



The Vetrun

No 129.

June 1983.



W.A. VETERANS A.A.C.

PRESIDENT.

Barrie Slinger 386 7727

Registered for posting

SECRETARY.

Fraser Deanus 390 5892

as a periodical.

TREASURER.

Colin Leman 364 7782

Category 'B'

EDITOR.

Jeff Whittam 387 6438

Publication No. WBH0370

SUPPLEMENT

COMMITTEE MEETING.

CLUB CROSS-COUNTRY CHAMPS. This event at Jorgenson Park will remain as a club event and a Veterans State Cross Country Champs will be scheduled as an extra event later in the year. This event will be open to all members of athletic clubs who are of veteran age or pre-vets.

MARATHON CHAMPS.(NATIONAL) This is being held in Tasmania on the 13th June 1983. It is being held in conjunction with the Southern Cross Marathon and the organisers have offered billets to anyone who requires them. If you are thinking of going Fraser Deanus has the details.

CLUB EQUIPMENT. All club equipment that is borrowed, measuring wheel, discus, shot etc, MUST be returned to the armourer as soon as possible as other members may be wishing to use the item.

PEOPLES MARATHON. After the Peoples Marathon on the 12th June, Joan and Barrie Slinger will be holding 'open house' for club members at 28, Florence Road, Nedlands. Would those who intend going please take along a savoury dish and B.Y.O.G. Come along and agonise together.

THROWS CLINIC. Ed Neimanis, Chief Coach A.A.W.A., is holding a "THROWS CLINIC" at the W.A.I.T. athletic field, Kyle Road (off Kent Street) each Sunday morning at 9.30am commencing 22nd May. The aim is to improve and promote throwing events and vets are invited to participate in the clinics and competitions during the off season. During the 78/79 season a 'throwers club' was formed and no fewer than 16 state and 5 national records were set by athletes who attended. All you would be throwers, nows your chance.

QUIZ NIGHT

AT THE SHENTON PARK HOTEL ON 6th JULY 1983 START 7.30pm.
MAKE UP TABLES OF SIX WITH YOUR FRIENDS. TICKETS \$3.00
PER PERSON. TICKETS WILL BE AVAILABLE FROM ALL COMMITTEE
MEMBERS FROM 8th JUNE. ANYONE WHO WOULD LIKE TO DONATE
A PRIZE PLEASE CONTACT BARRIE SLINGER. SORRY NO CHILDREN

CHANGE OF FIXTURE. 5th June Bob Harrisons run will now be held on 19th June.
19th June Group Jog round the Ladies Course will now be on 5th June.

SUPPLIMENT CONTINUED.

GEORGE SKEELS TROPHY. This is an A.A.W.A. event that the club runs and keeps the entry fees. We require help with the marking of the course and in marshalling during the race, also with taking entries. It is a sealed h/cap event so requires a fast bit of working out the placings afterwards. Anyone who is not running but can help would they please let Jeff Whittam know before the day if possible.

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

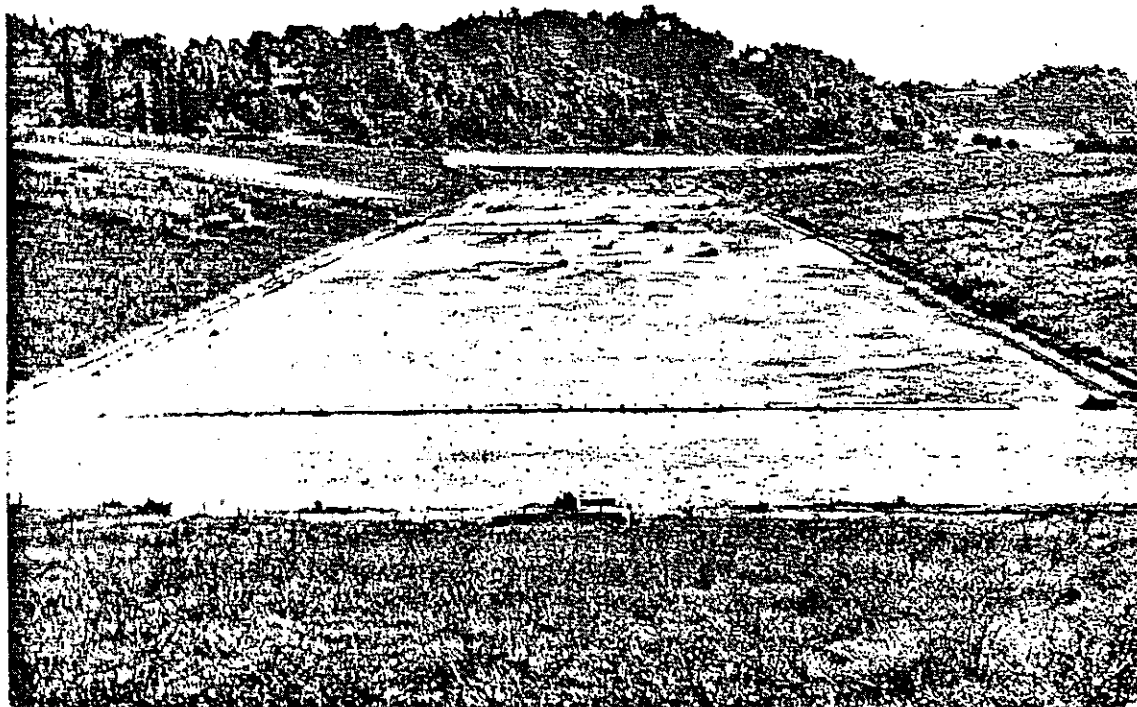
Glenys Waldhuter, P.O. Box 160, Katanning. 6307. W35 17.Aug 43. (098)221517
Mary Robinson, Unit102/12, Wall Street, Maylands. 6051. W45 7.Dec.36 2725364
Allan Lean, 22, Ashington Street, Dianella. 6062. 2.June.34 M45 276 5452
Bernie Oliver, Swan Gardens Caravan Park, 2, Toodyay Road, Midland. 6065

M35 19. Nov 43.

Joseph Froudish, 23, Heytesbury Road, Subiaco. 6008. M35 18.Feb 46. 381 5347
David Woodroffe, 50, North Street, Cottesloe. 6011. M40 14.Oct 39 384 6502
Gwendolene Evelyn. 3, Kootingal Road, Armadale. 6112. W35 28.Apr 45
Geoffrey Evelyn, As Above M45 4.Sep 35

OCTOBER LONG WEEKEND. This will be held at DONNELLY RIVER. There is limited accommodation so book early. Barrie Slinger is the man in charge. The cost will be approximately \$11.00 from Friday night till Monday afternoon, this will be dependant on numbers but should not vary a great deal. Three cottages have been booked plus the community hall. Each cottage holds up to sixteen people, this means that there are only 48 places, hence the 'book early'. The camp is set in the middle of the forest with the cottages grouped around a large oval, there are two dams nearby and we are taking two kyaks with us so we can have some water activities, (Will the dauntless Margaret Warren make kyaking look child's play as she did windsurfing at Eaton)? There are GOOD beds in the cottages and the community hall has billiards, table tennis and a piano. (Accommodation preference will no doubt be given to a piano player.) More details will be given in later newsletters.

DO YOU KNOW WHERE THIS IS? ANSWER IN NEXT MONTHS NEWSLETTER.





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THE V.A.V.A.A.C.

ANNUAL GENERAL MEETING 27/3/83

The President opened the meeting at 8.00 a.m.

APOLOGIES

R. Faulkner, F. Smith, J. Whittam, Margaret and Morris
Warren, G. Morgen, G. Innes and D. Batterham.

MINUTES OF LAST MEETING

Accepted, moved D. Stone, 2nd D. Strachen.

SECRETARY'S REPORT

Accepted, moved C. Bould, 2nd M. Moyle.

TREASURER'S REPORT

Accepted, moved W. Hughes, 2nd I. Southerland.

ELECTION OF OFFICE BEARERS

Patron:

W. Hughes
Proposed B. Slinger, 2nd B. Haynes

President:

B. Slinger
Proposed C. Leman, 2nd R. Shand

Vice President:

D. Stone
Proposed J. Whittam, 2nd D. Whittam

Secretary:

F. Deanus
Proposed D. Whittam, 2nd J. Whittam

Elected to Comm.

Bob Fergie
Brian Danby
Sue Lemon
Joan Pellier

Proposed

J. Whittam
B. Slinger
T. Slinger
D. Whittam

2nd

D. Whittam
S. Leman
E. Crowther
F. Deanus

Auditor

Ray Lawrence
Proposed B. Haynes, 2nd Dick Horsley

Librarian

Alan Tyson
Proposed B. Samwells, 2nd B. Farrell

Editor

Jeff Whittam
Proposed B. Farrell, 2nd Ian Southerland

<u>Handicapper</u>	Andy Wright Proposed J. Whittam, 2nd D. Whittam
<u>Statistician</u>	Dick Horsley Proposed J. Whittam, 2nd D. Whittam
<u>Mon. Membership</u>	R. Briggs New. G. Boakes
Current	T. Jones D. Horsley
	J. Collins

Life Membership

Active and continuous membership for minimum of ten years plus substantially contributing to club.

None eligible this year.

Current Life Members

Jack Collins	Cliff Bould
Dick Horsley	John Gilmour
Dave Carr	Rob Shand
Bob Hayes	Bob Fergie

PRESENTATION OF
TROPHIESReg Briggs Trophy

Presented to Frank Smith for placings in the State Marathon Championships (open) winning the Albany Marathon and overall excellent performances.

Patrons Trophy

For Time Trials men and women

Men: Andy Wright

Women: Jan Fletcher

GENERAL BUSINESS

Dick Horsley moved a vote of thanks to retiring members of the Committee.

Don Stone raised the matter of the new club colours being similar to Morley Swans and Bunbury and hard to distinguish between them in competition, particularly track. The situation to be investigated by the Committee.

D. Hough raised the problem with Vets and Marathon Club programmes clashing. The President pointed out that at times it was impossible to avoid such clashes.

Mike Berry raised the matter of the Association putting on the Perth Marathon a week before the Bunbury Marathon. The President stated that the Club had sent a letter of protest.

Derek Walker asked if the official club badge was being phased out. The President replied that it was not.

Bob Farrell stated that runs should start at 8.00 not at 8.15, the meeting was in full agreement that we should endeavour to start the runs on time.

Meeting Closed 9.30 a.m.

This report will deal only with major issues which have affected the club over the past year.

Incorporation: This is now in its final stages. All that now remains to be done is for the club to be registered in the names of the new office bearers. The Incorporation of the club will then be passed by the Corporate Affairs Office.

Thereafter, any changes in office bearers and any constitutional amendments must be forwarded to this office.

Country Membership:

Criteria: Applicants must be members of a club affiliated with the W.A.A.A. A fee of \$3.00 entitles them to:

- a) Membership of the W.A. Veterans Club
- b) Entry to State and National Championships
- c) Use of the Club library
- d) Eligibility for records, provided these are properly ratified.

One newsletter is sent to each group of members.

To date we have 4 country members from Bunbury.

Perry Lakes Track and Field Season:

The club had 15 registered athletes for the Summer season and the roster of officials needed each Saturday proved most successful. My sincere thanks to all who assisted so cheerfully and capably. For the first time, the W.A.A.A. has presented all officials who attended with a certificate of appreciation. Quite a few who helped on behalf of this club have not received one. This is due to the difficulty of tracing all the sheets on which officials were marked during the season. I hope that this club will help to ensure complete records next year from which the Association can issue certificates.

State Championships:

Held last weekend these were most successful, financially and most importantly had a marvellous atmosphere. The club owes a debt of gratitude to Don Stone who organised the entries and especially to Bob Fergie who as usual quietly and efficiently organised everything - including his own family!

Sport for the over 50's

Don Stone represented the club at the initial meeting to discuss this subject. He is on the Committee which is to publish a Directory of Sporting bodies catering for the over 50 age group and has been asked to be on the organising committee for the W.A. Senior Citizens Week.

Major Purchases for the club this year were the Chronomix Clock and the photocopier, both of which made life easier for a lot of people.

Change in Uniform: This has been generally successful, but reception has been mixed

Finally - the Club wishes all competition who are competing in the National Championships at Easter the best of luck. The outgoing Committee would like to thank all members of the Club for their support of the various runs and activities it has organised and their support and help freely given when requested. The atmosphere of enjoyment and co-operation so apparent at the State Championships last weekend shows that the Club is in a healthy state and providing its stated aims of fitness and enjoyment.

W.A. VETERANS AMATEUR ATHLETIC CLUBStatements of Receipts and Payments for Financial Year 1982/83RECEIPTS

<u>1981/82</u>		<u>1982/83</u>
\$1,641.50	Subscriptions	\$1,482.00
728.50	Newsletters, badges etc.	1,283.00
124.00	Sportswear, books	788.50
639.00	Wine Sales	704.00
274.50	Sundry Events	348.75
35.50	Donations	37.00
-	Film Night	104.00
-	Quiz Night	729.00
-	Xmas Dinner	1,053.00
-	Sundown Entries	427.90
-	State Champs - 1983	538.00
151.44	Bank Interest	96.14
1,909.15	Net Proceeds - Nationals 1982	-
22.50	Sundries	-
-	Repayment of Advance	100.00
<u>\$5,526.09</u>	<u>TOTAL RECEIPTS</u>	<u>\$7,691.29</u>

PAYMENTS

\$ 141.70	Sports Equipment	\$1,372.50
140.80	Fees	140.00
1,017.91	Newsletter	584.93
279.83	Stationery, postage, telephone	387.34
-	Photocopier	2,550.00
-	Typewriter	229.00
575.18	Wine Bottling	591.17
-	Club Events	59.50
-	Sundown Expenses	259.74
250.00	Honararium	250.00
143.50	Sportswear, books	1,083.95
855.26	Xmas Dinner Expenses	1,453.40
251.01	Miscellaneous	277.26
-	Additional National Expenses 1982	189.99
150.00	Travel Grants	-
184.00	Badges, stickers etc.	190.00
12.00	Magazine Subscriptions	-
439.13	24 Hour Relay Expenses	-
-	State Champs - 1983	21.53
<u>\$4,440.32</u>	<u>TOTAL PAYMENTS</u>	<u>\$9,640.31</u>

\$1,085.77	Excess of Income Over Expenditure	(\$1,949.02)
512.50	Term Deposits	(\$1,000.00)
1,817.53	Add Opening Balance	3,415.80
	Closing Balance At	
<u>\$3,415.80</u>	Bank As 11.3.83	<u>\$ 466.78</u>

THE INAUGURAL KATANNING TRIATHLON

Before the triathlon, Katanning, in my limited knowledge of the South West, was just 'somewhere down South'. That all changed on the 27th March when along with 37 other entrants in the individual ironman event and 47 teams of 3 in the teams event, some of us not knowing whether Katanning was spelt with 2 T's and 1 N, or 2 N's and 1 T, became part of West Australia's first triathlon.

The town is situated 335km from Perth on the Great Southern Highway. I arrived on the Saturday afternoon in ominously warm conditions and spotted a few other early birds who showed their presence by displaying roof racks and bumper racks bristling with professional looking racing bikes.

After an early carbo-loading meal of rice and vege's at the local chinese restaurant, a visit to the last day of the Katanning Show helped pass another nervous hour. Early to bed for a long sleepless night, a pattern I'm sure most of us know only too well. I arrived far too early at the pool for the 8.00 AM start of the first swimming heat, only to find Barry Thomsett pacing up and down like an expectant father outside a labour ward, and Graham Thornton nursing the remains of a bout of nervous flu.

The swimming was carried out as a time trial, and here a word of warning to future aspirants to this event....'The water in the Katanning pool is C O L D. This did not appear to worry John Maloney who completed this first 1500m leg of 30 laps in a smart 23m-11s. John has participated in the world championship triathlon in Hawaii for the last two events coming 20th and 18th respectively, in a field of 850. John's pre-race predictions were very modest as he thought these short 'sprint' triathlons were more suited to the younger athletes such as Stuart Gee, a 32min. 10000m runner who performed well in the pool to record the good time of 26m-30s. a 3min 19sec handicap behind Maloney and setting the scene for the cycle leg heats due to start at 11.30. This again was run as a time trial in 3 heats.

During the many heats of the teams events, which kept the organisers busy throughout the morning the temperature was quickly climbing towards the eventual maximum of 37°. The heat took its toll on several of the runners and cyclists in the teams events, however Kevin Anderson performed well to run his leg (the 15km running segment) in 53m-13s to assist his team, 'The Vetajets' to an easy win in the veterans teams division with an overall time of 2-20-00, almost 3 minutes faster than the winners of the open trophy, 'Altus Allstars'.

The cycling leg of the ironman event was tough. It was hot, hilly and the gusting NE headwind on the outward journey must have caused many to wonder how their reserves were going to last for the afternoons run. In the first heat, Maloney and Gee alternating the lead, headed the field by a large margin. 3km from the finish, Maloney managed to shake Gee with a surge that carried him to a 17sec winning margin covering the 35km ride in 60m-47s. When the cumulative

times were put on the progress board at the completion of the cycling heats it was clearly a 2 hoarse race, with Gee being the favourite for the running leg of 15km scheduled for 3.30.

The organisers planned the running so that the order across the finish line was the position overall. This was achieved by starting the runners in the order of their elapsed times from the other two legs. Competitors not within 20 mins. of the leader all started off at 20 mins.

Gee started 3min. 36sec. behind Maloney, however a recent leg injury restricted him to 53min. 4sec. even slower than Maloneys 52min. 46sec. which gave him a comfortable margin of 3min. 54sec. and the open trophy. His total time of 2-16-44 was a creditable performance.

The organisation was superb, as was the quality of the trophies. It was a day that I will never forget, for without it being said a strong bond was woven around those 38 competitors, a proud bond of sweat and pain that made us all part of West Australias first triathlon.

MEL SHEAD.

Results of members in the Iron Man Event.

	SWIM	CYCLE	RUN	TOTAL
11. Mel Shead	36.25	66.33	64.12	2.47.10
12. Graham Thornton	35.14	66.29	66.32	2.48.15
30. Barrie Thomsett	38.25	76.29	85.53	3.20.47

40 individuals took part.

W.A. IRONMAN TRIATHLON

INDIVIDUALS AND TEAMS.

ORGANISED BY THE ROTARY CLUB OF SOUTH PERTH.

2 KM. SWIM. 40 KM. BIKE. 15 KM. RUN. (Approx. distances only at
this time.)

SUNDAY 9th OCTOBER 1983.

WATCH FOR FURTHER DETAILS, BUT START TRAINING.

CORRECTION TO RESULTS OF NATIONAL CHAMPS AT EASTER.

In the last newsletter I put that Erica Mercer had won the Bronze Medal in the 100m, 200m and 400m events, this was incorrect.

It was in fact PAT CARR who was third in each of the above events, in the W50 group. Sorry about the mistake Pat. (Ed)

The rest of the placings credited to Erica were correct.

NATIONAL TRACK & FIELD CHAMPS/OCEANA GAMES EASTER 1984.

We have received the following letter from the A.C.T. Veterans regarding the accommodation in Canberra for the National Champs next Easter.

"We have contacted the Tourist Bureau and have been informed that there will be three conventions taking place in Canberra over the Easter period, bringing 6,000 people into the area.

We have booked 23 Mobile Homes at the Canberra Motor Village, these will accomodate 4 to 5 people each. Book these through your own local travel agent, ask them to contact GILLIAN SHEATHER at the A.C.T. Tourist Bureau. (062) 49 7555 as the bookings are held by her.

We are also attempting to block book other accommodation in motels in Narrabundah, Griffith, Watson and Queanbeyan, this is all being held by the A.C.T. Tourist Bureau and MAY be at slightly reduced prices.

We did try to secure University accommodation but all halls are occupied as it is mid semester."

Ken Daniels.

Anyone who is interested in going to the Champs, which has the Oceana Games combined with them, must make reservations very early. Fraser has a full list of accommodation addresses that the A.C.T. sent out along with the letter. Entry forms for the Champs will not be available till later, near the end of the year.

1st May 1983. WALLISTON WALLOP RUN. 10km.

The weather this year was ideal, a fine cool day with a light breeze. This was much appreciated by the members who made it up into the hills for this popular event, even though there was not the usual wine bottling (and imbibing) that usually follows the run. Even so most of the hardened wine bottlers made it again this year and it was a very good turnout. Perhaps it may have something to do with Rose's Apple pie and cream that was devoured in great helpings after the run by All and Sundry, and the rest of the vets. Our thanks go to Rose and Maurice who opened up their home to us yet again. Rumour has it that there were still some members there from last year?

RESULTS.

5km run.	Jacquée Greenfield	34.25	Val Tyson	37.27
10km run.		actual time	H/cap	H/cap time psn
1.	Bob Harrison	M40	37.35	2.30 35.05 1
2.	Derek Hoyer	M40	37.50	1.30 36.20 2
3.	Don Caplin	M40	41.05	1.00 40.05 12
4.	Jim Barnes	M40	41.26	1.45 37.56 10
5.	Rob Shand	M50	41.56	4.00 37.56 3
6.	S. Mitchell	inv	42.22	- -
7.	D. Hazell	inv	42.33	- -
8.	Graham Thornton	M40	42.45	4.15 38.30 5.
9.	Mike Khan	M35	42.56	3.45 39.11 8
10.	Brian Danby	u/c	43.15	2.30 40.45 14
11.	Barrie Slinger	M40	43.26	4.45 38.41 6
12.	Bob Sammells	M45	43.26	4.00 39.26 9
13.	Bill Mitchell	M45	44.49	5.45 39.04 7
14.	Jim Greenfield	M40	46.03	5.30 40.33 13
15.	Duncan Strachan	M60	46.03	7.45 38.18 4
16.	Bob Farrell	M40	47.42	7.45 39.57 11
17.	George Peet	M45	48.25	5.30 42.55 18
18.	Aub Davie	M45	48.40	7.15 41.25 15
19.	Andy Wright	M60	49.56	7.45 42.11 16
20.	Dave Benson	M40	51.30	5.00 46.30 23

Cont.

21.	Morris Warren	M45	51.30	5.15	46.15	22
22.	Brian Greenfield	inv	52.18	-	-	
23.	Don Stone	M50	53.25	6.00	47.25	25
24.	Ray Lawrence	M50	53.27	8.00	45.27	21
25.	Joan Slinger	W40	53.42	11.30	42.12	17
26.	Allen Tyson	M55	56.18	5.30	50.48	27
27.	Joan Pellier	W40	56.18	11.30	44.48	19=
28.	Ann Deanus	W40	56.18	11.30	44.48	19=
29.	Phyllis Farrell	W35	58.35	13.30	55.05	28
30.	Margaret Warren	W45	58.35	13.00	55.35	29
31.	Nora Berry	W50	64.26	19.30	46.56	24
32.	June Strachan	W55	64.26	17.00	47.26	26

There were five new records set in the run, they are as follows:-

Joan Slinger	W40	53.42	previously held by	Ann Deanus	59.32
Margaret Warren	W45	58.35	"	Margaret Warren	60.03
June Strachan	W55	64.26	"	Val Tyson	69.20
Rob Shand	M50	41.56	"	Allen Tyson	45.06
Duncan Strachan	M60	46.03	"	Duncan Strachan	48.41

Congratulations to all the new record breakers.

3 x Dave Jones Course (6.6km) 8th May 1983.

The weather was ideal, overcast with a slight north easterly wind. There was a reasonable field considering the counter attractions- State 25km Road Champs and the Marathon Clubs 20 miler. Rod Cox ran a well judged race, closely followed by Aub Davie and Mick Carrick. Colin Leman was easily the fastest with 22.41 and Rob Shand was the only record breaker, his 25.03 being exactly one minute inside the previous M50 best. Rob now holds both the M45 and M50 records Val Tyson was unlucky to have a bad fall but carried on regardless accompanied by Shirley Cross.

Thanks to Allen Tyson and Tom Jones who assisted with recording and place positions, Maxine Tapper came along to help too but became ill and had to leave, best wishes for a quick recovery.

Dick Horsley.

RESULTS.

psn	Name	Age	Hcap go at	Fin Time	lap 1.	lap 2	Actual time
1.	Rod Cox	M35	10.00	36.30	19.19	27.57	26.30
2.	Aub Davie	M45	9.30	36.55	18.18	27.32	27.25
3.	Mick Carrick	M40	10.00	37.26	18.50	27.57	27.26
4.	Dave Roberts	M40	9.45	37.28	18.41	27.50	27.43
5.	Kevin Martin	M45	13.00	38.43	21.30	30.29	25.43
6.	Ian Morrison	inv	10.00	38.48	19.19	29.07	28.48
7.	Cliff Bould	M65	5.00	39.00	16.33	27.51	34.00
8.	Bruce Buchanan	M50	10.00	39.00	19.08	27.49	29.00
9.	Dalton Moffett	M50	12.00	39.13	21.27	30.29	27.13
10.	Selbie Munsie	M45	7.30	39.16	18.12	28.52	31.46
11.	Rob Shand	M50	14.15	39.18	22.45	31.10	25.03 Rec.
12.	Ron Jones	M45	15.15	39.25	23.15	31.26	24.10
13.	Ian Lyon	M45	7.00	39.25	18.06	29.41	32.25
14.	Winston Hough	M40	12.00	39.25	22.13	31.58	27.25
15.	Mitch Loly	M40	13.00	39.35	22.26	32.03	26.35
16.	Colin Leman	M35	17.00	39.41	24.57	33.19	22.41 Fst.
17.	Val Tyson	W55	Go	45.40	14.52	31.46	45.40
18.	Shirley Cross	W45	Go	45.43	14.52	31.46	45.43

CLIFF BOULD TROPHY & CERTIFICATE RUN: 10.4km. 15th May 1983.

There were 62 starters of which 55 completed the full course. Don Caplin was first home in a time of 35.17 which broke the existing record for M40 of 36.21 set by Derek Hoyer in 1980. Other records were set by Joan Slinger W40 50.14 (previous holder Ann Deamus 53.48), Margaret Warren W45 54.54 (Previously held by Margaret in 56.00), Rob Shand M50 39.20 (previously held by Bruce Buchanan 41.58) and Dick Horsley set an inaugural M70 record of 50.51. The overall handicap winner was Enid Crowther, with Joan Pellier second and Allen Tyson third. First three ladies on handicap were Enid Crowther, Joan Pellier and Ann Deamus. First three men were Allen Tyson, Morris Warren and Barrie Slinger. The organiser gratefully acknowledges the assistance received from Kathy Mitchell, Nora Berry, Jo and Derek Walker, Rob Shand and Andy Wright. You will all have seen on the T.V. of the Olympics how the swimmers shaved their heads to create a smoother passage through the water and how the cyclists wore special material in their one piece racing suits, to cut down wind resistance. Well did you notice that it has come into running now, this streamlining to create faster times. Bob Sammells had shaved off his beard to give himself a more aerodynamic shape. It seems to have worked because he did a P.B. for the course. Who knows where this may lead? Will we see bald ladies and will Mel discard his fur coat?

RESULTS.			Actual	H/cap	Adjusted	Psn
1.	Don Caplin	M40	35.37	26.15	61.52	7
2.	Hugh Kirkman	M40	37.32	26.00	63.32	26
3.	Derek Crowther	M40	37.50	25.30	63.20	22=
4.	John Maddison	M45	38.34	24.45	63.19	21
5.	M. Fleck	inv	38.43			
6.	G. Daniel	inv	38.48			
7.	Jim Barnes	M40	38.50	24.30	63.20	22=
8.	Rob Shand	M50	39.20	23.30	62.50	19
9.	Bob Sammells	M45	39.44	22.15	61.59	8
10.	S. Mitchell	inv	40.08			
11.	Mike Khan	M35	40.42	22.45	63.27	25
12.	Kevin Martin	M45	40.45	21.30	62.15	9
13.	Graham Thornton	M40	40.55	22.00	62.55	20
14.	A. Croxford	inv	40.56			
15.	J. Ferris	inv	41.00			
16.	Maurice Johnston	M45	41.13	22.30	63.43	27
17.	Bill Monks	M45	41.28	22.30	63.58	28
18.	Barrie Slinger	M40	41.42	20.00	61.42	5
19.	John Pellier	M40	41.47	20.00	61.47	6
20.	Allen Tyson	M55	41.54	19.30	61.24	3
21.	Morris Warren	M45	41.57	19.30	61.27	4
22.	Dalton Moffett	M50	42.30	20.00	62.30	12
23.	Bill Mitchell	M45	42.33	20.00	62.33	13=
24.	Bruce Buchanan	M50	42.51	19.30	62.21	10
25.	Brian Danby	u/c	43.17	23.45	67.02	38
26.	Alan Acreman	M45	43.24	19.15	62.39	15
27.	Dave Roberts	M45	44.27	-	-	-
28.	Ted Costello	M45	44.43	21.30	66.13	36
29.	Wes Carter	M45	44.46	21.15	66.01	35
30.	Duncan Strachan	M60	45.18	17.15	62.33	13=
31.	Bob Farrell	M40	45.33	17.15	62.48	18
32.	Aub Davie	M45	45.49	18.45	64.34	33
33.	Andy Wright	M60	46.37	16.45	63.22	24
34.	M. Brown	inv	47.23			
35.	E. Gamble (Vic)	M65	48.09			
36.	Tony Denham	M45	49.16	-	-	-
37.	Dave Jones	M55	49.38	14.30	64.08	29
38.	Joan Slinger	W40	50.14	12.30	62.44	17
39.	Bill Hughes	M50	50.15	17.15	67.30	39
40.	Dick Horsley	M70	50.15	15.00	65.15	34
41.	Don Stone	M50	51.19	17.15	68.34	40
42.	Enid Crowther	W40	51.42	7.30	59.12	1
43.	Frank Usher	M55	51.42	12.30	64.12	30

Cont.

44.	Joan Pellier	W40	51.53	8.30	60.23	2
45.	Ann Deanus	W40	53.11	9.30	62.41	16
46.	Ian Lyon	M45	53.36	15.30	69.06	42
47.	Cliff Bould	M65	53.50	13.00	66.50	37
48.	Derek Walker	M50	53.52	15.00	68.52	41
49.	Ken Whistler	M45	54.04	-	-	-
50.	F. Haggard	inv	54.13			
51.	Phyllis Farrell	W35	54.54	9.30	64.24	32
52.	Margaret Warren	W45	54.54	7.30	62.24	11
53.	Glen Hall	W30	56.42	-	-	-
54.	M. Robinson	inv	59.46			
55.	Dorothy Whittam	W45	60.22	4.00	64.22	31

Organiser Stan Lockwood.

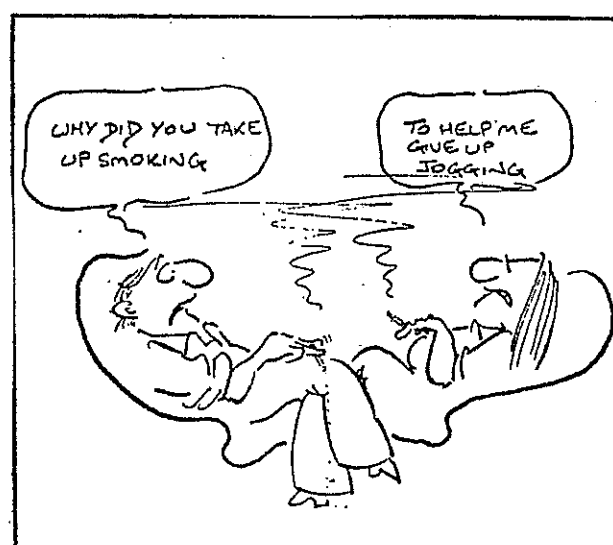
A VETERAN PEDESTRIAN OF YORE

The reference to Foster Powell in the May, '83 Newsletter reminded me of some information that I have of him. The following is taken from The Sport of Race Walking, published by The Race Walking Association, England.

He was born at Horsforth, Yorkshire, in 1736 and became an attorney's clerk in London. In September 1787 he walked from the Falstaff Inn at Canterbury to London Bridge and back (109 miles) in ten minutes less than 24 hours. In June 1788 he walked from London to York and back (402 miles) in five days 19 hours 15 minutes. 15 years earlier (as a Pre-Vet!) he had taken six days for the journey in winning a wager of 1,000 guineas. In July, 1789, he walked 100 miles in 22 hours and in 1790 he took a bet of 20 guineas to 13 that he would walk from London to York and back in five days and 18 hours. He managed this with one hour 50 minutes to spare and was fresh enough at the finish to offer to walk 100 miles the next day if a bet was laid - apparently there were no takers! In 1790 he walked from Hyde Park Corner to Windsor and back in seven hours. In July 1792 he did the London to York return walk yet again. The wagered performance was five days 15 hours but there was no difficulty in this and he finished one hour 25 minutes inside the time limit. In his 57th year, in 1792, he offered to walk six miles in one hour, run a mile in 5m 30s, and to cover 500 miles in seven days; provided the stakes were right. He had no takers.

Foster Powell died the following year on 15th April, 1793. Some years ago, having read that he was buried in the eastern portion of St Paul's Cathedral graveyard, I went to see if there was any monument to him. I found that that portion of the graveyard had been paved and no memorials of any kind remained.

R.E. Sammells



I have been inundated with requests from members that as soon as I saw any mention of Dot Browne's visit for the Albany Marathon to let them know. This article was published in the latest Victorian Newsletter, and as we only have one copy, which is in the club library, I'm sure they won't mind if we reprint it in our newsletter. (I can recommend reading the rest of the Victorian Newsletter. Ed)

THE FOURTH ANNUAL ALBANY MARATHON - WESTERN AUSTRALIA

Sunday 7th November, 1982

by Dot Browne

The trip started with a call from John Maddison, a member of the W.A. Vet's Athletic Club and leading organiser of the Perth People's Marathon, 1982. He invited me to be a guest at their 4th annual Albany Marathon on Sunday, November 7th, 1982. They wanted a girl to help draw out their last year's winner, Debbie Niedzwiecki (with a PB of 3.04) to do a sub 3-hour, as apparently they've never had a female break the 3 hour barrier in the West. I hesitated, knowing that it would be only 3 weeks after the Big M, too close for comfort. However, being an optimist from way back and lured by the prospect of seeing a corner of Australia I had never seen before, I accepted and hoped I would pull up okay after the Big M, an event I was training hard for at the time.

With a week to go, I was regretting my decision. I had really flattened myself doing a PB in the Big M and had pulled up very tired. However, it was too late to change my mind. I caught an early Friday flight to give myself a couple of days in the west to adjust to the 3 hour time difference and I was met in Perth by a great 63 year-old Vet runner, Arthur Leggett, who had retired only the day before. He spent the first day of his retirement giving me a marvellous tour of the city of Perth. We visited the new art gallery, Kings Park, the city mall, many of the city's historic old buildings and took a drive down to Fremantle and back along the beautiful white sandy beaches. I was amazed by the width and beauty of the Swan River. It's like a wide blue estuary and makes our Yarra look a bit sick. Arthur obviously loved the city and was proud to show it off. In the evening, I met his wife, Eileen, a delightful lady, and we shared a great Chinese meal in a nearby restaurant. They were lovely people and I was overwhelmed by their warm hospitality.

Early next morning, I was collected by a car load of mad Poms, all members of the W.A. Vets Club and some of the most entertaining people I've ever met. They talked non-stop at full volume in a rich Bath brogue and kept me amused for the long 5 hour drive down to Albany. They were all doing the marathon the next day and were as high as kites.

I was passed on to Peter Green, a young married athlete who was president of the Albany A.C. and official organiser of the marathon. Peter took me all around Albany, up to the twin peaks of Mt. Clarence and Mt. Melville, out to the incredible rocky coastline to see "The Gap" and "The Natural Bridge" and gave me a look at many of the historic old buildings in Albany itself. He then ran me over the marathon course before depositing me at a 100 acre farm at Grasmere where I was staying the night, with a member of the local athletic club.

The next morning, I assembled with the other 150 runners near the Woolstores and Steve Guy from South Australia and myself were introduced as the big shots from the east. I felt a momentary feeling of resentment or coolness from the crowd and wondered about it. The usual camaraderie and friendliness I experience at runs, particularly marathons, was somehow missing. I discovered why later on. I was a Victorian, and Victoria is continually knocking off all their best League footballers. I was tackled about it many times that day as though I was personally responsible. Others had told me of the west's feelings of hostility towards Victorians but I'd never actually experienced it before.

The Fourth Annual Albany Marathon - Western Australia (continued)

However, the marathon took off at 7 am. and I was disappointed to learn that the local girl I'd promised to pull to a sub 3-hour had scratched with stress fractures and didn't even start. The course started at the Woolstores and consisted of two out and back loops. The first turn was at around 4 km and the second at 23 km. It was a fairly flat, fast course with a few gentle undulations, and good road surface. It wove through farmland, sparse scrubby bush and looped around the beautiful Lake Grasmere before finishing back at the Woolstores.

I ran fairly steadily at 2.50 pace until about 35km, fighting the strong south westerly headwind up until the 23km. turn. There was not much chatter in the field. We were all working too hard to maintain the pace. The wind was taking its toll on us all and besides, they were all doing their darndest to beat the big shots from the east. The remarkable young local star, Harvey Askew, aged 12 years, ran alongside me for a while and went on to finish in an amazing 3.09.

The field became very strung out and at one stage, I was almost stopped in my tracks by two enormous iguana lizards, over a metre long, who rose up high on their long horny legs to stare at me before proceeding jerkily across the road. The locals call them racehorse lizards and say they're a common sight over there.

From the organisational point of view, the marathon couldn't be faulted. They'd provided sponge stations mid-way between the 5K drink stops and these were really appreciated as it became very humid. Accurate times on certificates were provided within minutes of finishing and the presentations were held soon after. The race was won by veteran runner, Frank Smith (40) of Perth in 2.30.36 and second place went to guest runner Steve Guy in 2.31.06. The strong wind had taken the edge off top performances. I won the women's section with a 2.55.35, a not-very-scintillating time but good enough to create a new course record. I was followed by Jackie Boxendine, a 24 year old from Perth in a PB time of 3.04.32. Seven other women finished.

At the presentations, they balloted a TAA return air fare to Melbourne between the top 4 WA men and the first WA woman and Hank Stoffers, a 41 year old, who came fourth with a 2.33.13 won the trip. I think I talked him into using it for our National Vets. Championships in Melbourne next Easter.

I was presented with a lovely pottery casserole dish which I passed on to the first local girl, Jackie Boxendine who had done a PB by 4 minutes and this seemed to help in promoting east/west friendship. The age-category winners were presented with beautiful wooden shields made from a she-oak grown on the farm where I'd stayed the night before. They'd been shaped, carved out and lacquered by inmates of the local prison.

I did a hard-sell PR job for our Vets. Championships next Easter as 61 out of the 102 were vets. and hoped it would entice a few to come over. A great BBQ followed and I was overwhelmed by the hospitality and friendliness of the people, now that the ice had been broken. The earlier reservations I had felt seemed to be dissolved by the mutually shared agony of the marathon. I left for Perth after lunch with the Maddisons, who took me on a 7 hour scenic route which wound through hundreds of acres of pine plantations, orchards and bushland where wild flowers were prolific. It was a beautiful drive. I left Perth next morning, having made some great friends and with fond memories of the west.

CHANGE OF PROGRAMME FOR JUNE.

Would you please note that the 5th and 19th runs have been reversed.

June 5th is now GROUP JOG at McCallum 8am Start.

June 19th is now BOB HARRISON'S RUN at LIGHT STREET RESERVE, DIANELLA 8am Start. THIS WILL BE FOLLOWED BY A B.Y.O. BARBECUE AT DAVE HOUGH'S

19, Conto Avenue, Dianella. off the Strand going south.

LETTERS TO THE EDITOR.

From George Boakes.

There has been quite an influx of new members since I joined last October and many of them are quite new to the game (self included). People who have come in from senior athletics know what life is all about, the rest of us are rather lost on various points.

Would it be possible for somebody to do an article for we novices to help us on our way?

1. What can we expect from the A.A.W.A. beyond the use of Perry Lakes?
Since I joined last year I haven't received a copy of the Assc. rules let alone a newsletter.
2. Are we permitted to use facilities controlled by a local council?
e.g. Melville's track - at any time of the day. If not is it an advantage to join Melville Club.
3. How do inexperienced veterans go about summer and winter training, for events like throwing the hammer, Hurdles, Pole Vault, Shot and Discus? Some seem to do the lot.
4. What weight is used for Discus, Shot and Javelin? Does it differ for age groups and Club and State records? What is the height for hurdles for the various age groups.

Our recreation ground at Willetton includes a jumping sandpit, situated on a hillock with bumpy run-ups. I have been looking around for a reasonable facility, but, so far without success. 90% of training last summer was done on our front lawn and the other 10% at Perry Lakes.

5. What is the best way to find a coach amenable to the aged?
Any help would be more than appreciated by newcomers, I'm quite certain.

George Boakes.

From Thelma Manley.

Thank you for reprinting in the March issue 1983, the suggested veteran standards. It makes me, who competes at Championships only and thoroughly enjoys the comradeship and the atmosphere, feel a bit better about what I consider to be disgusting times.

I find that now I am a normal, average housewife and mum after all. To add to the mum role, both of my girls were tickled pink being mentioned in the April newsletter and wish to say how much they enjoyed the weekend, and how smoothly it ran (The Champs.Ed)

Thelma Manley.

ON CLOTHING.

During the process of giving new life to my gear, my wife discovered that the shoes were made in Taiwan, tracksuit in Hong Kong, Shorts in New Zealand, and that the Vest had a French connection. The sun hat tag is faded but could read Siberia. No country seems to lay claim to the socks and could only assume they had been smuggled in from behind the Iron Curtain.

"Such a cosmopolitan collection must have a purpose", said my boggling mind. Was it that:-

1. I was on the first hop, step and jump to international fame and glory?
or
 2. Am I being set up as a sheep in wolfs clothing.
- The puzzle remains but I have discovered that my wifes favourite number is 2.

ANON.

Pressed to indulge himself at a party, with delectable desserts and irresistible treats, the old chap politely refused on the grounds of "being in training". Asked what for he replied "I'm in training for my old age".

CHANGES OF ADDRESS.

Gerry Noordyk, 15, Pimlott Street, Dianella. 6062.
Winston & Jan Hough, 48, Bernier Road, Shelley. 6155.
Temporary Address. Neville Geraux, C/O 31, Oakdale Street, Floreat. 6014.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS.

Denys Butcher	turns 56	remains M55	22	Col Junner	turns 61	remains M60	16
Dave Carr	" 51	" M50	15	June Strachan	" 58	" W55	30
Aub Davie	" 48	" M45	29	Barrie Thomsett	" 43	" M40	17
Hillary De Souza	" 45	becomes M45	08	Ken Whistler	" 50	becomes M50	23
Ralph Godkin	" 63	remains M60	09	Jo-Anne Walker	" 28	remains u/c	19
Chris Johnson	" 42	" M40	22	Shirley Cross	" 46	" W45	07

Quite a few of the club members were seen helping at the Maccabean Junior Athletic Carnival on Sunday Night on the 15th May. Don Stone was the organiser of the event and he would like to thank all those who helped officiate that night. The meeting was a resounding success and was run under lights at the Belmont track. There was just one thing that I could not understand, each time there was a hurdles race Joe Gold rushed out onto the track with a sweeping brush? I thought that only happened at Horse Races?

A few weeks ago someone spoke to a couple of members of the committee that they had picked up Derek Walkers starting blocks after the Club Pentathlon Champs. Unfortunately we have forgotten who it was. Would the person please give Derek a ring on 294 3518 or pass the message or blocks onto a committee member. Thank you.

A.A.W.A. RESULTS.

23rd April at Perry Lakes.

2km. H/cap

Kath Holland 9.08 0.30 8.38
 Eileen Hindle 9.53 2.00 7.53
 Sheila Maslen 10.29 go 10.29

8km. H/cap

Ed Smith 48.39 15.15 33.24
 Ted Maslen 49.16 16.30 32.46
 Stephen Barrie 49.28 15.10 34.18
 Keijo Vaalsta 49.30 12.00 37.30
 Maurice Johnston 53.16 18.30 34.46
 Dave Carr 59.04 20.00 39.04

30th April 1983 at Pinnaroo Memorial Park.

2km

Eileen Hindle 16.47 3.00 13.47
 Dorothy Whittam 18.59 1.20 17.39

5km.

John David 28.24 6.15 22.09
 Don Caplin 29.35 10.25 19.10
 Stephen Barrie 29.41 9.10 20.31
 Jeff Whittam 30.41 5.25 25.16
 Margaret Harman 30.42 5.35 25.07
 Ted Maslen 30.53 10.00 20.53
 Sheila Maslen 32.10 go 32.10

10km

Derek Hoyer 1st Lap 50.40
 2nd Lap 72.09

Derek and son Dave got lost on the first lap, hence the long time.
 It is also plus the h/cap.

Graham Thornton suffered the same fate as Derek Hoyer but did not find the way.

14th May 1983 LORD MAYORS TROPHY at McCallum Park.

2km.

Eileen Hindle 9.43 1.55 7.48
 Dorothy Whittam 9.52 go 9.52

Don Caplin 27.35 Graham Thornton
 Derek Hoyer 27.51 took out the
 Ed Smith 30.08 second h/cap
 Brian Foley 30.49 place.

6km.

Jill Chambers 33.29 8.15 25.14
 Margaret Harman 33.54 7.30 26.24
 Kath Holland 35.39 4.00 31.39
 Sheila Maslen 34.17 go 34.17

Graham Thornton 31.46
 John Spencer 32.24
 Keijo Vaalsta 34.05
 Ted Maslen 35.47
 Jeff Whittam 36.18

Sheila must be getting younger with each run as she won second place in the UNDER 20 womens event. (h/cap)

21st May 1983. Kings Park.

2km

Eileen Hindle 9.35 2.00 7.35
 Kath Holland 9.41 1.05 8.36
 Dorothy Whittam 10.15 go 10.15

4km.

Jeff Whittam 21.37 2.45 18.52
 Margaret Harman 22.54 3.40 19.14

Cont.

8km.

Ed Smith	31.52	Keijo Vaalsta	35.39
Graham Thornton	32.27	Duncan Strachan	36.42
Maurice Johnston	34.42	Jill Chambers	36.49
John Spencer	35.14		

22nd May 1983. FREMANTLE to PERTH RELAY.

It was a good day for the relay with cool fine weather. This year we fielded two teams. The 1st team running in 'B' grade and the 2nd team in 'C' grade. For the first time this year we had a mixed team, this was the 2nd team, with Dorothy Whittam being the first lady to run in one of the club teams in this event. Dick Horsley ran yet again, it's 52 years since he first ran in this race. How many of them have you run in Dick?

We did not finish quite as fast this year as we did last, but still put up our third best time ever. All our registered runners turned up for the event only Tuula Vaalsta and Jeff Whittam not running through injury.

RESULTS. "A" TEAM

leg.	runner	time	leg/time	dst/leg.	runner	time	leg/time
1.	Kevin Anderson	11.20	11.20	3.5km	Maurice Johnston	13.12	13.12
2.	Jim Barnes	21.43	10.23	3km	Allen Tyson	24.57	11.45
3.	Brian Foley	25.06	3.23	1km	Don Stone	28.58	4.01
4.	Ed Smith	31.47	6.41	2km	Dorothy Whittam	38.10	9.12
5.	Don Caplin	41.53	10.06	3km	Dick Horsley	51.26	13.16
6.	Graham Thornton	49.34	7.41	2km	Keijo Vaalsta	60.10	8.44
7.	Bob Harrison	56.42	7.08	2km	Duncan Strachan	68.23	8.13

Records (club) for the sections are as follows:-

1. Don Caplin	10.54	5. Don Caplin	9.09
2. Derek Hoyer	9.53	6. Tony O'Hare	7.03
3. John Rowland	2.41	7. Bob Harrison	6.53
4. Kevin Anderson	6.14	Fastest overall time	54.27 in 1982.

The following are tables from articles in the Fun Runner April 1981 and March 1980.

The Right Pace

Prior to the 1979 Fiesta Bowl Marathon, Dr James R. McKlveen, 37, had run eight marathons, ranging from 3.41 to 3.07. "My lifetime goal was to break three hours," he told George Myers, the Michigan engineer who has been experimenting with different formulas that take into account physiology and mathematics in the quest for optimum marathon performance.

Using Myers' base percentages to determine a sub-3.00 pace, Dr McKlveen wrote each mile split on his forearm with a ballpoint pen. He wore a chronograph, and checked his pace at each mile marker until 22 miles, by which time sweat had obliterated the numbers. By then, he was well ahead of pace and finished in 2.51.12. "Needless to say," he said, "I was elated."

There are various ways to pre-determine race pace. The simplest

is to follow the so-called 'perfect' pace that has the runner run at the same speed mile after mile for the full distance. A 3.00 marathon requires an average pace of 6.52 per mile, which looks like this:

1-6.52, 2-13.44, 3-20.36, 4-27.28, 5-34.20, 6-41.12, 7-48.04, 8-54.56, 9-1.01.48, 10-1.08.40, 11-1.15.32, 12-1.22.24, 13-1.29.16, 14-1.36.08, 15-1.43, 16-1.49.52, 17-1.56.44, 18-2.03.36, 19-2.10.28, 20-2.17.20, 21-2.24.12, 22-2.31.04, 23-2.37.56, 24-2.44.48, 25-2.51.40, 26-2.58.32, 26.2-3.00.00.

Myers believes, however, that for most runners the chances of optimum performance are enhanced by a slowish start, fast middle, and hang-on-for-all-you're-worth at the end. His formula for a theoretical 3-hour marathon breaks down this way:

1-6.46	10-1.06.49 (6.43)	19-2.08.19 (6.56)
2-13.32 (6.46)	11-1.13.32 (6.43)	20-2.15.15 (6.56)
3-20.18 (6.46)	12-1.20.15 (6.43)	21-2.22.21 (7.06)
4-26.55 (6.37)	13-1.27.04 (6.49)	22-2.29.27 (7.06)
5-33.32 (6.37)	14-1.33.53 (6.49)	23-2.36.33 (7.06)
6-40.09 (6.37)	15-1.40.42 (6.49)	24-2.43.50 (7.06)
7-46.46 (6.37)	16-1.47.31 (6.49)	25-2.51.07 (7.17)
8-53.23 (6.37)	17-1.54.27 (6.56)	26-2.58.24 (7.17)
9-1.00.06 (6.43)	18-2.01.23 (6.56)	Finish-3.00.00

However, this assumes a flat course and a constant wind (or lack of it). Also, some courses because of terrain may be faster at certain parts than others, so to be perfectly accurate, a pace chart should be designed to accommodate such variables. Here is how Myers modifies the 3-hour pace for the Boston Marathon, which is downhill in its early miles with uphill stretches between 17 and 22 miles:

1-6.45, 2-13.30, 3-20.15, 4-27.00, 5-33.40, 6-40.21, 7-47.01, 8-53.42, 9-1.00.18, 10-1.06.54, 11-1.13.30, 12-1.20.06, 13-1.26.48, 14-1.33.30, 15-1.40.12, 16-1.46.54, 17-1.53.52, 18-2.00.50, 19-2.07.48, 20-2.15, 21-2.22.12, 22-2.29.24, 23-2.36.39, 24-2.43.54, 25-2.51.10, 26-2.58.25, 26.2-3.00.00.

The following formula can be used to determine your pace for any marathon time. Take the percentage of the total time you plan to run in seconds. For 3 hours, this would be 10,800 seconds. In other words, the prospective 3-hour marathoner should run the 8th, 9th, 10th, 11th and 12th miles of the race at 6.43 per mile.

Cont.

Mile	Mile %	Unit %	Total %
0-3	3.76	11.28	11.28
3-8	3.68	18.40	29.68
8-12	3.73	14.92	44.60
12-16	3.79	15.16	59.76
16-20	3.854	15.416	75.176
20-23	3.94	11.82	86.996
23-26.2	4.04	13.004	100.00

So get out your calculator and have a good run.

-H.H.

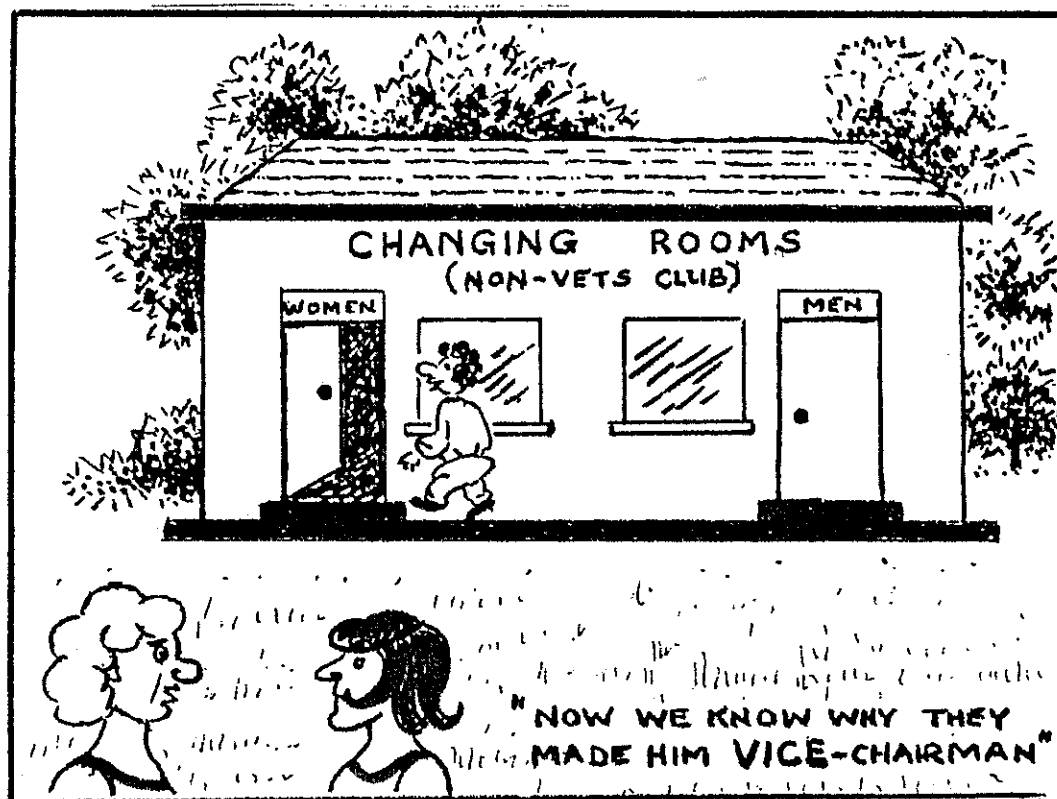
AGE-GROUP EQUIVALENTS

Marathon runners generally have maximum performance potential between ages 25 and 30. This chart, based on statistics provided by Ken Young and Dan Moore, gives approximate equivalent times at other ages.

Age	2.08.33*	2.20	3.00	3.30	4.00
5	3.24	3.43	4.46	5.34	6.22
10	2.50	3.06	3.59	4.39	5.19
15	2.28	2.42	3.28	4.04	4.38
20	2.16	2.28	3.11	3.43	4.14
25	2.09	2.21	3.02	3.32	4.02
30	2.09	2.20	3.00	3.30	4.00
35	2.09	2.21	3.02	3.32	4.02
40	2.13	2.26	3.07	3.38	4.10
45	2.18	2.31	3.14	3.47	4.19
50	2.23	2.37	3.22	3.55	4.29
55	2.31	2.45	3.23	4.08	4.43
60	2.38	2.53	3.45	4.20	4.58
65	2.46	3.02	3.54	4.33	5.12
70	2.55	3.12	4.07	4.48	5.29

* 2.08.34 is the current world record for men; 2.20 is considered a 'world-class' time; 3.00 is the most common goal of marathoners; 4.00 is a time 90 per cent of marathon finishers are under.

The relevant issues are in the club library.



WEST AUSTRALIAN VETERANS AMATEUR ATHLETIC CLUB

WINTER PROGRAMME

- V. - Veteran club events open to all members.
A. - A.A.W.A. events competitors must be registered with the A.A.W.A. through the club secretary.

The club members on roster are shown after the event. The first name is the member responsible for organising the event, the second is to assist. The member organising should forward all results to the editor as soon as possible after the event.

CERTIFICATE EVENTS are noted on the programme an entry fee of 50c will be charged. This also applies to runs from members homes.

NOTE. Runs from McCallum will start at 8.00am unless otherwise stated.
Field event implements are available after if required.

JULY PROGRAMME 1983.

Sun.	3rd July.	A.	SOUTH WEST CHAMPS CROSS COUNTRY.	Boyanup.
Sun.	3rd July.	V.	SUTHERLANDS RUN. 9.00am Followed by B.Y.O. Barbecue.	17, Millington Street Ardross.
Sat.	9th July.	A.	Floreat Mixed H/caps 3,5 and 10km	Perry Lakes
Sun.	10th July.	V.	CLUB CROSS COUNTRY CHAMPS. 9.30am Certificate run 1,2,3 each age group. organised by Committee and helpers.	Jorgenson Park. Kalamunda.
Wed.	16th July.	A.	STATE 8km Women/12km Men Cross Country Champs. 4km mixed h/cap	Perry Lakes.
Sun.	17th July.	V.	HILLS TRACKS RUN. 7.65km 8.00am followed by B.Y.O. Barbecue R. Shand/I. Lyon	Perry Lakes Hockey Pavillion
Sat.	23rd July	A.	STATE ROAD CHAMPS 8km Women/16km Men	W.A.I.T.
Sun.	24th July.	V.	BRIDGES GROUP JOG. 8.00am	McCallum
Sat.	30th July	A.	Canning Relays 4 x 5km Men. 5km h/cap women.	McCallum Park
Sun.	31st July	V.	JO-ANNE'S JOLLY JAUNT. 9.00am for the Carr/Shand Trophy. 1st man/1st lady John Forrest (Pechey Road at end of Morrison Road.)	Rocky Pool. Nat. Park
		A.	S.W. Marathon, 1/2 marathon. 10km road run and 10km road walk.	Boyanup.

AUGUST PROGRAMME.

Wed.	6th Aug.	A.	Kings Meadow Scratch Races. 3km women/6km men	Kings Meadow Guildford.
Sun.	7th Aug.	V.	McCallum-Kings Park-McCallum 8.00am	McCallum
Sat.	13th Aug.	A.	Wanneroo H/caps 4km women/8km men	Kingsway Res. Wanneroo
Sun.	14th Aug.	V.	CLUB MARATHON CHAMPS. Certificate run Sue Heman/Rod Cox/Ted Costello 8.00am	McCallum
Sat.	20th Aug.	A.	Mixed Handicaps. 2, 5 and 10km	Point Walter
Sun.	21st Aug.	V.	CITY TO SURF FUN RUN or BRIDGES RUN 8.00am	McCallum
Sat.	27th Aug.	A.	Helena Vale Relays. 6 x 2km 5km cross country h/cap	Helena Vale Racecourse
		A.	Australian Walking Champs 2.00pm	Shelley
Sun.	28th Aug.	V.	THE STRACHAN EIGHT. (8.2km) 8.30am Followed by a B.Y.O. Barbecue.	8, Jacobsen way, Thornlie.

NOTE. TUE DAY EVENINGS AT 5.30pm THERE IS A GROUP JOG STARTING AT THE
CORNER OF SAW AVENUE AND MAY DRIVE. KINGS PARK. PROMPT.