



The Vetrin

No. 126

MARCH 1983.



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

Everyone is a self made person, but only the successful admit to it.

MAD MILE

Landsdale Road, Wanneroo

27th February, 1983

Problem: Create the conditions to assist athletes to run a very fast One Mile.

Solution: Provide a straight, traffic-free, East-West lying road. Q.E.D.

The stretch of road selected, for what was possibly the first run of its kind in Australia, was no Fifth Avenue, N.Y. or the now famous Queen Street, Auckland. But it met the solution criteria and had the advantage of a good tail-wind.

Some good times were recorded, Dick Horsley's and Don Caplin's being particularly outstanding. Don seems to be remarkably free of the energy crisis that affects the rest of us. He cycles to events these days, out-performs everybody and then, looking as fresh as a daisy, cycles home. How do you do it, Don?

In the pack run that followed, Dorothy and Valery discovered another ingredient for a fast Mile, a pair of mangy Alsatian dogs that scared them into a rapid increase in pace. With those at the start next year.....

Results

<u>W40</u>		<u>M40</u>		<u>M55</u>	
1. Joan Slinger	6.26	1. Don Caplin	4.31.66	1. Don Stone	5.37
2. Marilyn Acreman	7.16	2. Kevin Anderson	4.41	2. Alan Tyson	5.42
		3. Barrie Slinger	5.27	3. Frank Usher	6.33
<u>W45</u>		<u>M45</u>		<u>M60</u>	
1. Margaret Warren	6.57	1. Bill Monks	5.01	1. Duncan Strachan	5.51
2. Dorothy Whittam	7.14	2. Hamish McGlashan	5.11	2. Andy Wright	6.06
		3. Bob Sammells	5.16		
<u>W55</u>		4. Morris Warren	5.39	<u>M70</u>	
1. June Strachan	7.23	5. Jeff Whittam	5.50	1. Dick Horsley	6.13
2. Valery Tyson	9.09	6. Ian Lyon	5.59		
		7. Alan Acreman	6.02	<u>U/C</u>	
<u>M35</u>				1. Brian Danby	5.03
1. Colin Leman	4.37.91				
2. Les Oakley	5.13	<u>M50</u>		<u>INV</u>	
3. Mike Khan	5.36	1. Dalton Moffett	5.12	1. Mark Leman	4.36
		2. Frank McLinden	5.22		
		3. Ray Lawrence	6.02		

(An excellent run, too, by 18 year old Mark Leman, who, having pipped Dad, probably had to do the washing-up for a week.)

cont.

Editors Note. Don't worry Allen, Don Stone hasn't turned 55 yet, it's just the strain of organising the Champs entries that makes him look that way. (He is still M50).

Whilst the course seemed quite fast, it can be improved upon. Anyone knowing of another course that they think would be more suitable would they let Bob Sammells or Brian Danby know. The criteria for the course is, preferably:-

DOWNHILL IN AN EAST - WEST DIRECTION, A WIDE ROAD WITH LITTLE CAMBER AND A SMOOTH SURFACE. THE START SHOULD BE VISIBLE FROM THE FINISH. THE FULL MILE SHALL BE STRAIGHT WITH NO BENDS AT ALL. VERY LITTLE TRAFFIC. The reason for the E -W direction is that quite often early in the morning there is an easterly wind blowing which helps push the runners along.

EATON WEEKEND. 5/6/7th March 1983.

The weekend started with the early arrivals getting to Eaton on the Friday night, the first about 8pm and the last, once again the Whittams at 11pm. After some supper it was into the dormitories and find yourself a bed, none of this segregation of the sexes, it was a case of if the bed did not have too much of a sag in it, grab it. Have you ever slept in a wire based hammock before? Before retiring for the night Barrie Slinger was outside the huts giving instructions to the possums not to make too much noise during the night, watched by an admiring group of children as he wielded the chair and whip.

Early next morning at first light, or was it before first light, Hank Stoffers arrived to take us on our first run of the weekend. This started at the parking area just in from the coast road and ran back out towards the camp then on towards Burekup, we were welcomed by members of the Bunbury club who were going out on the run with us. It was nice to see Phyllis Head (W60) out there pounding the road with the rest of us, that is till part of the rest of us turned round at the 4km mark whilst Phyllis and the rest carried on to the 5km before turning to complete a 10km run.

After breakfast it was off 'en masse' to the polling station to record our absentee votes and give the voting officer the shock of his life when a whole mob turned out wanting their cards written out all at once. Then back to camp to welcome the new arrivals and do some canoeing and swimming or just lazing and sunbathing until Hank and Margaret arrived to take us to Paine Park for a 5 or 10km track run at 5pm. At this event there were quite a few PBs done and Jeff almost found his ideal running companions, he ran with the youngsters, till they left him. Up to that point he was thinking of joining Little Ath's if they would have him.

Then back to the camp for the "Casserole Night" dinner. This turned out a great success, all the ladies having brought enough casserole to feed their party and by strange coincidence not one of the dishes was duplicated.

Early next morning, even earlier than Saturday morning Hank and Margaret were at the camp ready to guide us to Boyanup and on to Bruce and Bobbie Hollier's for another run with the Bunbury club. Today there was a big choice of distances to run from 5km to 32km, along the edge of the forest. The weather was cool and sunny but the big trees at the side of the road provided plenty of shade and made the run a pure delight. After the run the Holliers put on a big spread of fruit and water melon with tea, coffee and cool drinks for those who wanted them followed by cakes and biscuits. Then after that lot for those who could still eat it was a B.Y.O. barbecue before returning to the camp to shower and change before either relaxing or going off on a wine tasting at the Leschenault Winery, where after sampling some of the local vintage Colin Leman and Barrie Slinger were seen to be carrying out cartons of wine marked "to be taken intraveinously". I've heard of hardened drinkers, but!!!!

On the way back to camp a few went fishing, at the local fish market and returned to camp bragging of their catches. The youngsters had built a raft and were sailing it on the river, it was alright going with the wind but on the way back it was a bit different with Simone Lyon doing the 'African Queen' bit in the water towing it whilst Neil Whittam sat on board cracking the whip, his excuse being "well she had a swimming costume on". After the barbecue tea everyone sat out in a big group telling jokes and singing songs till well the night.

Monday morning and Hank and Margaret were once again back in the small hours

ready to take us to Hay Park to meet the "Voracious Bunbury Mile Eaters" and off round the half marathon lap of the Bunbury Marathon Course. This proved to be a very nice course that runs quite a long way along the beach road and the "short" course for the plodders turned out to be about 13km everyone enjoyed it though, even Val, Jacqui and Dorothy who only thought it was about 8km Bobbie Hollier was at the finish handing out oranges to all and sundry and one of the other Bunbury members handed out water melon. Our thanks go to Hank and Margaret Stoffers and to Bruce and Bobbie Hollier and the members of the Bunbury club who made the a truly great weekend. I hope that this can become an annual event.

WANTED. Whilst on the weekend Morris Warren Used a pair of Sorbothane in-soles he had to cut off a small piece to fit them in his shoes, he is asking anyone who has any small pieces left over from fitting the insoles into their shoes to please send them to him as he is making Margaret a pair.

RESULTS. Paine Park. 5km.

Cherryl Amies	20.37
Bruce Lynch	20.37
Ian Lyon	22.24
Frank Stoffers	22.42
Doreen Dow	22.50
Chris Willesee	23.10
Jeff Whittam	23.10
Joan Slinger	24.12
Mathew Slinger	24.12
Joan Pellier	25.04
Phyllis Head	25.26
Margaret Warren	25.38
Phyllis Farrell	27.02
Dorothy Whittam	28.03
Sue Leman (9½laps)	17.34
David Leman (4½laps)	8.10

10km.

Ray Purdue	33.15
Hank Stoffers	33.24
Colin Leman	35.50
Bruce Hollier	38.36
Dave Hough	38.50
Barrie Slinger	40.13
Brian Danby	40.13
Morris Warren	40.31
Bob Farrell	45.11
Allen Tyson (5km)	20.46

Bruce Hollier's Run. 5km.

Louise, Hayden, Scott, Dorothy, Sue and Val. No second names on sheet and no times as the timekeepers had not got back from the 5km turn.

10km.

Dennis King	45.40
Don Mason	51.12
Ian Lyon	51.37
Jeff Whittam	51.37
Lune Strachen	59.26

15km.

Bob Sammells	1.15.55
Joan Slinger	1.32.32

20km.

Brian Danby	1.28.00
Trevor Smith	1.28.11
Bruce Hollier	1.28.37
Walter Tresnak	1.34.20
Cherryl Amies	1.37.08
Dave Hough	1.38.19
Allen Tyson	1.39.09
Bob Farrell	1.39.39
Doreen Dow	1.44.59
Theresa Smith	1.48.06
Joan Pellier	1.58.03
Phyllis Head	2.03.43

32km.

Frank Smith	2.10.40
Ray Purdue	2.10.40
Hank Stoffers	2.14.00
Colin Leman	2.14.00
Ken Fleay	2.15.11
Barry Hays	2.16.05
Ted Anderson	2.29.32
John Pellier	2.40.51
Barrie Slinger	2.42.38
Moross Woron (sic)	2.42.38
Duncan Strachen	2.50.18

(Moross Woron should have read Morris Warren, it was just that the timekeeper could not understand his brogue.)

Lost Anyone who aquired a green two tone striped towel and is wondering who it belongs to, its Allen Tysons.

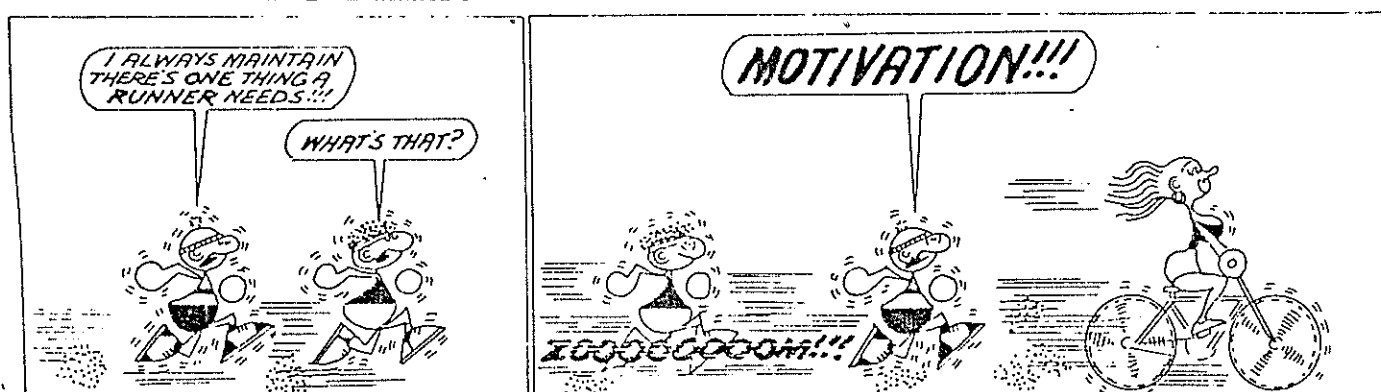
CLUB PENTATHLON

13-3-83

NAME	AGE	LONG JUMP		JAVELIN		100m		DISCUS		1500		TOTAL	PLACE
		JUMP	POINTS	THROW	POINTS	TIME	POINTS	THROW	POINTS	TIME	POINTS		
D. WHITTAM	W45	3.58	1050	19.62	505	14.34	832	17.52	433	7.41	274	3094	1
J. WALKER	W22	3.67	468	19.50	316	15.0	400	13.16	20	-	0	1204	2
R. LAWRENCE	M50	3.85	475	N.T.	0	14.6	580	17.68	179	6.14	376	1610	9
F. MCLENDEN	M50	3.90	500	20.36	258	14.53	594	16.94	153	5.33	622	2127	4
W. MONKS	M45	4.58	592	20.56	197	13.60	680	15.28	95	5.33	562	2126	5
J. WHITTAM	M46	3.45	140	18.92	148	17.66	20	19.86	255	6.11	334	897	13
D. WALKER	M50	4.88	990	26.10	459	13.59	782	23.46	381	5.56	484	3096	1
A. FERGIE	M45	3.58	192	30.82	505	14.61	478	26.42	485	7.41	20	1680	8
A. WRIGHT	M60	3.70	822	18.50	260	16.57	486	26.60	664	6.17	628	2860	2
W. HUGHES	M55	3.46	480	20.28	331	15.09	582	17.70	308	6.03	532	2233	3
A. TYSON	M55	3.13	315	15.26	130	15.9	420	17.90	316	5.35	700	1881	7
D. STONE	M50	3.85	475	21.64	302	14.60	580	19.80	253	5.52	508	2118	6
D. BENSON	M40	3.82	128	24.52	238	14.41	418	19.02	141	5.48	442	1367	10
D. MORLEY	M70	-	-	13.80	352	-	-	23.92	757	-	-	1109	11
A. DAVIE	M45	-	-	-	-	14.6	480	-	-	5.43	502	982	12
M. WARRER	M46	-	-	-	-	-	-	-	-	5.54	436	436	14

THE MARATHON MEN

By GEORGE ROBINSON



THE VETS COLUMN

Sylvester Stein answers that popular question: how does my performance compare...? And his graphs and tables give you something to aim at



Here's a chance to measure yourself against the best, to find out exactly how your own maximum gut-busting effort would look against world leaders of your age. It's something veteran runners always want to know — "I've just done this fantastic three-and-a-half-minute-mile around the park, will it get me in the record books?" I usually have to tell them, sadly, that their mile in the park must have been short-measured. "Well," they grunt to themselves as they turn away disappointed, "a British record, anyway."

Others are satisfied to see if they can do half as well as the champs, or if they can go as well as someone, say, 10 years older. A kind of personal handicapping. If all else fails they can claim to have beaten the time of the late Duncan Maclean (then over-90) in a 1000m race. Somewhere we all have to find our goals.

So I've consulted the statisticians to look out some useful numbers. The statisticians regularly compile such listings as Annual Veteran Rankings, national and international records in five-year age groups, and also, separately, age records, and I'm extracting appropriate readings from these. In addition, lately in Britain we've produced a Suggested Veterans Standards List, which gives suggested yet *reasonable* performances to aspire to. The latter is of more value to the runner-of-the-mill than the table of often fiendishly high speeds done under ideal competitive conditions — many of them chalked up by runners who are former Olympic stars anyway.

First, the world age records,

which I illustrate by graphs. These are actual world-best performances for each year of life, male and female, and not related directly to the five-year age groups of competition. (As you know veteran competition is always divided into five or 10 year groups, to give the older ones a chance; there is a clear, inexorable falling off in one's performance year by year, just as there is a year by year improvement by youngsters growing to maturity. So we bracket them off into groups to make a fair race of it.)

Thus, in the world age records graph one will find that the 40-year-old men's 100m record time is 10.8secs (done by Reg Austin, an Australian ex-pro) yet the actual world record for the 40-44 veteran age group is held by ex-Olympic silver medallist Thane Baker (US), who did 10.7secs in 1972, when he was 41.

I have picked three representative events, the 100m, the mile and the marathon. The men's marks are shown in the unbroken line, the women in the dashed. You can read across horizontally to note for instance, that the 100m time for a woman vet of 35s is roughly equal to that of a man of 54. You can also do the same sort of extrapolation for yourself — where would your mile time of 5:38 show up in the age table? Answer, it's about as good as that of the best 68-year-old man in the world.

Secondly I am listing in tabular form the Suggested Standards List for vets, both men and women. Here an ordinary runner can feel more at home. These figures are meant to show a *reasonable* standard, not likely to rate a

medal in any high quality race, but to indicate that a person is fit to enter and worthy of a medal if no one else is there to beat him!

Finally I'm printing extracts of British age group records, covering the main track running events for men. You'll see they don't compare at all badly with the world age records, and in fact quite a few of these were set by British runners.

The tables were compiled by David Burton of Sheffield. I also had help with my statistics from John Hayward and Jack Fitzgerald. The Standards table was prepared by Harvey Jaquest, of Watford. The world age records were extracted from *Masters Age Records, 1982*, published in America and compiled by Peter Mundle and Shirley Dietderich.

Suggested veteran standards — men

	40-44	45-49	50-54	55-59	60-64	65-69	70+
100m	13.5	14.1	14.8	15.2	16.0	17.0	19.0
200m	27.5	28.5	30.0	31.7	33.3	35.5	37.5
400m	60.0	62.5	64.5	67.5	73.0	78.5	85.0
800m	2:22	2:28	2:32	2:37.5	2:48	3:00	3:15
1,500m	5:00	5:15	5:30	5:47	6:03	6:20	6:55
5,000m	18:30	19:30	20:55	22:15	24:00	26:00	30:00
10,000m	41:00	43:00	47:00	49:00	53:00	56:50	60:00

Suggested veteran standards — women

	35-39	40-44	45-49	50-54	55-59	60-64	65-69
100m	15.9	16.5	17.5	18.5	19.5	20.5	21.0
200m	31.0	33.0	35.5	37.5	39.5	41.5	44.0
400m	74.0	82.0	92.0	104.0	114.0	125.0	140.0
800m	2:42	2:50	3:00	3:25	3:35	3:50	4:15
1,500m	5:40	6:00	6:30	6:50	7:25	7:55	8:30
5,000m	20:50	22:05	23:55	25:20	28:20	29:35	31:35
10,000m	45:00	49:10	52:50	55:40	60:40	64:10	68:10

UK veteran age group records (men)

40-44				65-69			
100m	R Taylor	10.9	1978	400m	S Stein	61.0	1981
200m	R Taylor	22.2	1975	800m	E Obree	2:24.6	1980
400m	J Dixon	49.7	1973	1,500m	E Obree	4:57.3	1980
800m	R Anderson	1:56.3	1977	5,000m	R McMinnis	18:11.2	1977
1,500m	N Fisher	3:56.6	1977	10,000m	R McMinnis	36:16.0	1975
5,000m	M Turner	14:22.0	1980				
10,000m	M Freary	29:47.0	1978				
45-49				70-74			
100m	C Williams	11.1	1978	100m	J Williams	13.0	1975
200m	C Williams	22.8	1978	200m	J Williams	27.9	1975
400m	C Williams	51.8	1978	400m	L Batt	65.4	1979
800m	B Bullen	2:00.5	1978	800m	L Rolla	2:35.0	1977
1,500m	B Bullen	4:03.3	1978	1,500m	J Farrell	5:17.0	1978
5,000m	L O'Hara	15:05.8	1978	5,000m	R McMinnis	19:14.5	1981
10,000m	L O'Hara	31:39.0	1978	10,000m	G Porteous	38:39.2	1979
50-54				75-79			
100m	P Whittaker	11.9	1978	100m	W Baker	14.9	1975
200m	M Gray		1977	200m	J Hines	34.4	1977
400m	P Whittaker	23.9	1977	400m	R Wiseman	88.9	
800m	P Higgins	52.3	1979	800m	W Baker		1975
1,500m	T Clowry	2:07.0	1980	1,500m	E Sears	3:08.9	1979
5,000m	C Simpson	4:22.7	1979	5,000m	J Farrell	5:22.4	1979
10,000m	G Rhodes	16:06.0	1979	10,000m	J Farrell	19:33.0	1979
55-59				80 and over			
100m	S Stein	12.2	1977	100m	N Martin	15.6	1977
200m	S Stein	25.4	1977	200m	A Sutherland	35.2	1977
400m	A Huggins	58.6	1977	400m	R Wiseman	92.3	1979
800m	H Tempan	2:12.2	1980	800m	R White	3:26.1	1979
1,500m	H Tempan	4:31.4	1980	1,500m	R White	6:53.6	1979
5,000m	E Joynson	16:57.0	1978	5,000m	C Bendig	23:17.1	1981
10,000m	L Brown	33:26.3	1977	10,000m	R Wiseman	53:54.0	1978
60-64				80 and over			
100m	C Fairley	12.3	1978	100m	D Maclean	21.7	1977
200m	C Fairley	26.5	1977	200m	I McIver	62.1	1976

COMMITTEE MEETING.

INTERBANK FUN RUN. We have offered our services to organise this event for the R.&I. Bank this year in return for the help they have given us in the past. Bob Sammells is in charge of organisation and requires helpers for Sunday morning at McCallum Park on the 17th April 1983 at 9.30am. If you can help please give your name to Bob.

STATE TRACK AND FIELD CHAMPS. These were regarded as a very successful two days of events, with a total of 129 competitors taking part. One National, fifteen State records were broken and seven inaugural records were set. There will be a special Newsletter published purely on the Championships in the very near future.

CLUB WINDCHEATER. The club has now ordered these from the manufacturers and they should be available in about three weeks from Barrie Slinger.

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

Rosemary Jane McGlashen, 17, Summerhayes Drive, Karrinyup. 6018. 448 3058.
31st March 1939. W40.

Brian Torpy, 108, Ocean Drive, Quinns Rock. 6030. 407 5030. 28 April 1932 M50

Arthur Gardiner, 37, Parramatta Road, Doubleview. 6018. 446 2047.
13th December 1925. M55

Stephen Barrie, 28, Freshwater Parade, Claremont. 6010. 384 9301.
25th December 1935 M45

David Pope, Box 356, Esperance. 6450. 090 711174. 8th October 1945. M35

Shirley Cross, 11, Warner Road, High Wycombe. 6057. 454 5769.
7th June 1937. W45

Jillian Ann Chambers, 114, South Street Fremantle. 6162. 10 April 1949 W30

Alan Chambers, Address as above. 30th September 1937. M45 335 8214

COUNTRY MEMBERS.

Phyllis Joyce Head, 42, Halsey Street, Bunbury. 6230. 097 213336
26th December 1919 W60

Doreen Dianna Dow, 7, Hislop Street, Bunbury. 6230. 097 217114
14th April 1943 W35.

Cherryl S. Amies, c/o P.O. Boyanup. 6237. 097 315047. 17th March 1948 W35

Bruce Kingston Hollier, 90, Wisbey Street, Bunbury. 6230. 097 215218
18th November 1929 M50

CHANGE OF ADDRESS: Ray Lawrence, 5/69, Shakespeare Street, Yokine. 6060.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Alicia Ansell	Turns	39	remains	W35	22
Bill Chapman	"	59	"	M55	19
Jim De Gruchy	"	57	"	M55	14
Joe Gold	"	39	"	M55	29
Dave Hough	"	51	"	M50	18
Tom Jones	"	90	Becomes	M90	11
Bob Johnstone	"	41	Remains	M40	12
Maurice Johnston	"	46	"	M45	09
Dave Jones	"	57	"	M55	12
Rosemary Langford	"	33	"	W30	19
Kevin Lang	"	53	"	M50	07
Hamish McGlashen	"	46	"	M45	16
Jim McLean	"	52	"	M50	19
Gloria Sutherland	"	38	"	W35	18
Maurice Smith	"	49	"	M45	26
Charlie Spare	"	44	"	M40	19
Brian Torpy	"	51	"	M50	28
Jillian Chambers	"	34	"	W30	10
Doreen Dow	"	40	Becomes	W40	14



If you log 100 road-miles a week, why can't I get you to walk to the shops for me?

NEW RECORDS. (Set prior to the Champs.)

5000m	M40	Frank Smith	15.49
200m	M70	Dick Horsley	34.72
Triple Jump	M65	George Boakes	6.20m

 * I would like to thank all members of the club who helped in any way *
 * at all during the Track and Field Season at Perry Lakes. *
 * The club was so well supplied with officials that on some occasions *
 * we helped other clubs less fortunate! *
 * I decided to organise the roster by telephone rather than publish a *
 * list, and this seems to have worked very well. Everybody was cheer- *
 * ful, co-operative and reliable. Perhaps it was the lure of free tea *
 * or coffee during the afternoon! *
 * To all of you. VERY GRATEFUL THANKS. *
 * VALERIE PRESCOTT. *

AUSTRALIAN ASSOCIATION OF VETERANS' ATHLETIC CLUBS

(Subject to Rules of the A.A.U. of Aust. and I.A.A.F.)

PRESIDENT:

Mike O'Neill

2 Montgomery Place,
 BULLEEN, 3105.

HON. SECRETARY/TREASURER:

Wal Sheppard

24th February, 1983.

Club Secretaries

On Tuesday 22 February I received a Telex message from the Organisers of The Fifth World Veterans Games in San Juan expressing their horror at the terrible bush fires which have ravaged parts of Australia. A copy of the message is shown below.

I have responded on behalf of the Australian Veterans Association and thanked them most sincerely for their thoughtful action. I feel this is typical of the great friendship which is a feature of our Veterans movement worldwide and would request that Clubs give the widest publicity to the message.

Yours in sport

Wal Sheppard
 Wal Sheppard.

EMBE

ATTN WAL SHEPPARD

JUST HEARD THE HORRIBLE NEWS ABT TRAGEDY AFFECTING UR COUNTRY
 THE ORGANIZING COMMITTEE OF THE 5TH WORLD MASTERS GAMES WISHES
 TO EXTEND ITS MOST SINCERE SYMPATHY TO U AND UR FELLOW COUNTRYMEN
 AND OUR PRAYERS THAT NO HARM COMES TO U OR YOURS -STOP- PLS ADV
 SHOULD THERE BE ANYTHING AT ALL IN WHICH WE CAN HELP.

R SERRATI
 MASTERS

✚

EMBE AA34191

MASTERS 3450504.....T ✚

EMBE AA34191

AGE TEL

AGE TEL

WORLD VETERAN GAMES. SAN JUAN - SEPTEMBER 1983.

We have received from 'STEPHENS SPORT TRAVEL' details of two tours that they are organising to the above. The first tour departs Sydney on the 6th Sept.

and arrives back on the 16th October. with trips to Disneyland, the LBJ Space Centre, the Astradome, The "New Senior Olympics" Drake Stadium UCLA, (two days), the 16th TAC National Masters Competition, (two Days), the World Veterans Champs (seven days), Miami and the Everglades Safari Park. New Orleans, Disneyworld, New York, San Francisco, Honolulu

Cost of this tour is:- Ex Sydney, Single \$4340.00 Twin \$3510.00

Ex Melbourne:- Single \$4420.00 Twin 3590.00

TOUR TWO. Departs 18th September for Los Angeles, Miami, San Juan, the World Veteran Champs, Miami, Everglades Safari Park, New Orleans, Disneyworld, New York, San Francisco, Honolulu arriving back in Sydney on 16th October.

Cost of this tour is:- Ex Sydney Single \$3590 Twin 2940.00

Ex Melbourne Single 3650.00 Twin 2990.00

Anyone interested in details of these tours give Dorothy a ring on 387 6438.

TUESDAY NIGHT RUN KINGS PARK. These runs will now start at 5.30pm from the corner of Saw Avenue and May Drive. For those new members who do not know about these runs there are two groups go out, a ladies group and a mens group, you may run with either, the ladies usually run between six and eight km, the mens group between 45 and 60 minutes.

TCU SOUTHERN CROSS MARATHON AND HALF MARATHON. 18th June 1983.

We have received entry forms for this event and they have offered billets to anyone who may go. It is at Richmond, Tasmania. It is billed as Australia's most southerly marathon on a scenic course in the historic Richmond area. Anyone interested in holidaying in Tasmania and getting a little!!! running and culture on the side see the editor who has all the details and entry forms

Just came across this cartoon in Marathon and distance Runner May/June 1982.
COULD THIS BE THE "ULTIMATE" IN CARBOHYDRATE LOADING?????

**Little and
often is
best**

Record Pasta, one of the sponsors of the Gillette London Marathon have produced a pamphlet on nutrition for the long distance runner. While it goes over familiar ground on carbohydrate loading and concludes, not unnaturally, that pasta is a good food for achieving this, it does contain some interesting points.

For instance, many people find that it is better for digestion and absorption of foods to eat several small meals during the day rather than to have one or two large meals a day. Research into athletes' performance in relation to the frequency of their meals has indicated that five small meals a day produced better performances than two or three heavy ones although every individual will know what regime suits them best.



The quantity of food required for athletes obviously varies from individual to individual and partly depends on how many miles the athlete is running a day. Running can burn around 100 calories per mile but because you are active your body burns up more calories during the rest of the day. It is therefore advisable to increase the caloric intake considerably to maintain your body weight.

Men and women competing in top class long distance running and walking events tend to weigh 10 per cent less than the recommended body weight for adults. First time participants in such events will find that although they may be overweight to start with their weight should gradually come down and as they get fitter they will reach the recommended adult weight.



THE
Red Daniels
COLUMN

On running like an antidote, or letting your inner side out

"I didn't see you on Sunday," the Old Hand said. "You bring a note?"

"Sorry," I said. "I was up at Hampstead learning to improve my running."

"Her old man catch you at it, then, did he?" the Old Hand asked. "I warned you about venturing off your own patch into foreign parts."

"I attended a seminar on the Inner Game Running," I said, "after seeing it referred to favourably in *Running Magazine* by Geoffrey Cannon, fun runner and man of unquestionable sagacity. It was also a straw to clutch at as my running can use all the help it can get."

"And now you can't wait to get your old mates out on the common and leave us all for dead," the Old Hand said. "Or does it take a bit longer than that?"

"I'm not sure I've got it all together yet," I said. "Would you believe we spent part of the time acting like animals?"

"Which would come easier to some than to others," the Old Hand said. "There's some round here that could benefit from lessons in acting like people."

"The instructor kept shouting out the various species he wanted us to imitate," I said. "Run like an antelope," I thought he said. Turned out it was an antelope he wanted us to run like but the rain was hammering away on the roof, it was thundering like the clappers and half of us were still fluttering out like little birds when the rest of us turned into elephants."

"What's little birds got to do with running?" the Old Hand asked. "I know that ostriches make a fair job of it but I've never seen what you might call a really little bird that could run anything like."

"We were more sort of taxi-ing for take-off," I said. "After we'd hopped and stamped and swooped about for a bit we were asked what thoughts we had on what we'd been doing."

"Apart from the obvious," the Old Hand said, "what other thoughts could you have?"

"I was thinking about Noah's lot," I said. "Like them I was thinking that doing your running indoors sure beats the hell out of doing it outdoors on a day like that."

"There must've been a reason behind the animal impersonations," the Old Hand said. "I mean there's nothing wrong with little birds but I hope you don't still think you're an elephant next time you use the toilets round here. They've been blocked twice already."

"The idea was to encourage the inhibited and the uptight to go ape for a bit and thus rid themselves of their hang-ups and impedimenta," I said. "I know that we

managed to worry a couple of nippers who were passing through on their way to the swimming pool. If facial expressions are anything to go by, I can't imagine what they told their mums when they got home."

"Behaving like a kid when you're not one is bound to bother the genuine article," the Old Hand said. "How many of you were there at this animal act?"

"About thirty," I said. "Some old ones, some fat ones, even some young and beautiful ones. Some were genuine seekers after running wisdom and some were there because they were the sort of people who go to everything that might turn out to be a magic path to somewhere else."

"We know why you were there," the Old Hand said. "You'd be seeking to regain your lost youth and overcome terminal duck's disease. How about the others? What were they hoping to get out of it?"

"I got the impression that some of them weren't entirely sure," I said. "There was a very charming and agile lady who was hoping to discover how to keep up with her children and there was a bloke who simply told us that he went skiing for eight months of the year without mentioning what he did for the other four."

"Probably a burglar," the Old Hand said. "You can't do eight months skiing on supplementary benefit."

"There was a chap who told us at considerable length about this pain he had," I said. "He told us that when he thought about it, it moved to somewhere else."

"Ending up in a specific location amongst his listeners," the Old Hand said. "Sounds like a right hen party, all talking about your aches and pains."

"We were sitting round in a ring talking about ourselves," I said. "David Hemery was there."

"The David Hemery?" the Old Hand asked, startled. "He must've looked like an eagle in a boxful of budgerigars. He needs lessons in running like a stag needs a hat-rack. I bet he was all-right playing at antelopes, though."

"He wanted to find out if the Inner Game could help him as coach," I said.

"Which brings us to trying to get you to own up to what this Inner Game thing is, how it's done and whether it works," the Old Hand said.

"It's an American import," I said. "From California. To do with developing your self-awareness. They were heavily into that on the west coast about a decade ago. Based on the various encounter groups shot through with some very dilute Oriental philosophy."

"And that's it?" the Old Hand asked. "Zoo-time plus *True Confessions* and suddenly

you're up there running with the guvners?"

"There's a bit more to it than that," I said. "It took the instructors a couple of hours to loosen us up, get the knots untied, put us — I think they said — in touch with ourselves."

"I've warned you about that," the Old Hand said. "You ought to know better at your age."

"Anyway," I said, "when they thought we'd got the hang of it they split us up into three groups: Runners, Joggers and Débutants and took us out for runs of varying lengths on Hampstead Heath."

"In the pouring rain?" the Old Hand asked.

"Which nobody seemed to mind," I said. "In any case it cleared up into a nice day for a run."

"Did it work?" the Old Hand asked. "You don't look any different."

"Yes, it did," I said. "With qualifications. A lot of those who went running over the Heath ran farther than they'd ever run before — and without knowing they'd done so and without any extra fatigue. Which has got to be a bit thought-provoking. Asked to guess as to the mileage they'd covered most of them undershot by 50%."

"How about David Hemery?" the Old Hand asked. "Was he planning a comeback with even better times on the strength of his new inner wosname?"

"I asked him," I said, "but he was non-committal. Though he thought there might be some useful features."

"So what about the others?" the Old Hand asked. "Any of the fat and slow ones end up thin and fast?"

"There was a girl with a beatific smile," I said, "who claimed to have been transcendently elevated by the whole experience. It was simply going to change her entire life."

"Until her next life-changing experience comes along," the Old Hand said. "And when you start using expressions like beatific smile when you mean stupid grin I get the idea that you need your entire life changing. By force if necessary."

"There was a cynical sort of a fellow," I said, "who'd come on the course because he hated running. Even though he was fully aware of its therapeutic values. He was hoping that something would happen to make him like running, some magic touch of Inner Gamesmanship, but he had to admit, at the end of the day, that he still hated running just as much as ever — but that he'd probably go on doing it anyway."

"So what's in it for everyday, ordinary old runners like me?" the Old Hand asked. "Do I rush round there and sign on first thing in the

'RUNNING' Nov/DEC 1980



morning or do I just keep on truckin' and keep a sharp eye on you? You that's taken instruction?"

"If your head's well together to start with," I said, "if you run loose and free with a cheery wave for the birds and the bees, if you come back from a long one feeling considerably better than when you set out then there's not much in it for you. If you're further into the meaning of Yoga than just the stretch exercises — I mean if you actually enjoy the Bhairavasana — then you'll have passed through the place that the Inner Game is at years ago. If your discipline is Zen and you pad ineffably along the path where the shoe and the leg and the road and the cosmos are but one; if your running shoes last forever because they seldom touch the ground then you've probably written the definitive book yourself — that's if you're still attempting to communicate."

"So who's it for?" the Old Hand asked. "Nut-cases and gold medallists?"

"It's for tense runners," I said. "It's for self-doubting runners. Runners with white knuckles and gritted teeth. It's for runners who get pains in places unconnected with running. It's for shy runners who would like to run as free as the wind but people are looking, for God's sake! It's for runners who know that they should run but don't look forward to running and employ every excuse but the truth to avoid taking that first step out of the door."

"How about the nobody runners?" the Old Hand asked. "Silver spoon runners who've had a fortune spent on their teeth and their education, the ones who got an MG for their seventeenth birthday and wonder why daddy can't also buy them a pair of running shoes that'll make them as good as Sebastian Coe?"

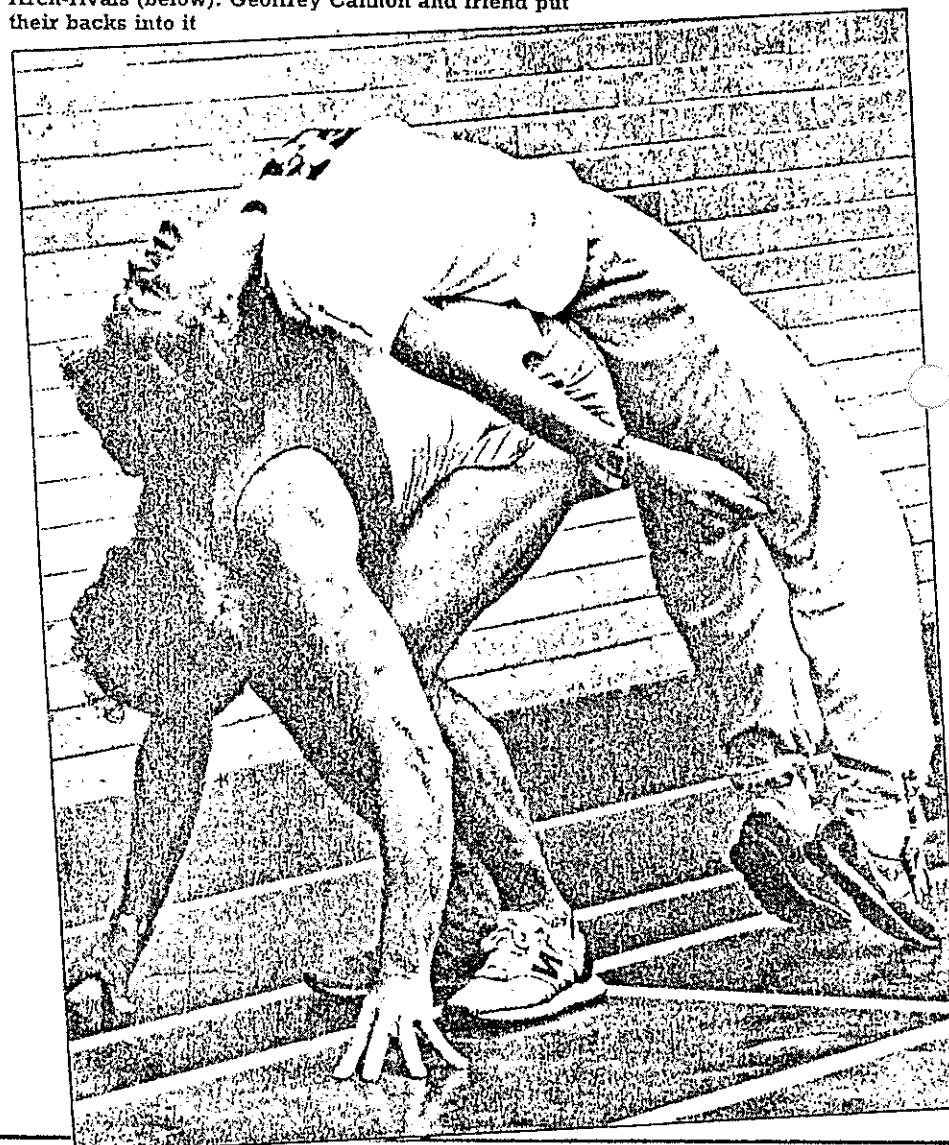
"Them too," I said. "The ones who're beginning to run because it's currently rather smart — I mean some quite respectable people do it now — though of course it's not as smart as ski-ing or tennis because you don't have to go anywhere frightfully posh and expensive to do it."

"Well, now, if it's posh you're after," the Old Hand said, "I've been known to run in the Royal Parks — though it's favourite to wait until they've swept up after the Household Cavalry. However, today I'm going the long way round the common. Let's see if you've absorbed enough of that Inner Wisdom to do it without moaning for once."

David Hemery (above left):
An eagle in a boxful of budgerigars

Birdmen (above): Seekers after inner wisdom imitate Seb Coe

Arch-rivals (below): Geoffrey Cannon and friend put
their backs into it



LIBRARY BOOKS. Allen Tyson reports that there are a number of books out of the library that have not been booked out in the library register. If you have any of the library books in your possession would you please return them as soon as possible so that other members may borrow them, this also applies to the magazines that are out, especially the newer issues as these are very sought after.

WINTER WALKS. Below is a list of the W.A. Walkers Club programme for those in the club who may wish to try their hand (feet) at walking. If you require any further details or advice on walking ring Don Stone or Dick Horsley and I am sure they will only be to pleased to help.

WEST AUSTRALIAN WALKERS CLUB
WINTER PROGRAM 1983

DAY	DATE	1st Event at	VENUE	TYPE	DISTANCES				
SAT	9.4.83	2.00pm	SOUTH PERTH	HCP	8K, 4K, 2K.	SUN 19.6.83	1.30pm	JACKADDER	SCHOOL CHAMPS U19M & U19W: 10K U17M & U17W: 6K U15M & U15W: 3K 10K
SUN	17.4.83	9.00am	BELMONT TRACK	HCP	10K, 5K, 3K.				HCP
SAT	23.4.83	1.30pm	JACKADDER	HCP	12K, 6K, 3K.	SUN 26.6.83	9.00am	WANNEROO	HCP 15K, 5K, 3K
SAT	30.4.83	1.30pm	WANNEROO	Ron Davies Cup U20M: 10K Anne Murray Shield U20W: 3K HCP 10K, 3K.		SAT 2.7.83	2.00pm	SOUTH PERTH	DON RAPLEY 2 X 8K CLUB AND TEAMS PRESIDENT'S CUP
SUN	8.5.83	9.00am	CANNING VALE	HCP	25K, 8K, 3K.	SUN 10.7.83	9.00am	SHELLEY	STATE CHAMPS U20W: 6K, U16W: 8K, U14W: 5K, U16M: 8K, U14M: 5K 10K, 10K, 5K. 20K, 12K, 4K.
SAT	14.5.83	1.30pm	YOKINE RESERVE CLUB	CHAMPS	SH: 20K, U20M: 20K U18M: 12K, U16M: 6K U14M: 4K SH: 12K, U20W: 6K, U18W: 6K, U16W: 6K U14W: 4K	SUN 17.7.83	9.00am	W.A.I.T.	HCP
						SUN 24.7.83	9.00am	SHELLEY	STATE CHAMPS SH: 50K, U20M: 20K SW: 20K, U20W: 10K. 10K, 6K, 2K
SAT	21.5.83	1.30pm	SHELLEY	HCP	16K, 10K, 5K	SAT 30.7.83	9.00am	SOUTH PERTH	HCP 12K, 8K, 4K.
SUN	29.5.83	9.00am	CANNING VALE	STATE CHAMPS	SH: 20K, U20M: 10K, U18M: 8K, SW: 10K, U18W: 8K 8K, 3K	SUN 7.8.83	9.00am	CANNING VALE	STATE CHAMPS SH: 16K, U18M: 12K U16M: 4K, U14M: 3K, SW: 16K, U18W: 6K, U16W: 4K, U14W: 3K 6K
				HCP					HCP
SAT	4.6.83	1.00pm	W.A.I.T.	HCP	12K, 6K, 2K.	SAT 13.8.83	1.30pm	WANNEROO	HCP 25K, 10K, 3K
SUN	12.6.83	9.00am	SHELLEY	HCP	25K, 8K, 4K	SAT 20.8.83	1.30pm	W.A.I.T.	HCP 20K, 8K, 4K.
						SAT 27.8.83		SHELLEY	NATIONAL CHAMPIONSHIPS
						SUN 28.8.83			

RESULTS OF FIRST DAY A.A.W.A. STATE TRACK & FIELD CHAMPS. 26th February 1983

100m.	Jim De Gruchy	14.00	M55	100m Hurdles (open)	Eileen Hindle	15.1	W30
400m	Joe Gold	54.70	M35	Javelin	Kath Holland	W40	20.02
	Brian Foley	59.20	M35		Dorothy Whittam	W45	17.94
Long Jump					Jeff Whittam	M45	23.18
	Dorothy Whittam	4.05	W45				
	Kath Counsel	3.41	W35				

Sorry that there are no results from the final two days but as I did not attend, no-one got the results to me.

TIME TRIALS. 10th March 1983.

		200m	800m	1500m	Triple jump	Hammer	Javelin
Dorothy Whittam	W45	29.78	-	-	-	-	18.00
Dave Roberts	M40	30.60	-	-	9.29	-	-
Don Stone	M50	29.52	2.43.0	-	-	-	-
Ian Lyon	M45	27.00	-	-	9.74	-	26.04
Aub Davie	M45	29.80	2.44.0	5.35.0	-	-	-
Bill Monks	M45	27.10	2.13.3	-	-	-	-
Dalton Moffett	M50	27.00	2.21.6	-	-	-	-
Stephen Barrie	M45	29.13	2.31.0	5.01.0	-	-	-
Hamish McGlashen	M45	27.24	-	-	-	-	-
Cliff Bould	M65	-	3.16.5	6.15.0	-	-	-
Ted Costello	M45	-	2.19.2	4.50.0	-	-	-
Bob Sammells	M45	-	2.32.2	5.03.0	-	-	-
Frank McLinden	M50	-	2.28.2	5.08.0	-	-	-
Don Caplin	M40	-	2.13.4	4.20.0	-	-	-
Allen Tyson	M55	-	2.41.0	5.23.0	-	13.18	15.56
Brian Foley	M35	-	2.28.0	4.34.0	-	-	-

Time Trials cont.		200.	12 800m	1500m	triple jump	Hammer	Javelin
Maurice Johnston	M45	-	-	5.01.0	-	-	-
Jim Green	M50	-	-	7.12.0	-	-	-
Alicia Ansell	W35	-	-	5.43.0	-	-	-
Morland Smith	M45	-	-	4.17.0	-	-	-
Brian Danby	u/c	-	-	5.04.0	-	-	-
George Boakes	M65	-	-	-	6.09	-	-
Jeff Whittam	M45	-	-	-	8.18	15.68	17.12
Bob Fergie	M45	-	-	-	-	29.70	28.96
Andy Wright	M60	-	-	5.57.0	-	16.20	15.60
Alf Stillaway	inv M60	-	-	-	-	18.30	25.12
Mel Shead	M35	-	-	-	-	17.20	30.78
Mike Southall	inv M40	-	-	-	-	-	29.78

17th March 1983		5km	400m	100m	Mile Walk	No Field Events on this programme	
Ken Gilbert	M40	17.02	-	-	-		
Derek Crowther	M40	17.25	-	-	-		
Brian Danby	u/c	17.46	-	-	-		
Ted Costello	M45	18.12	-	-	-		
Brian Foley	M35	18.13	60.50	-	-		
Frank McLinden	M50	18.34	-	-	-		
Bob Faulkner	M35	18.40	-	-	-		
Maurice Johnston	M45	18.44	-	-	-		
Stephen Barrie	M45	18.59	65.17	14.20	-		
John Pellier	M40	19.02	-	-	-		
Aub Davie	M45	21.23	67.35	-	-		
Joan Pellier	W40	23.43	-	-	-		
Allen Tyson	M55	-	68.11	-	-		
Don Caplin	M40	-	60.47	13.93	-		
Bob Sammells	M45	-	68.47	-	-	3km 11.07	
Dorothy Whittam	W45	-	-	14.41	-		
Shirley Cross	W45	-	-	21.54	-		
Val Tyson	W55	-	-	-	10.41		
Dick Horsley	M70	-	-	-	9.25		
Jack Collins	M70	-	-	-	11.16		

24th March 1983.		200m	5km	10km	Walks	No Field events this programme.	
Frank McLinden	M45	29.12	-	38.01	-		
Brian Foley	M35	29.40	17.45	-	-		
Cam Ansell	M40	29.52	-	-	-		
Barrie Slinger	M45	30.05	-	37.43	-		
Don Stone	M50	30.53	-	-	-		
Bill Hughes	M55	30.78	20.24	-	-		
Mark Ansell	inv	32.43	-	-	-		
Margaret Warren	W45	42.80	24.39	(corrected time)	-		
Don Caplin	M40	-	16.30	-	-		
Ken Gilbert	M40	-	17.08	-	-		
Brian Foley	M35	-	17.45	-	-		
Stephen Barrie	M45	-	18.10	-	-		
Ed Smith	M45	-	18.12	-	-		
Kevin Martin	M45	-	18.50	-	-		
Alicia Ansell	W35	-	19.47	-	-		
Erica Mercer	W35	-	21.33	-	-		
Dorothy Whittam	W45	-	27.17	-	-		
Val Tyson	W55	-	-	-	14.12	2km	
Jack Collins	M70	-	-	-	23.45	4km	
Don Stone	M50	-	-	-	28.59	5km	
" "					30.02	13 laps	

Two earlier time trials that I almost missed are below.

24th February 1983.		200m	5km	1.5km walk	T/jump	Hammer	Javelin
Dorothy Whittam	W45	29.97	-	-	-	-	19.38
Stephen Barrie	M45	28.89	18.42	-	-	-	-
Charlie White	M40	26.60	-	-	-	-	-
Andy Wright	M60	33.52	-	-	7.63	16.42	15.84
Ray Lawrence	M50	30.31	22.14	-	-	-	-

Time Trials 24th Feb cont.			13	200m	5km	1.5km W	t/jump	Hammer	Javelin
Ian Lyon	M45	27.09	-	-	-	-	9.83	19.74	-
Dick Horsley	M70	34.72	-	-	-	-	-	-	-
Rob Shand	M50	-	18.15	-	-	-	-	-	26.18
Aub Davie	M45	-	20.56	-	-	-	-	-	-
Brian Foley	M35	-	17.28	-	-	-	-	-	-
Stephen Barrie	M45	-	18.42	-	-	-	-	-	-
Brian Danby	u/c	-	17.34	-	-	-	-	-	-
Hamish McGlashen	M45	-	18.54	-	-	-	-	-	-
Alan Acreman	M45	-	20.10	-	-	-	-	-	-
Bill Monks	M45	-	18.26	-	-	-	-	-	-
Morris Warren	M45	-	19.06	-	-	-	-	-	-
Frank Smith	M40	-	15.49	-	-	-	-	-	-
Kevin Anderson	M40	-	16.02	-	-	-	-	-	-
Allen Tyson	M55	-	19.39	-	-	-	-	17.76	-
Denys Butcher	M55	-	6 laps	no time	-	-	-	-	-
Don Stone	M50	-	-	26.45	5km walk	-	-	-	-
Cliff Bould	M65	-	21.59	-	-	-	-	-	-
Stan Lockwood	M50	-	22.02	-	-	-	-	-	-
Barrie Slinger	M40	-	18.23	-	-	-	-	-	-
Joan Slinger	W40	-	23.28	-	-	-	-	-	-
Colin Leman	M35	-	16.43	-	-	-	-	-	-
David Crowther	W40	-	24.24	-	-	-	-	-	-
Lorna Butcher	W50	-	22.08	-	-	-	-	-	-
Maurice Johnston	M45	-	18.37	-	-	-	-	-	-
Don Caplin	M40	-	16.26	-	-	-	-	-	-
Mel Shead	M35	-	19.26	-	-	-	-	16.82	28.22
Frank McLinden	M50	-	18.46	-	-	-	-	-	-
Ted Costello	M45	-	17.45	-	-	-	-	-	-
Alicia Ansell	W35	-	19.42	-	-	-	-	-	-
Derek Crowther	M40	-	17.04	-	-	-	-	-	-
Val Tyson	W55	-	-	-	10.24	-	-	-	-
Jack Collins	M70	-	-	-	9.59	-	-	-	-
George Boakes	M65	-	-	-	-	6.20	-	-	-
Jeff Whittam	M45	-	-	-	-	8.10	15.88	20.58	-
Hillary De Souza	M40	-	-	-	-	-	11.74	-	-
Mike Southall inv	M40	-	-	-	-	-	26.92	31.66	-
Bob Fergie	M45	-	-	-	-	-	29.16	29.06	-
Robert Ticknell inv	M70	-	-	-	-	-	13.10	-	-
3rd March 1983.			100m	2km walk		L/jump	Shot	Discus	
Dorothy Whittam	W45	14.49	-	-	-	-	7.42	17.64	-
Charlie White	M40	12.88	-	-	-	-	-	-	-
Bill Monks	M45	13.11	-	-	-	-	-	-	-
Frank McLinden	M50	14.47	-	-	-	-	-	-	-
Stephen Barrie	M45	14.33	-	-	-	-	-	-	-
Don Caplin	M40	14.45	-	-	-	-	-	-	-
Bill Hughes	M55	15.64	-	-	-	-	-	-	-
Ron Torkildsen	M50	14.52	-	-	-	4.16	-	-	-
Jeff Whittam	M45	-	-	-	-	3.60	6.40	19.52	-
Ian Lyon	M45	-	-	-	-	4.99	7.58	24.10	-
Andy Wright	M60	-	-	-	-	3.73	8.09	30.36	-
David Roberts	M40	-	-	-	-	4.22	-	-	-
Bob Fergie	M45	-	-	-	-	-	9.30	24.64	-
Dick Horsley	M70	-	10.18.4	-	-	-	7.02	23.30	-
Jack Collins	M70	-	13.24	-	-	-	-	12.60	-
10km.									
Frank Smith	M40	32.36		Barrie Slinger	M40	37.54			
Kevin Anderson	M40	32.47		Rob Shand	M50	38.05			
Dave Hoyer	inv	33.09		John Pellier	M40	38.24			
Colin Leman	M35	34.26		Stephen Barrie	M45	38.47			
Bob Harrison	M40	34.38		Maurice Johnston	M45	38.50			
Derek Hoyer	M40	35.37		Frank McLinden	M50	39.27			
Brian Danby	u/c	35.47		Fraser Deamus	M40	39.40			
Frank Steere	M35	35.48		Morris Warren	M45	39.40			
Ted Costello	M45	37.13		Bill Monks	M45	39.45			

10km. cont.					
Mei Shead	M35	39.54	End Crowther	W40	50.15
Alicia Ansell	W35	40.06	Bob Faulkner	M35	14 laps
Bill Hughes	M55	42.52	Ed Smith	M45	13 laps
Cliff Bould	M65	45.05	Ann Deans	W40	12 laps
Stan Lockwood	M50	45.39	Joan Slinger	W40	10 laps
Lorna Butcher	W50	46.14			18.42

Both Frank Smith and Kevin Anderson broke the M40 record in this run. This is the third time this year that this record has been broken, previously it had stood for seven years to George Innes with a time of 33.14. First Frank broke it on the 15th December 1982 with a time of 33.09.2, then Kevin came back on the 20th January 1983 with a time of 32.57, then both of them in this event. Congratulations to both of you.

The next newsletter will be a special Championships edition. Out soon.