



# The Vetrin

No. 120

OCTOBER 1982.



W.A. VETERANS A.A.C.

PRESIDENT. R.E. SAMMILLS

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as a periodical.

Category 'B'

SECRETARIES

Val Prescott

384 8585

Dorothy Whittam

387 6438

TREASURER

Colin Leman

364 7782

EDITOR

Jeff Whittam

I always turn to the sports section first, the sports page records man's accomplishments! The front page has nothing but man's failures.  
Earl Warren. former Chief Justice. U.S.A.

## CLUB HALF-MARATHON CHAMPIONSHIPS

Sunday, 29th August, 1982

The new Course chosen for this year's event had several advantages over the old. It was firm underfoot, simple for competitors to follow and easy for officials to flag and man. The Start in McCallum Park lead onto the Canning Highway. Two circuits of the "Bridges" via Mill Point Road followed, with the Finish in Taylor Street. The Course was generally thought to be a good one and is almost certain to become that for future Championships. Hank Stoffers made one of his rare trips to Perth from Bunbury for this race and we were all pleased to see him and Margaret again. Someone else from far afield was Ken Daniels, President, A.C.T. Veterans. Ken is basically a sprinter but, in true Veteran fashion, having paid us a visit decided that participation was the order of the day. We hope that you enjoyed the run, Ken. A special word of thanks is due to Colin Leman. One week before the event, Colin followed up a long training run in the morning with measurement of the Course, in the rain, alone, in the afternoon. On the day, he single-handedly flagged the Course and later collected the flags (shades of Jeff Whittam!). It was, then, particularly pleasing to note his success in the race itself. Thanks are also due to Rob Shand for his plan of the Course (another of Rob's masterpieces donated to the Club), Jo and Derek Walker for the very welcome oranges, and, of course, the officials. These, with sundry children, were Jan Hough, Margaret Stoffers, Rae Anderson, Liz Khan, Val Prescott, Ann Smith, Kathy Mitchell, Dorothy Whittam, Cliff Bould and Alan Tyson. Results are listed on another page of this Newsletter.

Records. Paster times were expected this year with the removal of the Cross Country elements of the old Course. We were not disappointed. Old and new records are listed below and your wonderment at all performances is expected.

W30 Colleen Milbourne	1.37.50		
W35 Barbara Leach	1.31.59		
W40 Ann Deanus	2.06.07	W40 Ann Deanus	1.52.24
Joan Pellier	2.06.07		
W45 -			
W50 Lorna Butcher	1.51.56	W50 Lorna Butcher	1.49.21
M35 Tony O'Hare	1.14.32		
M40 Derek Hoyer	1.16.05		
M45 Maurice Smith	1.19.02	M40 Frank Smith	1.13.18
M50 Denys Butcher	1.29.24	M45 Maurice Smith	1.18.41
M55 Alan Tyson	1.35.46	M50 Frank McLinden	1.27.01
M60 John Gilmour	1.20.40		
M65 Dick Horsley	1.42.39		

# CLUB HALF-MARATHON CHAMPIONSHIPS - RESULTS

## Unclassified

Jo Walker D.N.F.

## W35

1. Erica Mercer 1.43.17  
2. Phyllis Farrell 1.51.39

## W40

1. Ann Deanus 1.52.24  
2. Joan Pellier 1.56.08  
3. Marilyn Acreman 1.58.29  
Enid Crowther (56.23)

## W50

1. Lorna Butcher 1.49.21

## W55

June Strachan (1 lap)

## Unclassified

Brian Danby 1.23.29

## M35

1. Colin Leman 1.16.57  
2. Jim Barnes 1.18.50  
3. Frank Steere 1.22.40  
4. Mike Khan 1.28.58  
5. Les Oakley 1.29.12  
6. Bob Faulkner 1.30.10  
7. Rod Cox 1.32.51  
8. John Chadwick 1.34.57  
Nel Shead (46.52)

## M40

1. Frank Smith 1.13.18  
2. Hank Stoffers 1.14.36  
3. Don Caplin 1.15.36  
4. Hugh Kirkman 1.15.54  
5. Derek Crowther 1.17.14  
6. Kevin Anderson 1.18.30  
7. Bob Harrison 1.21.06  
8. Fraser Deanus 1.24.05  
9. Mal Pach 1.24.59  
10. Charlie Spare 1.25.15  
11. Morris Warren 1.28.16  
12. John Pellier 1.28.21  
13. Graham Thornton 1.37.32  
14. Ken Daniels (ACT) 1.40.40  
15. Bob Farrell 1.45.04  
16. Winston Hough 2.09.06

## M45

1. Maurice Smith 1.18.41  
2. Maurice Johnston 1.23.56  
3. Bill Monks 1.25.53  
4. Bob Sammells 1.26.23  
5. Alan Acreman 1.28.52  
6. Ron Jones 1.29.41  
7. George Peet 1.34.20  
8. Bill Mitchell 1.34.36  
9. =Mike Goldrick 2.04.44  
9. =Selby Munsie 2.04.44  
11. Derek Cowlan 2.09.06

## M50

1. Frank McLinden 1.27.01  
2. Dave Hough 1.28.11  
3. Stan Lockwood 1.30.23  
4. Rob Shand 1.30.26  
5. Dalton Moffett 1.35.38  
6. Dennis Wilmott 1.36.27  
7. Derek Walker 1.54.20  
Ray Lawrence (56.23)

## M55

1. Bill Hughes 1.37.02  
2. Dave Jones 1.48.46  
Merv Moyle (50.49)  
Denys Butcher (51.10)

## M60

1. Andy Wright 1.37.40  
2. Duncan Strachan 1.42.01  
3. Gerry Noordyk 1.46.56

## M65

1. Dick Horsley 1.54.20

## Invitation

1. Paul Hughes 1.21.37  
2. Peter Leam 1.22.40  
3. Steve Mitchell 1.30.20  
4. Jack Noordyk 1.33.53  
5. John Quirk 1.35.10  
6. Adrian Noordyk 1.36.10  
7. Bob Clayton 1.40.40  
8. Jennifer Torr 1.42.45  
9. Kathleen Noordyk 1.48.58  
Tim Bolton (1 lap)  
D. Roberts (46.17)

WORLD RECORDS. The club recently purchased the book "World Masters Records 1982" which contains all KNOWN veterans records as at 1st Jan. 1982.

Whilst I was browsing through it, I counted the number of record holders that we have in the club and the number of records that they hold. The records are for each year (age) not for the five year age groupings as we have.

TWO QUESTIONS:- 1. HOW MANY WORLD RECORD HOLDERS DO WE HAVE IN THE CLUB?

2. HOW MANY WORLD RECORDS DO THEY HOLD BETWEEN THEM?

Don't forget that a man in the M45 group could hold FIVE records over one distance.

ANSWERS ARE GIVEN LATER IN THE NEWSLETTER.

The third annual run at Pinnaroo Valley was well attended, and runners agreed that this time the weather suited the course perfectly. After a strenuous 11.6km run, made a little easier by the pleasant conditions, most runners and their families stayed behind and took advantage of the pleasant spring day to enjoy a barbecue, and swap unusual Father's Day anecdotes. We are still wondering how Don Stone intends to use his gift of suave pyjamas and leather gloves?

RESULTS:-	Lap 1	Lap 2		Lap 1	Lap 2
W35			M40		
Jill Pearton	29.46	w/d	Frank Smith	22.18	44.36
Phyllis Farrell	30.36	60.17	Derek Crowther	22.18	44.36
W40			Don Caplin	22.46	45.46
Joan Slinger	29.33	60.04	Morris Warren	23.15	47.59
Enid Crowther	29.23	62.11	Graham Thornton	23.22	48.48
W45			Barrie Slinger	24.55	50.47
Margaret Warren	29.37	60.17	Robert Farrell	26.35	53.23
W50			M45		
Lorna Butcher	28.30	57.21	Maurice Johnston	22.07	46.20
Pat Carr	36.00	w/d	Bob Sammells	23.22	46.34
W55			Bill Monks	23.22	47.19
June Strachan	36.00	77.40	Aub Davie	25.40	54.12
Allen Tyson	37.30	w/d	M50		
M35			Dave Carr	22.40	45.44
Mike Khan	23.22	47.08	M55		
Jim Barnes	23.22	48.48	Allen Tyson	26.02	53.15
Inv.			M60		
Steve Monks	22.26	46.01	Duncan Strachan	25.33	w/d
			Andy Wright	26.35	53.18

Course Records set this year.

W40	Joan Slinger	60.04	W55	June Strachan	77.40
W45	Margaret Warren	60.17	M50	Dave Carr	45.44
W50	Lorna Butcher	57.21	M60	Andy Wright	53.18

EXISTING RECORDS.

W35	Jo Stone	58.20	M35	Frank Smith	43.20
M40	Don Caplin	43.33	M45	Rob Shand	45.49
M55	Allen Tyson	49.21	M65	Dick Horsley	57.44

CHANGE OF ADDRESS

Erica Mercer 266, Brookton H'way, Kelmscott. 6111.  
Neville Gereaux 23, Templetonia Crescent, City Beach. 6015.  
Jill Pearton 3, Mabley Court, Greenwood. 6024. 448 4914.

COMMITTEE MEETING.

CHRONOMIX CLOCK. It has been decided that the club will go ahead with the purchase of a clock. The Marathon Club have given us first refusal on theirs when they get a new double sided clock. This should mean a considerable saving on the new purchase price.

Second Annual Christmas Dinner. This year we will be holding the dinner at the NEDLANDS GOLF CLUB. on Saturday 4th December at 7pm. Cost per person will be approx. \$15.00. The meal will be three or four courses and there will be dancing afterwards to a D.J. Tickets are limited to 120 and must be purchased beforehand from any member of the committee.

Veterans State Championships, track and field. It has been decided to try and hold these on the 19th & 20th March 1983. More details later.

Time Trials. As you will have noticed from the fixture list in the last newsletter, these will commence on the 7th October. Please note if you have been rostered for these. If you cannot make it on the night you are down for, please try and arrange for someone else to take your place. There have also been

requests for more longer distance events, the time trials are planned so that each event is run three times throughout the series, thus giving everyone an equal opportunity to do their favourite event the same number of times. However it has been decided that on the nights where only a sprint or short distance run is being held that a distance event may be held whilst the field event is in progress. This event will not be points scoring. Also members will have to time it themselves and provide lapscorers if required. It will NOT be the responsibility of the people on roster. It is suggested that a 3000m race be held on the 14th Oct as the scheduled event that night is only 400m and this should not take too long.

SUNDOWNER RUN. This will be held on the 24th OCTOBER at the Dianella Reserve, Light Street, Dianella. (same place as Bob Harrison's run) Attached to this newsletter is an entry form. We would like to see all members who are not officiating to enter. There will be spot prizes only, so even if you finish last you could still win a prize. After the event there will be a B.Y.O. barbecue.

NEW MEMBERS. Janice Henderson, 2, Broome St, South Perth. 6151. 13th March 1943  
367 7695

Derek Thomas Cowlan, 203 Riverton Drive, Shelley. 6155. 16th December 1933.  
457 3197

David Vincent Roberts, 27, Palmerston St, Mosman Park. 6012. 27th October 1942.

NEW CLUB SINGLETS. I.E. THE NEW OFFICIAL CLUB UNIFORM.

We now have a new club vest which has been approved by the A.A.W.A. and accepted as our official uniform.

The vest is made of lightweight white mesh fabric with a 5 inch black band around the chest, and a black trim.

They are available in male and female designs, with the following sizes:-

MEN 14 - 20  
LADIES 10 - 16

The cost is \$10.00 each which is very reasonable, considering the cost of similar versions available in local stores.

You will also need to purchase a new ROUND Club Badge, which should be stitched to the black band just below the left breast (don't get excited), allowing room in the centre for race numbers.

Please note that the Le Coq Sportif vest of similar design is NOT recognised as our official vest as the black band does not go completely around the body. It is only across the front.

The new vest will become official as from the start of the summer season and anyone registering with the A.A.W.A. MUST compete in the new vest.

Early wearers of the new vest have been very pleased with the comfort of the material and styling and you are all encouraged to place your orders NOW.

Contact Colin Leman on 364 7782 or see him at club events when he will have supplies for sale.

Lets all make a big effort now that the complaints of the old vest have been solved, and have a full club turnout in our new modern uniform.

#### 10th ANNUAL HONOLULU MARATHON TOUR. 3 - 17 December 1982.

The R & I Bank travel service in conjunction with Qantas have arranged a 14 day / 11 nights Honolulu tour for those wishing to take part in the Marathon, or those simply wishing to live it up. The cost is \$1367 for share twin accommodation and includes First class hotel, transfers at airport and hotel, portorage of one piece of baggage per person, government hotel tax, passport to Polynesia - includes Paradise Park, Falls of Clyde, Bishop Museum, the Planetarium. Travel Bag, Honolulu Marathon T/shirt.

Not included are:- Meals, excess baggage, travel insurance etc.

For further details see Bob Sammells or ring John Shackley of the R & I Bank Travel Service on 321 9933. A Video Cassette of the 1980 event is available.

#### Karrinyup Cross Country. Churchlands 28th August 1982.

W40 Sheila Maslen GO 27.15 27.15 W30 Rosemary Langford 4.40 28.38 23.58 5km  
Men 8km H'cap.

M35 Brian Foley 3.20 35.40 32.20 M35 Barrie Sutherland 4.40 36.28 31.48  
M40 Hugh Kirkman 7.00 35.47 28.47 M40 Graham Thornton 1.50 36.20 34.30  
M40 Derek Hoyer 5.20 36.53 31.33 M45 Jeff Whittam GO 36.07 36.07

T.V.W. CANNEL 7 TROPHY. RELAYS 4th September 1982. 2 man teams 2x3km laps each

Dave Carr	11.42		Brian Foley	12.15	
Brian Danby	23.10	11.28	Barrie Sutherland	23.59	11.44
Dave Carr	35.17	12.07	Brian Foley	36.23	12.24
Brian Danby	46.48	11.31	Barrie Sutherland	48.06	11.43
Running for other clubs.			Ted Maslen	11.12 & 11.36	

Sunday 19th September 1982. 3xDave Jones relay. Teams of three. (Estimate Time)

	Est.	Actual	Diff.
1.			
Morris Warren			
Allen Tyson	23.30	24.52	1.22
John Pellier			
2.			
Maxine Tapper			
Lorna Butcher	33.00	31.25	1.35
Phyllis Farrell			
3.			
Aub Davie			
Bill Mitchell	24.00	25.39	1.39
Ray Lawrence			
4.			
Andy Wright			
Dave Hough	26.50	25.10	1.40
R. Strauch (inv)			
5.			
Bob Sammells			
Selby Munsey	28.00	25.34	2.26
Frank Usher			
6.			
M. Goldrick (inv)			
Robert Farrell	30.00	26.13	3.47
Maurice Johnston			

OMISSION. In the last issue we printed a photograph of happy marathoners, we forgot to print an acknowledgement to go with it. It was of course taken by that well known photographer (commissions taken) and wine corker extrodinaire MAURICE JOHNSTON.

Abject apology. from the editor. After the Hill Run at Perry Lakes on the 1st August. Rob gave me the results and a write up about the event. These were pinned to the map of the course along with the records, unfortunately I have lost them or misplaced or had them stolen (any excuse) and as they were the only set of results I cannot give you a rundown in the newsletter, SORRY. Jeff. However I still have the record sheet, which is printed below.

W30	Jill Pearton	40.49	1980	M35	Colin Leman	29.27	1982
W35	Joan Slinger	40.15	1980	M40	Don Caplin	30.32	1980
W40	Val Fach	42.37	1982	M45	Rob Shand	31.10	1978
W45	Margaret Warren	44.37	1982	M50	Dalton Moffett	34.44	1982
W50	Lorna Butcher	39.42	1982	M55	Merv Moyle	36.45	1978
W55	June Strachan	50.49	1982	M60	Andy Wright	39.15	1982
				M65	Dick Horsley	37.33	1982

SOUTH WEST RESULTS. 4th July 1982.

3km	Lee Docksey	12.40	1st	5km	Rosemary Langford	23.54	4th
5km	Ted Maslen	18.22	1st	10km	Fred Langford	35.28	3rd
	Dave Carr	19.27	2nd		Ted Maslen	38.37	13th
	Graham Thornton	20.45	4th		Dave Carr	41.03	18th
					Graham Thornton	42.08	19th

HALF MARATHON 25th July 1982.

Derek Crowther	1.18.43	1st
Dave Carr	1.24.41	6th
Mel Shead	1.31.46	10th
Val Lishman	2.14.06	28th
Anne Deanus	1.50.18	21st
Jo Stone	1.55.34	22nd

MARATHON 25th July 1982

Hank Stoffers	2.55.12	1st
Barry Robinson	3.03.52	2nd
Fraser Deanus	3.17.43	7th

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Art Briffa	turns 55	becomes M55	17	John Pellier	Turns 43	remains M40	22
Kevin Basley	" 44	remains M40	31	Graham Thornton	" 42	" M40	08
Bruce Buchanan	" 52	" M50	11	Ian Sutherland	" 43	" M40	27
Wes Carter	" 45	becomes M45	13	Don Stone	" 53	" M50	07
Roy Croft	" 38	remains M35	10	Ron Torkildson	" 50	becomes M50	26
Phyllis Farrell	" 38	" W35	13	Brian Landers	" 41	remains M40	18
Ron Jones	" 48	" M45	17	Nicolas Curr	" 38	" M35	07
Ian Lyon	" 45	becomes M45	01	George Peet	" 49	" M45	19
Garnett Morgan	" 58	" M55	06	David Roberts	" 40	becomes M40	27

Just in from the eastern states, the Victorian Veterans Newsletter. If you don't read this issue you will be missing out on some very good reading it is now in the library, unless someone else has taken it out. I think I might try one of their night school courses, the problem is to decide which one. There are also some very good write ups about the Avon Ladies Marathon and Sri Chinmoy Marathon, and one definition of middle age is:- "When your eyesight is failing and you need glasses to ~~see the fine print~~". I also like the request for contributions to the magazine which states "people who are prepared to go out in all weathers and pound footpaths for fun are easily pleased", so tell us about your experiences and lets all have a laugh.



## DIARY OF A MAD JOGGER

humor By RICHARD LIEBMANN-SMITH

Most runners keep a journal in which to record their running experience... some keep records of their diet, weight, how they feel, and so forth. Keep whatever kind of journal you like but do attempt one, and from time to time record your resting heart rate.

- JIM FIXX, The Complete Book of Running.

### Day 1

Distance: None

What makes me want to run? What mad mélange of pride and masochism can explain this urge to tax my body and my soul to the utmost, chasing nothing, fleeing nothing, running neither for money nor for glory, nor to catch a bus?

I am running for my life, inspired by the Adida Indians of Central America. These hardy primitives are truly the aristocrats of long-distance

*the detailed account  
of a man's running  
battle to put one foot  
in front of the other*

running: an adult Adida can cover 150km non-stop at a pace that would fell an Olympic champion. And among the Adidas heart diseases are virtually unknown. Diabetes, emphysema and stroke — all are unheard of. In fact, the Adidas have no medical knowledge whatsoever. They are completely illiterate and believe that the body is an animal they ride around in.

Easing gently into my new incarnation as a running machine (fleet, sleek, instinctive, fit beyond belief), I followed the athlete's golden maxim: "Train, don't strain." For this afternoon's workout, I wore my running shoes around the apartment for half an hour, gradually tightening my terry-cloth headband. Excruciating agony.

Resting heart rate: 249. (Do you count each blub or do blub-blub and blubbody-blub count as one?)

Thought: "Whatever does not kill me makes me stronger." So says Nietzsche, the dead philosopher.

#### Day 2

Distance: None

The most important single item of equipment a runner buys is his T-shirt, and the most important question to consider in selecting one is: how will it read if I succumb to a massive coronary in mid-jog and am found sprawled unconscious on the track by a bunch of snooty horseback riders? Today I faced the long, lonely, agonising test of T-shirt shopping, emerging from the fiery cauldron of indecision with a new definition of who and what and why I am.

*The Thrill Of Victory, The Agony Of Da Feet* struck me as overly literary and too long. *Kiss Me, I'm A Jogger* and *Beep! Beep!* were obviously déclassé. I was drawn to one with *here comes* (your name) on the front and *there goes* (your name) on the back but was concerned about the potentially paralysing effect of getting such a garment on back-to-front or, worse, inside out. Ultimately, I settled for *In Case Of Emergency, Call ...* and Dr Frankel's phone number.

Resting heart rate: 6. (Gloves.)

Thought: Man is by nature a true running animal. The rhythm of the run is etched in the very DNA of every human cell. The earliest known literature attests to this fundamental truth: "Run, Dick, run! See Spot run!"

#### Day 3

Distance: None

A runner must train his mind as well as his body. We who would aspire to the pinnacles of athletic excellence must be able to endure pain, monotony, numbing repetition, disappointment and despair. I began my mental

workout listening to a Stiller and Meara comedy album. I followed this with a few brisk spins of Mungo Jerry singing *In the Summertime*, and finally honed my mental stamina on a world-class runner's regimen of Peter Bogdanovich's gruelling song, *At Long Last Love*.

Resting heart rate: 346.

Thought: None

#### Day 4

Distance: None

A brisk late-autumn day. Warm-up exercises at the reservoir: flexing, bending, stretching, pulling, pitting muscle against muscle in a tense ballet of anticipation, I tuned my inner spiritual ear to the subtle rhythms of my body. Twisting, reaching, gently massaging, I established a dialogue with my body, which responded with deepened breathing, quickened pulse, a hint of perspiration. My body was turning on. It wanted to get together for lunch next Thursday. I accepted.

Another runner passed while I was getting in touch with my body. A cigarette dangled from his paunchy, purplish lips. He called me a name. I compared him unfavorably with the Adida Indians, whose feet he was not worthy to sniff. He called a cop.

All of us have gone soft ... a nation of spectators — overfed, under-exercised, impolite. I despise the Western lifestyle (deathstyle!).

Resting heart rate: 419.

Thought: I am a foot soldier in the war on slobbery.

#### Day 5

Distance: 100 metres.

Today set foot on the track for the first time, renewing that ancient contract of sinew, sweat and hard, sweet earth. It is a contract harking back to the ancient Greeks, to semi-mythical Phidippides, who ran from Marathon to Athens bearing news of the invention of the goat.

Ran 90 metres before being passed by a one-legged guy and an elderly woman on crutches.

Resting heart rate: 525. (Ringing sound in ears.)

Thought: Unlike other athletes, we supplicants at the temple of fleet Hermes do not compete against one another. For us the battle is against the clock, the elements and ourselves. I can beat a Timex and thorium. As for the race against myself, I may not emerge the victor, but I figure I'm guaranteed at least a tie.

#### Day 6

Distance: 300 metres

God-like I strode, experiencing myself for the very first time what

Abraham Maslow, middle-distance psychologist, has called "the spontaneous, co-ordinated, efficient organism functioning with a great flow of power that is so peculiarly effortless that it becomes like play — masterful, virtuoso-like."

This was the fabled runner's "high", the spiritual plateau that is the true destination of every run, whatever mundane geographical terrain it may happen to traverse. Eagerly I jet-tisoned the weighty cargo of my day-to-day preoccupations (are Danskins for dancing, not for dancing, for *not* dancing, what?). My mind became all suffused with dazzling thoughts of unutterable clarity. How much I knew and with how little effort! It occurred to me that all men are created equal. And women, too! Energy, I somehow sensed, is equal to the product of mass times the speed of light squared. Snatches of Shakespeare flitted through my consciousness, their multi-hued poetic radiance revealed to me for the first time: "Exeunt!" "But soft!" "Alarums within!"

Resting heart rate: 819.

Thought: Have a nice day!

#### Day 7

Distance 400 metres

Nearly half a kilometre non-stop? And today I hit the Wall of Pain! Yes, I reached the very limits of human endurance. A searing agony ripped my lungs with every labored breath. All over my body, taut tendons shrieked their message of anguish along white-hot neural cords like thousands of Jewish mothers hearing that my muscles were marrying thousands of *shiksas*. For the life of me, I couldn't recall why I had started this running. Or where. Or when. Every time I tried to put together a coherent thought, all I got was Mungo Jerry and some hokey about DNA.

Physiologically, the Wall of Pain heralded the depletion of stored glycogen in my muscles. With its carbohydrate supply to zero, my body had either to shut down or switch to protein fuel. At 300 metres, I was burning a tuna sandwich I digested last month. At 400, I began metabolising my underpants.

Resting heart rate: 2721.

Final thought: The body is a machine. A machine with a soul, but a machine nonetheless. Treat the body with respect and, like any finely engineered machine, it will respond with power, precision and dependability. Treat it with disrespect and, like any machine, it will fall down in the bushes and throw up.





YORK - TOODYAY RELAY. 19th September 1982.

The Veterans team finished third in the event overall. This is the best performance by the vets in this relay. The team comprised:- Jim Barnes, Colin Leman, Frank Smith, Graham Thornton, Brian Danby, Kevin Anderson, Brian Foley, and Bob Harrison. Their time being 3.54.17. only 9min behind the winners. Next year it has been suggested that we have a club outing to follow the race finishing up with a barbecue afterwards. Who knows we may even be able to field two teams? (This report taken from the newspaper, we hope to print leg times in the next issue).

STATE MARATHON. 12th September 1982.

As yet we have not been able to obtain the results list, but Frank Smith finished in 3rd position and Colin Leman 4th, Don Caplin 6th, Derek Crowther 8th and Barrie Robinson 11th. Frank's time was under 2hr 30min. Again we hope to have full results in next months issue.

STAMINADE TEAM HADICAPS. Reabold Hill 25th September 1982.

There was a very dissapointing turnout for this event, especially as there were money prizes to go to the clubs of the winning teams. Team placing going down to the fifth team in each event. Although we only had seven runners turn out for this event we managed to win 5th team in the 3km event and 2nd team in the 8km event. Colin Leman having to run in both events to make up the four represent each team. From their efforts club funds gained \$11.00 Thanks Teams.

RESULTS.	3km event,	h'cap	fin/time	act/time	psn	team place
	Jeff Whittam	2.35	15.08	12.33	8	
	Colin Leman	5.20	15.54	10.34	27	
	Dick Horsley	2.40	15.58	13.18	28	5th
	Dorothy Whittam	go	16.57	16.57	32	\$2.00 Prize
8km Event.						
	Derek Crowther	10.55	44.29	33.34	1	
	Colin Leman	14.30	46.46	32.16	4	
	Graham Thornton	10.45	49.14	38.29	12	2nd
	Don Stone	6.10	49.42	43.32	13	\$9.00 Prize

In the 5km event there was only one club with four competitors.

DISTANCE RUNS ON THE TRACK. Further to the piece on the time trials, The A.A.W.A. will be holding a series of twilight meeting at Perry Lakes, these will be open to non-registered members, although primarily intended for 5000m and 10000m runner these may be extended to include all competitors if this is found neccessary. The venues may not be confined to Perry Lakes Stadium, but may be extended to McGillivray, Belmont, W.A.I.T. or other suitable tracks. It has been suggested that the club promotes one or two of these meetings. A list of the events will be displayed on the notice board.

QUADATHLON. Sunday October 17th 1982. Perry Lakes Stadium. 9.30am Sharp.

MIDDLE DISTANCE	SPRINTS	FIELD
3000m	400m	Discus
1500m	200m	Shot
800m	100m	Javelin
400m	-	Long Jump

NO SINGLE EVENT ENTRIES. OPEN/UNDER20/UNDER18 Men/Women Medals to 1st/2nd Entries permitting. Entry Fee \$1.00 All event on main stadium EXCEPT 3000m

Answers to World Records Quiz.

How Many record holders in the club. FIVE.  
 Number of records held between them FIFTYONE.  
 HOLDERS. Kath Holland Three. 100, 200, 400.  
 Dick Horsley Two. 5km walk, 15km walk.  
 Cliff Bould One. One Hour run.  
 Allan Merrett One. 3000 3/C  
 John Gilmour FORTY FOUR. 800, 1500, Mile, 3000, 5000, 2mile, 3mile, 6mile, 10000m, One Hour Run, Marathon Bests Times.  
 For details I suggest you read the book, it's in the library.





It is with deep regret that we notify members of the death of Honorary Member Joe Sheppard, aged 75 years. His death occurred on Sunday 24th October 1982 whilst he was running, carrying a Scroll from the Mayor of Rockingham to the Mayor of Kwinnana. Joe was wearing the Veterans uniform in the run. He will be remembered by most of our newer members for his great run against Ted Barnacle in the 1500m in the Championships at Easter. We offer our deepest sympathy to his family at this sad time.



# The Vetrun

No. 121

NOVEMBER 1982.



W.A. VETERANS A.A.C.

PRESIDENT. R.E. SAMMELLS.

Registered for posting  
as a periodical.

Category 'B'.

SECRETARIES.

TREASURER.

EDITOR

Val Prescott

Dorothy Whittam

Colin Leman

Jeff Whittam

384 8585

387 6438

364 7782

The best thing about growing older is that it takes such a long time.  
Walters Kemp.

## John leaps hurdle

Outstanding WA veteran athlete John Gilmour almost found himself blocked for a run at the recent world road running championships in Japan.

At first, the Japanese wouldn't give him a visa. It was granted only after the Premier, Mr O'Connor, made an approach on his behalf.

Mr Gilmour said his initial visa application could have been rejected because he answered a question on whether he had visited Japan before by stating he had been a prisoner of war there.

He spent four days in Japan in 1977 on his way to the veteran cham-

pionships.

"That time I got my visa through the eastern States," he said this week on his return from Japan.

"When I went to the Premier he gave me a certificate and personal letter," Mr Gilmour said. "I got the visa straight away and was treated like Malcolm Fraser when I got there."

Mr Gilmour obviously wasn't put off his running by the incident.

He won the 10km event for the fourth year in succession and also won his age section for the marathon—to add two more gold medals to an already impressive collection of trophies as a veteran runner.



Veteran athlete John Gilmour.

The Following is a letter from John.  
Dear Dorothy,

Just a few lines for you, re the World Champs held in Tokyo, I thought you might like to put them in the Newsletter. Besides the Championships a 5km and a 25km invitation were held but i never got the results. The 10km was held in quite humid conditions, on a good course, about 8,000 feet above sea level, around part of a lake and back, 5km each way. The Marathon was a 5km lap and two complete laps round the lake. The conditions were great. cool, with a light drizzle of rain for at least half of the race. It was a good course, flat and with a good surface, well manned for drinks and sponges. There were only four male runners from Australia and two female starters. I was the only one that ran two events. I have enclosed the winners of each grade in both events.

Regards John.

### 10km World Champs. Road Race.

M40.

1. Tim Johnson	31.00	U.K.	1
2. Roger Robinson	31.25	N.Z.	2
3. Piere Voets	31.29	Belg	3

M45.

1. John McDonald	33.04	N.Z.	5
2. Derrick Pickering	34.42	U.K.	8
3. ? Japanese	34.55	Jap	9

O/psn

M50.

1. John Wood	33.58	U.K.	7
2. Ron Franklin	35.23	U.K.	10
3. ? Japanese	36.55	Jap	16

M55.

1. Marthias Walenta	39.42	Germ	35
2. ? Japanese	40.29	Jap	46
3. ? Japanese	41.51	Jap	67

M60.  
 1. John Gilmour 35.42 Aust 11  
 2. William Jenkins 42.06 U.K. 77  
 3. ? Japanese 42.36 Jap 87

M65.  
 1. Clive Davies 37.19 U.S. ?  
 2. ? Japanese 41.17 Jap 57  
 3. ? Japanese 43.25 Jap 96

M80.  
 1. ? Japanese 72.09 Jap 985  
 2. ? Japanese 79.22 Jap 1036  
 3. ? Japanese 93.12 Jap 1061

M90.  
 1. ? Braun 66.38 Fin 903  
 2. Arthur Lambert No Time Germany ?

WOMEN.

W35.  
 1. Tiare Lund 42.09 N.Z. 79  
 2. ? Japanese 44.19 Jap 129  
 3. Mairanne 48.56 Germ 691

W40.  
 1. ? 41.42 ?  
 2. ? Japanese 42.45 Jap  
 3. ? Japanese 44.39 Jap

W45.  
 1. Renete Mende 50.46 Germ 342  
 2. Elizabeth Spies 50.49 " 343  
 3. ? Japanese 51.32 Jap 373

W50.  
 1. Mila Kania 40.30 U.S. 47  
 2. Berthilia De Perter 44.42 Belg 142  
 3. Ruth Anderson 44.54 U.S. 146

W55.  
 1. Margrit Miller 42.10 U.S. 80  
 2. Erika Werner 50.21 Swiss 318  
 3. Margarit Hauri 56.26 " 584

W60.  
 1. Elfriede Falke 49.21 Germ 283  
 2. Zoer Bafken 51.08 ? 357  
 3. Johanna Grelle 53.18 Germ 5

W65.  
 1. Friedegarde Liedtke 55.12 Germ 525  
 2. ? Japanese 71.50 Jap 981  
 3. ? Japanese 72.30 Jap 998

W70.  
 1. Maria Wagner 81.05 Germ 1041

MARATHON.

M40.  
 1. Tim Johnson 2.22.18 U.K. 1  
 2. Roger Robinson 2.24.33 N.Z. 2  
 3. Robert Moore 2.41.51 Can 3

M45.  
 1. Henri Salavarda 2.25.46 Belg 4  
 2. Donald Harris 2.32.57 Aust 8  
 3. Derrick Pickering 2.43.44 U.K. 13

M50.  
 1. John Wood 2.42.34 U.K. 10  
 2. Ron Franklin 2.47.38 U.K. 21  
 3. John Llewellyn 2.50.38 U.K. 24

M55.  
 1. Louis Struyken 2.50.48 Belg 25  
 2. Ro Byung Cheon 3.04.06 Korea 54  
 3. Willi Beck 3.16.51 Germ 93

M60.  
 1. John Gilmour 2.49.47 Aust 23  
 2. ? Japanese 3.15.47 Jap 87  
 3. Roy Smith 3.16.08 N.Z. 89

M65.  
 1. Clive Davies 2.57.34 U.S. 40  
 2. ? Japanese 3.19.59 Jap 141  
 3. Ernie Warwick 3.21.34 U.K. 105

M70.  
 1. ? Japanese 3.39.49 Jap 253  
 2. Karl Heinz Schafer 3.57.31 Germ 414  
 3. ? Japanese 4.15.10 Jap 532

M75.  
 1. Eddie Benham 3.39.51 U.S. 254  
 2. ? Japanese 5.03.08 Jap 732  
 3. ? Japanese 5.04.09 Jap 734

WOMEN.

W35.  
 1. Wendy O'Donnell 2.46.28 Can 17  
 2. Tiare Lund 3.11.39 N.Z. 72  
 3. ? Japanese 3.28.53 Jap 175

W40.  
 1. ? Japanese 3.24.31 Jap 147  
 2. ? Japanese 3.30.36 Jap 186  
 3. ? Japanese 3.38.11 Jap 238

W45.  
 1. ? Japanese 3.00.30 Jap 44  
 2. ? Japanese 3.50.19 Jap 340  
 3. Peg Smith 3.53.05 Aust 375

W50.  
 1. Judy Cox 3.25.23 Aust 152  
 2. Ruth Anderson 3.37.27 U.S. 232  
 3. Gisela Drisch 3.38.58 Germ 244

W55.  
 1. Margaret Miller 3.30.00 U.S. 182  
 2. ? Japanese 3.52.49 Jap 372  
 3. ? Japanese 4.41.38 Jap 658

W60.  
 1. Marie Trent 3.43.16 U.S. 280  
 2. Maria Gunter 5.06.44 Germ 744  
 3. ? Japanese 5.11.43 Jap 759

W65.  
 1. ? Japanese 4.24.49 Jap 583  
 2. Friedegarde Liedtke 4.45.53 Germ 689

W70.  
 1. Ailsa Forbes 5.12.31 N.Z. 761

W75.  
 1. ? Japanese 5.37.17 Jap 793  
 2. ? Japanese 6.31.05 Jap 818

P.S. from John. Women and men all ran in the one race in the 10km and the marathon, so their overall positions are combined. There were 1061 starters in the 10km and 900 starters in the marathon. I did not write in the names of the Japanese placegetters as I can't read Japanese and that is how they are entered on the result sheet. I have a copy of the results and a programme for the library. John.

Thanks for letting me have these results John. I hope that anyone who goes overseas and competes will let me have a story for the newsletter, or even if you compete in other states or events that I don't get results of. The closing date for all copy is the 25th of the month, anything after this date will go into the newsletter for the following month. Ed.

Results from last month. Staminade H'caps at Reabold Hill. 25th Sept.  
 3km 8km.  
 Shiela Maslen go 16.46 Ted Maslen 12.35H'cap 46.56 34.21 for 8th psn.

#### COMMITTEE MEETING.

For those who have not yet got their new club vests, these are available from Colin Leman and Dorothy Whittam. We have them in mens and ladies styles and the cost is \$10 plus \$1.50 for a club badge which should be sewn on the black band just under the left breast. If you are going to run A.A.W.A. events then you will have to have one as this is now the official club uniform.

A.A.W.A. EVENING MEETINGS. The club has nominated to run two evening meetings for the assc. it is hoped that everyone will turn out to help or run and make these events a success. As yet the dates have not been finalised. We will let you know as soon as they are.

TIME TRIALS. These will run as last year, until Christmas and in the New Year we will carry on as we did this year with the larger more varied programme. After all the requests for longer distance events the 3000m that had been scheduled for the 14th October was a non event as only those who had turned up for the other events put their names down for it, however after the long jump it was then too dark to run it.

MEMBERS. George Boakes 27, Riga Cres, Willetton. 6155.25 Feb 1913..457 4557.  
 Raymond Benetti, 5, Ackland Way, Cottesloe. 6011. 22 Oct 1937. 383 2193.  
 Maureen Gladdle, 1, Dunvegan Road, Applecross. 6153. 1 May 1941.  
 Chris Gladdle, As Above.

STATE VETERANS CHAMPS 1983. These are now being organised and the programme and entry forms will be included in the next newsletter. It is hoped that everyone will help officiate when they are not actually competing, as we will be very hard pressed for officials. There will be a very full programme offered.

Ken Whistler has moved to new address, will anyone knowing it let me have it so we can continue sending his newsletter.

CHRISTMAS DINNER. This will be held on th 4th December 1982 at the NEDLANDS GOLF CLUB, Melvista Avenue, Dalkieth. Commencing at 7pm for dinner at 7.30pm. The venue only seats 120 persons. Tickets will be issued on a first come first served basis and will cost \$15 per person. Drinks are not included in the price. After the meal there will be dancing to a D.J. Order your tickets with Barry Slinger or any member of the committee. NOW

PEMBERTON WEEKEND. 2 - 4 October 1982. A great weekend was had by those members and their families that made the trip down to Gloria and Ians Country Residence and even the weather managed to hold off. Gloria says that she finished up completely exhausted trying to stop members from losing themselves in the bush. She must have been successful as most of them managed to run in the inaugural Pemberton Fun Run, even if they did let one of the locals sneak off and win it. There were also several readings from a great book around the campfire at night.

Pemberton Fun Run. Thirty Starters lined up for the first Pemberton fun run last Sunday, 3rd October. The race started at the Gloucester Tree, a very high tree with a fire lookout perched on the top for those who do not know, and was over a 6.7km course. Mr Ian Sutherland, part time Pemberton resident, organised the event and encouraged many of his clubmates from the W.A. Veterans A.A.C. to come from Perth. The race developed into a tussle between Greg Mair of Grimwade and Derek Crowther of Perth. Mair was stronger on the long hills and established a winning break on a particularly arduous forest slope. Crowther fought back but the younger Mair won by 200m. Trophies were awarded on the basis of age, experience and effort. Recipients were. Greg Mair, Douglas Berger, Per Christenson, Phil Peach and Marion Muir. Results:-

1. Greg Mair	11. Phillip Radomiljac	21. Margaret Warren
2. Derek Crowther	12. Lorna Butcher	22. Sheila Piesse
3. Garry Muir	13. David Carr	23. Karen Rado
4. Scott Johnson	14. Maxine Tapper	24. Pat Carr
5. Douglas Berger	15. Ian Sutherland	25. Richard Berger
6. Barrie Slinger	16. Enid Crowther	26. Jonathon Pederson
7. Per Christenson	17. Mathew Slinger	27. Maris Mair
8. Morris Warren	18. Joan Slinger	28. Phyl Peach
9. Paul Lucy	19. Gloria Sutherland	29. Marion Muir
10. Allen Tyson	20. Micheal Berger	30. Val Tyson

McCallum Park 10th October 1982 (1 Dave Jone + 1 Cliff Bould)

	Actual	H/cap		Actual	H/cap
1. Chris Gladdle	30.01	-	10. Barrie Thomsett	36.02	45.02
2. Bill Monks	30.11	45.41	11. Lorna Butcher	36.58	43.30
3. Bob Sammells	30.24	45.24	12. Maxine Tapper	37.00	41.30
4. Rod Cox	30.43	-	13. Ray Lawrence	39.52	48.22
5. Morris Warren	31.53	45.53	14. Margaret Warren	40.58	46.55
6. George Feet	32.30	45.30	15. Gloria Sutherland	43.09	48.39
7. Allen Tyson	34.31	47.31	16. Phyllis Farrell	43.09	48.39
8. Bob Farrell	35.05	45.05	17. June Strachan	48.23	-
9. Duncan Strachan	35.26	45.26	18. Dorothy Whittam	48.23	51.23

Handicap Results:-

1. Maxine Tapper
  2. Lorna Butcher
  3. Barrie Thomsett
- Organisers Maralyn & Alan Acrem

JOHN GILMOUR 10,000m 17th October 1982.

The main event was won by Martin Assmussen in 31.53.

5. Frank Smith	33.53	13. Bob Harrison	34.52	23. Frank Steere	36.16
7. Colin Leman	34.09	20. Ted Maslen	35.49	27. Brian Danby	37.02
8. Don Caplin	34.12	22. Derek Crowther	36.08	33. Dave Hough	38.13

Second Event.

Brian Foley	39.18	Frank McLinden	42.03	Rosemary Langford	47.57
Les Oakley	39.19	Allen Tyson	43.12	Jill Pearton	50.37
Ron Strauch	39.27	Dennys Butcher	43.38	Gerry Noordyk	48.16
Bill Monks	39.49	Lorna Butcher	47.04	Sheila Maslen	51.33
Morris Warren	40.14	Barrie Thomsett	47.40		



# YORK TO TOODYAY RELAY 19th September 1982.

LEG	DISTANCE	CHANGE POINT	TERRAIN
1	10,918m 6.78 miles	Stone farmhouse on the left	Gently rising, flat, little downhill.
2	7849m 4.88 miles	Hamersley Siding crossroad	Flat. Two or three gentle rises towards the end with down slope to the finish.
3	8505m 5.28 miles	Spencers Brook Road junction	Flat with very gentle undulations, two easy hills towards the end.
4	4669m 2.90 miles	Railway line crossing	Flat. long rise at end, gently sloping.
5	5821m 3.62 miles	Leeder Road junction	Heavily undulating with challenging rise at start. Good downhill stretches last half.
6	16,155m 10.04 miles	Stormville sheep stud	Tough rises and good downhill stretches, then uphill for last 10,000m. Flatter finish.
7	4491m 2.79 miles	Railway underpass	Initial short uphill, then fast downhill for last 4000m.
8	6992m 4.35 miles	Avon River picnic grounds	Mainly fast downhill, some easy rises.
TOTAL DISTANCE 65,400 metres - 40.64 miles.			

The course has been measured once with a bike. Change points will be clearly marked and officials will be on hand at each change point.

The Club won 'C' Grade and I have heard that the team set records on some of the legs, I am not sure which but will try and find out for the next newsletter. They also set a faster time than the winners of 'B' Grade.

Jim Barnes	39.51	39.51
Colin Leman	26.43	1.06.34
Frank Smith	28.34	1.35.08
Graham Thornton	17.38	1.52.46
Brian Danby	20.31	2.13.17
Kevin Anderson	60.45	3.14.02
Brian Foley	15.48	3.29.50
Bob Harrison	24.27	3.54.17

## MUNDARING - YORK 40 mile ROAD RACE. 10th October 1982.

The day was fine with a temperature range of 17C - 24C with a field of 47 starters 16 from the club. there were 17 finishers of which 8 were from our club, including one of the two ladies to finish. Results are below with five leg splits. My thanks to Peter Hopper for sending me the results.

2. Jim Barnes	34.17/69.00/103.32/2.17.48/2.51.48/3.26.52/4.05.36/4.46.43
5. Barrie Robinson	34.16/70.26/107.36/2.25.08/3.03.34/3.44.28/4.25.38/5.04.50
6. Stan Latchford	41.26/83.52/124.21/2.40.54/3.16.50/3.56.44/4.41.01/5.22.14
11. John Pellier	41.20/84.44/127.23/2.49.22/3.32.00/4.18.42/5.09.40/5.56.39
13. Fraser Deamus	44.14/ ? /127.23/2.49.22/3.32.00/4.18.42/5.13.40/6.10.44
15. Mel Shead	44.10/89.20/ ? /2.58.00/3.46.00/4.35.30/5.28.00/6.15.09
16. Frank McLinden	44.10/89.20 ? /2.58.00/3.46.00/4.35.30/5.28.00/6.16.20
18. Val Pach (2/Girl)	45.34/94.56/ ? /3.14.20/ ? / ? / ? /7.03.54

### D.N.F. FULL DISTANCE.

Brian Hanks	37.07/73.58/111.48 W/Drew
Colin Leman	34.18/69.08/103.36/2.17.56/2.51.40/3.29.38 W/Drew
Maurice Smith	32.28/66.22/ ? /2.16.12/2.51.40 W/Drew
Graham Thornton	35.08/73.38/114.46/2.36.23 W/Drew
Derek Crowther	30.53/62.36 W/Drew
Frank Smith	30.20/60.35/91.24/2.01.50 W/Drew
Don Caplin	30.20/60.35/91.24/2.03.30 W/Drew
Bob Harrison	32.16/66.22/100.10/2.15.26 W/Drew
Colin Walsh	37.24/75.46/116.18/ ? /3.18.26 W/Drew

TIME TRIALS 7th OCTOBER 1982.						
		1500 metres	& shot.			
		TIME	POINTS	DISTANCE	POINTS	TOTAL
Jan Fletcher	W35	5.29.8	911	5.70	126	1037
Lorna Butcher	W50	6.14.0	826	5.79	328	1208
Joan Slinger	W40	6.15.0	670	4.54	220	690
Dorothy Whittam	W45	7.00.0	460	7.24	583	1043
Gloria Sutherland	W35	7.10.0	310	4.36	20	330
Margaret Warren	W45	-	-	4.45	81	81
Bill Monks	M45	4.55.0	790	-	-	790
Barrie Robinson	M40	4.47.5	805	7.63	178	983
Ron Strauch	M40	5.06.0	694	-	-	694
Aub Davie	M45	5.15.0	670	-	-	670
Les Oakley	M35	5.07.0	658	-	-	658
Morris Warren	M45	5.21.0	634	-	-	634
Brian Foley	M35	4.47.0	778	7.54	95	873
Don Stone	M50	5.38.3	590	7.31	203	793
Andy Wright	M60	5.46.0	814	7.55	377	1191
Ray Benetti	M40	6.23.0	232	8.24	263	495
Jim De Gruchy	M50	6.49.0	166	-	-	166
Allen Tyson	M55	5.51.0	604	7.48	369	971
Charles White	M40	-	-	7.37	141	141
Bob Fergie	M45	-	-	9.48	507	507
Ron Jones	M45	-	-	7.37	211	211

All Correct Weight for age.

TIME TRIALS 14th OCTOBER 1982.						
		400 metres	& Long Jump			
Dorothy Whittam	W45	71.32	507	3.26	861	1368
Gloria Sutherland	W35	94.31	20	2.31	48	68
Jan Fletcher	W35	70.91	364	4.21	874	1238
Joan Slinger	W40	82.96	20	-	-	20
Brian Danby	-	64.20	432	4.01	20	452
Bill Monks	M45	60.03	720	4.39	516	1236
David Clive	M45	63.31	588	4.84	696	1284
Bob Faulkner	M35	66.09	356	4.44	176	532
Ray Benetti	M40	70.05	236	-	-	236
Ron Strauch	M40	65.54	420	3.48	20	440
Neville Geraux	M40	68.53	300	3.83	132	432
Derek Walker	M50	68.20	472	4.35	725	1197
Nelille Collins	M60	85.92	164	2.81	288	452
Andy Wright	M60	74.27	628	3.58	750	1378
Bill Hughes	M55	70.37	584	-	-	584
Allen Tyson	M55	71.02	560	3.43	465	1025
Merv Moyle	M55	76.88	324	-	-	324
George Boakes	M65	-	-	2.36	216	216

#### SMOKE FREE DAY FUN RUN. 10th November 1982. (WEDNESDAY)

The run will start at the Riverside Drive Boatshed at 12.30pm and will use the Corporate Cup Course. Along the river to the Causeway, around the western end of Heirisson Island and back along the riverside to the boatshed. Distance 5.1km. No mention of entry fees.

I have just been reading about John Moloney who returned recently from competing in the triathlon in Hawaii. He finished 19th out of a field of 900. The competition starts off with a 4km ocean swim which took John just over an hour, this is followed immediately by a 200km cycle race which took him 5hr 59min. an average of 33km an hour. Then its straight off the bike and run a marathon 42.195km, this took him 3hr 19min. It left me wondering how long this would have taken him if he had not been tired. The total time for the triathlon was just under 10 hours. He finished off the article by saying "Anyone can do it".



# HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Marilyn Acreman	turns 42	remains W40	04	Joan Pellier	Turns 43	remains W40	08
Kevin Anderson	" 42	" M40	20	John Rowland	" 45	becomes M45	21
Robert Bryce	" 52	" M50	06	Mike Stone	" 40	" M40	30
Bob Faulkner	" 39	" M35	24	Hank Stoffers	" 42	remains M40	18
Derek Hoyer	" 44	" M40	04	Morland Smith	" 45	becomes M45	07
Hugh Kirkman	" 41	" M40	27	Margaret Warren	" 47	remains W45	12
Merv Moyle	" 56	" M55	29	Ross Williams	" 43	" M40	10
Bill Mitchell	" 48	" M45	12	Laurence Baxter	" 41	" M40	30
Gerry Noordyk	" 61	" M60	21	Selby Munsie	" 46	" M45	03
Mel Pach	" 44	" M40	18				

In the list of new members I forgot to put in Chris Gladdle's birthday it is 29th Jan 1938 making him 44 years and in the M40 group.

## **Athletics —be in it**

WHETHER you're a student or in your sixties, an amateur or a professional, you will enjoy competing in the friendly atmosphere of the Regional Athletics Centre at WAIT.

From next Sunday, a competition will be held every Sunday on the athletics oval near the Karawara Shopping Centre between 2pm and 4.30pm.

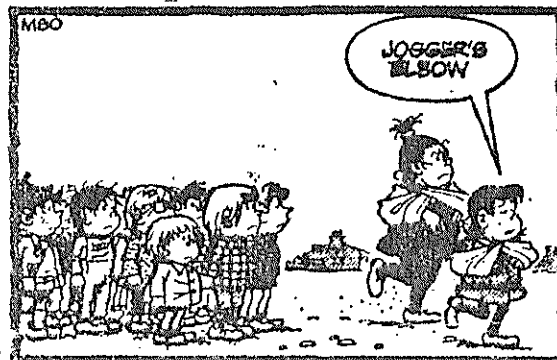
Organisers provide a programme that is attractive for everyone and events include races from 100m to 10km as well as long and high jumping, javelin throwing, discus and shot—putting.

Competitors pay only 50 cents to register and can compete in an unlimited number of events.

There are no membership forms or joining fees and certificates are handed to each entrant after every event.

Changing and shower facilities are available.

Further information is available by contacting Barry Kernaghan on 447 6862 or Dave Reid on 362 3463. Get along and join in the fun.



## FUN RUN WITH THE U.S. NAVY FROM THE U.S.S. BELAFUWOOD.

THIS WILL BE HELD ON WEDNESDAY 3rd OCTOBER 1982 AT 6PM. THE START WILL BE BY THE PERRY LAKES WARM UP TRACK AND WILL BE THE USUAL COURSE AROUND THE LAKES, KEEPING CLOSE TO THE ROAD, ONE LAP ROUND THE STADIUM, AND UP REABOLD HILL AND BACK AROUND THE LAKES TO FINISH BY THE START. (NOT NECESSARILY IN THAT ORDER). JIM BARNES IS ONCE AGAIN DOING THE ORGANISING FOR THIS EVENT AND WOULD APPRECIATE SOME HELP ON THE DAY. IF YOU CAN HELP AT ALL, WOULD YOU PLEASE GIVE JIM A RING ON 459 2617 AS SOON AS POSSIBLE.

Results from the final day of the winter programme. The events were a 2km, 4km and 10km handicaps and those competing were:- Lee Docksey, Margaret Harman, Sheila Maslen, Frank Smith, Derek Hoyer, Brian Foley, Ted Maslen, Don Stone and Graham Thornton. Unfortunately we didn't get which event they ran in or where they placed. After the events The Association held their prize presentation for the winter season, with prizes going to the following members:- Frank Smith 3rd in the marathon and Best Veteran Overall, Don Stone 3rd in 16km, 2nd in 20km and 3rd in the 30km walks. Erica Mercer Best Lady Veteran Overall. In addition the club gave trophies for overall performance throughout the winter in each age group, the following were the recipients:- W35 Erica Mercer. W40 Margaret Harman. W45 Dorothy Whittam. M40 Derek Hoyer. M45 Ted Maslen. M50 Don Stone. M60 John Gilmour. M65 Dick Horsley. There was nobody in the M55 age group.

Hampers  
18/12

WEST AUSTRALIAN VETERANS ATHLETIC CLUB.  
SUMMER PROGRAMME. 1982.

V. = Veteran club events open to all members.  
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 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.

DECEMBER PROGRAMME.

WED. DEC. 1st.	A.	Twilight Meeting.	6pm.	McGillvray Oval.
THURS DEC. 2nd.	V.	Time Trial (9). 200m. Javelin.	6pm.	P.L.W.U. M. Shead, J. Pearton.
SAT. DEC. 4th.	A.	Interclub.		Perry Lakes.
SAT. DEC. 4th.	V.	CHRISTMAS DINNER.	7pm.	MEDIANDS GOLF CLUB.
SUN. DEC. 5th.	V.	Recovery Run.	8am.	McCallum Park. S. Lockwood, G. Noordyk.
WED. DEC. 8th.	A.	<u>TWILIGHT MEETING.</u> 100m. 5k. Shot. THE VETERANS CLUB ARE ORGANISING THIS MEETING. WE NEED OFFICIALS AND IAF SCORERS. PLEASE HELP.	6pm.	Perry Lakes.
THURS. DEC. 9th.	V.	Time Trial (10). 10,000m.	6am.	P.L.W.U. D. Walker C. White.
SAT. DEC. 11th.	A.	Interclub.		Perry Lakes.
SUN. DEC. 12th.	V.	BILL MITCHELLS RUN. BYO. BBQ.	9k. 9am.	62 Royal St, Kenwick.
WED. DEC. 15th.	A.	Twilight Meeting. 10,000m.	6pm.	Perry Lakes.
SAT/SUN DEC 18/19	A.	Trophy Day.		Perry Lakes.
SUN. DEC. 19th.	V.	CHRISTMAS GIFT RUN. FOLLOWED BY BYO. BBQ.	8am.	McCallum. A. & V. Tyson.
WED. DEC. 22nd.	A.	Twilight Meeting.		
SUN. DEC. 26th.	V.	LESCHENALTIA RUN. BYO. BBQ. B. Robinson/	6.8k. 5.30pm.	Lake Leschenaltia. Berry.
WED. DEC. 29th.	A.	Twilight Meeting. 5k.		

HAPPY NEW YEAR TO ALL OUR MEMBERS.

NOTE. EVERY TUESDAY. informal group jogs at 6pm. from corner of  
Saw Ave and May Drive, Kings Park.

# SEXY JOGGERS — THE FACTS

NEW YORK: Middle-age men who jog or take other forms of brisk exercise often say it brightens their sex lives.

At the University of California in San Diego, the director of "human performance and sports activities", Jim White, organised a scientific test.

For nine months, 115 middle-class professional men aged 44 to 48 spent about an hour a day, five days a week, on an exercise programme that included stretching, warm-up exercises and up to 40 minutes of either jogging or trampoline jumping.

During the same period, a control group of 17 similar men walked for an hour a day, at speeds that raised their heartbeat rate no more than 20 above their resting rate.

All the while, the men kept sex diaries for Jim White. He found that the runners and jumpers recorded a much greater increase in sexual desire than the walkers.

They kissed and cuddled more often. And their average frequency of sexual intercourse went up from



2.29 to 3.1 times a week.

The runners/jumpers also reported that, on average, the frequency with which they indulged in extra-marital sex increased from once every five weeks to once every 3½ weeks.

That made White wonder if he should publish his data: "I worried that if I did so, there wouldn't be a married woman in the world who would allow her husband to go out jogging."

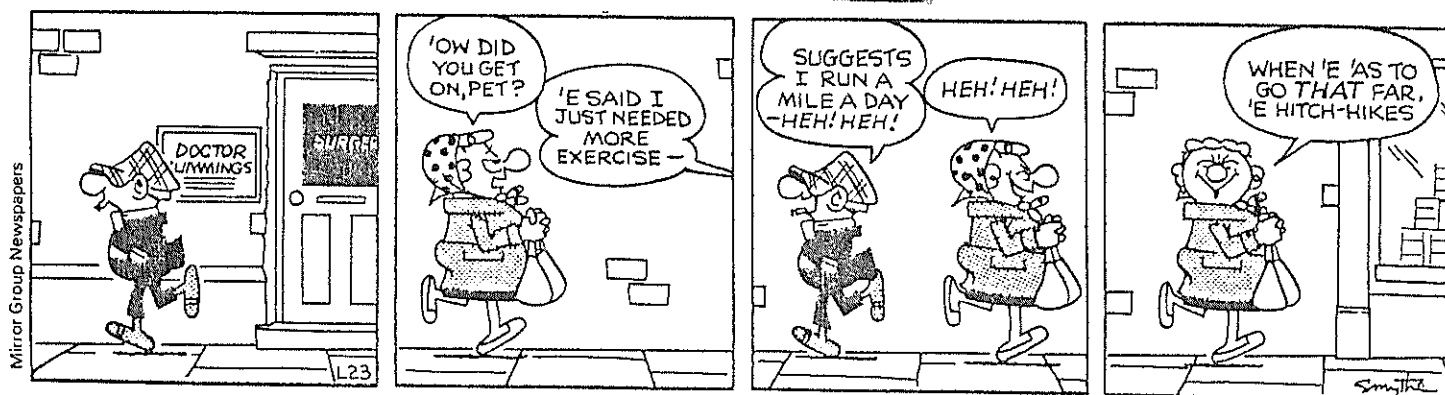
He has a word of warning for the men: Don't overdo it (exercise, that is). Seven men in the group who took up marathon running during the nine months were the only ones to report a substantial decline in their sex drive.

ANYONE FOR THE 100 metres????!

\*\*\*\*\*STOP PRESS\*\*\*\*\*

We will be hosting two twilight meetings the first on the 8th DECEMBER 1982. The programme that night will be 100metres, 5km and shot. The second meeting will be held on the 26th JANUARY 1983. The programme that night will be 100metres, 5km and Javelin. Entry fees will be \$1.00 Senior and 50c Junior. It is hoped that all members will help to officiate where needed, particularly on the 8th December as we have our own 10km the following night as the last of the time trials.

PLEASE IF YOU ARE ON ROSTER FOR THE TIME TRIALS AND CANNOT MAKE IT, WOULD YOU ARRANGE FOR SOMEONE ELSE TO TAKE YOUR PLACE, OR IF YOU CANNOT MAKE THAT ARRANGEMENT RING ONE OF THE COMMITTEE AND LET THEM KNOW SO EVERYONE IS NOT JUST WAITING FOR SOMEONE TO START ORGANISING THINGS. THANKS





# The Vetrun

No. 122

DECEMBER 1982.



W.A. VETERANS A.A.C.

PRESIDENT. R.E. SAMMELLS.

Registered for posting  
as a periodical.  
Category 'B'.

SECRETARIES.

TREASURER.  
EDITOR.

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

THE PRESIDENT AND COMMITTEE WOULD LIKE TO WISH ALL MEMBERS A VERY  
HAPPY CHRISTMAS AND GOOD RUNNING THROUGHOUT THE NEW YEAR.

Money is what things run into and people run out of.

## VETERANS' SUNDOWN RUN

Dianella Reserve

Sunday, 24th October, 82

This year's event differed in many ways from Dave Carr's original concept. Firstly, the Club wished to promote a Fun Run, that is, a run in which every finisher is a winner. Accordingly, prizes were drawn for, not awarded. Secondly, it wanted to attract more participants. This was attempted by including pre-veterans for the first time, allowing a choice of distances, and selecting a venue that enabled a post-event function to be held. And most different of all... it was to be held in the morning!

On the face of it these innovations were successful. 124 entries were received compared to some 70 last year. Club members narrowly out-numbered non-members 64 to 60.

The staging of the event was a great team effort by 20 or so members - our thanks to those concerned. But 64 + 20 equals a lot of missing faces. Where were you? Those present will tell you that you missed a good run, good companionship, Bob Harrison's excellent cuisine, the Tartan Terror masquerading as a doctor (or vet (vet, get it?)), and \$150 worth of prizes. These included a pair of Marathon K shoes kindly donated by Dunlop Footwear.

The Sundown Run was a first-class event and worthy of every member's support. How about a commitment for 1983?  
Results later in the newsletter.



THE SUNDAY TIMES MAGAZINE, OCTOBER 31, 1982

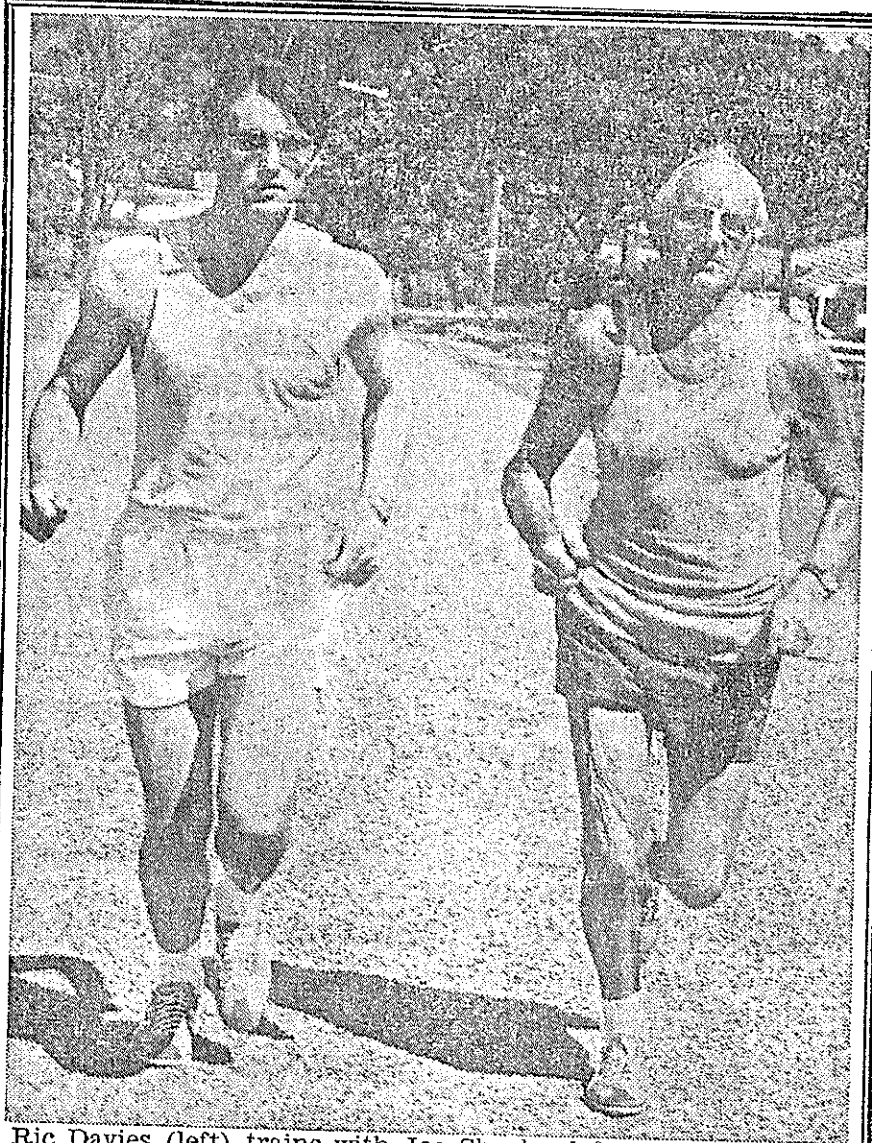
## VETERANS' SUNDOWN RUN

Dianella Reserve

Sunday, 24th October, 82

NAME	AGE	KM	TIME	NAME	AGE	KM	TIME
Marilyn Acreman	41	8	43-54	Jim Langford	38	8	26-48
Kevin Anderson	41	8	26-58	David Lawrence	43	4	22-44
Ivor Bannon	36	8	37-34	Raymond Lawrence	54	8	38-25
Clyde Bant	47	8	41-14	Colin Leman	36	8	27-16
Keith Beament	37	8	28-33	Thomas McAlister	38	8	33-18
Albert Bennett	49	8	31-45	Patti McCarthy	37	8	40-37
Nora Berry	52			John McGinnis	43	8	33-13
Clifford Bould	66	8	38-27	Mary McGinnis	42	4	26-24
Barry Boyd	38	8	40-37	Hamish McGlashan	45	8	33-06
Vivian Bryant	36	8	32-25	Rosemary McGlashan	43	8	48-18
Lorna Butcher	50			James McLean	51	8	41-34
Don Carlin	43	8	27-06	Frank McLinden	51	8	32-34
John Chadwick	38	8	33-46	Kevin Martin	45	4	15-29
Frank Chilcott	69	8	55-34	Edward Maslen	47	8	27-52
K Clark	43	8	32-23	Sheila Maslen	44	8	41-30
Christopher Colman	43	8	36-47	Erica Mercer	39	8	36-53
Peter Cowley	43	8	32-38	Kenneth Verkilees	41	8	44-29
Rod Cox	39	8	31-06	Stanley Mitchell	54	8	39-02
Derek Crowther	40	8	28-41	Dalton Poffett	51	8	33-26
Enid Crowther	40	8	41-02	William Monks	46	8	30-34
Alan Croxford	39	8	30-51	Norman Montgomery	59	8	39-27
Richard Danks	40	8	31-20	Selby Munsie	48	8	38-32
Aubrey Davie	47	8	34-33	Gerry Noordyk	60	8	37-24
Roger Elmitt	40	8	35-39	Kathleen Noordyk	34	4	27-44
Phyllis Farrell	38	8	39-41	Ies Oakley	37	8	31-40
Robert Farrell	42	8	35-54	Mary Pagano	44	8	45-36
Derek Ferrell	42	8	31-02	George Peet	49	8	32-43
Larry Fitzgerald	40	4	19-02	Karen Ramsay	30	4	29-37
Judith Forbes	31	4	22-35	David Roberts	39	8	33-58
Chris Gladdle	44	8	30-33	Mary Robinson	45	8	47-03
Mal Gray	42	8	34-44	Reginald Rowe	55	8	35-51
Jackie Greenfield	34	4	36-24	Keith Ryan	40	4	19-48
James Greenfield	37	8	35-11	Neil Ryan	40	8	35-26
Fred Hagger	57	8	41-10	Melvyn Shead	39	4	16-09
William Hanlon	47	8	37-23	David Sheppard	41	8	29-47
Margaret Harman	44	8	36-05	Barrie Slinger	42	8	
George Harris	45	4	18-37	Joan Slinger	41	8	39-14
Colin Hartnett	39	4	19-47	Kenneth Snowden	41	8	29-58
Barry Heard	37	8	35-50	Charles Spare	43	8	31-28
Lynette Holland	36	8	36-51	Duncan Strachan	60	8	35-36
William Holland	35	4	18-09	June Strachan	57	8	47-30
Dick Horsley	69	4	18-20	Gloria Sutherland	37	8	41-24
David Hough	50	8	30-44	Parrie Thomsett	42	8	36-40
Michael Hurn	41	8	33-18	Peter Thomson	41	4	23-29
George Innes	47	8	29-39	Rose Thomson	38	4	32-09
James Jackson	47	4	18-43	Graham Thornton	42	8	30-32
Michael Johnson	47	8	37-14	Ron Torkildsen	49	4	18-29
Ron Jones	48	8	31-00	Allen Tyson	57	8	35-14
Michael Khan	37	8	32-08	Valerie Tyson	58	4	24-07
Barry King	50	8	41-06	Francis Usher	59	8	39-41
Hugh Kirkman	40	8	28-03	Keijo Vaalsta	48	8	34-41
Kevin Lang	52	8	36-18	Tuula Vaalsta	45	8	41-56
Jan Vanden Driesen	40	8	37-02	Margaret Warren	46	8	41-34
Jim Vanderburg	39	8	38-32	Forris Warren	45	8	41-34
Geoffrey Wall	39	8	30-23	Dennis Wilmott	51	8	33-46
Stephen Walter	39	8	36-59	Basil Worner	51	4	15-48

# HE DEVOTED HIS LIFE TO SPORT



Ric Davies (left) trains with Joe Shepherd for a Mandurah to Kwinana marathon.

WA sport, and the community lost a fine personality when veteran athlete Joe Shepherd (75) died recently.

Shepherd, of Medina, died while carrying a goodwill message from Rockingham to Kwinana for the opening of the Kwinana Festival.

Shepherd, a national veteran's athletic titleholder, devoted a lifetime to sport and started athletics as a young man in London, in 1928.

He had previously run many goodwill messages from different councils to Kwinana to mark the opening of the annual festival.

Last Easter the Kwinana Town Council gave him a reception in recognition of his athletic achievements.

Shepherd was a foundation member of the Medina Little Athletic Centre and involved with both junior and senior athletics.

He was often critical of coaches who did not set an example for their charges.

He once said: "I have seen coaches sheltering from the rain, whilst the children run. Others ride motorcycles. That is not the example to set."

Shepherd, who was also a good cyclist, ran in the 1928 and 1929 English marathons and for many years was a member of the Woodford and Highgate Harriers clubs.

An athlete who appreciated the guidance given to him by Shepherd is former Medina resident Ric Davies (33).

Davies met Shepherd as a 17-year-old and they developed a strong friendship with no generation gap.

The two used to train together and ran, as a team, in several goodwill message runs.

"In England Joe devoted more time to cycling, but in Australia found the conditions different and changes to athletics," Davies said.

"Knowing him as a teenager and growing up with him was great and he was an uncut diamond in a cut-up world, with a heart of gold."

"Joe will be sadly missed by the Kwinana community," said Bob Boyle, past president of the Kwinana Little Athletic Centre.

"He was a thorough gentleman, and one cannot speak highly enough of the man."

"His persistency and consistency were an example for all."

Joe Shepherd left a wife, Anne, a son and daughter, eight grandchildren and two great grandchildren.

SHEPHERD, J. W. (Joe):  
24.10.82 A great gentleman  
and a great runner farewell  
Joe WA Veterans Athletic  
Club.

# INVITATION TO THE ALBANY ATHLETIC GROUP'S SUMMER PROGRAMME.

Anyone who is going to Albany for a holiday this summer has been invited to go and have a run with the Albany Athletic Group. One of our members down there, George Audley, has sent up a programme of events and records. I am sure that anyone who goes will find some good competition by the look of the records. The venue is very close to the centre of Albany, the car park for the centre is on the corner of North Road and Sandford Road. George also tells us that he has got his wife out running with him in the morning PLUS their pet kangaroo, which has caused quite a stir with passing motorists. His wife since she started running 12 months ago has, with the help of weightwatchers, lost over 4½ stone. She is now firmly convinced that LIFE really does begin at 40.

## ALBANY ATHLETIC GROUP

### Programme for 1982/83 (Subject to alteration)

Saturday 2 October 1982	Interclub North Road	9.00am	Prog. 1	60m	7.59	M Matusiak
Saturday 9 October 1982	Interclub North Road	8.45am	Prog. 2	100m	12.19	M Matusiak
Saturday 16 October 1982	Interclub North Road	9.00am	Prog. 3	200m	25.63	M Matusiak
Saturday 23 October 1982	Interclub North Road	8.30am	Prog. 4	400m	56.25	B Waldhuter
Saturday 30 October 1982	Interclub North Road	9.00am	Prog. 1	800m	2-11	B Waldhuter
Saturday 30 October 1982	WA Schoolboys & Schoolgirls Track & Field Championship Perry Lakes			1500m	4-36	B Waldhuter
Sunday 31 October 1982	Lapathon North Road	10.00am		3000m	10-28	B Waldhuter
Saturday 6 November 1982	4th Albany People's Marathon at Albany Woolstores	7.00am		5000m	10-24.84	B Waldhuter
Sunday 7 November 1982	Interclub North Road	8.45am	Prog. 2	100m Hurdles	31.0	D Mair
Saturday 13 November 1982	Interclub North Road	9.00am	Prog. 3	200m Hurdles	5.79	M Matusiak
Saturday 20 November 1982	Interclub North Road	8.30am	Prog. 4	Long Jump	1.55	R Harding
Saturday 27 November 1982	Interclub North Road	9.00am	Prog. 1	High Jump		M Matusiak
Saturday 4 December 1982	Interclub North Road	8.45am	Prog. 2	Triple Jump		
Saturday 11 December 1982	Interclub North Road	9.00am	Prog. 3	Shot Put	8.15	G Larkin
Saturday 18 December 1982	Interclub North Road	8.45am	Prog. 4	Discus	30.95	M Matusiak
Saturday 18 December 1982	Interclub North Road	9.00am	Prog. 1	Javelin	32.75	M Matusiak
Saturday 8 January 1983	Interclub North Road	8.30am	Prog. 2	1500m Walk	0-22.15	G Larkin
Saturday 15 January 1983	Interclub North Road	9.00am	Prog. 3	Hammer Throw	25.66	G Larkin
Thursday 20 January 1983	Twilight Meet North Road	5.30pm				
Saturday 22 January 1983	Interclub North Road	8.30am	Prog. 4			
Saturday 29 January 1983	South West Open Championship					
Sunday 30 January 1983						
Saturday 5 February 1983	Interclub North Road	9.00am	Prog. 1	60m	8.18	D Mair
Saturday 12 February 1983	Heats of Decima Norman Sprint)			100m		
Saturday 19 February 1983	Interclub North Road	8.45am	Prog. 2	200m	29.96	David Carr (Vets)
Saturday 19 February 1983	(Heats & Finals of Decima Norman Sprint)			400m	30.84	G Audley (Res)
Sunday 20 February 1983	Interclub North Road	9.00am	Prog. 1	800m	70.29	G Audley (Res)
Saturday 26 February 1983	Track & Field State Championship				2-20	D Carr (Vets)
Saturday 26 February 1983	Perry Lakes Stadium (Seniors)				2-36	G Audley (Res)
Saturday 26 February 1983	Interclub North Road	8.45am	Prog. 2	1500m	5-05	G Audley
Saturday 5 March 1983	Track & Field State Championship (Seniors)			3000m	10-51	G Audley
Sunday 6 March 1983	Interclub North Road	9.00am	Prog. 3	5000m	18-59	G Audley
Saturday 12 March 1983	Track & Field State Championship			200m Hurdles	49.0	J Macaulay
Saturday 19 March 1983	Perry Lakes Stadium Seniors			Long Jump	4.20	G Audley
Saturday 19 March 1983	Day 1 Centre Championship			High Jump		
Saturday 19 March 1983	Interclub North Road	8.30am	Prog. 4	Triple Jump	8.25	G Audley
Sunday 20 March 1983	WA Little Athletic State Championship			Shot Put	7.40	B Chapman
Saturday 26 March 1983	Perry Lakes			Discus	23.60	B Chapman
Sunday 26 March 1983	Day 2 Centre Championship			Javelin	24.66	B Chapman
Sunday 26 March 1983	Port to Point Fun Run			1500m Walk	0-91.91	G Audley
Saturday 23 April 1983	King of the Mountain Apex Drive					
Sunday 24 April 1983	Albany Open Cross Country Championship					
Sunday 1 May 1983	Start of the Cross Country Season					

### 35-39 PRE-VETERAN MEN

### 45-49 VETERAN MEN

### 40-44 VETERAN MEN

Casual and visiting competitors are most welcome.

Anyone can compete 3 times without paying club or competition fees and without wearing club uniform.

Can you help as an official? No experience required.

### 50-54 VETERAN MEN

### 55-59 VETERAN MEN

60m	9.4	J Macaulay	10.03	J Macaulay
100m	15.11	J Macaulay		
200m	32.6	J Macaulay		
400m	75.34	J Macaulay		
800m	2-51.4	J Macaulay	3-21	J Macaulay
1500m	5-41	J Macaulay		
3000m	13-23	J Macaulay	14-34	J Macaulay
5000m	23-35.7	J Macaulay	24-44.2	J Macaulay
100m Hurdles				
200m Hurdles	41.92	J Macaulay		
Long Jump	3.72	J Macaulay		
High Jump	1.20	J Macaulay		
Triple Jump	8.85	J Macaulay		
Shot Put				
Discus	18.60	J Macaulay	6.00	J Macaulay
Javelin			18.16	J Macaulay
			21.10	J Macaulay (700m)

60m	7.72	B Waldhuter
100m	12.6	D Mair
200m	25.32	B Waldhuter
400m	57.22	B Waldhuter
800m	2-14	B Waldhuter
1500m	4-42	B Waldhuter
3000m	10-28	B Waldhuter
5000m	18-59	B Waldhuter
200m Hurdles		
Long Jump	4.36	P Bryden
High Jump	1.35	P Bryden
Triple Jump	9.35	P Bryden
Shot Put	7.63	B Chapman
Discus	24.90	B Waldhuter
Javelin	22.85	B Waldhuter
1500m Walk		



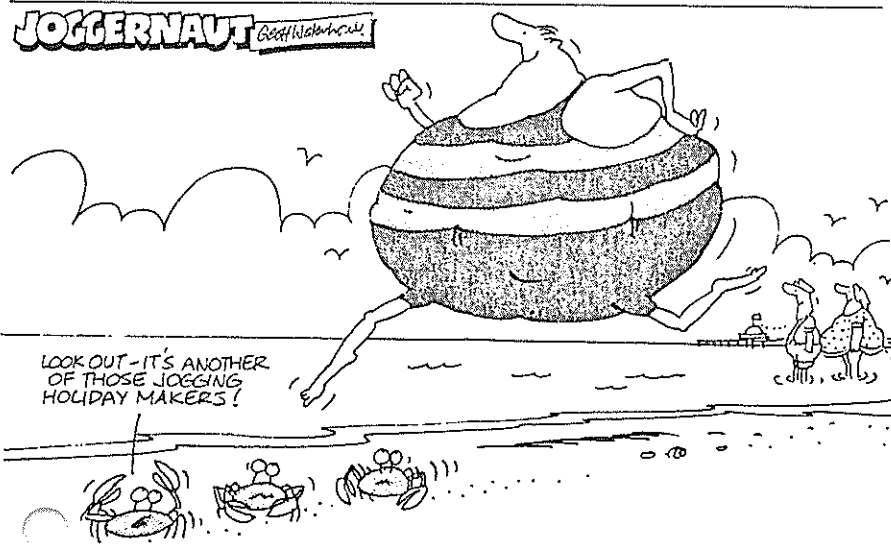
018 SENIOR WOMEN			WOMEN 30-34 YEARS			WOMEN 45-49 YEARS		
60m	8.4	P Dawson	3.59	J Dul		60m	11.2	N Johnston
100m	12.8	G Walker	14.2	L Gray		100m	18.3	N Johnston
200m	28.68	P Dawson	31.8	L Gray		200m	49.04	N Johnston
400m	69.49	D Jackson	79.0	P Keen		400m	99.0	N Johnston
800m	2-50.1	M Lawrie	3-02	C Matthews		1500m		
1500m	5-43	M Lawrie	6-32	P Keen		3000m		
100m Hurdles	25.1	M Lawrie				Long Jump		
200m Hurdles						High Jump		
Long Jump	4.89	G Walker	3.85	J Dul		Triple Jump		
High Jump	1.30	P Dawson	1.15	M Goymer		Shot Put	5.12	N Johnston
Triple Jump	10.00	G Walker	7.08	J Dul		Discus	14.05	N Johnston
Shot Put	10.77	G Walker (4KC)	7.20	P Keen		Javelin	11.30	N Johnston
Discus	20.40	K Hestley (1Kg)	16.80	P Keen				
Javelin	17.75	P Dawson						
		L Luscombe (600g)	15.31	M Stawell (650g)				
3000m	12-32	M Lawrie	15-50.91	P Keen				
5000m	21-03	M Lawrie						
Mile	6-34	M Lawrie						

WOMEN 35-39 YEARS			WOMEN 40-44 YEARS		
60m	9.40	J Biddulph	11.69	M Farley	
100m	16.1	J Biddulph	14.1	D Anderson	
200m	35.34	J Biddulph	31.3	D Anderson	
400m	82.0	L Hipper	68.6	D Anderson	
800m	3-14.07	L Hipper	2-49.2	D Anderson	
1500m	6-23	L Hipper	5-58	D Anderson	
3000m	15-27.35	L Hipper	13-55	D Anderson	
Long Jump	3.45	M Goymer	4.27	D Anderson	
High Jump	1.16	L Hipper	1.15	D Anderson	
Triple Jump	6.50	L Hipper	8.15	D Anderson	
Shot Put	6.60	M Goymer	8.96	D Anderson	
Discus	19.30	M Goymer	20.30	D Anderson	
Javelin	11.70	J Biddulph	16.00	M Farley	



PEMBERTON FUN RUN.



• • The Pemberton fun run recently attracted a field of 30 for the 6.7 kilometre event through the forest. Grinwade runner Greg Mair won the event and is pictured being presented with his prize by David Carr. Photos by John Horn, Hyrax Manjimup.



• • David Crowther crosses the line in second place, 200 metres behind Mair. The two had close tussles until the younger Mair broke away on an arduous forest slope.

We know it's really Derek doing the incognito bit.

CHRISTMAS GIFT RUN. 19th December 1982.

This year there will be a B.Y.O. Barbecue following the run around the Cliff Bould course. For those members that do not know the procedure for this event what happens is:- All members bring along a small gift, these are put in a pile at the start, after the event everyone gets a prize from the pile in the order that the officials of the day decides. Prizes are only to be around the value of \$2.00 and don't forget to wrap them so whoever gets them also gets a surprise.

LAKE LESCHENAULTIA RUN on BOXING DAY ( and BARBECUE) 26th December 1982.

For new members who have never attended this event, you do not know what you are missing!!!! This run is just the thing to help take off all those calories that you have amassed on Christmas Day. It is a family outing, and whilst the more athletic one enjoy the run the rest can light the barbecues or go for a swim as the mood takes them. After the run we all enjoy a swim and barbecue tea and a good old natter into the night. The run is 6.8km and starts at 5.30pm. Follow the road through Mundaring and Sawyers Valley to just past the Stone House Garage and Cafe. Turn Left at the BLUE sign to Lake Leschenaultia, when you enter the Lake grounds follow the road round the lake (left at the end of the bitumen) and that's where everyone will be. SEE YOU THERE.

YORK TOODYAY RELAY. 19th September 1982.

As promised in the last newsletter here are the record legs set by club members  
 Leg 2. Colin Leman 26.43 Leg 3. Frank Smith 28.34 Leg 4. Jim Ingford 14.45  
 (Jim was running for Canning)  
 Well Done. Also to the full team as they beat 'B' Grade winners by 24.21. and were only 7.54min behind the winners.

ONE HOUR RACE. held at McGilivray Oval 27th October 1982.

2. Frank Smith	17716m	37. Frank McLinden	14710m
5. Kevin Barry	17211m	41. Barrie Slinger	14490m
6. Hank Stoffers	17165m	45. Barrie Robinson	14380m
9. Bob Harrison	17058m	46. Mel Shead	14364m
11. Don Caplin	16494m	50. Erica Mercer	13857m
15. Derek Crowther	16381m	56. Andy Wright	13081m
25. Brian Danby	15586m	57. Lorna Butcher	12838m
28. Brian Foley	15425m	59. Joan Slinger	12209m
29. Bob Sammells	15334m	60. Margaret Warren	11254m
34. Bill Monks	15075m	61. Marilyn Acreman	11240m
36. Morris Warren	14776m	62. Sheila Maslen	10820m
		63. Dorothy Whittam	10631m

My thanks to the Marathon Club for sending me the results. Ed.

OFFER DECLINED

While Rob De Castella was being interviewed immediately after winning the Commonwealth Games Marathon, I interrupted and said "Not a bad run, Deekas, although I thought you let Ikangaa get away from you a bit."

Rob ignored me.

"Of course, if I'd been in front with 5K to go that's how it would have been at the finish."

A glassy stare for yours truly.

"Still, now that you've got this race out of the way, how about coming over to Perth for next year's Peoples' Marathon. I'd pace you to a decent time, know what I mean?"

Rob looked right through me.

"Well, if that's your attitude", I growled, and switched over to Channel Nine.

TIME TRIALS. 21st October 1982.

		100m	pts	2km W	pts	Total
Lorna Butcher	W50	16.19	562	13.36	456	1018
Dorothy Whittam	W45	13.95	910	14.12	232	1142
Jan Fletcher	W35	14.51	598	11.57	612	1210
Les Oakley	M35	13.45	510	-	-	510
Don Stone	M50	13.82	736	10.24	824	1560
Ray Benetti	M40	13.34	632	13.36	20	652
Ron Strauch	M40	14.99	302	13.50	20	320
Andy Wright	M60	16.20	560	12.15	540	1100
Neville Geraux	M40	14.43	414	-	-	414
Ron Jones	M45	13.39	722	11.41	436	1158
Allen Tyson	M55	14.54	692	12.43	348	1040
Brian Danby	---	-	-	11.45	260	260
M. Gamblin	M40	-	-	12.32	152	152

28th October 1982.

		800m		Hammer		
Lorna Butcher	W50	3.06.7	740	9.92	337	1077
Jan Fletcher	W35	2.41.8	858	14.10	189	1047
Dorothy Whittam	W45	3.14.2	590	14.62	381	971
Gloria Sutherland	W35	3.28.9	257	6.70	20	277
Aub Davie	M45	2.34.7	644	17.82	34	678
Brian Danby	---	2.18.1	747	16.40	20	767
Bill Monks	M45	2.27.5	730	-	-	730
Bob Faulkner	M40	2.18.1	783	16.04	20	803
Don Stone	M50	2.41.4	623	17.74	160	783
Jeff Whittam	M45	2.43.4	539	20.16	116	655
Allen Tyson	M55	2.36.4	743	17.22	259	1002
Neville Geraux	M40	2.40.4	515	-	-	515
Bill Hughes	M55	3.03.0	424	-	-	424
Ron Strauch	M40	2.30.0	640	-	-	640
Andy Wright	M60	3.00.4	635	18.82	441	1076
Cliff Bould	M65	3.06.9	737	-	-	737
Kevin Martin	M45	2.21.7	800	-	-	800
Dick Horsley	M65	-	-	15.72	386	386
George Boakes	M65	-	-	8.50	?	?
Alex Cummings	M50	-	-	28.48	589	589
Bob Fergie	M45	-	-	39.16	780	780
Barrie Robinson	M40	-	-	20.74	51	51

Hammer underweight for under M60s Correct for M60 and above.

9th November 1982. 3000m.

Dorothy Whittam	W45	15.05	355	Brian Foley	M35	10.12	754
Lee Docksey	W30	12.31	697	Ron Jones	M45	10.28	766
Lorna Butcher	W50	13.08	796	Brian Danby	---	10.21	727
Jan Fletcher	W35	11.39	883	Bill Monks	M45	10.23	781
Don Stone	M50	12.00	550	Bob Faulkner	M40	10.46	682
Allen Tyson	M55	12.06	622	Derek Walker	M50	11.34	628
Andy Wright	M60	12.43	691	Cliff Bould	M65	13.10	790
Dick Horsley	M65	16.54	1072*	Bob Hayres	M50	11.20	670
Aub Davie	M45	11.15	625	Lillary De Souza	M40	15.34	20
Ron Strauch	M40	10.56	652	Ray Benetti	M40	13.02	274+
Neville Geraux	M40	11.59	463	Hugh Kirkman	M40	9.36	892
Les Oakley	M35	11.13	571	+ Wrong age group points should be M45			
				* Special Points for 3000m Walk.			

PERRY LAKES TRACK & FIELD.

Would those competing in the Asso. events on a Saturday please give Dick Horsley their results on the day or get them to me BEFORE the 25th of the month, so I can get them in the newsletter. This also applies to those who go to the W.A.I.T. meetings.

# U.S.S. BELLEAUWOOD FUN RUN. 3rd November 1982. at Perry Lakes. 5.6 or 9km.

Cool conditions were of assistance to the 150 entrants who turned up for a 6pm start. The course consisted of two laps, the first taking in Reabold Hill. A true Fun Run Atmosphere was generated with 50 (many overweight) sailors and marines participating.

Alan Barr was the outright winner, leading also at the 5.6km mark. The first prize for the shorter run was taken out by U.S. Sailor Vic Arajo (pronounced Arawhohu) with a great time of 19.01. Garry Lynn was the first local in for the 5.6km course.

In the 9km event Hugh Kirkman was the first Vet home only 50 sec behind Alan Barr's time of 29.07. First lady to finish was Julie Rennie with a time of 34.25 followed by Barbara Leach in 38.02. First U.S. runner was C. Lopez in 32.17

The social function held after the run at the rugby club was enjoyed by all who attended, with our U.S. guests most comfortable with Vets and the "Black Duck". We wish all the crew of the Belleau Wood good luck for the future and a welcome return to W.A.

I wish to thank all those who assisted in working to make the event such a success.

Jim Barnes.

## Vets Times and Posn. 9km.

1. Alan Barr	29.07	32. Bob Hayres	35.50
2. Hugh Kirkman	29.57	35. Aub Davie	36.12
4. Bob Harrison	31.16	40. John Pellier	36.42
5. Don Caplin	31.49	41. Allen Tyson	36.46
7. Brian Danby	32.46	46. John Chadwick	?
9. Terry Ryan	33.13	48. Jeff Whittam	?
10. Derek Hoyer	33.25	50. Barbara Leach	38.02
11. Ron Jones	33.29	56. Selby Munsie	?
13. Maurice Johnston	33.41	57. Barrie Thomsett	?
14. Bob Sammells	33.57	58. Lorna Butcher	41.02
17. Rod Cox	34.42	61. Gerry Noordyk	41.37
23. Les Oakley	34.44	70. Marilyn Acreman	47.52
29. Tim Fry	35.46	71. Sheila Maslen	48.29

## 5.6km event.

2. Garry Lynn	20.22	31. John Suttle	27.20
6. Peter Hopper	21.34	39. Margaret Warren	31.59
8. Vic Millington	22.30	42. Val Tyson	41.31
9. Graham Thornton	22.50	? Enid Crowther	?
15. Don Stone	24.32	? Dorothy Whittam	?
23. Lee Docksey	25.13	1st Lady.	

Don Stone then did the second lap Walking.

## RELAY DAY AT McCallum 7th November 1982.

Only a few members turned up for the relay, which was held over five laps of McCallum Park. We welcomed new member Keijo Vaalsta then Dick Horsley started the race. Ray Lawrence was so keen that his team were going to be in the lead all the way that when Jeff Whittam came round the first time he was all set to take over from him, unfortunately for Ray Jeff was in a different team. (must have been the shock of seeing Jeff in the lead in a race). Results are as follows:-

1st. DOROTHY WHITTAM, BRUCE BUCHANAN, BOB SAMMELIS, RAY LAWRENCE, CLIFF BOULD. 16min 31sec.

2nd. Marilyn Acreman, Jeff Whittam, Aub Davie, Meriv Moyle. 17.17.5

3rd. Lorna Butcher, Judy Forbes, Hugh Kirkman, Ian Lyon. 18.23.6

4th. Leslie Brown, Gloria Sutherland, Keijo Vaalsta, Selby Munsie. 20.01.0

Leslie Brown and Bruce Buchanan organised the day. Also down were Rob Shand and Frank Usher, Jo Stone was seen earlier going round the Bridges.

## TEE SHIRTS.

Jim Barnes has 50 Tee Shirts for sale, they are the ones to commemorate the runs with the U.S. navy, with the kangaroo motif. They are of good quality and are only \$4.00 each. Why not buy a few for Christmas presents

COMMITTEE MEETING.

A.A.W.A. Twilight meetings that we are organising are to be held on the 3th December 1982 and the 26th January 1983. It is hoped that ALL members will help where required. If you want to run you do not have to be registered with the Assc. The programme for each night is 5km, 100m, Shot (Dec) Javelin (Jan)

New Members.

Kathleen Noordyk, 12, Kincraig Way, Duncraig. 6023. 19th Nov 1946. 448 3151.  
Kenneth Snowden, Lot 104, Walker St, (Box 104) Mundaring. 6073. 4th July 1942. 295 1310  
Ron Strauch, 87/99, Herdsman Fde, Wembley. 6014. 6th March 1939.

CHRISTMAS DINNER. Nedlands Golf Club. 4th December 1982. (Melvista Ave, Nedlands)  
For those who can't wait the menu is as follows:- Melon and Prawn Cocktail, Schnapper Fillets, Roast Turkey and Trimmings etc, Fresh Strawberries and Cream, Cheese Board, Coffee and After Dinner Mints. The cost will be \$13.00 per head NOT including drinks. Any vegetarians, let Barrie Slinger know IMMEDIATELY if you havent already done so. Be there 7pm for 7.30

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Con Ansell	Turns 40 becomes M40 17	Dick Horsley turns 70 becomes M70 21
Reg Briggs	" 77 remains M75 07	Jack Collins " 71 remains M70 ?
Nora Berry	" 53 " W50 17	Michael Khan " 38 " M35 01
Derek Crowther	" 41 " M40 29	Dalton Moffett " 52 " M50 28
Noel Goff	" 62 " M60 12	Barrie Slinger " 43 " M40 29
Neville Gereaux	" 44 " M40 18	Peter Williams " 43 " M40 08
Ross Holland	" 45 Becomes M45 26	Derek Cowlan " 49 " M45 16

Apologies to Selby Munsie he is 49 not 46 and Ray Benatti turned 45 in October.

LADIES RUN. McCallum Park 14th November 1982.

The Ladies did us proud again. The course was slightly shorter than last year as we went straight along the river bank after going under the causeway, instead of following the cycle track up to the car park. Mere males Colin Leman (course marker) and Alan Acreman on traffic duty at the top of the hill, making sure no one got left in the cemetery, helped out the organising ladies Sue Leman, Chris Harland and Liz Khan. After the run we all enjoyed the repast provided by all the ladies. Andy Wright got so excited by the sight of all the food on the tables, that in the rush to get back to it after getting his towel from his car that he locked his keys inside and had to be rescued by another car (David). Thank you Ladies for a very enjoyable morning.

RESULTS.

1. Hugh Kirkman	22.35	19. Derek Walker	28.18
2. Brian Danby	23.45	20. John Chadwick	28.29
3. Bill Monks	24.04	21. Jeff Whittam	28.45
4. Ron Jones	24.29	22. Bob Farrell	28.51
5. Jim Barnes	25.03	23. Jack Noordyk (inv)	29.03
6. John Ferris (inv)	25.25	24. Andy Wright	29.43
7. Maurice Johnson	25.33	25. Mike Berry	29.43
8. Graham Thornton	25.52	26. Gerry Noordyk	29.57
9. Bob Sammells	26.02	27. Ray Lawrence	30.06
10. Mike Khan	26.11	28. Lorna Butcher	30.06
11. John Pellier	26.15	29. Merv Moyle	30.22
12. Bob Hayres	26.20	30. Selby Munsie	30.28
13. Fraser Deanus	26.39	31. Barrie Thomsett	31.09
14. George Peats	26.50	32. Frank Usher	31.20
15. Keijo Vaalsta	26.57	33. Fred Haggarty (inv)	33.45
16. Aub Davie	27.02	34. Tuula Vaalsta (inv)	34.22
17. David Carr	28.01	35. Tim Boulton (inv)	34.57
18. Allen Tyson	28.01	36. Ann Deanus	35.13

LADIES RUN RESULTS cont.

37. Joan Pellier	35.13	42. Nora Berry	36.17
38. Phyllis Farrell	35.13	43. Leslie Brown	37.02
39. Gloria Sutherland	35.13	44. Val Tyson	47.23
40. Marilyn Acreman	35.35	45. Pat Carr	47.23
41. Mary Robinson (inv)	35.45		

Prizes were given to the First Lady, Lorna Butcher, First Man, Hugh Kirkman and a Spot Prize to Phyllis Farrell.

BRIDGES AND MILL POINT ROAD HANDICAP CERTIFICATE RUN. 31st Oct 1982.

On a fine hot morning, sixty two members and guests registered with the members on duty, Derek Hoyer and Bob Farrell, for this one of our most popular runs. Fastest man was Frank Smith 33.20 and fastest lady was Kathleen Noordyk 45.50. Derek and Bob wish to thank all those who helped in the organisation of the event. Results are as follows. H/cap

W35	H/cap time time			W45			
1. Phyllis Farrell	7.15	49.03	56.18	1. Margaret Warren	6.30	51.10	57.40
2. Maxine Tapper	11.30	46.44	58.14	2. Ruby Maddison	6.00	57.40	63.40
3. Erica Mercer	13.15	48.04	61.19	W50			
4. Kathleen Noordyk	n/e	45.50	n/e	1. Lorna Butcher	12.00	47.27	59.29
W40				2. June Strachan	3.00	57.48	60.40
1. Ann Deamus	8.15	48.30	56.45	W55			
2. Joan Slinger	9.15	50.49	60.04	1. Val Tyson	scr	76.48	76.48
3. Enid Crowther	9.15	53.43	62.58				

Ire Vet				M45			
1. Brian Danby	n/e	36.12	n/e	1. Maurice Smith	23.40	35.07	58.47
M35				2. Morris Warren	19.45	39.27	59.12
1. Frank Steere	22.00	36.29	58.29	3. George Peet	19.15	40.24	59.39
2. Les Oakley	19.00	40.22	59.22	4. Bill Monks	22.30	37.21	59.51
3. Mike Khan	20.30	39.20	59.50	5. Bob Sammells	21.45	38.40	60.25
4. Mel Shead	18.30	41.27	59.57	6. Maurice Johnson	22.00	38.35	60.35
5. Rod Cox	21.30	38.35	60.05	7. Ron Jones	22.30	38.06	60.36
6. John Chadwick	18.00	43.19	61.19	8. Aub Davie	17.45	43.33	61.18
7. Adrian Noordyk	n/e	45.52	n/e	9. Selby Munsie	15.00	49.01	64.01
M40				10. Bill Mitchell	19.30	47.15	66.45
1. Ron Strauch	19.45	38.15	58.00	11. C. Brant	n/e	52.27	n/e
2. Derek Crowther	22.45	35.17	58.02	M50			
3. Fraser Deamus	19.45	38.37	58.22	1. Derek Walker	18.30	42.46	61.10
4. John Fellier	19.15	39.31	58.46	2. Frank McLinden	21.45	39.46	61.31
5. Don Caplin	24.30	34.41	59.11	3. Bob Hayres	19.00	42.46	61.46
6. Frank Smith	26.00	33.20	59.20	4. Ray Lawrence	15.00	50.26	65.26
7. Hugh Kirkman	24.30	35.02	59.32	5. Don Stone	18.00	63.57	81.57
8. Barrie Slinger	19.30	40.22	59.52	M55			
9. John Maddison	22.15	39.05	61.20	1. Garnett Morgan	14.30	45.10	59.40
10. Barrie Thomsett	14.30	48.18	62.48	2. Allen Tyson	19.45	41.39	61.24
11. D. Roberts	n/e	43.35	n/e	3. Frank Usher	14.30	48.12	62.42
12. Ken Snowdon	n/e	37.23	n/e	4. Merv Moyle	16.30	54.02	70.32
By Invitation.				M60			
1. George Daniels		38.35		1. Andy Wright	15.00	43.57	58.57
2. Ian Sutherland??????		44.15		2. Gerry Noordyk	14.30	44.39	59.09
3. P. McCarthy		44.39		3. Duncan Strachan	15.00	44.49	59.49
4. Keijo Vaalsta		46.11		M65			
5. Jack Noordyk		46.14		1. Dick Horsley	14.30	63.57	78.27
6. Gloria Sutherland??????		57.40					

What is all this incognito running by the Sutherlands?????????  
Recorder Bob Farrell. Timekeeper Derek Hoyer.

Vetrun 122 those who wonder what happened to the results. Only after the race was it realised that the event should have been a handicap race, not a scratch one as on the programme.

ALBANY MARATHON - 7th NOV. 1982

As they drank their pre-race coffee, competitors had high hopes for ideal conditions during this event - the temperature was low and there was no wind.

At the 7.0 am start it was noticeable that a big proportion of the 150 runners were Veteran Club members. Even a Victorian W40 (Dot Brown) had been invited to Albany by the organisers.

Not far into the run the wind began to increase and on the outward leg through Elleker it was nearly head on. Most runners kept hard at it knowing they would have the advantage of the wind in the second half.

It was great to see Frank Smith, Hank Stoffers and Colin Leman in the leading bunch, with Adelaide Festival Marathon winner Steve Guy.

At the finish it was a well deserved win to :-

1st	Frank Smith	2.30.36	
2nd	Steve Guy	2.31.06	
3rd	Hank Stoffers	2.33.13	
4th	Don Caplin	2.37.20	
5th	Colin Leman	2.39.59	
9th	Frank Steer	2.46.48	(First marathon - great effort)
1st Woman	Dot Brown	2.55.35	

Very happy to finish their first marathon were Joan Pellier and Ann Deanus who came in together looking as if it had been no trouble.

The presentation of trophies took place in the amenities area of the Wool Store where a lunch was provided at a moderate charge. It was a good opportunity for a get together and the Albany Club should be congratulated on a great effort and also for their generosity in donating trophies in veterans' age groups. These were won by :-

Frank Smith	M40
Dick Davies	M45
Mal Bryce	M50
Andy Wright	M60

(No M55 competitors)

John Pellier says there is no truth in the rumour that he is negotiating for a transfer to the Albany A.C. and a job as pirate on the brig "Amity".

"QUOTE" (from Dot Brown of Victoria after the marathon)  
 "Running a marathon is like having a baby, painful at the time but soon forgotten afterwards".

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New books in library - "Enjoying track and field sports"

"Flanagan's Run"

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AT LAST!!!!!! They have found a cure for flat feet!!!!!!!!!!!!!!  
 A FOOT TUMP???????????

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### AUSTRALIAN VETERANS CHAMPIONSHIPS EASTER 1983.

Bob Farrell is trying to organise concession fares for anyone flying to Melbourne for the Track and Field Champs next Easter. This will be dependant upon getting enough people in a group. If you are thinking of going will you give Bob a ring on 459 4055 as soon as possible, then he can start getting things fixed up.

### THE LONELINESS OF THE SHORT DISTANCE JUMPER.

by  
NOVA SENEX

One night, long ago, I was added to the family tree of some Kentish (U.K.) villagers, traceable back to 1247 AD. Beyond the descendants' undisputed abilities as gardeners and servants, Reuben (83) grabbed two columns of the London Evening News when his two acre allotment was awarded a major prize and Cecil rescued, from a dustbin, a pair of Winston Churchill's spectacles at Chartwell whilst pruning the great man's roses, they seem to have been an undistinguished lot. At family gatherings I learned that Jesse made a century in the 1840s and that, at one time, the local town soccer team included eight of my cousins and uncles, so there was another side to the coin.

Later on generic instincts kept me busy with soccer, cricket, tennis, badminton, swimming, cross-country running and gymnastics for six days of the week but I was always careful to fit in the girlfriend on Sundays. Looking back, happy memories include cricket with Douglas Fairbanks, Jr. and a dash with Lord Burleigh at the National Insurance Cross Country Champs. I was staggering through the dressing room doors just as the winner was leaving, duly bathed and dressed. He was most polite and said "Nice run young man", probably in reference to the course or weather.

After the war, loss of balance from a motorcycle accident halted further losses in the sporting world and I became resigned to committee work, with a spot of coaching here and there. More recently, the wife and I have opted out for a touch of family reunion in W.A. Blame it onto the local climate but, after a quarter of a century of part cabbage - life, I found myself playing tennis and coaching Little Athletics and boys soccer. The Australian High Commission had pronounced me roadworthy in regard to heart and reflexes, which provided a real encouragement to carry on losing in a new country.

On April 12th this year, I was busy reading the West Australian when I came across the results of the Australian Veterans Championships. The M65 Long Jump results gave a winners distance of 3.58m and I just had to try for 3.59m on our lawn. The best I could do was 2.70m which, I reasoned, might be improved upon by the removal of long trousers and the use of a sand pit.

After some months I found enough courage to join the Vets and entered a new world of like minded (no insult intended) people who made me more than welcome, with a comradeship I hadn't met since army days. In a short while I had grown to love Perry Lakes warm up track for the joy of discovering that one can actually raise the hammer from the ground, or master the 400m by switching to the crawl. (Could someone record a "Top of the Pops" for the groundsman entitled "Sprinklers Away"? But it's good fun and thats the main thing.

So now I am back to square one of my earlier days, with new incentives and targets galore. The techniques of the long jump and triple jump are coming along, but the putting of them into practice causes me to wonder, as these events seem none too popular for a semi senile and it's difficult to find competition. Suggestions from readers or advice would be gladly jumped at.

The next issue of the Newsletter may be slightly delayed depending on the state of the mails over Christmas and the New Year, and even more so on the state of the Editor over this period. You should however receive it sometime early in January. Have a very Happy Christmas and Merry New Year. Hic.