



# The Vetrun

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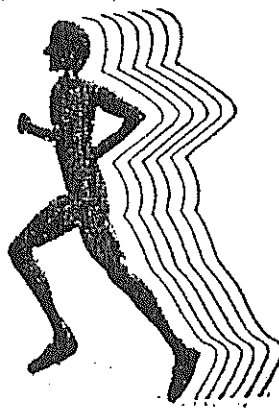
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The reward of a thing well done is to have done it.

## **SPECIAL REPORT**

### **SECOND WESTERN AUSTRALIAN VETERANS**



### **TRACK and FIELD CHAMPIONSHIPS**

**19th and 20th March 1983  
McGILLIVRAY OVAL**

## time-out 3



Members of the veteran athletics club run along the Perth foreshore.

# No age limit for veterans

TOM JONES, of Victoria Park, is no ordinary man. At the age of 89 he's busy training to try and beat his winning time for the 100m sprint, set at last year's Australian veteran championships.

Tom is one of the 200 members of the WA Veterans Amateur Athletic Club who are out to break records . . . and have fun.

"We think Tom is the oldest person in Australia to win an athletic event," fellow club member Don Stone said.

But winning in veteran competitions is not the important thing. "Any performance is warmly applauded, and the only person you are trying to beat is yourself," said Mr Stone.

"Another of our members, Phyllis Head from Bunbury, is in the 60 to 65 age group and has entered for 11 events in the coming State championships. She simply loves competing."

Mr Stone, a former cyclist, is a committee man and has been in-

## health

involved with the club for three years.

Veterans' athletics includes most track and field events—including running, walking, sprinting and throwing.

Competitors were split into five-year age groups. The pre-veterans group is 30 to 35 for women and 35 to 40 for men. The veteran classes start at 35 for women and 40 for men. And, of course, there is no upper limit, said Don Stone.

Veteran athletics has a lot to recommend it. It keeps people active, physically fit, motivated and competitive at a time when many people are winding down.

## Exercise

And people who exercise regularly tend to live longer and enjoy the life they live.

Don Stone says the club doesn't stick to rigid programmes and often members decide how far they'll run or what activity they'll do when they turn up for training on the night.

They meet on Tuesday and Thursday nights and Sunday mornings.

"Many of our members are former athletes who want to maintain or regain fitness," said Mr Stone.

"Often, the old competitive itch returns. But the emphasis is on participation and there is no pressure, just friendly rivalry."

It is a sport which crosses all ages and all occupations. The monthly newsletter congratulates members on their recent birthdays, so no one can hide their age. Another year may simply mean another competitive age group. Members are encouraged to compete in local, national and international veteran events.

This year's championships are the State trials on March 19 and 20 and the national titles in Melbourne in April.

"People join because they want to keep fit, make friends and to feel better," said Don Stone. And with the current emphasis on fitness in Australia and the high rate of coronary heart disease, they are good reasons.

Anyone interested in joining the club should contact Don Stone on 342 2787 after 4pm on weekdays and during weekends.

Chris Walsh

# Young and old in title bids

The West Australian.  
19th March 1983

By BERNIE CECINS

A SPAN of 82 years will link competitors in age this weekend at the two-day Coca Cola annual WA Little Athletics championships at Perry Lakes Stadium and the second WA veterans' championships at the nearby McGillivray Oval.

More than 1700 youngsters, who were successful in their zone events and are representing 29 metropolitan and country centres, will contest 160 titles in seven boys' and girls' sections. The ages range from the under-14s to the under-8s.

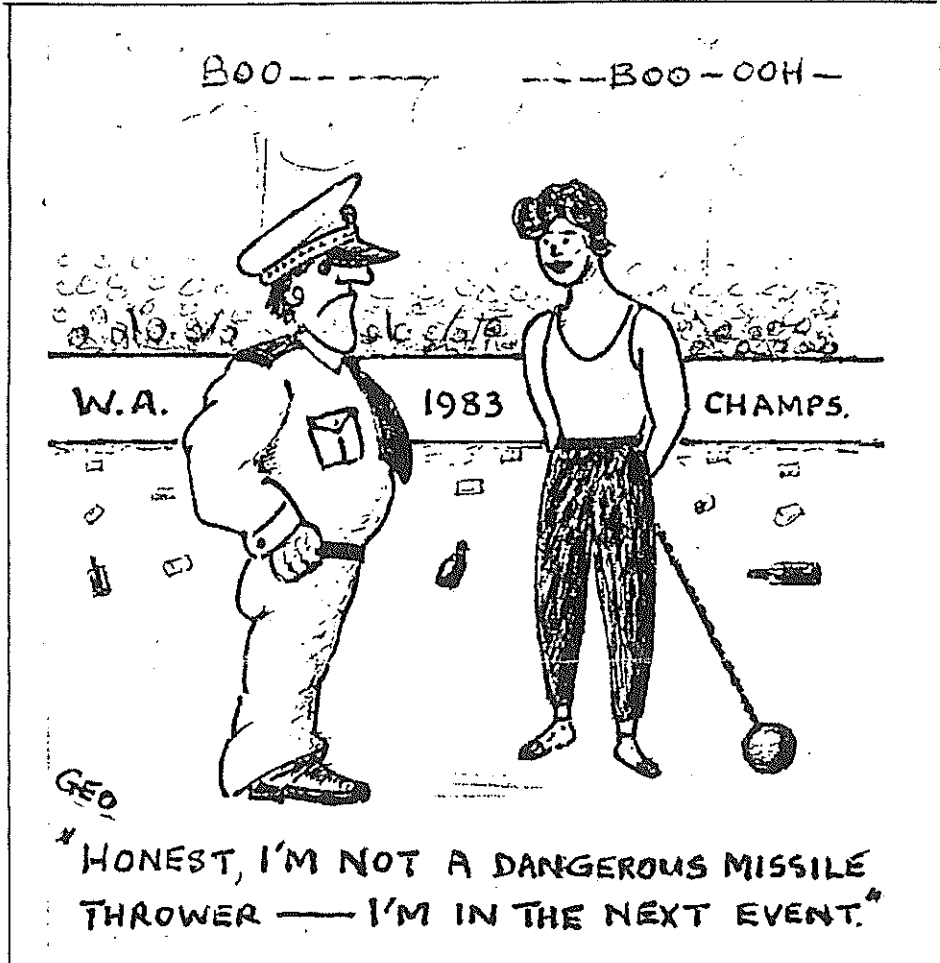
The veterans' events will be decided in 10 age groups—from the over-30s to the over-85s—and the oldest competitor will be the 89-year-old Tom Jones, who last April won the national M85 100m.

Jones' exploits should provide some comfort to the youngsters, who may not succeed on their first attempt in the little athletics events.

The entries for veterans are headed by the multiple world champion John Gilmour and three other WA athletes, who have won world titles—Kath Holland, Cliff Bould and Dick Horsley.

The field will also include former Australian open champions Jim and Fred Langford and Eileen Hindle, who is a force on the WA athletics scene.

The veterans' events at McGillivray Oval on both days will start at noon.



Daily News 9th March 1983

## Many veterans set for championships



The State veterans athletics championships on March 19 and 20 promise to be well-contested.

More than 120 athletes will take part in the track and field programme.

They're coming from as far afield as Kalgoorlie, Esperance, Albany and Bunbury.

The State championships are a build-up to the nationals in Melbourne next month.

Don Stone, of the Veterans Athletic Club, said pre-vets would also be included in the programme.

Veterans are defined as men of 40 and more, and women from 35. Pre-vets are men of 35 to 39 and women of 30-34.

So far the oldest entrant is Tom Jones, of Victoria Park. He's 89, and has entered the 100-metre sprint.

Phyllis Head, of Bunbury, is 64 and will be having a crack at no

fewer than 11 events. They include javelin, shot and discus, walking and running everything from the 80-metre hurdles to the 10,000 metres.

Veterans athletics is a popular and growing movement round the world.

It is particularly well developed in WA mainly as a result of the strong Veterans Athletic Club.

The club is particularly good for people interested in running. It

has regular events and training nights.

Participants compete in groups according to age, and the club maintains a full register of age records and best times.

It also has a regular newsletter.

The championships are open to anyone who wants to take part. Details are available from Don on 342 2787. He can also advise on the club and how to join.

The championships run between noon and 5pm each day.

SECOND WESTERN AUSTRALIAN VETERANS TRACK & FIELD CHAMPIONSHIPS.

HELD 19th & 20th MARCH 1983. at MCGILLIVRAY OVAL.

SPECIAL REPORT BY  
BOB JOHNSTONE.

The weather was kind or unkind (depending on your perspective), for the weekend of the State Championships both days saw blue skies and a relentless sun keeping the temperatures in the mid 30s.

Athletes came from various country areas as well as the Perth metropolitan area. The result was an entry list that included 30 women and 99 men.

As well as the participating athletes there was, as usual, a large number of willing helpers, without whose invaluable assistance the meet would not have eventuated.

Injury prevented a few of the regulars from participating and seen on the sidelines were, John Gilmour, Jim 'Boston' Barnes and ever young Tom Jones amongst others. At one stage Tom joined Reg Briggs and Bunbury's Phyllis Head for a photo session and some mathematically inclined soul pointed out that the ages of the trio totalled 231 years. Phyllis assures me that she is only 21, so the mind boggles how old the other two must be.

Saturday events included the 80m and 110m hurdles, the steeplechase, 100m 400m 1500m, 5000m and 3000m walk on the track as well as the Javelin, long jump, shot and pole vault in the field. There were many notable performances, including those by the ageless Cliff Bould and Dick Horsley, in their specialities, as well as a very welcome return to both the track and field by gentleman Jack Collins. To see Jack coming back after his hip problem to take out the Gold in the M70 3000m walk was truly inspirational. Good on ya Jack.

Sunday saw the 800m, 400m hurdles, 5000m walk, 1500m walk, 200m, 10,000m, Hammer, high jump, discus and triple jump. Some of the highlights of the day included Dorothy Whittam's blazing her way round the track to set a national record in the W45 400m hurdles. Frank Smith (M40) doggedly narrowing the gap between himself and Jim Langford (M35) in the 10,000m until he passed him and streaked on to victory. Gallant efforts by the likes of Dave Hough, John Pellier, Morris Warren, Graham Thornton and Bob Hayres, who, after taking part in the Darlington half marathon in the morning showed up and competed at the championships in the afternoon, and watching and marvelling at W60 Phyllis Head (hang on W60?.... I thought she was 21)! The ubiquitous Phyllis showed ability, stamina and versatility in the extreme.

Following the last event an award was made to the "Athlete of the Meet" (Rob Shand interpreted this to mean the meatiest athlete and ran around with his skin fold calipers, giving likely looking candidates the once over.) Fortunately 'saner' heads prevailed and the judges, Val Prescott and Dick Horsley, Jeff Whittam having opted out of the final decision, made their very difficult decision using more traditional criteria (in quantity and quality of performance).

The very deserving winner, Dorothy Whittam mentioned, in passing, something about sleeping with one of the judges (at which point "Judge Jeffrey" beamed). Well no matter what Dorothy's nocturnal training programme is it certainly works as she set the only National record and she was without doubt the outstanding athlete of the Championships.

There were many great performances over the weekend including Eileen Hindle, Joe Gold, Dave Carr, Rob Shand, Jim Langford, Margaret Harman, Derek Walker, Duncan Strachan, Bernie Kernaghan, George Boakes, Kath Holland, Alicia Ansell, Cliff Bould, Phyllis Head, Louella Jenkins, Dick Horsley, Frank Smith, Ted Maslen, George Innes, Tuula Vaalsta, Bob Fergie, Alex Cummings, Allen Tyson, etc, etc, etc.

State Record setters included Pat Carr, Phyllis Head, Margaret Harman, Tuula Vaalsta, Louella Jenkins, Dorothy Whittam, Kath Counsel, Eileen Hindle, Kath Holland, Dick Horsley, George Boakes and Derek Walker.

There were quite simply too many volunteers (both club members and non members) to list here but hopefully it is suffice to say a sincere THANK YOU to all of those who did help out and so made these championships the success they were.

Special thanks to Bob Fergie, Don Stone and the officials from the A.A.W.A. who contributed mightily to the smooth and efficient running of the meet.

Once again Cliff Bould provided his valued services for injured athletes in need of treatment.

I personally had the interesting task of doing the announcing, which I soon found was a mind boggling and tongue twisting (or is it mind twisting and tongue boggling) job. In that capacity I would like to present my own award for the meet, "The Greatest Name Award"--

A tough decision! It was a toss up between Keijo Vaalsta and Hamish McGlashen. The winner is Hamish, because I still can't pronounce Keijo. Thank goodness for nice compact names like Pat Carr and Joe Gold and to Pat and Joe I give heartfelt thanks and Honourable Mention.

The highlights of the meet had to be the post 400m hurdles ritual. There it was mid Sunday afternoon, 35 degrees celcius, the sun blazing down and out on the track collecting and storing away the hurdles after the race was 89 year old Tom Jones. Tom not only circled the track picking up the hurdles, he simultaneously provided his co-workers with more training tips that Dr George Sheehan has ever heard about. Good on you Tom. You are a real Champion. We'll see you all at next years Champs!

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LOST PROPERTY!!! FOUND AFTER THE CHAMPIONSHIPS.

TRACK SUIT BOTTOMS DARK BLUE.

MANS SHIRT (HURDLER MOTIF).

BLUE WINDPROOF PARKA WITH BULL TERRIER BADGE ON SLEEVE.

A 'HANG TEN' YELLOW PEAKED CAP.

If you have lost any of the above item's they can be retrieved from DON STONE. Give him a ring on 342 2787 and let him know they are yours.

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I have received the two following letters from members regarding the champs:-

27 RIGA CRESCENT  
WILLETTON 6155

21/3/83

Dear Jeff,

I really enjoyed my first taste of competition for 40 years and it does seem a day too long.

If possible, I would like to express my appreciation of the helpful advice given to me by younger and more experienced jumpers <sup>on</sup> both days, ~~both~~ before and during the competition.

Yours sincerely

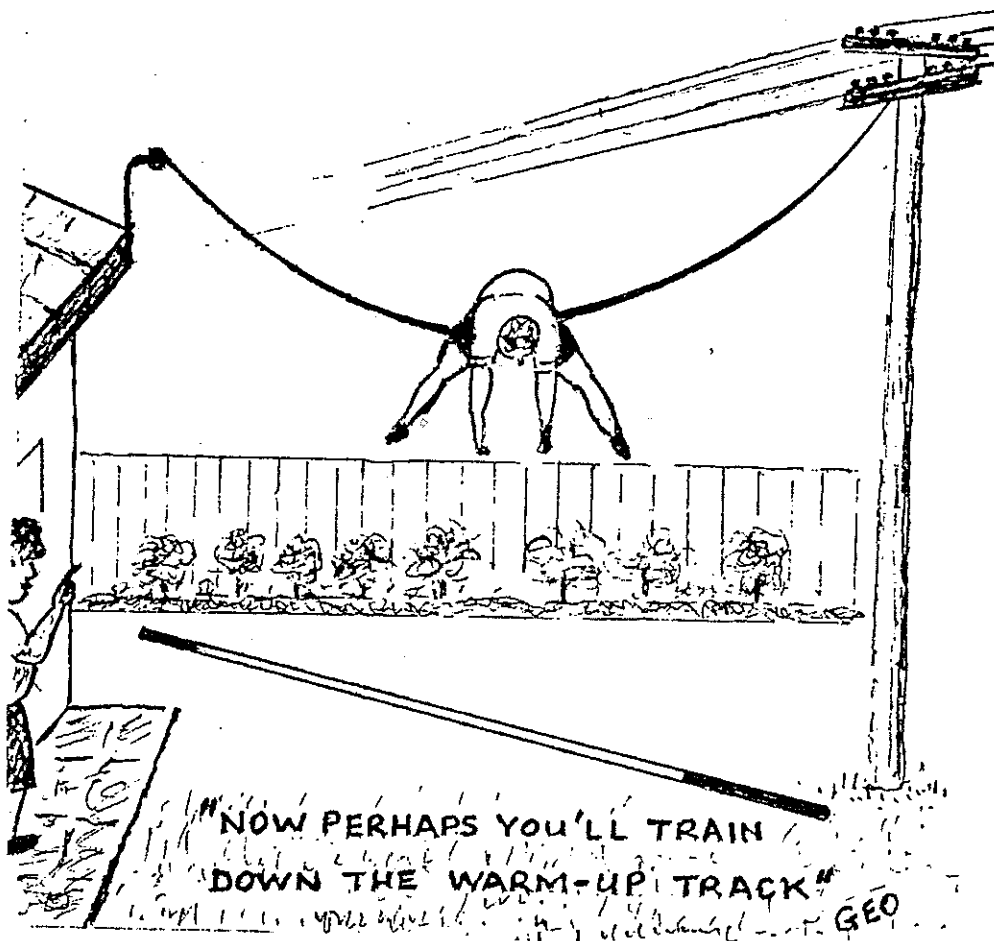
George Boakes

5 Flase bres  
 Melville Heights  
 WA 6156  
 21.3.83

Dear Jeff,  
 I would like to congratulate the committee  
 and thank all the people who helped to make the  
 State Championships a great success.  
 Your Sincerely,  
 Cliff Bould

Thank you both for your letters, I am sure that the committee and other members appreciate your comments about the efforts that were made to ensure the success of these championships and the enjoyment that competitors and officials alike derived from them.

I personally would like to thank Edna Fergie and her three girls, Thelma Manley's two girls, Kevin Hook and the other officials from the association who gave up their weekend to help the Veterans stage such a happy and enjoyable meeting. Also Cliff who, although he was competing did so much to help those who injured themselves in events. THANK YOU.



Now for a few statistics.

COMPETITORS.

W30	3	M35	19
W35	9	M40	28
W40	10	M45	22
W45	4	M50	13
W50	1	M55	9
W55	2	M60	3
W60	1	M65	1
		M70	3
		M85	1
<u>TOTAL COMPETITORS</u>		129	
		<u>TOTAL EVENTS</u>	574

<u>RECORDS</u>	NATIONAL	STATE BROKEN	INAUGERAL
	1	15	7

NATIONAL

400m Hurdles W45 Dorothy Whittam 1.26.8

STATE BROKEN

100m W50 Pat Carr 15.79

800m W60 Phyllis Head 3.43.2

1500m W40 Margaret Harman 5.24.0

1500m W60 Phyllis Head 7.06.0

10,000m W40 Margaret Harman 45.51.0

10,000m W45 Tuula Vaalsta 50.59.4

1500m WALK W40 Louella Jenkins 9.32.1

SHOT W35 Kath Counsel 7.41

JAVELIN W30 Eileen Hindle 22.54

JAVELIN W40 Kath Holland 20.76

JAVELIN W60 Phyllis Head 10.90

HAMMER M70 Dick Horsley 18.70

LONG JUMP M70 George Boakes 2.93

HIGH JUMP M50 Derek Walker 1.34.5

STATE INAUGERAL

400m W60 Phyllis Head 1.47.2

80m Hurdles W40 Louella Jenkins 16.9

80m hurdles W60 Phyllis Head 37.1

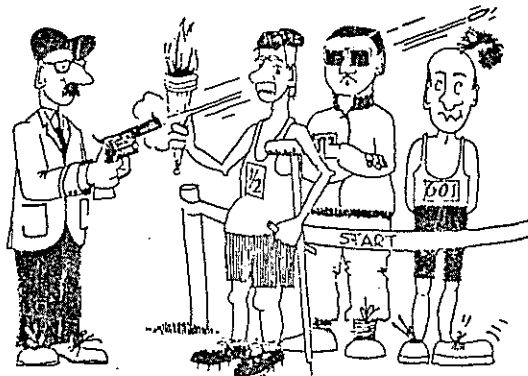
3000m WALK W40 Louella Jenkins 21.17.3

SHOT W60 Phyllis Head 4.47

DISCUS W60 Phyllis Head 10.72

TRIPLE JUMP M70 George Boakes 6.50

# RESULTS



## 100m

### M35.

1. J Gold	11.73
2. D Pope	12.17
3. I Morrison	12.39
4. B Oliver	13.40

### M40.

1. B Kernaghan	11.88
2. C White	12.41
3. B Landers	12.56
4. J O'Brien	12.86
5. R Calnan	13.00

### M45.

1. G Franklin	12.7
2. I Lyon	12.68
3. H McGlashen	13.15
4. W Monks	13.20
5. S Barrie	13.91
6. R Sammells	14.50

### M50.

1. D Walker	12.90
2. D Carr	12.92
3. R Torkildsen	13.42
4. D Wilmott	15.11

### M55.

1. D Jones	13.52
2. R De Gruchy	14.64
3. W Hughes	14.90

### W30.

1. E Hindle	12.83
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### W35.

1. V Prescott	14.73
---------------	-------

### W40.

1. K Holland	13.90
2. J Crockett	14.16
3. L Jenkins	15.55
4. A Ward	15.60

### W45.

1. D Whittam	14.08
2. T Manley	16.53

### W50.

1. P Carr	15.79
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### W55.

1. V Tyson	18.90
2. J Strachan	19.30

## 200m

### M35.

1. J Gold	25.5
2. I Morrison	25.9
3. B Oliver	26.2
4. D Pope	26.8

### M40.

1. B Kernaghan	24.8
2. C Johnson	26.3
3. B Waldhuter	26.6
4. R Calnan	27.1
5. J O'Brien	27.7

### M45.

1. E Costello	28.7
2. S Barrie	29.3
3. G Audley	30.2
4. R Sammells	30.7

### M50.

1. D Carr	26.2
2. D Moffett	26.8
3. D Walker	27.9

### M55.

1. D Jones	30.7
2. W Hughes	31.0

### M60.

1. A Wright	34.1
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### W30.

1. E Hindle	27.3
2. J Chambers	29.8

### W35.

1. V Prescott	32.5
2. E Mercer	32.7

### W40.

1. J Crockett	31.0
2. L Jenkins	36.3

### W45.

1. D Whittam	30.2
2. T Manley	40.3

### W50.

1. P Carr	34.7
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### W55.

1. V Tyson	43.6
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## 400m

## M35.

1. J Gold	57.4
2. I Morrison	58.0
3. D Pope	58.8
4. M Shead	66.2
5. B Oliver	69.1

## M40.

1. B Kernaghan	55.5
2. B O'Connor	56.2
3. B Waldhuter	56.5
4. K Gilbert	56.7
5. J O'Brien	61.6

## M45.

1. G Franklin	59.49
2. H McGlashen	59.5
3. E Costello	60.5
4. S Barrie	64.5
5. A Davie	65.9
6. R Sammells	66.2
7. G Audley	66.6

## M50.

1. D Carr	58.4
2. D Moffett	59.0
3. F McLinden	64.6
4. B Buchanan	65.0
5. D Wilmott	72.6

## M55.

1. D Jones	66.6
2. A Tyson	66.7
3. W Hughes	72.8

## W30.

1. E Hindle	62.9
2. J Chambers	65.5

## W35.

1. E Mercer	74.6
2. V Prescott	84.7

## W40.

1. K Holland	65.2
2. J Crockett	67.8
3. L Jenkins	76.9

## W45.

1. D Whittam	76.5
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## W50.

1. P Carr	83.6
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## W55.

1. J Strachan	100.4
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## W60.

1. P Head	107.2
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## 800m

## M35.

1. B Foley	2.10.1
2. N Bailey	2.14.0
3. M Shead	2.29.3

## M40.

1. K Gilbert	2.08.8
2. B Waldhuter	2.10.8
3. B O'Connor	2.11.5
4. D Caplin	2.12.3

## M45.

1. E Maslen	2.12.8
2. M Smith (460)	2.14.4
3. E Costello	2.17.7
4. K Martin	2.18.3
5. H McGlashen	2.19.5
6. S Barrie	2.24.9
7. R Sammells	2.28.4
8. G Audley	2.31.7
9. A Davie	2.35.3

## M50.

1. D Moffett	2.18.1
2. D Carr	2.21.0
3. F McLinden	2.29.7
4. R Hayres	2.48.0

## M55.

1. A Tyson	2.42.4
2. M Moyle	2.42.7
3. W Hughes	3.01.5

## M60.

1. D Strachan	2.53.6
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## W30.

1. J Chambers	2.29.4
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## W35.

1. E Mercer	2.47.7
2. V Prescott	3.37.9

## W40.

1. K Holland	2.33.4
2. J Crockett	2.46.1
3. J Slinger	3.05.9
4. L Jenkins	3.11.4

## W50.

1. P Carr	3.30.3
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## W55.

1. J Strachan	3.56.5
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## W60.

1. P Head	3.43.2
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## 1500m.

## M35.

1. J Langford	4.16.7
2. B Foley	4.29.6
3. N Bailey	4.45.9

## M40.

1. K Gilbert	4.21.9
2. D Caplin	4.23.6
3. B Waldhuter	4.46.5

## M45.

1. M Smith (460)	4.32.7
2. E Maslen	4.38.1
3. E Costello	4.41.0
4. K Martin	4.47.8
5. W Monks	4.52.0
6. S Barrie	4.53.0
7. G Audley	4.57.0
8. R Sammells	4.58.0
9. M Johnston	5.06.0

10. M Warren	5.14.0
11. A Davie	5.20.0

## 1500m. cont.

M50.	
1. D Carr	4.59.3
2. F McLinden	4.59.9
3. B Torpy	5.01.2
4. R Hayres	5.02.9
5. B Hollier	5.05.0
6. B Buchanan	5.06.0

M55.	
1. A Tyson	5.33.4
2. M Moyle	5.38.1

M60.	
1. D Strachan	5.37.1
2. A Wright	5.50.7

W30.	
1. J Chambers	5.16.4

W35.	
1. E Mercer	5.48.0
2. D Dow	6.02.0

W40.	
1. M Harman	5.24.0
2. J Slinger	6.18.0

W45.	
1. S Maslen	6.58.2

W55.	
1. J Strachan	7.42.0

W60.	
1. P Head	7.06.0

## 5000m

M35.	
1. J Langford	15.55.2
2. V Thrussell	19.05.7
3. M Shead	20.06.0

M40.	
1. F Smith	16.10.5
2. D Caplin	16.31.3
3. S Latchford	18.15.9
4. F Deanus	18.16.0
5. C Spare	18.31.0
6. B Slinger	18.46.6
7. G Thornton	18.59.2
8. J Pellier	19.05.7
9. R Farrell	21.49.3

M45.	
1. G Innes	17.15.4
2. E Maslen	18.03.0
3. E Smith	18.15.3
4. S Barrie	18.53.0
5. R Sammells	19.05.0
6. G Audley	19.06.0
7. M Johnston	19.34.0
8. M Warren	19.44.0
9. K Vaalsta	20.28.3

M50.	
1. R Shand	18.27.0
2. D Carr	19.02.0
3. B Torpy	19.03.0
4. F McLinden	19.23.6
5. B Hollier	19.25.0
6. B Buchanan	20.11.7
7. D Wilmott	20.44.8

M55.	
1. A Tyson	20.44.2
2. W Hughes	20.59.2

M60.	
1. D Strachan	21.53.7

W30.	
1. R Langford	22.24.9

W35.	
1. A Ansell	20.02.0
2. C Amies	20.19.0
3. D Dow	22.36.0

W40.	
1. M Harman	20.41.5
2. J O'Connor	22.49.0
3. J Slinger	24.39.0
4. M Acreman	26.03.0

W45.	
1. S Maslen	28.09.0

W55.	
1. J Strachan	29.42.6

W60.	
1. P Head	28.39.0

## 10,000m

M35.	
1. J Langford	34.09.6
2. B Foley	40.07.9

M40.	
1. F Smith	33.30.9
2. K Anderson	33.57.0
3. H Stoffers	34.32.2
4. D Caplin	35.08.1
5. B O'Connor	37.33.9
6. F Deanus	38.13.8
7. B Slinger	39.04.0
8. C Spare	39.26.7
9. J Pellier	44.05.7
10. R Farrell	44.43.7

M45.	
1. G Innes	35.46.7
2. E Maslen	37.30.3
3. E Smith	38.23.0
4. G Audley	40.05.0
5. E Costello	40.25.0
6. S Barrie	40.36.5
7. K Martin	40.42.5
8. R Sammells	41.24.0
9. M Warren	42.36.8
10. K Vaalsta	43.30.3

M50.	
1. R Shand	38.58.8
2. B Torpy	39.56.0
3. F McLinden	40.59.0
4. D Carr	41.59.0
5. D Wilmott	43.15.2
6. B Buchanan	49.34.0

M55.	
1. A Tyson	43.36.2
2. W Hughes	46.46.7
3. G Morgan	49.32.0

M60.	
1. D Strachan	45.46.0

M65.	
1. C Bould	49.32.0

10,000m cont.W30.

1. R Langford 47.38.0

W35.1. A Ansell 42.07.8  
2. E Mercer 46.26.9  
3. D Dow 47.12.7W40.1. M Harman 45.51.0  
2. J O'Connor 47.39.9W45.1. T Vaalsta 50.59.4  
2. S Maslen 58.56.9110m hurdles.M35.1. J Gold 20.4  
2. I Morrison 20.62M50.

1. D Walker 20.4

M55.

1. D Jones 26.2

100m hurdles.W30.

1. E Hindle 14.4

80m hurdles.W30.

1. L Jenkins 16.9

W60.

1. P Head 37.1

400m hurdles.M35.1. J Gold 68.4  
2. I Morrison 69.9  
3. B Oliver 85.1M40.

1. P Muller 74.7

M45.1. E Maslen 76.7  
2. G Audley 79.8  
3. J Whittam 87.7M50.1. D Walker 76.0  
2. D Stone 82.8W30.

1. E Hindle 70.9

W40.

1. L Jenkins 91.5

W45.

1. D Whittam 86.8

3000m Steeplechase.M35.

1. F Langford 10.17.3

M40.

1. F Deamus 12.08.6

M45.

1. E Maslen 11.10.5

M50.1. F McLinden 11.55.6  
2. D Stone 13.01.2M55.1. A Tyson 13.20.1  
2. W Hughes 13.41.6M60.

1. D Strachan 13.13.7

3000m WALK.M35.

1. T Jones 14.24.5

M45.1. J Turnbull 17.16.5  
2. G Audley 19.10.9M50.

1. D Stone 16.59.5

M70.1. D Horsley 17.41.1  
2. J Collins 21.40.0W40.

1. L Jenkins 21.17.3

W55.

1. V Tyson 20.48.3

W60.

1. P Head 21.44.0

1500 WALK.W35.

1. J Fletcher 8.27.9

W40.

1. L Jenkins 9.32.1

W55.

1. V Tyson 9.59.3

W60.

1. P Head 10.11.6

5000m WALK.M35.1. T Jones 26.23.3  
2. C Leman 31.51.5M45.1. G Audley 29.54.5  
2. J Turnbull 30.23.9M50.

1. D Stone 30.13.4

M70.

1. J Collins 38.00.0

SHOT.M35.

1. R Young 8.34  
2. J Gold 7.80

M50.

1. D Walker 8.28  
2. D Carr 7.39

M70.

1. D Horsley 7.68

W35.

1. K Counsel 7.41

W60.

1. P Head 4.47

DISCUS.M35.

1. R Young 25.84  
2. I Morrison 23.38

M50.

1. A Cummings 30.87  
2. D Walker 22.88  
3. D Carr 20.04

W30.

1. E Hindle 20.04

W45.

1. D Whittam 17.58

JAVELIN.M35.

1. M Shead 32.66  
2. I Morrison 30.90  
3. R Young 25.82

M50.

1. R Hayres 24.38  
2. D Carr 21.80

W30.

1. E Hindle 22.54

W45.

1. D Whittam 20.14

HAMMER.M35.

1. J Gold 20.04  
2. R Young 18.92

M50.

1. A Cummings 24.92  
2. D Carr 15.28  
3. R Hayres 15.24

M40.

1. C Johnson 9.55  
2. R Calnan 8.39  
3. B Landers 8.01  
4. H De Souza 6.39

M55.

1. W Hughes 7.57  
2. R De Gruchy 5.83

W40.

1. K Holland 7.48  
2. J Crockett 6.94  
3. L Jenkins 6.62

M40.

1. C Johnson 31.23  
2. P Muller 25.82  
3. B Landers 25.52  
4. R Calnan 23.14

M60.

1. A Wright 27.38

W35.

1. K Counsel 21.70

W60.

1. P Head 10.72

M40.

1. M Southall 34.04  
2. C Johnson 33.94  
3. H De Souza 33.38  
4. P Muller 32.04

M60.

1. A Wright 17.88

W35.

1. K Counsel 14.06

W60.

1. P Head 10.90

M40.

1. M Southall 27.18

M55.

1. A Tyson 13.44  
2. W Hughes 11.30

M45.

1. A Fergie 9.74  
2. J Turnbull 7.30  
3. I Lyon 7.27  
4. J Whittam 6.39

M60.

1. A Wright 8.33

W45.

1. D Whittam 7.57

M45.

1. I Lyon 25.08  
2. A Fergie 24.66  
3. J Turnbull 20.40  
4. J Whittam 19.50  
5. R Sammells 15.22

M70.

1. D Horsley 23.34

W40.

1. K Holland 21.32  
2. J Crockett 17.70

M45.

1. A Fergie 33.42  
2. J Turnbull 31.14  
3. I Lyon 28.88  
4. R Sammells 23.08  
5. J Whittam 20.82

M70.

1. D Horsley 17.74  
2. J Collins 16.10

W40.

1. K Holland 20.76  
2. L Jenkins 17.74

M45.

1. A Fergie 29.64  
2. J Turnbull 21.00  
3. I Lyon 17.28  
4. J Whittam 16.02

M60.

1. A Wright 17.68

M70. D Horsley 18.70

LONG JUMP.

M35.		M40.		M45.	
1. J Gold	4.99	1. B Landers	4.96	1. I Lyon	4.71
2. I Morrison	4.77	2. R Calnan	4.82	2. G Audley	4.05
3. R Young	3.89	3. D Roberts	3.88	3. J Turnbull	3.77
				4. W Monks	3.53
				5. J Whittam	3.31
M50.		M55.		M60.	
1. D Walker	5.07	1. R De Gruchy	3.93	1. A Wright	3.84
		2. D Jones	3.63		
M70.					
1. G Boakes	2.93				
W30.		W35.		W40.	
1. E Hindle	4.89	1. E Mercer	3.59	1. L Jenkins	3.48
		2. K Counsel	3.08		
W45.					
1. D Whittam	3.82				
2. T Manley	2.96				

TRIPLE JUMP.

M35.		M40.		M45.	
1. I Morrison	10.30	1. P Muller	10.52	1. G Audley	8.78
2. J Gold	9.62	2. B Landers	10.32	2. J Whittam	8.11
3. R Young	7.74	3. R Calnan	9.57		
		4. D Roberts	9.39		
M50.		M70.			
1. D Walker	9.59	1. G Boakes	6.50		

HIGH JUMP.

M35.		M40.		M45.	
1. J Gold	1.45	1. B Landers	1.40	1. A Fergie	1.40
M50.					
1. D Walker	1.34.5				
W35.		W45.			
1. E Mercer	1.20	1. T Manley	1.15		

POLE VAULT.

M45.	
E Maslen	2.20

Some further thoughts.

The championships were held on a grass/cinder track three days after an inch of rain fell on it.

The weather was hot, about 34 degrees celcius, with high humidity.

The throwing circle for the hammer event was SQUARE. This was because the university do not have an area for hammer throwing, so Bob Fergie managed to obtain a square of terrazzo 6ft 6in square for us to throw from. This was placed in the middle of the desert!! on the other side of the road from the track where no damage could be done. This must have been one of the most sociable events ever held at any competition.

Several competitors were seen during various stages of the two days sporting a new 'uniform'. Ice packs adorned different parts of their bodies courtesy of Cliff Bould (Treatment), Barrie Slinger ('soft' ice) and plastic bags from where they could get them.

For those of you who have not yet got a copy of Cliff's book "ATHLETIC INJURIES" Don Stone has got hold of several copies at \$2.00 each.

I was hoping to finish with one last cartoon but space has run out so I will put it into the next issue of the newsletter. My thanks to George Boakes for drawing them.