



The Vetrun

No. 125

MARCH 1983.



W.A. VETERANS A.A.C.	SECRETARIES.	Val Prescott	384 8585
PRESIDENT. R.E. SAMMELLS.		Dorothy Whittam	387 6438
Registered for posting as a periodical.	TREASURER.	Colin Leman	364 7782
Category 'B'.	EDITOR.	Jeff Whittam	

A committee is an arrangement enabling one to share the blame with others.
Franklin Jones.

EATON WEEKEND. 4th - 7th MARCH 1983.

Social weekend has been arranged by Margaret and Hank Stoffers at Eaton, near Australind. Accommodation is at the Eaton Scout Hall, this holds about sixty people and is well equipped. There are two dormitories that have beds with pillows and mattresses, bring your own sleeping bags etc. The kitchens have pots, pans, cutlery and crockery and have ample refrigerator and freezer space.

If anyone wishes to bring their own caravan or tent there is room for these. It has been suggested that we have a "Casserole Night and a Barbecue Night", on the casserole night everyone brings enough of their favourite casserole to feed their party, but when we eat they are all put out on the table for everyone to sample. The barbecue night just the normal B.Y.O. barbecue.

There are canoes for hire further down the river and of course there is the usual swimming, crabbing and fishing for which the area is famous. We are also trying to find out if it is possible to hire a river boat for an evening trip, this however will depend on the numbers available and the cost of hire, otherwise we could go on a normal evening trip on the boat.

The Scouthall is available from Friday evening until Monday afternoon, if you cannot make it for the full weekend perhaps you can for one night.

Hank has arranged quite a few runs of different lengths so you can have as easy a weekend as you wish. One suggestion was we take the car to Brunswick Junction and have a run in the forest close by. Sound Good.

HOW TO GET THERE.

Take the Coast Road from Mandurah to Australind, As soon as you go over the bridge at Australind turn LEFT into PRATT ROAD and follow this for 2km. Hank is going to try and put out signs.

COST.

This should work out at approx. \$2.00 per person per night.

HOPE TO SEE YOU ALL THERE.

BUNBURY MARATHON. 24th April 1983.

This will take place on the Anzac Day Long Weekend and will start and finish at Hay Park Recreation Centre. If you are interested in running see Hank at the Eaton weekend or Dorothy after it for entry forms.

CLUB A.G.M. McCALLUM PARK 8am 27th MARCH.

DO NOT FORGET YOUR MINUTES OF THE LAST A.G.M. YOU WILL FIND
THEM IN NEWSLETTER 116 dated JUNE 1982.

10km Record.

In last months newsletter it was noted that Frank Smith had set a new Club record for the 10,000m track run, This was again broken by Kevin Anderson on the 20th January, in the Thursday evening time trials, with a time of 32.57. Before Frank broke the record it had been held by George Innes for SEVEN years, with a time of 34.03. It must be getting tough at the top now, with the record going twice in seven weeks. Congratulations to both runners.

Whilst on the subject of records, Frank missed the 5000m record by only 2 sec in a recent event and Lorna seems to be rewriting the W50 record book.

In the last issue we had a report that Dick Horsley had just completed 50 years in athletics, well this month its the turn of Cliff Bould who won his first race fifty years ago this year. I think this must be some sort of record to have in the club two members who have 100 years in athletics between them. CONGRATULATIONS.

MEMBERSHIP RENEWALS.

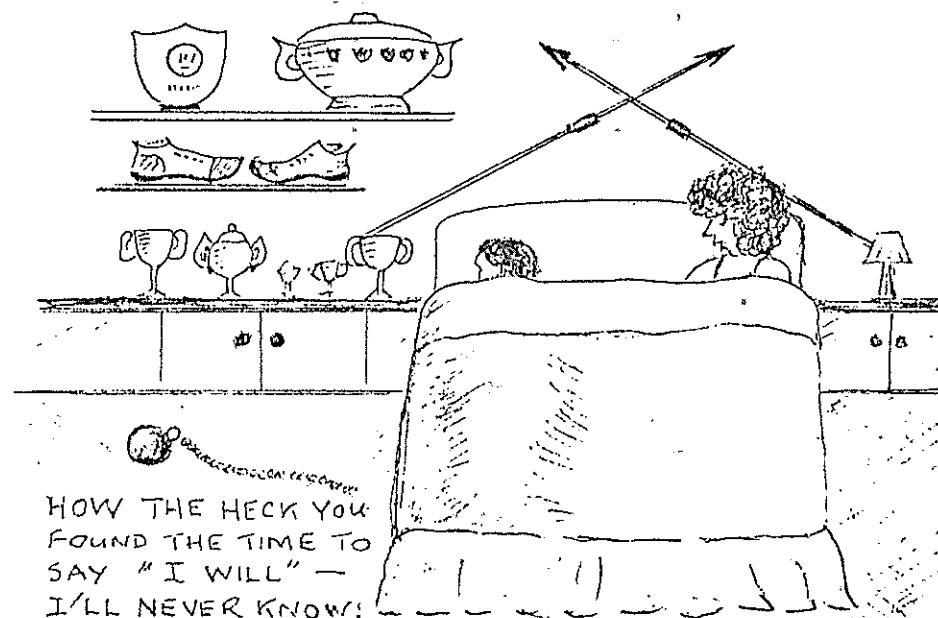
At the front of the newsletter you will have seen the renewal form. Would you PLEASE complete it and return it to the treasurer along with your Annual subscription as soon as possible. If you are a new member who has had their name published in the newsletter from January onwards, do not bother as your membership is till the end of 1984. Life Members and Honourary Members also do not need to send in subscriptions, but we would like the form back please.

STATE CHAMPIONSHIPS.

The entries have now Closed (on the 28th February) so if you haven't got yours in yet Ring DON STONE on 342 2787 IMMEDIATELY and let him know that it is on it's way or you will miss out. If you are not competing how about coming and helping out on the officiating side. It is hoped that everyone will help when they are not actually in an event.

MARCH BIRTHDAYS. Happy Birthday to the following members.

Cliff Bould	turns 66	remains M65	12	Mitch Loly	turns 43	remains M40	20
Lorna Butcher	" 53	" W50	09	Barry Kernaghan	" 43	" M40	20
Alex Cummings	" 52	" M50	23	Philip Llorens	" 68	" M65	26
Don Caplin	" 44	" M40	22	Ruby Maddison	" 46	" W45	17
Janice Henderson	" 40	becomes W40	13	John Maddison	" 45	becomes M45	22
Brian Foley	" 39	remains M35	11	Bill Monks	" 47	remains M45	12
Margaret Harman	" 45	becomes W45	22	Jo Stone	" 38	" W35	06
Brian Hanks	" 48	remains M45	28	Duncan Strachen	" 61	" M60	05
Kath Holland	" 43	" W40	31	Frank Smith	" 41	" M40	06
Bob Harrison	" 41	" M40	03	Rob Shand	" 51	" M50	20
George Innes	" 48	" M45	03	Charles White	" 43	" M40	30
Robin Johnson	" 50	becomes M50	07	Ron Strauch	" 44	" M40	06



COMMITTEE MEETING.

CONSTITUTION. This is now well under way, the required two advertisements have been placed in the newspaper and we have now to wait for one month before the application can proceed any further.

STATE CHAMPIONSHIPS. TRACK AND FIELD. The entries so far from club members has been very poor. However it is hoped that this will alter in the week left before the closing date.

24 HOUR RELAY. For those who have not heard, this event has had to be postponed, this was because the track at Belmont has been booked out for the soccer season, and is not available until afterwards. Other venues were looked at but were not found to suitable.

CROSS COUNTRY CHAMPIONSHIPS. These will be held at Jorgenson Park, Kalamunda on the 10th July. As from this year it has been decided to the Cross Country Champs on the 2nd Sunday in July each year. This has been brought about by other events clashing with the date we have selected in this and other years, the situation has arisen where it is virtually impossible to avoid other major events and so the decision was made to fix the date and hope that other events would try to avoid OUR Championships.

NEW MEMBERS. Ernest Moyle, 14, Crawshaw Crescent, Como. 6152. 30 July 1925 M55
 Jacqueline Greenfield, 68, Glyde Road, Lesmurdie. 6076. 19 November 1942 W40
 James Greenfield. " " " 7 July 1943 M35
 Jean Batton, 51, College Road, Claremont. 6010. 22 August 1940 W40
 David Benson. " " " 22 August 1941 M40
 Mick Carrick. 17, Munsie Avenue, Daglish. 6008. 9 January 1942 M40

CHANGES OF ADDRESS. Ron Strauch, 1/32, Sorento Street, North Beach. 6020.
 Ken Whistler, Creative Marketing, 16, Altona Street, West Perth. 6005.
 Anyone know the new address of Winston and Jan Hough. Please let the editor or treasurer or secretary know.

HONOURARY MEMBERS. During the past year two members have reached the age of 70 years and now become Honourary Members, they are Dick Horsley, who is already a Life Member and George Boakes. Thier birthdays were in December and February respectively.

STATE CHAMPS TECHNICAL HELP REQUIRED. This entails getting to McGillivray at 10.30am on each day of the champs and helping set up the grounds for the day this will be getting out of the hurdles, putting out the various field equipment, then after the days events helping to put it away after the close of competition. Anyone who can help for either or both days, or for the morning or afternoon session would they please put thier name down on the notice that will be displayed at the evening time trials and at the Sunday runs. Thanks.



"You'd better take my car, Harry. You're in no fit state to jog home."

FONGSETT



"Isn't it amazing - one minute you've never heard of joggers and the next they crop up everywhere!"

ASSOCIATIONS Incorporation Act, 1895 1989
 Section 3 (2)
 WA Veterans Amateur Athletic Club
 NOTICE IS HEREBY GIVEN that Robert Edward Sammelis, 5 McInnes Court, Greenwood 6024, EDP Auditor Dorothy Whittam 49 Holland St Wembley Housewife, Barrie Stephen Slinger 28 Florence Rd Nedlands Medical Practitioner Valerie Helen Prescott 3 Melville St Claremont Housewife, Colin Leman, 27 Cunningham St Ardross Computer Consultant, Donald Eric Stone 17 Lennox Place E Hamersley 6020 Carpenter being authorised by a majority of members of the abovenamed Association intend to apply to the Commissioner for Corporate Affairs on or after 7th March, 1983 for Incorporation of WA Veterans Amateur Athletic Club. A memorial giving short particulars of the Association and a copy of its constitution have been lodged at the Corporate Affairs Office, 1st Floor, Public Trust Office Building, 265 Hay Street, Perth. Such documents may be inspected there by any person free of charge prior to the incorporation of the Association. R E Sammelis, D Whittam, C Leman, D E Stone, B S Slinger, V Prescott.

WEST COAST CHALLENGER 8km 13th February 1983.

Sunday 13th February was the day of the annual West Coast Challenger Race. Unfortunately the originator of the race, Bob Hayres, was travelling east and missed what was probably the best day so far, with sixtyone runners, cool weather conditions and no wind. Competitors were rolling up right until the start of the race. After an initial tussle between Frank Smith, Don Caplin and Colin Leman, Frank finished 43 seconds in front of Don with Colin a further 13 seconds behind. All three beat Colins record of last year. Lorna Butcher was a clear leader in the ladies section from Ann Deanus and Joan Pellier.

After the event Bob Sammells, the club president, presented Frank with the Challenger Shield Trophy and Parker Pens, kindly donated by Parker, were presented to 1st, 2nd and 3rd in both ladies and mens sections. (I think it is time made a Veterans Pen - Runs well and lasts forever).

As usual a swim in the ocean was enjoyed by the hardier members, followed by a barbecue at Perry Lakes. An uninvited guest who arrived without food was more than satisfied with Dave Hough's steak. Fortunately for it Dave didn't arrest it, probably due to it taking refuge high in a tree and laughing at him. (in future barbecues at Perry Lakes watch out for the Kookaburras. they will take the food right out of your mouth, as Dave found out.)

Many thanks to all the helpers, Dick Horsley, Cathie Mitchell, Anne Smith, Jackie and Linda Greenfield and Allen Tyson.

You missed a good day Bob.

Mike Berry.

Thank you Mike for doing the organising, especially as you were also going east on Sunday night.

RESULTS.

1. Frank Smith	M40	27.10*	32. Mike Carrick	M40	34.52
2. Don Caplin	M40	27.53	33. Rod Cox	M35	34.54
3. Colin Leman	M35	28.06*	34. Alan Acreman	M45	34.57
4. Paul Hughes	inv	29.14	35. Dave Roberts	M40	35.09
5. Derek Crowther	M40	29.47	36. Merv Moyle	M55	35.19
6. Ron Jones	M45	30.02*	37. Bob Farrell	M40	35.31
7. J. Trovato	inv	31.03	38. Duncan Strachen	M60	35.31*
8. Rob Shand	M50	31.06*	39. Ian Thomsett	inv	35.51
9. Brian Danby	u/c	31.06	40. Bill Hughes	M55	35.56
10. Jim Barnes	M40	31.16	41. Jeff Whittam	M45	36.13
11. Mike Kahn	M35	31.26	42. Andy Wright	M60	36.20
12. Les Oakley	M35	31.33	43. Maurice Johnson	M45	36.50
13. Bob Sammells	M45	31.34	44. Ray Lawrence	M50	37.13
14. Fraser Deanus	M40	32.10	45. Lorna Butcher	W50	37.52*
15. Frank McLinden	M50	32.17	46. Garnett Morgan	M55	37.54
16. Dave Hough	M50	32.17	47. Ian Lyon	M45	38.46
17. Morris Warren	M45	32.24	48. Barrie Thonsett	M40	38.53
18. Bill Monks	M45	32.29	49. Derek Walker	M50	39.09
19. Graham Thornton	M40	32.54	50. Frank Usher	M55	39.32
20. John Chadwick	M35	32.57	51. Brian Greenfield	inv	39.52
21. George Peet	M45	32.57	52. Ann Deanus	W40	40.29*
22. Dalton Moffett	M50	33.06	53. Joan Pellier	W40	41.09
23. Hamish McGlashan	M45	33.12	54. Enid Crowther	W40	41.40
24. Robert Berry	inv	33.31	55. Margaret Warren	W45	41.54*
25. Allen Tyson	M55	33.38*	56. Marilyn Acreman	W40	43.56
26. Wes Carter	M45	33.56	57. Nora Berry	W50	44.47
27. Keijo Vaalsta	M45	34.07	58. June Strachen	W55	44.47*
28. Bill Mitchell	M45	34.09	59. Phyllis Farrell	W35	47.48
29. Jim Greenfield	M35	34.22	60. Dorothy Whittam	W45	48.13
30. Dave Benson	M40	34.24	61. Dennys Butcher	M50	48.13
31. John Pellier	M40	34.39	62. Val Tyson		59.00

Don Stone Walked a shorter course in 43.35.

* Denotes Age Group Record. The only record Not broken was set by Sue Leman last year it is the W35 with a time of 40.26.

Dear Sir,

The runner today is over-whelmed by the makers and purveyors of gadgetry, gimmicks, myths and pseudo-science in the mistaken belief that his or her performance will improve. Sadly the few advances in equipment become obscured and the enthusiastic amateur is in need of some form of "choice" magazine to help identify the valid and useful in the mass of coloured ads in the running periodicals.

Recent orthopaedic studies have confirmed that the runners joints, ligaments and tendons are subjected to enormous stresses - sometimes measured in tons per square inch. It is not surprising that many of us sometimes suffer not only foot and ankle ailments, but also knee, hip and back symptoms due to stress referred up the skeletal system. The January edition of Vetrin correctly described the advantages - enormous at times - of sorbothane. This new substance has made a great difference to many athletes who may otherwise have had to limit or even terminate their athletic careers. The Vetrin article finished by suggesting "wear in training but not for racing". With respect, I would like to suggest that this is not always good advice. Most of us tend to push ourselves more when racing than training, and this is when reoccurring injuries tend to recur and when protection needs are at their greatest.

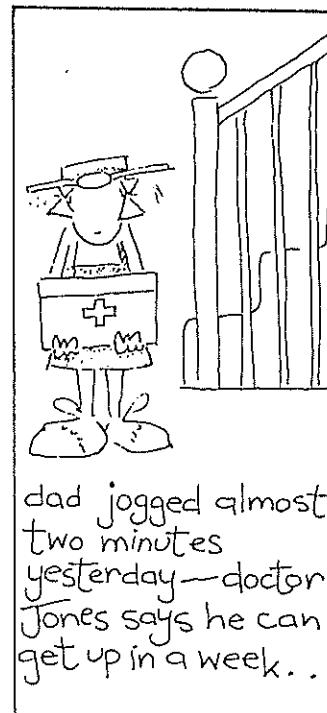
The comment also implies an oft quoted myth "heavier shoes will cause less efficient running and hence slower times". "An 8oz shoe in a ten mile race requires the total lifting of nearly a ton less than an 11 oz shoe" is a typical advert slogan that many of us have gullibly accepted. What nonsense! Assuming the average runner weighs ten stone, then the extra effort used and required is not the difference between the two shoes, but between the runner plus his shoes which when compared becomes a small fraction and has to be balanced against the greater and more important factors of impact cushioning, shock absorption, rebound and adequate protection of vital skeletal substances. If sorbothane, brown paper or Yorkshire pudding inserts make the difference between running and not running, then wear them all the time. Running is supposed to be fun, let's keep that as the primary goal and pay less attention to those who wish to profit out of our enjoyment.

Yours faithfully,

John Spencer

February 2, 1983

emma by JABE



S.W. CHAMPIONSHIPS. CAPEL. 29/30th January 1983.

This year the weather was much cooler than it has been for the last few years. It was also the smallest team we have seen from the Vets. George Audley, our Albany correspondent, was seen in almost every event. Somehow he missed entering the 100m. Although in the Albany club, he ran in a Vets singlet all though the meeting. Dave Carr ran with 'the joggers' in both the relays, it was the only way we could raise a team. Dorothy was halfway through her luncheon banquet when one of her opponents in the long jump came over and said that they were holding up the event for her, it's that friendly a meeting. Bob Fergie did remarkably well for an injured man, this was probably due to his wife Edna taking over all his officiating duties in the walks. Events marked with * indicate a S.W. record.

100m	MEN 35= 35years+ 45= 45years=	LADIES 0= open 30= 30years+
45 Dave Carr	13.6	30 Eileen Hindle 13.2*
35 Ross Calnan	13.2	Dorothy Whittam 14.8
		Erica Mercer 15.8
		Pat Carr 16.1
200m		
45 Dave Carr	26.8	30 Eileen Hindle 27.2*
George Audley	30.0	Dorothy Whittam 30.9
35 Ross Calnan	27.3	Pat Carr 34.4
400m		
45 Dave Carr	66.0	30 Erica Mercer 73.0
George Audley	66.8	Pat Carr 80.6
Don Stone	74.0	
35 Dave Carr	58.6	
800m		
45 Dave Carr	2.14.4	30 Margaret Harman 2.41.2
George Audley	2.39.0	Erica Mercer 2.55.9
1500m		
45 George Audley	5.10.4	30 Margaret Harman 5.43.5*
		Erica Mercer 6.20.0
3000m		
45 George Audley	10.58.0	30 Margaret Harman 12.01.3*
Dave Carr	11.03.0	Erica Mercer 13.51.55
10,000m		
45 George Audley	39.58	
3km Walk		
0 Don Stone	16.17.0	
35 George Audley	17.59.1	
45 Don Stone	16.28.0	
5km Walk		
45 Don Stone		
George Audley		
100m Hurdles		Shirley Strickland Trophy
		0 Eileen Hindle 15.4 1st
400m Hurdles		0 Eileen Hindle 71.9
Pole Vault		
45 Bob Fergie	2.40	
35 Bob Fergie	2.20	
Shot		
45 Bob Fergie	11.75*	30 Dorothy Whittam 7.70
Jeff Whittam	7.82	Kath Counsel 7.21
35 Bob Fergie	10.84	
Ross Calnan	9.65	
Discus		
45 Bob Fergie	29.20	30 Eileen Hindle 20.10
Jeff Whittam	21.58	Dorothy Whittam 20.00
35 Bob Fergie	29.80	
Ross Calnan	27.10	

S.W. CHAMPS. Cont.

Javelin

45	Bob Fergie	34.58	30	Dorothy Whittam	20.14
	Jeff Whittam	23.14		Eileen Hindle	19.96
35	Bob Fergie	34.16			

Long Jump

45	George Audley	4.50	30	Eileen Hindle	5.29*
35	Ross Calnan	5.06		Dorothy Whittam	3.89
				Erica Mercer	3.88

Triple Jump

35	Ross Calnan	9.68
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High Jump

45	Bob Fergie	1.39	30	Erica Mercer	1.24
35	Bob Fergie	1.42			

Hammer

45	Bob Fergie	32.68
	Jeff Whittam	20.82

4 + 100 Relay Men

	Dave Carr	
	Don Stone	
	Jeff Whittam	59.3
	Bob Fergie	

4 + 400 Relay Men

	Dave Carr	
	Don Stone	
	Alex Cummings	4.42.8
	Jeff Whittam	

1500m Walk

30	Kath Counsel
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At Last Again STATE MARATHON CHAMPS at Herne Hill 12th September 1982
Non Registered Finishers. Thanks to Jim Langford for the results.

Barrie Robinson	2.55.15	Frank McLinden	3.12.58
Fraser Deamus	3.01.00	Bob Faulkner	3.14.58
John Pellier	3.12.18	Mel Shead	3.29.27
		Bill Mitchell	3.33.57

Perth Runners Club Event Kings Park 3rd January 1983.

16km				8km	
Don Caplin	64.59	Allen Tyson	72.40	Lorna Butcher	39.35
Jim Barnes	65.55	Keijo Vaalsta	76.00		

Australian Veteran Womens Records

Corrections

10,000m	W35	D. Letherby	S.A.	34.34.4	7 Oct 1981	S.
Discus	W55	L. Frawley	Qld.	21.16	11 Apr 1982	W.

New Records

Shot	W50	S. White	S.A.	12.08	27 Nov 1982	S.
100m	W60	A. Hogan	Qld.	15.17	14 Nov 1982	Q.

NATIONAL CHAMPIONSHIPS IN MELBOURNE.

There is a team of twelve going to these championships from the club. We wish them all the best in their respective events. In addition to this we shall have two representatives to the National Conference which is held immediately before the start of the championships, these are Cliff Bould, who is also a Vice President and Andy Wright.
(Would someone please let the editor have the results as soon as possible so they can be put into the first newsletter after the champs.)

Don't forget the closing date for items in the newsletter is the 25th of the month, so if you have any article that has interested you, that you think may interest other members send it to me. If you have a point of view that you would like aired write to me with it and I will publish it, if at all possible.

RESULTS OF THURSDAY EVENING TIME TRIALS.

CORRECTION. In the last issue Cliff Bould was recorded as doing 45.48 in the 10km on the 20th Jan this was wrong Cliff did 45.41 to finish just in front of Andy Wright. Also missing from that day were the results of the Discus and it was stated that the implement weights were correct, this however was not the case and most competitors threw the wrong weights.

20th January 1983. Discus results.

Alex Cummings	M50	30.78	Dick Horsley	M70	21.64	Dorothy Whittam	W45	16.90
Andy Wright	M60	28.00	Dave Carr	M50	17.70	Allen Tyson	M55	16.48
Hilary De Souza	M40	26.64						

27th January 1983. 200m

Pat Carr W50 34.26

800m.

Ken Gilbert	2.07.60	Ted Costello	2.24.88	Don Stone	2.48.81
Colin Leman	2.20.00	Derek Crowther	2.25.36	Alicia Ansell	2.52.28
Dalton Moffet	2.23.00	Allen Tyson	2.33.12	Cliff Bould	3.14.28
Bill Monks	2.23.51	Bob Hayres	2.38.00	Don Waters (inv)	3.18.87
Dave Carr	2.24.48				

1500m

Don Caplin	4.21.59	Bill Monks	4.48.52	Bob Hayres	5.12.11
Kevin Anderson	4.28.86	Brian Danby	4.59.61	Alicia Ansell	5.42.00
Brian Foley	4.31.61	Ted Costello	5.07.00	Tuula Vaalsta	6.39.00
Colin Leman	4.41.74	Bob Sammells	5.10.69	Dorothy Whittam	6.49.00
Dave Carr	4.46.30	Mel Shead	5.11.85	Sheila Maslen	6.53.00

3km Walk.

Don Stone	16.37	Don Waters (inv)	18.07	Val Tyson	21.05
Dick Horsley	17.04	Jan Fletcher	18.18		

		Hammer	Javelin	Triple Jump
Dick Horsley	M70	15.14	17.02	-
Andy Wright	M60	17.02	17.04	7.94
Ian Lyon	M45	22.84	28.04	10.30
Bob Fergie	M45	38.44	31.30	-
Jeff Whittam	M45	18.86	20.48	8.48
Mel Shead	M35	20.72	31.94	-

100m.

Hilary De Souza	13.24	Frank McLinden	14.70	Maurice Johnson	15.59
Ted Costello	13.99	Bob Sammells	15.41	Allen Tyson	15.73

400m.

Bill Monks	59.74	Mel Shead	1.07.90	Frank McLinden	1.08.20
Ted Costello	1.02.40	Bob Sammells	1.07.90	Bob Hayres	1.10.80

5000m.

Frank Smith	15.54	Maurice Johnson	18.30	Bill Hughes	20.26
Don Caplin	16.09	Bill Monks	19.02	Cliff Bould	22.07
Colin Leman	16.44	Frank McLinden	19.20	Lorna Butcher	22.29
Ken Gilbert	16.54	Bob Hayres	19.23	Enid Crowther	24.22
Derek Crowther	17.07	Alicia Ansell	19.25	Tuula Vaalsta	24.22
Ted Costello	17.55	Mel Shead	19.27	Jill Pearton	24.38
Brian Danby	18.02	Allen Tyson	19.49	Sheila Maslen	25.32

1500m Walk.

Val Tyson
Dick Horsley No times recorded.

	Shot	Discus	Long Jump
Dick Horsley	6.88	24.18	-
Andy Wright	7.62	27.92	3.75
Ian Lyon	8.65	27.98	4.66
Bob Fergie	10.33	29.56	-
Jeff Whittam	7.31	22.42	3.67
Hilary De Souza	-	27.24	-

10th February 1983.

9

200m.

Charlie White	26.87	Bob Sammells	30.84
Ian Lyon	27.82	Allen Tyson	31.38
Dorothy Whittam	30.00	Andy Wright	33.85

2km Walk.

Val Tyson 14.01.5

3km Walk.

Don Stone 15.35.7

10,000m.

Frank Smith	33.07	John Pellier	38.27	Mike Carrick	42.28
David Hoyer (inv)	33.46	Ed Smith	38.50	Bill Hughes	42.45
Colin Leman	35.36	Bill Monks	38.55	Alan Acreman	44.36
Derek Crowther	35.40	Maurice Johnson	38.58	Cliff Bould	45.17
Ken Gilbert	35.54	Fraser Deanus	39.08	Stan Lockwood	46.51
Derek Hoyer	36.34	Graham Thornton	39.33	Enid Crowther	50.16
Brian Danby	37.28	Frank McLinden	40.04	Sheila Maslen	53.49
Brian Foley	37.41	Mel Shead	40.12	Bob Hayres	21.03 13 laps
Ted Costello	37.58	Morris Warren	40.34	Aub Davie	20.18 12 laps
Barrie Slinger	38.17	Bob Faulkner	41.17		

Andy Wright

Ian Lyon

Jeff Whittam

Steve Roberts (inv)

Bob Fergie

Bob Hayres

Allen Tyson

Bob Sammells

Dorothy Whittam

Ann McVeigh (inv)

Mel Shead

Hammer

17.00

23.18

18.48

-

35.96

19.44

17.02

-

-

-

-

Javelin

15.22

24.56

22.38

-

30.70

-

-

24.10

20.58

9.72

27.10

Triple Jump

7.59

10.25

8.26

9.00

17th February 1983.

100m.

Charlie White	12.75	Ted Costello	13.97	Frank McLinden	14.86
Bill Monks	13.07	Derek Walker	14.29	Bob Sammells	15.18
Ian Lyon	13.45	S. Barrie	14.43	Allen Tyson	15.71
Hamish McGlashen	13.49	Dorothy Whittam	14.54	Lorna Butcher	16.59
Graham Thornton	13.68	Barrie Robinson	14.65		

Charlie White and Derek Walker also ran in another heat Charlie doing approx. 110m their times were, Charlie 13.97 and Derek 14.16.

1500m.

Ken Gilbert	4.19.13	S. Barrie	5.01.00	Allen Tyson	5.18.00
Brian Foley	4.35.31	Maurice Johnson	5.04.00	Aub Davie	5.22.00
Bill Monks	4.48.89	Bob Sammells	5.04.00	Graham Thornton	5.27.00
Brian Danby	4.52.30	Frank McLinden	5.09.00	Andy Wright	5.49.00
Ted Costello	4.55.00	Mel Shead	5.11.00	Cliff Bould	6.05.00
Barrie Robinson	5.00.00	Hamish McGlashen	5.17.00	Lorna Butcher	6.11.00

3000m Walk.

Dick Horsley

17.25

Val Tyson

21.11

Andy Wright

Dick Horsley

Dorothy Whittam

Ian Lyon

Jeff Whittam

Barrie Robinson

Hilary De Souza

Bob Sammells

Bob Fergie

Brian Foley

David Roberts

Derek Walker

Discus

1kg 27.90

" 20.56

" 17.92

2kg 22.80

" 19.64

" 16.82

" 21.84

" 16.58

" 24.74

" -

-

-

Shot

6.94

-

7.29

7.80

6.40

-

6.80

-

9.24

6.90

6.24

-

L/J

-

-

-

4.93

3.77

-

-

-

-

-

4.71

This article was passed to me to put into the newsletter in the hope it may be of interest to members. Personally I have great difficulty breathing, especially when running hard. Could this be the answer to my problem?

BREATHING PRACTISE:

To breathe correctly seems simple on the face of it, but when we sit down to do it we realise that we have forgotten how to breathe properly, and we begin to wonder how we live. We have forgotten the utter simplicity of total breathing.

TRY THIS: Hold the palm of the hand (facing down) a fraction of an inch in front of your abdomen.
Take a deep breath till the abdomen actually pushes the palms away.
EXHALE at the same time pressing the abdomen in firmly with your palms.
Do this with deep concentration so that you get the right inner feeling, after which you may dispense with the ceremony of holding the palms in front of the abdomen.
Some people find it more effective to begin with an exhalation with the palms pressing the abdomen in.
Repeat this thrice.

THE NEXT STEP:

Hold the sides of the ribcage with your palms. Exhale and press the palms inwards; inhale and let the rib cage expand and push the palms away. Do this thrice.

THE THIRD STEP:

Fold the arms sideways and gently grip your shoulders with your fingers, your elbows are now spread out as your wings. Still gripping the shoulders, raise your elbows till they point upwards, at the same time inhaling deeply. Gently lower the elbows to the previous position, exhaling. Do this thrice.

These three together enable you to get the feeling of parts of a complete breath. Please do not use this as a ritual; it is only meant to give you the feeling of a complete breath, which is combining the three steps given above into one SMOOTH WAVELIKE MOVEMENT.

As you start to inhale, allow the incoming air to push the abdomen forward for a second or two; then, still inhaling, allow it to drop back AS THE RIB CAGE EXPANDS sideways; finally bring the air to the top of the chest. Then, exhaling, let the rib cage move back, finally drawing the abdomen in as you exhale completely.

As long as you are trying to do this, you are not doing it correctly! But, hopefully, you will suddenly discover this one of these days and then you will breathe like the baby without creating a division (between the abdomen, the rib cage and the top) where no division exists!

.SHOAIWATER 10.....6.2.83..
.....

This race was run for the second year in cooler conditions than the previous year, but the runners had to push into a very strong norwester over the final two kilometres and most times suffered as a result, as did most of the runners. There were thirty two starters, and those of you who completed the full course will be pleased to hear that upon remeasurement it was found to be 11.1 K, and not as advertised 10.8 K.

Do we have to re name the race now?

We were very pleased to welcome everyone who turned up, of course, and we were very pleased to see world champion John Gilmour down here for the first time.

A barbeque on the patio rounded off a most enjoyable morning.

RESULTS.

J. Gilmore 41.34		6. Kilometres	
G. Vaalsta 41.34	Inv.		
J. Barnes 44.36		J. Whittam 30.59	
F. Deanus 44.58		T. Vaalsta 31.40	
R. Shand 45.36		R. LeGrouchy 34.06	
M. Warren 46.16		D. Whittam 40.20	
J. Pellier 46.54		V. Tyson 42.28	
J. McGinnis 47.36		J. Greenfield 46.53	
D. Wilmott 48.05		I. Warren 46.53	
A. Tyson 48.38			
K. Vaalsta 48.54			
T. Tate 49.26	Inv.		
D. Benson 49.31			
J. Greenfield 49.46			
E. Mitchell 49.59			
A. Acreman 51.26	Good to see you back after injury Alan.		
R. Farrell 51.39			
D. Strachan 53.10			
M. Tapper 56.32			
F. Usher 56.32			
A. Deanus 56.53			
M. Warren 60.04			
M. Acreman 61.36			
J. Strachan 66.15			
P. Farrell 68.48			

Jean and Dennis Wilmott.

Thank you Dennis and Jean for opening your house for us and organising such a good day.

The following are now record holders for the course. The course was the same as was used last year, so any records that were set last year and not broken still hold.

W30	-		M35	Colin Leman	39.17
W35	Maxine Tapper	56.32	M40	Gerry Allen	43.02
W40	Ann Deanus	56.53	M45	Rob Shand	41.28
W45	Margaret Warren	60.04	M50	Rob Shand	45.36
W50	-		M55	Allen Tyson	48.38
W55	June Strachen	66.15	M60	John Gilmour	41.34

POINT WALTER HALF MARATHON.

4. Hank Stoffers	1.13.53	43. Chalie Spare	1.25.21	119. George Peet	1.34.59
5. Frank Smith	1.14.10	46. Ken Snowdon	1.25.53	133. Mitch Loly	137.41
11. Jim Langford	1.16.30	56. Les Oakley	1.26.59	144. Barry Munyard	1.40.38
12. Bob Harrison	1.16.40	69. Stan Latchford	1.28.32	154. Andy Wright	1.41.40
13. Don Caplin	1.17.12	77. Barrie Robinson	1.29.19	168. Lorna Butcher	1.47.19
14. Colin Leman	1.17.22	80. Dave Hough	1.30.04	180. Gerry Noordyk	1.53.04
18. Maurice Smith	1.20.13	99. Graham Thornton	1.32.26		
22. Kevin Barry	1.21.28	103. Frank McLinden	1.32.55		
23. John Maddison	1.21.38	112. Mel Shead	1.34.23		
		119.			
188. Barrie Thomsett	1.58.10	189. Erica Mercer	1.59.53		

New Years Eve Race. Yokine Reserve. 8km.

8. Kevin Anderson	25.43	54. Graham Thornton	29.22	86. Allen Tyson	31.39
10. Frank Smith	26.11	55. Les Oakley	29.23	90. Col Junner	31.49
13. Don Caplin	26.27	58. Bob Sammells	29.28	100. Morris Warren	32.58
14. Bob Harrison	26.29	63. John Maddison	29.50	116. Jeff Whittam	34.48
17. Colin Leman	26.41	64. Fraser Deanus	30.03	125. Mike Berry	25.23
28. Mel Pach	27.36	67. Dave Hough	30.16	129. Lorna Butcher	36.15
32. Derek Hoyer	27.53	68. John Pellier	30.18	132. Erica Mercer	37.19
35. Frank Steere	28.06	73. Barrie Slinger	30.43	137. Alan Acreman	38.58
		75. Kevin Basley	30.55	140. Ann Deanus	39.05
142. Jill Pearton	39.16	148. Marilyn Acreman	41.38	141. Joan Pellier	39.06
146. Sheila Maslen	41.05	149. Margaret Warren	41.39	152. Nora Berry	no time

CHRISTCHURCH RUN. 16th January 1983. 12km.

3. Frank Smith	39.59	62. Barrie Slinger	47.42	122. Mel Shead	52.10
8. Hank Stoffers	41.43	65. Graham Thornton	47.48	133. Tony Dowling	53.41
11. Maurice Smith	42.11	68. Barrie Robinson	47.54	135. Mike Berry	53.59
19. Don Caplin	43.33	79. Morris Warren	48.38	140. Andy Wright	54.34
25. Fred Langford	44.00	80. Charlie Spare	48.41	154. Denis Batterham	56.39
30. Mel Pach	44.27	82. Bob Bryce	48.41	167. Bill Hughes?	59.24
31. Derek Hoyer	44.31	83. Rob Shand	48.41	171. Lorna Butcher	59.44
32. Jin Barnes	44.55	88. Allen Tyson	48.41	175. Barrie Thomsett	61.28
35. Bob Harrison	45.23	92. John Pellier	48.41	176. Joan Slinger	61.39
37. Ron Jones	45.26	105. Dalton Moffett	50.39	182. Erica Mercer	63.07
51. Ken Snowdon	46.47	107. George Peet	50.44	187. Val Pach	65.03
53. Ted Maslen	46.59	116. Brian Hanks	51.46	192. Marilyn Acreman	67.17
54. Dave Hough	47.02	117. Frank McLinden	51.51		
57. Les Oakley	47.17	120. Bob Hayres	52.00		
193. Sheila Maslen	69.46				

6km Event.

1. Frank Steere	21.00	26. Nora Berry	32.05
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OMMISSION. In the S.A. Champs results the 5km Walk times of Don Stone and George Audley were:- Don Stone 30min 18.2 sec and George Audley 33.26.00

LATE NEWS.

Dorothy has now received the BUNBURY MARATHON entry forms. Anyone wanting one see her at club events.

TUESDAY EVENING 1st MARCH. After the social run in Kings Park there will be a B.Y.O. barbecue. If you cannot make the run, come to the barbecue anyway. End of Saw Avenue.

A.A.V.A.C. MEN'S RECORDS

	100	200	400	800	1500	5000	10000	3000 WALK	5000 WALK	HIGH HURDLES	400 HURDLES	HIGH JUMP
M35	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 ALEY THOMAS N	31-17 R IRWIN	12-37 PETER FULLAGHER S	24-36 JOHN SALTER	15-22 PETER MOORE	56.09 HARRY GILES	1.78 WINSTON BALES
M40	10.8 REG. AUSTIN N	21.9 REG. AUSTIN N	49.5 NOEL CLOUGH V	1-54.8 TONY BLAKE Q NOEL CLOUGH V	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 KEW PRIESTLEY	54.2 NOEL CLOUGH V	1.95 GRAEME MORRISH
M45	11.4 TED EDEN Q REG. AUSTIN N	22.7 REG. AUSTIN N	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	17.3 LLOYD SCHAEFFER	1-02.0 DON BRODIE	1.65 DICK DONCHI V
M50	11.56 LLOYD SNELLING S	23.7 LLOYD SNELLING S	52.50 LLOYD SNELLING S	2-05.1 WAL SHEPPARD V	4-14.0 JACK RYAN V	15-54.0 JACK RYAN V	33-05 JOHN GILMOUR V	14-40 JOHN POTTAGE V	25-23 JOHN POTTAGE V	18.0 GEORGE BARTLETT V	1-03.6 WAL SHEPPARD V	1.60 GEORGE BARTLETT V
M55	11.7 BERNIE HOGAN Q	24.2 BERNIE HOGAN Q	57.6 REG. McRAE V	2-11.9 JOHN GILMOUR V	4-17.6 JACK RYAN V	15-57.0 GEORGE McGRATH N	33-36.2 JACK RYAN V	15-15 GEORGE McNEVITT	26-36 GEORGE McNEVITT	18.59 KEN McCONNELL T	1-09.56 RON AUST	1.49 KENNETH McCONNELL T
M60	12.15 BERNIE HOGAN Q	25-23 BERNIE HOGAN Q	59.41 BERNIE HOGAN Q	2-16.98 JOHN GILMOUR V	4-30.0 JOHN GILMOUR V	16-38.3 JOHN GILMOUR V	35-07.7 JOHN GILMOUR V	15-05 TOM DAINTRY V	25-57.5 TOM DAINTRY V	19.9 NOEL GOFF W	1-15.0 ALEX LAMPARD S	1.45 HARRY LOGAN V
M65	13.8 BILL MORELAND V	28.9 WALLY STUBBINGS Q	1-02.17 JACK STEVENS V	2-22.9 JACK STEVENS V	4-50.6 JACK STEVENS V	18-10.0 STAN NICHOLLS V	37-52.2 STAN NICHOLLS V	14-57 TOM DAINTRY V	25-44 TOM DAINTRY V	27.7 ANDY SMITH V	1-24.0 ANDY SMITH V	1.20 ANDY SMITH V
M70	14.6 GEORGE SIMPSON V	30.8 GEORGE SIMPSON V	1-09.76 MERY JENKINSON Q	2-37.4 MERY JENKINSON Q	5-11.8 MERY JENKINSON Q	19-58.0 STAN NICHOLLS V	40-54.6 STAN NICHOLLS V	15-51.0 TOM DAINTRY V	26-49.3 TOM DAINTRY V		1-30.8 GEORGE SIMPSON V	
M75	15.59 FRITZ DUCHENE	34.08 FRITZ DUCHENE	1-19.5 BERT WARBURTON	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	38-16.3 WILLIAM CHIERSON V	19.7 GEORGE SIMPSON V	1-53.3 GEORGE SIMPSON V	
M80	23.40 VAL EMPEY Q	55.15 VAL EMPEY Q						19-11 GUS THEOBALD V	32-21 GUS THEOBALD V			
M85	22.4 THOMAS JONES V	46.4 BILL EMPEY N						19-31.0 GUS THEOBALD V	33-14.2 GUS THEOBALD V			

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