual margin of 4½ minutes between first and third and of 6½ minutes between first and fourth over such a short distance will not have escaped the eagle eye of the handicapper. The ladies points for age competition this year promises to be a battle royal.

An enjoyable barbecue session followed at Jo-Anne and Derek's, where Dave Carr made the presentations. Subsequently a small group settled down to watch Europe v The Rest of the World soccer on the T.V. but which in fact (according to the non-stop commentary given by our own acting unpaid commentator, Maurice Johnson) was really Keegan v Rest of the World!!!

Thanks to Frank and Anne Smith, Rose Johnson, Peta Carr and Nicola Mitchell for on course assistance, and to Rob Shand and Andy Wright for unravelling the result sheets.

Jo-Anne and Derek.

CARR - SHAND VETERANS TROPHY
"JO-ANNE'S JOLLY JAUNT"
ESTIMATED AFT. 6½ km.

MENS TROPHY						
HANDICAP	AGE	NAME	TIME	HANDICAP	TOTAL	OVERALL
POS'n	GROUP					POSITION
1.	M 45	MONKS BILL	31.16	8	39.06	5
2.	M 45	INNES GEORGE	37.56	9.15	39.11	3
3.	M 40	ROBINSON BARRY	29.30	10	37.30	2.
4.	M 45	MITCHELL BILL	33.33	6	39.33	14
5.	M 50	CARR DAVID	31.35	8	39.38	8
6.	M 60	WRIGHT ANDY	37.20	2.30	39.50	21
6 }	M 40	CONLEY PETER	33.05	6.45	39.50	12
8.	M 50	SHAND ROBERT	31.18	9	40.15	6
9.	M 45	SAMMELS ROBERT	33.22	7	40.22	13
10.	M 40	MARTIN KEVIN	32.55	7.30	40.25	11
11.	M 40	CROWTHER DEREK	30.12	10.15	40.27	4
12.	M 45	DAVIS ANDREW	37.04	3.45	40.49	20
13.	M 40	DUFTY ALUN	36.00	5	41.00	17
14.	M 45	JONES RON	31.28	9.45	41.13	7
15.	M 40	SUNGER BARRY	36.15	6.15	42.30	18
16.	M 60	NOORDYK GERRY	40.50	2.00	42.50	22.
17.	M 40	DEANUS RONALD	35.07	7.45	42.52	15
18.	M 50	HUGH DAVID	36.30	7	43.30	19
19.	M 40	FARRELL ROBERT	41.28	2.15	43.43	23
20.	M 55	USHER FRANK	45.35	2.00	47.35	26.

WOMENS TROPHY						
1.	W 40	CROWTHER ENID	42.30	7.00	49.30	24
2.	W 35	TAPPER MAXINE	46.26	6.00	52.26	27
3.	W 40	ACREMAN MARILYN	47.38	6.30	54.08	30
4.	W 45	WHITTAM DOROTHY	50.00	5.00	55.00	31
5.	W 55	TYSON VALERIE	55.15	SCRATCH	55.15	34
6.	W 35	FARRELL PHYLIS	48.34	9.00	55.34	28
7.	W 40	SUNGER JUAN	47.05	9.00	56.05	29.
8.	W 50	CARR BIT	50.52	7.00	57.52	33.
MEN UNDER 40						
1.	M 35	KAHN MIKE	32.40	5.45	38.25	10
2.	M 35	LEMAN DON	28.30	11.00	39.30	1
3.	M 30	DANBY BRIAN	32.44	10.00	42.44	9
4.	M 35	CHADWICK DON	35.38	8.00	43.38	16.
INV						
		MITCHELL SHARON	50.20			32.
		PHILLIPS KEN	43.53			25.
TROPHY WINNER MEN : BILL MONKS.						
" " WOMEN : ENID CROWTHER						
FASTEST RUNNER : COLIN LEMAN						
PRE-VET WINNER : MIKE KAHN.						
* INAUGURAL AGE GROUP RECORD HOLDERS.						



5th WORLD VETERANS GAMES. San Juan. Sept 23/30th 1983. Preliminary report.

Entry booklets are being printed at the moment and should be out in about three months. Dorothy has an advance copy at the moment, and anyone interested should contact her for a look at it, for anyone interested in brushing up their Spanish, German or French, it printed in those languages as well as in English. The track is a green tartan surface and will be completely resurfaced before the games. The weather will probably be hot and sultry, not good for distance running, except for Rob and Art who are used to it. Shades of Singapore. All the hotels available are within 1500 metres of the track, with a direct bus link, and back at a cost of \$US10.00 for a season ticket. The San Juan Masters will hold their Championships (National Titles) in Sept. 1982 and a number of international representatives will attend.

On present day costs, and this includes the existing devaluated state of the Australian dollar, the trip to San Juan is priced at :-

Using a Standard Hotel	\$ 2320.00
Using a Superior Hotel	\$ 2400.00
Using a First Class Hotel	\$ 2500.00

Ex Melbourne - Sydney - Brisbane, 3 nights Los Angeles, 11 nights San Juan. Included are:- return economy air fares, share twin accommodation - room only, transfers and portage. The airfare content includes unlimited travel in the U.S.A. for a maximum period of 60 days and the Australia - U.S.A. sectors can be totally flexible to your individual needs. Return via Europe is possible at additional cost, depending on length of stay etc.

A single room supplement at San Juan would be Standard \$140.00 Superior \$190.00 First class \$255.00 The Superior Hotel is just a little better than Standard while the First Class Hotel is situated on the Beachfront.

FUN RUN WITH THE U.S. NAVY. It is hoped that sometime during November that the club will be holding a fun run on behalf of the U.S.S. Belaeuwood. At Perry Lakes. Jim Barnes is doing all the arranging for this event, so keep the event in mind and we will let you know more details as they become definite. The ship is scheduled to berth at Fremantle about the 7th Nov.

YORK - TOODYAY RELAY. 19th September 1982. 8 RUNNERS REQUIRED.

The race starts from York at 9am. The distance of each leg varies, leg length in order from the start are; 11.3km, 8.0km, 8.7km, 4.8km, 6.0km, 16.4km, 4.7km, and 7.2km. All runners must be registered with the A.A.W.A. to compete. This event counts in the 'C' Grade points competition which has a \$50 prize to the club that wins 'C' Grade. So come on all you registered runners, give your name to Derek Hoyer. You can even telephone him on 298 8661, if you talk to him nicely he may even let you choose which leg you run. BUT TELL HIM NOW.

HELENA VALE RELAYS. 21st August 1982. Once again the Club had a disappointing turnout for this race, with only just enough runners turning up to make one team. However this team still managed to win 'C' Grade on the day. The day was fine with going soft, all legs were of 2km. Runners in order were:-

Don Caplin	6.33	6.33	Barrie Sutherland	7.01	27.14
Frank Smith	6.43	13.16	Jim Barnes	7.13	34.22
Colin Leman	6.57	20.13	Jeff Whittam	8.01	42.28

The team held sixth place throughout the race until the last leg, when it dropped back three places, despite valliant urging by the rest of the team. Other runners, running for other clubs were Ted Maslen in 6.37.

Also running in a 5km H'cap were:- Margaret Harman off 2.50 returned in 25.07 for an actual time of 22.17 and Sheila Maslen off 1.10 back in 30.20 for 29.10

The spies have been out and have reported that Reg Briggs is back in strict training again, not only that but he is looking very fit, tearing round the hockey fields and lakes at Perry Lakes. We hope to see you at the time trials starting on the 7th October.

From Observer

Wizard of the summits runs away with record

CHRISTOPHER BRASHER takes part in a memorable experience

THE moon was full behind us but it still seemed very dark at halfpast one in the morning as we climbed out of Honister Pass towards the summit of Dale Head. The pace was fast enough to keep me silent but out of the dark came the voice of Eric Roberts, a good athlete and a great man of the mountains: 'I was thinking earlier,' he said, 'of how to equate this with any known performance.'

'I thought of Ron Clarke when he first ran under 13 minutes for the three miles—great performance but not great enough. I thought of Emil Zatopek and his three gold medals in one Olympic games—still not good enough. And then I decided that there was only one man in athletic history who was in this league—Wilson of the Wizard.' And he laughed: 'A man of fantasy for a fantastic performance.'

The fantastic performance that he was talking about was accomplished last Sunday and Monday on the fells of the Lake District by Jos Naylor, the 39-year-old, Wasdale sheep farmer who climbed the height of Mount Everest and then Ben Nevis and then Snowdon and then Kinder Scout, a total of 39,000 feet, while traversing 72 Lakeland summits, a total distance of 105 miles. And it took him 23 hours and 11 minutes.

Three years ago I wrote: 'I have always believed that Jos is the toughest runner in Britain, which inevitably makes him the toughest runner in the world, for there is no other nation with such depth of talent in those events which pull the stamina out of a man's heart.' Now I know that belief to be true and 15 other men who helped him through that long day and night will be my witness.

The history of notable fell walks in the Lake District goes back into the last century but it was in 1902 that the basic rule was framed by a Lakeland doctor, A. W. Wakefield, who said that 'the aim was to ascend the greatest possible number of peaks above 2,000 ft and to return to the starting point within 24 hours.'

In 1903, the good doctor, himself a prodigious walker and mountaineer (he was on the 1922 Everest expedition),

traversed 20 mountains in just over 22 hours and this was gradually improved upon, until, in June 1932, Bob Graham, the proprietor of a Keswick guest house and a Lake District guide, set what was considered to be the ultimate record—42 peaks together, a distance of about 75 miles. That was the end of the first era, because that record was to last 28 years.

Then in 1960 came the Heaton brothers from Clayton-le-Moors in Lancashire. Stocky Alan and spectacled Ken, with one interlude from the perpetually cheerful Eric Beard, took the record up to 60 peaks in 1965.

Then came Jos, a man bred on the hills around Wasdale. In 1971, in foul weather, he raised the record to 72 and was so dissatisfied that he tried again the next year.

On a snowy weekend in February, he announced the new target for this year was 72 peaks. 'You see,' he said, 'I'd like to set a record that will last.' And so, last Saturday, on the longest day of the year, I drove through a wondrous evening to his farm under the prow of Yewbarrow and Mary, his wife, set me a gargantuan dinner.

We were away, before six, the next morning and Mary, who had fed us breakfast, said, 'Enjoy yourselves,' and then she thought and said: 'That's not the right word, is it. But somehow you do seem to enjoy yourselves.'

Just outside Keswick, at the foot of the hump of Skiddaw, the helpers were waiting and the heat was already in the day. At 7.07 Jos set off with Eric and Dave as pacers and within minutes we could see them high on the skyline running uphill as those walkers who had seen the rise of the midsummer sun came down from the heights. Three hours later, well before we expected them, they careered down the steep side of Blencathra and Eric said, 'He's inhuman. He's only just started and yet we can't keep with him.'

Jos paused only long enough to change his shoes and then he was off on to the ridge of the Helvellyn Range, into the heat of the noonday. And that was nearly his undoing. He was so far in advance of schedule that Alan Evans, who has himself

accomplished Graham's round, and Pete Walkington, whom most would say is among the top six fell-runners in Britain, didn't have time to pick up any drink. And so as Jos came off Dollywaggon Pike, five hours and 26 miles after the start, his dehydrated thighs, acting like shock absorbers, went into cramp.

Now Jos has a general to control these operations, a tough little man called Ken Ledward (who has run up and down 19,000-ft Kilimanjaro faster than anybody else) and Ken had wisely dispatched young Rod Pashley and myself with drink and sandwiches to rendezvous with the runners at Grisedale Tarn. Jos drank deeply and was away, pistonning up the side of Fairfield, while Alan and Pete lay beside the stream and used the same words as Eric Roberts: 'He's inhuman.'

Throughout that long afternoon his thin mahogany body, glistening in the sun, was propelled over all the peaks that circle Langdale, and then west to the big ones, Scafell Pike and Scafell—propelled by a mind that is tougher than his body. Not one of those good fell runners who accompanied him could understand how Jos withstood the heat or the pace or the shattering pounding of so many miles over so many rocks.

But Jos knows: 'It's a question of training your mind—of implanting into your mind the will to accomplish the target you have set yourself. Of course I have had patches but I just go on until I have run through them. And besides, I can switch off.'

And so he went through the evening and into the night, over Steeple and Pillar, and I waited to take over at Honister Pass. Four pinpricks of light came down off Grey Knotts and Allen Walker, who can stay with Jos on the two-day mountain marathon and who had joined him fresh at Wasdale four and a half hours earlier, said that Jos had nearly burnt him off twice.

So I fished a whistle out of my sack just in case I was dropped and had to call for rescue. And while Jos ate a bowl of cornflakes I gave myself a three-minute start

up that 1,300 ft climb on to Dale Head but still my lungs heaved and my thighs screamed in effort to keep up. Once or twice he dropped back into a walk and I thought that he was human after all. We tumbled down off Robinson towards the lights at Newlands House and now for certain we knew he would succeed. Two rested pacers and the indefatigable Allen took him up again to the Grisedale Fells into the dawn.

And then at 6.18 he was back where he had started 23 hours and 11 minutes before and he sat down in the General's folding chair and we filed past him and shook his hand and he was moved and made a speech saying that he could not have done it without us. But we knew that he could and that we had seen the end of the second era in the history of Lakeland fell running—a record which, like Bob Graham's, will last for over a quarter of a century, beyond the year 2000.

Jos's great ambition is to see fell running become an international sport. And so it will, but not before Jos is well into his forties. But already his fame has spread to the United States and he has been invited to compete in the Pikes Peak Marathon in Colorado on 2 August.

But there is no governing body or international federation with funds for such a journey. So we have started an embryo fund which will be administered by Eric Roberts and already we have one hundred pounds. If anyone has a pound or two to spare to swell the fund, I will gladly pass it on to Eric, the man who says so rightly, that Jos has only one parallel in history—Wilson of the Wizard.



CORRECTIONS TO CLUB RECORDS (in August issue No.118)

W40 10,000m. Marilyn Acreman 53.04 Sorry Margaret, we know it was really
 Morris's fault trying to be a ring in.
 M35 2km Walk. Barrie Sutherland 12.18 Brian Danby is not yet pre-vet.

WALKING RESULTS.

1st August 1982. Wanneroo 10km Don Stone 61.04
 7th August 1982. Don Rapley Trophy teams of two. Don Stone 45.31
 Don and Dick retained the trophy Dick Horsley 47.10
 that they won last year. Well Done both of you.
 15th August 1982 W.A.I.T. 5km H'cap Don Stone 28.02 (actual time)
 2.5km H'cap Don Stone 14.09 " "
 22nd August 1982 Ferry Lakes 10km Don Stone 58.18

INTERNATIONAL CORRESPONDENT'S NEWS via Don Stone.

Barry Shaw President of the Veterans in Israel, has sent us an invitation to the 6th International Sea of Galilee Marathon which is to be held on the 14th December 1982. If anyone is interested the entry fee is \$12, it is being run under I.A.A.F. rules and there are age group prizes. It is an open age Marathon not just vets. First prize last year for the men and women was a trip to the Boston Marathon. There is no mention on the entry form whether you run on the water or if it is parted for the runners, mind you if its the latter, what happens to the slower runners. Barry organised a meet on his 40th birthday, he was allowed three days leave from Lebanon to do this. He ran as well, doing the 3km in 9.59. He also sent a few results to show what standards are being set there. 100m M45 12.5 200m M45 25.5 Shot M45 14.22 W40 10.33 Discus M45 36.06 Javelin M45 43.30 3km M40 9.30. They have either got a very strong M45 group or person if he has set all the records.

Would all members please check for possible
 club library books at home.

Also, would they please keep the newer magazines
 circulating.

Old "Runners' World" articles worth looking at
 again are:-

"HOW TO MAXIMISE RUNNING EFFICIENCY (MAY '79)

"MAINTAINING ENDURANCE (WHILE INJURED) (DEC '78)

"HEAT ADAPTATION" (MAY '79)

"TACTICS ON THE TRACK" (AUG '78)

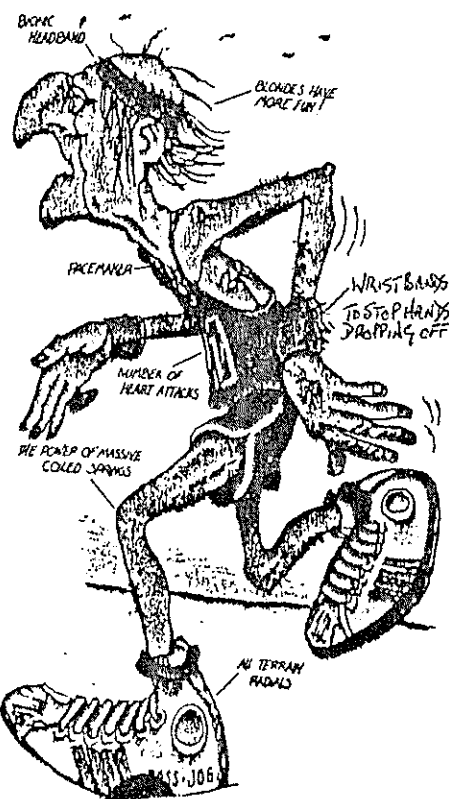
"PREVENTIVE PODIATRY" (MAY '79)

NEW ADDITION TO LIBRARY - "James Fixx, Second Book
 of Running"

DONT MISS THIS ONE

LONG WEEKEND AT PEMBERTON - OCT. 2nd - 4th
RUNNING AND RELAXATION IN THE KARRI FORESTS
A CASUAL WEEKEND. CAMPING ON THE SUTHERLAND'S BROCK
ESTATES. 1 MILE SOUTH OF PEMBERTON

FACILITIES:



OPEN Paddock. ADJACENT TO FOREST
TOILETS (BEING ARRANGED)
TANK OF RAINWATER.
YOU BRING THE REST:- CAMPING GEAR.
RATIONS AND GOOD CHEER.
SHOWER. WITH AT NEIGHBOURS,
OR CARAVAN PARK. (IN TOWN)

OR. STAY AT THE CARAVAN PARK.

OR MOTELS. (FOREST LODGE IS.
REASONABLY CHEAP).

FUN RUN BEING ORGANISED.
IN PEMBERTON ON SUNDAY. BY DAVE
CARR. OTHER. INFO. FOR RUNS, NANKS. SING SONGS. ETC.

HOW TO GET THERE TRAVEL TO PEMBERTON. TAKE
ROAD SOUTH. TO NORTHCLIFFE PAST MILL. ABOUT 1/2 KM.
FROM PEMBERTON, AFTER CROSSING BRIDGE, TURN LEFT ONTO
GRAVEL ROAD AND DRIVE TO TOP OF HILL (ABOUT 1 KM)
TAKE TURN RIGHT, AND SATTE ON RIGHT HAND SIDE A
FURTHER 300 METRES ON.

WE HOPE YOU CAN MAKE IT
IAN AND GLORIA SUTHERLAND

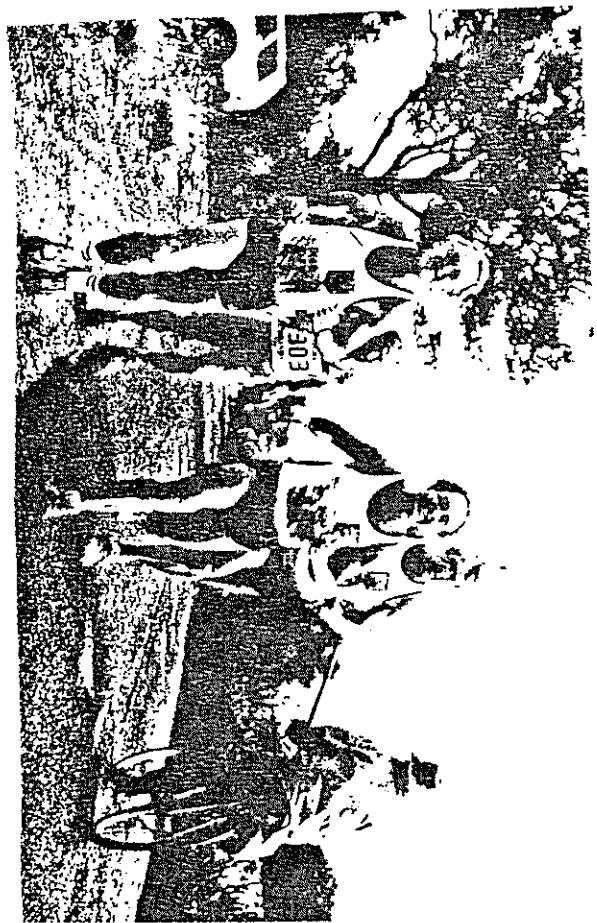
MR A.ACREHAN*59 DEVON ROAD*SUANBOURNE 6010
MRS H.ACREHAN*59 DEVON ROAD*SUANBOURNE 6010
MR B.ALMANSON*41 PROSPECT CRESCENT*ALAMANDA 6076
MR G.AITKEN*114 REEFER STREET*SUBIACO 6008
MR G.ALTEN*1 DREYER STREET*ROLEYSTONE 6111
MR E.ANDERSON*40 POST OFFICE*BUREWUP 6227
MR N.ANDERSON*44 PAINE STREET*ROLEY 6062
MR N.ANDERSON*39 GREGORY STREET*RELMONT 6104
MR C.ANSELL*168 BROOME STREET*COOTESLOE 6011
MRS A.ANSELL*168 BROOME STREET*COOTESLOE 6011
MR G.AUDLEY*1.M.B.9210 LOWER DENHAM ROAD*ALBANY 6330
MR J.BARNES*35 TREMLETT STREET*THORNHILL 6108
MR K.BARRY*10 JUNIPER WAY*WILLETTON 6155
MR K.BASLEY*38 BROOK STREET*WARRINGTON 6070
MR D.BATTERHAM*96 VIEW TERRACE*RICTION 6157
MR L.BAXTER*FLAT 21*8 CURRIE STREET*WAGLAISH 6008
MR H.BERRY*47 NORMANBY ROAD*INGLEWOOD 6052
MRS N.BERRY*47 NORMANBY ROAD*INGLEWOOD 6052
MR C.BOULD*5 HALSE CRESCENT*HELVILLE HEIGHTS 6156
MR R.BRAGG*14 BRENTWOOD AVENUE*WOODLANDS 6018
MR S.BRANDON*41 IRVINE STREET*PEPPERHINT GROVE 6011
MR A.BRIFFA*227 MILL POINT ROAD*SOUTH PERTH 6151
MR R.BRIGGS*1 BANTRY ROAD*FLOREAT PARK 6014
MRS L.BROWN*474 RIVERTON DRIVE*RIVERTON 6155
MR R.BROWN*1 GARVEY STREET*RENTLEY 6102
MR D.BRUCE*7 MAGILL STREET*AUSTRALIND 6230
MR R.BRYCE*KR8 CROYDEN ROAD*ROLEYSTONE 6111
MR B.BUCHANAN*2 JARHAN AVENUE*HANNING 6152
MR J.BUTTS*17 SHELTON STREET*WAINIKI 6169
DR D.BUTCHER*88 VICTORIA STREET*HOSMAN PARK 6012
MRS L.BUTCHER*88 VICTORIA STREET*HOSMAN PARK 6012
MR K.CATHERON*27 CASSERLEY AVENUE*GIRRAHUEEN 6064
DR R.CALMAN*11 ROSEWOOD AVENUE*WOODLANDS 6018
MR D.CAPLIN*35 SOMERTON ROAD*KARRINYUP 6018
MR D.CARRAC*0 DISTRICT HIGH SCHOOL*NORTHCLIFFE 6262
MRS P.CARRAC*0 DISTRICT HIGH SCHOOL*NORTHCLIFFE 6262
MR J.CARROLL*33 MELVILLE BCH ROAD*APPLECROSS 6153
MR W.CARRIER*11 NIRBY WAYS*ASHSON 6163
MR J.CHADWICK*104 VALENTINE AVENUE*DIANELLA 6062
MR W.CHAPMAN*80 GARDINER STREET*RELMONT 6104
MR D.CLIVE*16 SCHITT ROAD*ALAMANDA 6076
MR J.COLLINS*100 BIRKDALE STREET*FLOREAT PARK 6014
MR D.COLLINS*FLAT 2*40 MOUNT STREET*PERTH 6000
MR E.COSTELLO*LOT 3 LAMARROCK ROAD*RICHEY 6006
MRS K.COUNSEL*TRIBLE ROAD*HOUNT HELENA 6555
MR P.COWLEY*24 SUSSEX ROAD*FORRESTFIELD 6058
MR R.COX*11 JOSEPH STREET*LEEDERVILLE 6007
MR R.CROFT*47 MANFIELD WAY*PARHILL 6167
MR D.CROWTHER*89 REGENCY DRIVE*THORNHILL 6108
MRS E.CROWTHER*89 REGENCY DRIVE*THORNHILL 6108
MR A.CUMMINGS*63 TREAVE STREET*CLOVERDALE 6105
MR B.DANBY*PINAROD VALLEY PARK*WHITFORD AVENUE*PADBURY*H 6025
MR D.DARVELL*8 BOOM COURT*ROCKINGHAM 6168
MR A.DAVIE*40 HAREWOOD ROAD*FORRESTFIELD 6058
MR J.DAVIES*LOT 1 LION STREET*SAUNDERS VALLEY 6074
MR R.DAVIS*20 CANNA WAY*ARUNOSS 6153
MR D.DAW*7 HISLOP STREET*RUNBURY 6230
MR F.DEANUS*22 YPRES ROAD*KEILSCOTT 6111
MR A.DEANUS*22 YPRES ROAD*KEILSCOTT 6111
MR R.DE GRUCHY*9 RECREATION DRIVE*SHOALWATER BAY 6168

MR J.P.DE GRUCHY*9 RECREATION DRIVE*SHOALWATER BAY 6168
MR A.DENHAM*99 WEBSTER STREET*NEILANDS 6009
MR H.DIE SOUZA*49 COLINE WAY*GREENWOOD 6024
MR L.DOCSEY*FLAT 21*8 CURRIE STREET*WAGLAISH 6008
MR B.DOHERTY*41 ILLAONG WAY*WINSLEY 6024
MR T.DOWLING*51 STANLEY STREET*NEILANDS 6009
MR A.DUFFY*47 TWEEDALE ROAD*APPLECROSS 6024
MR R.FARRELL*15 TREMLETT WAY*THORNHILL 6108
MR R.FAULKNER*20 HEPBURN WAY*BALGA 6061
MR D.FAUX*1 ASHER ROAD*BULLSROCK 6084
MR R.FERGIE*18 TURNBULL WAY*TRIDG 6020
MS J.FLETCHER*15 PARK STREET*SUBIACO 6008
MR B.FOLEY*3 REED STREET*ATTADALE 6156
MR P.GABREDDY*20 BROONER ROAD*ATTADALE 6156
MR P.GALLAGHER*1 LARUNDEL ROAD*CTCY BEACH 6015
MR P.GARE*31 BAOLISH STREET*WHEBLEY 6014
MR N.GERAUX*127 204, GUYAL ST, SYDNEY*5-5-573
MR K.GILBERT*152 ALDERBURY STREET*FLOREAT PARK 6014
MR J.GILMOUR*35 RAE PLACE*LEEMING 6153
DR R.GODWIN*16 JOYCE STREET*WALKEITH 6009
MR N.GOFF*16 VERMONT STREET*WOLLAHARA 6061
MR J.GOULD*67 SHANNON ROAD*DIANELLA 6062
MR M.GRIHAM*44 JAMESON STREET*HOSMAN PARK 6012
MRS G.HALL*11 KIRBY WAYS*ASHSON 6163
MR B.HANNS*4 MAGENTA PLACE*RIVERTON 6155
MRS C.HARLAN*13 ERRINA PLACE*WILLETTON 6155
MRS H.HARMAN*17 ARLUNYA WAY*RELMONT 6104
MR R.HARRISON*27 BROADWAY*WILLETTON 6062
MR R.HAYRES*26 JENNINGS PLACE*WHEBLEY DOWNS 6019
MRS P.HEAD*23 CROSS STREET*RUNBURY 6230
MR I.HENDERSON*22 BROOME STREET*SOUTH PERTH 6151
MRS L.HILTON*16 FOURTH AVENUE*ROSSMOYNE 6155
MR R.HOLLAND*35 CLOVELLY CRESCENT*LYNWOOD 6155
MR P.HOFFER*14 AUSTIN STREET*SHENTON PARK 6008
MS E.HINDLE*34 BURENEMAH BOULEVARD*WILLETTON 6155
MRS K.HOLLAND*35 CLOVELLY CRESCENT*LYNWOOD 6155
MR D.HORGAN*336 SAUNDERS STREET*HOSMAN PARK 6012
MR R.HORSLEY*69 A HARLOW STREET*WHEBLEY 6014
MR J.HOSKING*474 RIVERTON DRIVE*RIVERTON 6155
MR D.HOUGH*19 CONTO AVENUE*DIANELLA 6062
MR W.HOUGH*27 CONDOOR CIRCLE*BURENDAH 6155
MRS J.HOUGH*27 CONDOOR CIRCLE*BURENDAH 6155
MR D.HOYE*LOT 48 OUTTRIH ROAD*GLEN FOREST 6071
MR W.HUGHES*8 BROWN STREET*ATTADALE 6156
MR G.INNES*LOT 32 DARIN STREET*HOUNT HELENA 6555
MR E.JENNINGS*61 LOCKHART STREET*COMO 6152
MR M.JOHNSON*14 CALAMENIA ROAD*WILLETTON 6076
MR C.JOHNSON*75 ST KILDA ROAD*RIVERVALE 6103
MR R.JOHNSON*249 CAMBRIDGE STREET*WHEBLEY 6014
MR R.JOHNSON*37 THE PINNACLE*WILLETTON 6155
MRS A.JOHNSON*37 THE PINNACLE*WILLETTON 6155
MR D.JONES*14 NORTHAMPTON STREET*VICTORIA PARK 6100
MR R.JONES*29 MULLEMA CRESCENT*WOLBRINA 6050
MR T.JONES*55 GRESHAM STREET*VICTORIA PARK 6100
MR C.JUNNER*34 DUNDAS ROAD*INGLEWOOD 6052
MR M.KAHN*7 GLENGOOD AVENUE*HELENA VALLEY 6056
MR V.KAILIS*25 LEACH STREET*HANNION 6020
MR B.KERNAGHAN*3 DUNSTER STREET*KARRINYUP 6018
MR H.KIRKMAN*94 MONMOUTH STREET*NORTH PERTH 6006
MR B.LANDERS*188 COLLINS STREET*WALGOOLIE 6430

MR F.LANGFORD*34 COLLIER STREET*MANURAH 6210
MR J.LANGFORD*53 NEWRY STREET*FLOREAT PARK 6014
MRS R.LANGFORD*53 NEWRY STREET*FLOREAT PARK 6014
MR K.LANG*20 CHATTON STREET*DIANELLA 6062
MR S.LATCHEFORD*67 LIONEL ROAD*WARRINGTON 6070
MR R.LAURENCE*6/69 SHAKEPEARE AVENUE*YOKINE 6060
MRS R.LEACH*98 NEIGHLEY ROAD*SHENTON PARK 6008
MR C.LEMAN*27 CUNNINGHAM STREET*ARUNOSS 6153
MRS S.LEMAN*27 CUNNINGHAM STREET*ARUNOSS 6153
MR S.LENTON*36 BLACKWALL REACH PARADE*RICTION 6157
DR U.LISHMAN*14 SPENCER ROAD*RUNBURY 6230
MR P.LLORENS*13 SILKY OAK LANE*WILLETTON 6155
CAPT. R.N.LOLY*7 GOSFORTH COURT*SAFETY BAY 6169
MR S.LOCKWOOD*19 COLEBY STREET*BALCATTA 6021
MR G.LYNN*20 BAY ROAD*CLAREMONT 6010
MR I.LYON*10 TULLY COURT*WILLCREEK 6155
MR F.LYONS*15 ERRINA PLACE*WILLETTON 6155
MR J.MADDISON*38 ARDAGH STREET*WHEBLEY 6062
MRS R.MADDISON*38 ARDAGH STREET*WHEBLEY 6062
MRS T.MANLEY*45 STEWART STREET*SCARBOROUGH 6019
MR J.MARTIN*27 NEVILLE ROAD*WALKEITH 6009
MR R.MARTIN*26 SYDENHAM STREET*DOUBLEVUE 6018
DR E.MASLEN*31 ROEBUCK DRIVE*HANNING 6152
MRS S.MASLEN*31 ROEBUCK DRIVE*HANNING 6152
MR G.MAYOR*95 ROHE ROAD*HELVILLE 6156
MR U.MC CABE*57 SACKVILLE TERRACE*SCARBOROUGH 6019
MR H.MC GLASHAN*17 SUMMERHAYES DRIVE*KARRINYUP 6018
DR J.MC NECHANIE*159 CALAIS ROAD*WHEBLEY DOWNS 6019
MR J.MC LEAN*12 BRUX STREET*WHEBLEY DOWNS 6019
MR F.MC LINDEN*43 SIMPER STREET*WHEBLEY 6014
MRS E.MERCER*26 MUIR STREET*WILLOW 6018
MR A.MERRETT*86 HANNING STREET*SCARBOROUGH 6019
MRS J.MIDLBORNE*19 GORDON STREET*ATTADALE 6156
MR W.MITCHELL*62 ROYAL STREET*KENNICK 6107
MR D.MOFFETT*34 MOUNT VIEW TERRACE*PLEASANT 6153
MR W.MORRIS*LOT 35 WESTFIELD ROAD*WARRHALL 6112
MR G.MORGAN*33 BENWEE STREET*FLOREAT PARK 6014
MR H.MOYLE*43 ELLAN STREET*RENTLEY 6102
MR B.MUNY*ROD*38 WILLIAMS ROAD*WARRHALL 6112
MR G.MOORDYK*57 FIRST AVE, GILLESBY 6076
MR L.OAKLEY*9 CAPE PLACE*GREENWOOD 6024
MR J.O'BRIEN*10 FOURTH AVENUE*KENSINGTON 6151
MR B.OLD*45 PARKER STREET*BASSENDEAN 6054
MR B.O'LIVER*SUAN GARDEN CARAVAN*2 TOODYAY ROAD*WIDLAND
MR H.FACH*30 HEECHAN WAY*KARRINYUP 6018
MRS V.FACH*30 HEECHAN WAY*KARRINYUP 6018
MRS E.PEARSON*43 LISLE STREET*HOUNT CLAREMONT 6010
MR J.PELLIER*39 LYNSTEAD STREET*BECKENHAM 6107
MRS J.PELLIER*39 LYNSTEAD STREET*BECKENHAM 6107
MRS J.PEARSON*10/56 SHAKEPEARE AVENUE*YOKINE 6060
MRS M.PETERSON*30 GARRICK STREET*WOODLANDS 6018
MRS V.PRESCOTT*33 HELVILLE STREET*CLAREMONT 6010
MR G.PRENDERGAST*7 LILIAN AVENUE*APPLECROSS 6153
MR G.PRICE*36 WILLIAMSTOWN ROAD*DOUBLEVUE 6018
MR D.PURSELL*24 PINETREE GULLY ROAD*WILLETTON 6155
MR I.REYNOLDS*150 SUBIACO ROAD*SUBIACO 6008
MS E.ROBERTSON*9 SCOTT STREET*LEEDERVILLE 6007

MR. B. ROBINSON*217 HOUSTON STREET*HUNT HELENA 6555
 MR. J. ROWLAND*P O BOX 49*WEMBLEY 6014
 MR. G. RYAN*3 FENDALE STREET*FLOREAT PARK 6014
 MR. R. SAMMELLS*5 MC INESS COURT*GREENWOOD 6024
 MR. T. FAYAN*15 ALISON ROAD*AITDALE 6156
 MR. G. SAVAGE*13 TERENCE STREET*GOSNELLS 6110
 MRS. H. SAVAGE*13 TERENCE STREET*GOSNELLS 6110
 MR. R. SHAM*24 MANN STREET*COFTESLOE 6011
 MR. H. SHEAD*P O BOX 24*CLAREHUNT 6010
 MRS. L. SHEAD*P O BOX 24*CLAREHUNT 6010
 MR. J. SHEPHERD*41 COWCHER WAY*HEDINA 6167
 MR. D. SHEPHERD*169 BLACKADDER ROAD*SWANVIEW 6056
 MRS. J. SHILLINGTON*4/1 PARK ROAD*CRADLEY 6009
 DR. B. SLINGER*28 FLORENCE ROAD*HEALANDS 6009
 MRS. J. SLINGER*28 FLORENCE ROAD*HEALANDS 6009
 MR. P. SLITH*89 ROSEBUD AVENUE*WUDULANDS 6018
 MR. E. SLITH*39 M230 RICHMOND AVE. *P33024 6025
 MR. F. SLITH*FORESTFIELD CARA PK*HAUTIN ROAD*FORESTFIELD 6058
 DR. H. SMITH*6 GOMKIN COURT*CHURCHLANDS 6108
 MR. H. SMITH*34 HENLEY ROAD*HUNT PLEASANT 6153
 MR. P. SMITH*23 EUNSTAN STREET*EUNBURY 6230
 MR. H. SOUTHALL*6 PASKIN STREET*BALCATTIA 6021
 MR. C. SPARE*9 RINALDO CRESCENT*COLLELLUP 6163
 MR. R. SPARK*82 SHYTH ROAD*HEALANDS 6009
 DR. J. SPENCER*517 MARHON STREET*BOORAGOOD 6154
 STATE LIBRARIAN*102 BEAUFORT STREET*PERTH 6000
 MR. F. STEERE*27 IVANHOE STREET*HOLLEY 6062
 MR. H. STOFFERS*C/O POST OFFICE*EATON 6232
 MR. D. STONE*17 LENNOX PLACE*EAST HAMERSLEY 6022
 MR. H. STONE*33 GUMMON WAY*GIRRAHUEEN 6064
 MRS. J. STONE*33 GUMMON WAY*GIRRAHUEEN 6064
 MRS. D. STRACHAN*3 JACOBSEN WAY*THORNIE 6108
 MRS. J. STRACHAN*8 JACOBSEN WAY*THORNIE 6108
 MR. B. SUTHERLAND*15 WORTHINGTON ROAD*BOORAGOOD 6154
 MRS. G. SUTHERLAND*17 HILLINGTON STREET*ARDROSS 6153
 MRS. H. TAPPER*51 DUNKLEY AVENUE*APPLECROSS 6153
 MR. R. TAYLOR*33 DRYAN STREET*BRAYSWATER 6053
 MR. B. THOMSETT*30 A PAINE COURT*MARKINUP 6018
 MR. G. THORNTON*7 BALMORAL ROAD*GOOSEBERRY HILL 6076
 MR. R. THORNTON*82 THE PROMENADE*HUNT PLEASANT 6153
 MR. J. TURNBULL*9 ISAAC STREET*HELVILLE 6156
 MR. A. TYSON*26 TURKIFF ROAD*FLOREAT PARK 6014
 MRS. V. TYSON*26 TURKIFF ROAD*FLOREAT PARK 6014
 MR. F. USHER*22 TURKIFF ROAD*FLOREAT PARK 6014
 MR. B. WALDHUTER*P O BOX 160*ATFANNING 6317
 MRS. J. WALKER*279 MORRISON ROAD*SWAN VIEW 6056
 MRS. F. WALL*53 CLEVELAND STREET*DIANELLA 6062
 MRS. B. WALL*53 CLEVELAND STREET*DIANELLA 6062
 MR. C. WALSH*41 WESTMORELAND DRIVE*LEMHING 6155
 MR. R. WARREN*11 WITTERING CRESCENT*BALGA 6061
 MRS. H. WARREN*11 WITTERING CRESCENT*BALGA 6061
 MR. W. WEATHERHILL*LOT 119 CODR. STREET*HUNT HELENA 6555
 MR. G. WESTLAKE*30 DUSTON STREET*HOSMAN PARK 6012
 MR. K. WHISTLER*LOT 62 HAISIE STREET*HILLEDON 6056
 MR. C. WHITE*3 TUART PLACE*YANGEBUP 6164
 MR. H. WHITE*25 BATTEN STREET*COLLELLUP 6163
 MR. J. WHITTAM*49 HOLLAND STREET*WEMBLEY 6014

MRSD. WHITTAM*49 HOLLAND STREET*WEMBLEY 6014
 MR. P. WILLIAMS*12 OZONE PARADE*COFTESLOE 6011
 MR. R. WILLIAMS*P O BOX 28*GERALDTON 6530
 MR. A. WILLIS
 CAPT. D. WILNOTT*40 FIFTH AVENUE*SHOALWATER 6169
 MR. B. WILSON*634 LIGHT STREET*DIANELLA 6062
 MR. B. WORKER*10/48 CUNNINGHAM TERRACE*WAGLISH 6009
 MR. A. WRIGHT*23 BRILLIE STREET*CARINE 6020
 MR. A. ZEMUNIN*5 WARREN STREET*HILTON 6153
 MR. C. R. WHEELER*9 CLIFTON STREET*MOOROOKA*QUEENSLAND 4105
 MR. L. IRWIN*41-51 WENTWORTH AVENUE*PAGEWOOD*NSW 2019
 MR. B. HANNIX*10 SPRINGFIELD AVENUE*FIGTREE*NSW 2525
 MR. K. DANIELS*20 BLACKWOOD TERRACE*HOLDER*NSW 2611
 MR. P. COLTHURP*14 BAKERS ROAD*DANDERNONG*VICTORIA 3175
 MR. W. SHEPHERD*2 MONTGOMERY PLACE*BRULLEN*VICTORIA 3105
 MR. H. CAHILL*34 MILITARY ROAD*SEPHAMORE*SOUTH AUSTRALIA 5019
 MR. R. FERRIS*44 EDWARDS STREET*BRIGHTON*SOUTH AUSTRALIA 5019
 JANE HEWLETT*P O BOX 890*HIGHTON*ASHMANT 7000



HAPPY MARATHONERS