



The Vetrun

No. 131

AUGUST 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. WBHO370			

Success is often just an idea away.

COMMITTEE MEETING.

4 hour relay. This will now be held at the Gerry Archer Athletic Track, this is the Belmont track for those who don't recognise the name, on Saturday and Sunday the 10th & 11th December 1983. Start will be 2pm on the Saturday afternoon and the event will finish of course at 2pm on Sunday afternoon. This year we hope to field FOUR teams, A mens team of Veterans, a ladies team of veterans, a mens team of over 50s and a ladies team of over 40s, PLUS the usual support teams. There will need to be quite a large team of officials and helpers required if all these teams are fielded so if you can help will you please give your name to whichever committee member has been volunteered for the job (not to hand at the moment, full details in the next newsletter). Organising the mens Veteran team (over 40s) is Derek Hoyer, the mens over 50s team is Allen Tyson and both the ladies teams is Dorothy Whittam. Pre-vets may run in the support teams. Or help officiate?!

NAME BADGES. The committee have ordered new name badges these will be of a round design with the W.A. Veterans A. Athletic Club around the edge in black on a white disc, with the members name in the centre. This is because the supply of the old name badges has run out. Members are asked to wear their name badges at all club events so new members know who we are. If you have lost your old name badge new ones will cost approx. \$2.00 each.

QUIZ NIGHT. This was a most successful night and the committee would like to thank all members for their support and contributions to the prize list.

SUNDOWNER RUN. The date for this event has been changed as it clashed with an event being held by the Belmont Little Athletic Club. A new date has not been finalised as yet but will be published in the newsletter as soon as we know definitely.

STATE VETERANS CROSS COUNTRY CHAMPS. These will be held in Kings Park on Sunday 4th September 1983. The Start will be in the vicinity of Saw Avenue at 9am. The distance will be 10km for both men and women (one event) and is open to pre-vets up. The event is also open to members of other clubs who are of the right age. Entries will be taken on the day.

CLUB CROSS COUNTRY CHAMPS. 10th July 1983. Jorgenson Park, Kalamunda.

This is the fifth time that we have held these Championships, once again they were well attended with 58 competitors finishing the course and four new records being set. The weather was ideal, sunny but quite cool and with the rain we had earlier on in the week making the boggy section of the course just to the ladies liking, if the cries of delight which echoed around the course, were anything to go by. After the race all competitors and their families stayed on for the social get together and meal in the clubhouse. This year once again Bob Harrison and his wife, plus the ladies of the club provided an outstanding meal. I think that this is one of the most enjoyable days on

the club calendar. After the presentation of medals to the various age group winners and Happy Birthday had been sung to ex -secretary Dorothy Whittam, some video films of the Peoples Marathon were shown, then as people drifted off home the die - hards went out onto the verandah to sunbathe and carry on the more serious task of drinking. (Purely to replace the sweat lost during the event). Thank you to all those people who helped mark out the course and who officiated during the event, and especially to Phyllis Barnes who once again reigned supreme in the kitchen.

Results are as follows:-

W.35

<u>Age group</u> <u>position</u>	<u>Name</u>	<u>Time</u>	<u>Overall</u> <u>position</u>
1st	J. Pearton	46.39	6th
2nd	J. Stone	47.29	7th
3rd	P. Farrell	50.56	9th
4th	V. Prescott	70.50	17th

W.40

1st	J. Slinger	45.01	3rd.....Record.
2nd	E. Crowther	46.27	5th
3rd	J. Pellier	47.40	8th
4th	J. Greenfield	63.12	15th

W.45

1st	M. Harmen	43.03	1st.....Record.
2nd	T. Vaalsta	43.14	2nd
3rd	M. Warren	51.46	10th
4th	D. Whittam	53.10	11th
5th	S. Maslin	58.13	13th
6th	S. Cross	60.58	14th

W.50

1st	L. Butcher	45.47	4th
2nd	N. Berry	54.36	12th

W.55

1st	V. Tyson	70.50	16th
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Fastest Females

1st	M. Harmen	43.03.....Record(W.45)
2nd	T. Vaalsta	43.14
3rd	J. Slinger	45.01.....Record(W.40)

M.35

1st	C. Leman	32.53	2nd
2nd	M. Khan	36.24	13th
3rd	M. Shead	37.53	18th
4th	L. Oakley	40.13	27th

1st	D.Hoye	31.36	1st
2nd	D.Crowther	33.02	3rd
3rd	D.Caplin	34.29	5th
4th	K.Anderson	34.35	6th
5th	G.Thornton	35.02	9th
6th	J.Pellier	36.51	14th
7th	B.Slinger	37.52	17th
8th	M.Loly	38.55	21st
9th	R.Farrell	39.18	23rd
10th	J.Greenfield	39.28	24th
11th	I.Sutherland	42.10	31st
12th	B.Thomsett	44.57	39th

M.45

1st	G.Innes	33.09	4th
2nd	J.Maddison	34.42	7th
3rd	E.Smith	34.54	8th
4th	T.Costello	35.23	10th
5th	W.Monks	35.55	11th
6th	B.Sammells	36.05	12th
7th	W.Mitchell	36.59	15th
8th	K.Vaalsta	39.11	22nd
9th	M.Warren	40.25	28th
10th	A.Davie	41.27	30th
11th	J.Whittam	46.50	44th
12th	I.Lyon	50.12	48th
13th	R.Kitt	50.42	49th

M.50

1st	D.Moffett	37.39	16th
2nd	F.McLinden	38.22	19th
3rd	D.Hough	38.53	20th
4th	M.Berry	39.41	25th
5th	S.Lockwood	40.38	29th
6th	D.Walker	43.16	37th
7th	K.Whistler	47.19	45th

M.55

1st	M.Moyle	42.31	32nd
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M.60

1st	D.Strachan	39.55	26th.....Record
2nd	A.Leggitt	43.12	35th
3rd	A.Wright	43.53	38th

M.70

1st	R.Horsley	42.39	33rd.....Record
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Fastest Males

1st	D.Hoye	31.36
2nd	C.Leman	32.53
3rd	D.Crowther	33.02

U R G E N T N O T I C E"THE ARTICULATE BODY"

Has any club member borrowed this book? It was inadvertently included with the usual library books which were taken to the Kalamunda run. As it is a North City Council library book it would be appreciated if the holder could let Allen Tyson know. Tel. 387 3722.

The following books have been added to the library. Some were purchased by the club, others kindly donated by various members.

Sebastion Coe
Marathon Run
Fitness on Foot
Cures for Common Running Injuries
Running After Porty
Chariots of Fire
Heart Disease Prevention
Focus on Running
Run Further and Faster
New Exercises for Runners
The New Runners Running Book

CONTRIBUTIONS.

"The towne talk this day is of nothing but the great footrace this day on Banstead Downes, between Lee, the Duke of Richmond's footman, and a tyler, a famous runner.....they did all bet upon the tyler's head".

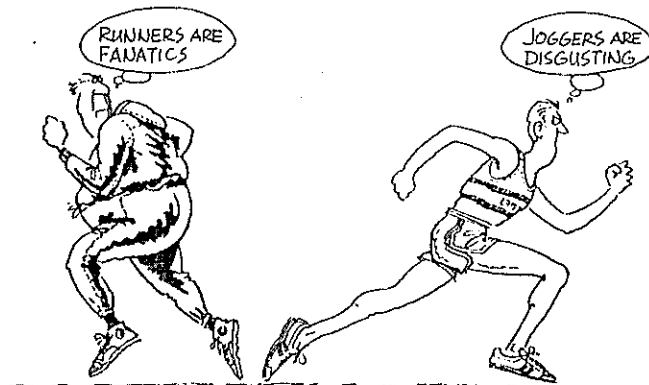
From the Diary of Samuel Pepys. 1663.

(Lee won, proving there's no such thing as a certainty).

FRONTRUNNERS?

San Francisco's Homosexual Runners' Club organised "Gayrun 80", the first gay orientated footrace sanctioned by the A.A.U. The winner was disqualified as he forgot to cross the finish line after going through the rest of the field from behind.

Thank you for the preceeding two articles from Andy Wright. Anyone else who would like to contribute please do not be shy. If you don't want your name attaching to an article this can be arranged. Ed.



VINTAGE VETS

"Arthur who?".

This would be the most likely response from many athletes today if the name of Arthur Newton was mentioned. Yet Newton was a self-trained long distance runner who developed training techniques that have only been 'discovered' in recent years.

He was born in England in 1883 and farmed in Natal. He sought publicity for a dispute against the Government and decided to run in the Comrades Marathon in South Africa for that purpose. He commenced training on New Year Day, 1922 and entered, and, incredibly, won the 54 mile race held in May that year.

The rest, as they say, is history, and over the next 13 years Newton set many World and National Records in South Africa and England. A number of these beat long-standing records, and some that he set over poor, hilly roads bettered those made on the track.

Newton ran with an economical style. He had a short, shuffling stride and a low arm carriage. His stride was between 3'7" and 4' and 180 to the minute. To increase speed he maintained the stride length but quickened his leg speed.

Most of his training was on roads over very long distances and at a pace that did not cause distress. He used short races for his speed-work and also walked a great deal. 800 miles a month was his training mileage for races. In 13½ years of training he ran 73,000 miles and walked 30,000.

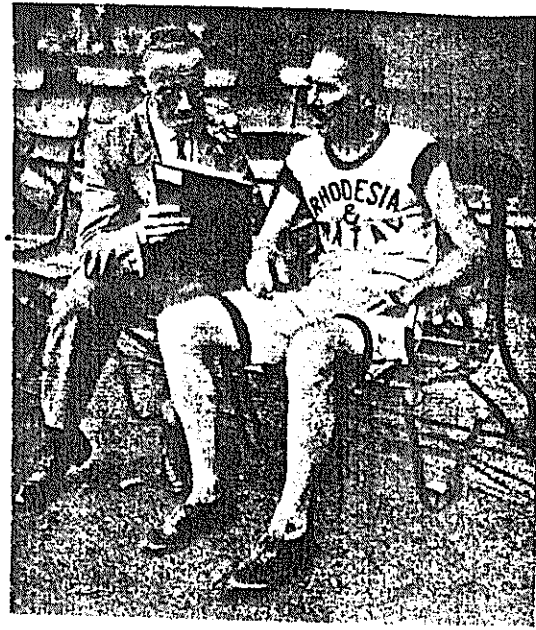
If he was a 'modern' in his LSD approach to running, he was also a modern as far as refreshments, as well. During races, Newton sustained himself with his 'magic' drink. The ingredients were a ½ pint of lemonade, 6 teaspoons of sugar and ½ teaspoon of salt. Newton's theory was that the sugar helped maintain body temperature while the salt prevented cramp.

Some, but not all of his World Records were:

1924	29 miles 1408 yards	3 hr 8 min 37 sec
	35 miles	3 hr 32 min 36 sec
	40 miles 570 yards	4 hr 26 min 00 sec
	46 miles 352 yards	5 hr 12 min 5 sec
	50 miles	5 hr 53 min 43 sec
1927	60 miles	7 hr 33 min 55 sec
1928	100 miles	14 hr 22 min 10 sec
1931	60 miles	7 hr 15 min 30 sec
1934	100 miles	14 hr 6 min 00 sec

He also won the Comrades Marathon in 1923, 1924, 1925 and 1927.

Bob Sammells
(Mainly taken from works by F.A.M. Webster.)



Joe Binks (ex British
Mile Record-holder)
and Arthur Newton

CARINE SWAMP CROSS COUNTRY RUN. June 26th 1983.

A new course around the perimeter of the picturesque Carine Swamp Reserve, with a mixture of grass and sandy tracks. The course was well marked and with a choice of distances, everyone was well catered for. Even at the finish both spectators and early competitors were being well catered for with refreshments in the changerooms. Dalton Moffett, Morris Warren and Jim Barnes were the lucky winners in the prize draw. Our thanks to all who helped at the finish. Barrie and Joan Slinger arrived late and joined in the event.

Andy & Don.

(Our thanks to both of you for a good run.)

RESULTS. 1 Lap. 4330m				2 Laps. 8116m			
1.	Jill Pearton	W35	22.43	1.	John Maddison	M45	32.48
=2.	Ruby Maddison	W45	25.23	2.	Hamish McGlashen	M45	35.04
=2.	Margaret Warren	W45	25.23	3.	Bob Faulkner	M35	36.08
=4.	Shirley Cross	W45	27.57	4.	Aub Davie	M45	36.16
=4.	Jackie Greenfield	W40	27.57	5.	Bob Sammells	M45	38.12
6.	Val Tyson	W55	29.50	6.	Joan Pellier	W40	41.52
				7.	Barrie Thomsett	M40	42.06
				8.	Lorna Butcher	W50	42.18
				9.	Enid Crowther	W40	42.30
				10.	Gerry Noordyk	M60	42.43
3 Laps. 12.002m							
1.	Don Caplin	M40	46.11	13.	Dalton Moffett	M50	52.15
2.	Brian Danby	u/c	46.24	14.	Bill Mitchell	M45	52.20
3.	Derek Crowther	M40	46.42	15.	Brian Torpy	M50	52.23
4.	Dave Hough	M50	48.26	=16.	Bob Farrell	M40	54.21
5.	Bill Monks	M45	49.23	=16.	Jim Greenfield	M40	54.21
6.	Graham Thornton	M40	49.30	18.	Stan Lockwood	M50	57.50
7.	Jim Barnes	M40	49.47	19.	K. Johnson	inv	59.53
8.	Frank McLinden	M50	50.37	20.	Ray Lawrence	M55	61.42
9.	Kevin Martin	M45	51.12	21.	Ernest Moyle	M55	63.42
10.	Fraser Deanus	M40	51.23	22.	Ken Whistler	M45	64.44
11.	John Pellier	M40	51.25	=23.	Frank Usher	M55	65.10
12.	Morris Warren	M45	52.05	=23.	Phyllis Farrell	W35	65.10

Alan Lean retired injured.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Brian Danby	turns 35 becomes M35 08	Maxine Tapper	turns 36 remains M35
George Audley	" 48 remains M45 21	Jeff Whittam	" 49 " M45
Jan Hough	" 40 becomes W40 18	Rod Cox	" 40 becomes M40
Bill Hughes	" 56 remains M55 15	Kevin Martin	" 46 remains M45
Jim Langford	" 39 " M35 12	Guula Vaalsta	" 46 " W45
Ted Maslen	" 48 " M45 08	Sean Button	" 43 " W40
Jill Pearton	" 36 " W35 05	David Benson	" 42 " M40

CLUB RECORD RUNS FOR AUGUST. 1/2 MARATHON CHAMPIONSHIPS 21km.

W30 Colleen Milbourne 1.37.50; W35 Barbara Leach 1.31.59; W40 Ann Deanus 1.52.24; W45 - ; W50 Lorna Butcher 1.49.21; M35 Tony O'Hare 1.14.32; M40 Frank Smith 1.13.18; M45 Maurice Smith 1.18. ; M50 Frank McLinden 1.27.01; M55 Allen Tyson 1.35.46; M60 John Gilmour 1.20. ; M65 Dick Horsley 1.42.39;

HILLS TRACKS RUN. REABOLD HILL 17th July 1983.

Approximately 40 members and two visitors, turned up at Perry Lakes for this run, on a very pleasant morning.

Don Caplin was first across the line in a time of 30.42, which was only 10 s lower than the existing record for M40 which he holds. John Maddison missed the M45 record by 28 seconds, whilst Dalton Moffett broke the M50 record,

which he already held, with a time of 34.24. Duncan Strachan knocked 2.39 off the M60 record with a time of 36.36. Dick Horsley set a new M70 record with a time of 37.55. (I've just worked out if Dick carries on breaking records at the same rate as he is now, he will be breaking the M35 record by the time he is 80. He has set new records for the past four years, from 41min down to 37min.). The first woman home was Lorna Butcher in 41.31 Margaret Warren broke the W45 record with a time of 44.12 and June Strachan knocked 2.33 off the W55 record. (Watch out Duncan). Frank Usher pulled up before the finish, but Dave Hough made up for him because he went past the clock THREE times, consequently we have not got a time for him as he had the recorders totally confused.

Ian & Rob.

RESULTS.

1. Don Caplin	M40	30.42	=21. Dick Horsley	M70	37.55
2. Brian Danby	u/c	31.17	=21. Merv Moyle	M55	37.55
3. John Maddison	M45	31.38	23. Kirt Johnson	inv	38.38
4. Colin Leman	M35	32.21	=24. Andy Wright	M60	39.16
5. Ron Jones	M45	32.27	=24. Arthur Leggett	M60	39.16
6. Kevin Martin	M45	32.28	26. Gerry Noordyk	M60	39.46
7. Graham Thornton	M40	32.33	27. Vic Beaumont	M50	40.38
8. Bill Monks	M45	32.50	28. Ken Whistler	M50	41.15
9. Bob Sammells	M45	32.52	29. Lorna Butcher	W50	41.31
10. Bill Mitchell	M45	33.45	30. Ernie Moyle	M55	42.17
11. Mamish McGlashen	M45	34.20	31. Phyllis Farrell	W35	42.27
12. Mitch Loly	M40	34.21	=32. Ann Deanus	W40	44.12
13. Dalton Moffett	M50	34.24	=32. Margaret Warren	W45	44.12
14. Fraser Deanus	M40	34.48	=32. Joan Pellier	W40	44.12
15. Dave Roberts	M40	36.25	35. Tracy Cook	inv	46.45
16. Duncan Strachan	M60	36.36	36. Ruby Maddison	W45	46.46
17. John Pellier	M40	37.15	37. June Strachan	W55	48.16
18. George Peet	M45	37.25	=38. Val Tyson	W55	64.09
19. Bob Farrell	M40	37.27	=38. Jill Pearton	W35	64.09
20. Morris Warren	M45	37.29	=38. Shirley Cross	W45	64.09

JO-ANNE'S JOLLY JAUNT. Rocky Pool J.F.N.P. 31st July 1983.

A magnificent day, spoilt by a very disappointing turnout, for one of the Clubs major trophy runs. (We really must not put on our major events when there are championships being held elsewhere). Never the less everyone who turned out enjoyed the run. An incident early in the race, when the leaders led most of the men off course, left Shirley Cross having her moment of glory by being suddenly thrust into the lead, (even though it was short lived) it must have inspired her as she finished the event being winner of the ladies section of the handicap. I don't think I have ever seen a more surprised or delighted winner. Aub Davie seemed almost as surprised that he had won the men's section, perhaps that's because it is the first time he has won a trophy, mind you, he will have to wait six months before he gets his hands on it as it's a case of "ladies first". (The trophy is shared by the winners of the men and ladies Handicaps). Fastest time overall was by George Innes, who was presented with a bottle of 'bubbly' for his efforts. Dave Carr presented the trophies to the winners.

Before the event commenced a minutes silence was observed in memory of Reg Briggs.

After the event everyone returned to Jo and Derek's for hot baked potato's with barbecued sausages and salad etc. prepared by Jo whilst we were enjoying ourselves in the Park. Amongst those present were Dave Carr's sister June and her husband Eugene over here on holiday from Florida, USA. Allen Tyson and Liz Khan helped officiate.

Thanks very much for a good day Jo and Derek.

Ed.

Results on the next page:-

RESULTS JO-ANNE'S JOLLY JAUNT.				8			
			finish		h/cap	h/cap time	h/cap psn
1.	George Innes	M45	31.58		11.00	42.58	3
2.	Kevin Martin	M45	33.50		8.00	41.50	2
3.	Dave Carr	M50	33.57		9.30	43.27	4
4.	Mike Khan	M35	33.58		7.30	41.28	*
5.	Aub Davie	M45	36.49		4.45	41.34	1
6.	Andy Wright	M60	40.30		3.30	44.00	6
7.	Ray Lawrence	M55	40.49		3.30	44.19	7+
8.	Vic Beaumont	M50	40.54		3.30	44.24	8
9.	Ian Lyon	M45	41.45		2.00	43.45	5
10.	Jeff Whittam	M45	43.49		4.45	48.34	9
11.	Patt Carr	W50	50.50		3.00	53.50	3+
12.	Shirley Cross	W45	50.53		1.00	51.53	1
13.	Val Tyson	W55	53.36		go	53.36	2+
14.	Alan Lean	M45	58.35		1.00	59.35	10

*pre - vets are not eligible for this trophy.
+new record set.

LETTERS TO THE EDITOR.

59 Devon Road,
Swanbourne,
W.A. 6010.

26th July, 1983.

Dear Jeff,

Whilst looking through some 'back' numbers of some British Running magazines the other day, I came across some startling information which could have serious implications for all distance runners. Perhaps you could bring it to the notice of readers of the 'Vetrun'.

The subject concerns Rob De Castella who is described as a lanky 6ft. 11ins. Australian in 'Running' dated March 1982. Whilst in the September/October issue of 'Marathon Runner' his height is given as 5ft. 11ins., thus showing a loss of 2 inches in only 6 months !

Naturally this raises some questions, for instance:-

- (i) Are the Marathon Club going to change the name of the 'Perth Peoples Marathon' to the 'Perth Midgets Marathon' by 1990?
- (ii) Was Ronnie Corbett formerly named Derek Clayton?
- (iii) How long can Cliff Young run before he disappears into his gum-boots ?

Closer to home - is there any truth in the rumour that Barrie Slinger used to be a basketball star until he ran the Boston Marathon? Also has Morris Warren noticed himself tripping over his 'sporrán' recently ?

As I was only 5ft. 5ins. when I started, I urgently need to know the answer to these questions, to assess how long I've got in the sport before I should attempt the world record for limbo dancing !

Yours disappearingly,

Alan Acreman

Alan Acreman.

AUSTRALIAN VETERANS WOMENS RECORDS 11.6.83

100 Metres			
W.30.	B. Greiniger.	NSW.	12.31s.
W.35.	E. Holland.	WA.	12.0s.
W.40.	U. Lund.	QLD.	12.48s.
W.45.	J. Pirie.	QLD.	13.55s.
W.50.	D. Pirie.	QLD.	14.2s.
W.55.	A. Hogan.	QLD.	14.8s.
W.60.	A. Hogan.	QLD.	15.17s.
W.65.	S. Pierce.	NZ.	16.57s.
W.70.	Z. Pierce.	NZ.	17.49s.
200 Metres			
W.30.	E. Hindle.	WA.	25.6s.
W.35.	E. Holland.	WA.	24.6s.
W.40.	U. Lund.	QLD.	26.01s.
W.45.	D. Pirie.	QLD.	28.02s.
W.50.	D. Pirie.	QLD.	28.5s.
W.55.	A. Hogan.	QLD.	31.0s.
W.60.	A. Hogan.	QLD.	31.1s.
W.65.	S. Pierce.	NZ.	34.45s.
400 Metres			
W.30.	E. Hindle.	WA.	57.7s.
W.35.	E. Holland.	WA.	56.0s.
W.40.	E. Holland.	WA.	59.3s.
W.45.	D. Pirie.	QLD.	63.95s.
W.50.	D. Pirie.	QLD.	66.1s.
W.55.	A. Hogan.	VIC.	1m.13.63s.
W.60.	A. Hogan.	QLD.	1m.13.26s.
W.65.	S. Pierce.	NZ.	1m.28.91s.
W.70.	S. Pierce.	NZ.	1m.32.71s.
800 Metres			
W.30.	J. Daly.	SA.	2m.10.7s.
W.35.	J. Daly.	SA.	2m.12.88s.
W.40.	D. Browne.	VIC.	2m.20.02s.
W.45.	D. Pirie.	QLD.	2m.31.8s.
W.50.	D. Pirie.	QLD.	2m.36.7s.
W.55.	D. Browne.	WAS.	2m.53.1s.
W.60.	D. Browne.	WA.	3m.55.2s.
W.65.	J. Daly.	NZ.	3m.36.5s.
W.70.	A. Nicholas.	VIC.	3m.57.06s.
1000 Metres			
W.30.	J. Daly.	SA.	4m.31.7s.
W.35.	J. Daly.	SA.	4m.31.4s.
W.40.	D. Browne.	VIC.	4m.47.94s.
W.45.	D. Browne.	VIC.	5m.20.9s.
W.50.	D. Browne.	WAS.	5m.19.2s.
W.55.	D. Browne.	WAS.	5m.41.5s.
W.60.	D. Browne.	VIC.	7m.66.0s.
W.65.	D. Browne.	NZ.	7m.20.9s.
W.70.	A. Nicholas.	VIC.	7m.47.0s.
5000 Metres			
W.30.	E. Hindle.	NSW.	17m.10.8s.
W.35.	D. Browne.	SA.	16m.45.0s.
W.40.	D. Browne.	VIC.	18m.44.16s.
W.45.	D. Browne.	NZ.	19m.09.2s.
W.50.	D. Browne.	VIC.	19m.11.4s.
W.55.	D. Browne.	WAS.	20m.15.0s.
W.60.	D. Browne.	NZ.	24m.05.5s.
W.65.	D. Browne.	NZ.	27m.15.0s.
W.70.	A. Nicholas.	VIC.	28m.15.0s.
10,000 Metres			
W.30.	E. Hindle.	NSW.	35m.46.0s.
W.35.	D. Browne.	SA.	34m.34.4s.
W.40.	D. Browne.	VIC.	38m.47.4s.
W.45.	D. Browne.	NZ.	39m.39.9s.
W.50.	D. Browne.	VIC.	40m.56.8s.
W.55.	D. Browne.	WAS.	42m.31.6s.
W.60.	D. Browne.	NZ.	55m.02.46s.
100 Metre hurdles			
W.30.	R. Stokes.	SA.	14.4s.
W.35.	J. Hynes.	QLD.	14.9s.
W.40.	E. Parkinson.	SA.	16.5s.
W.45.	J. Doherty.	QLD.	17.8s.
200 Metre hurdles			
W.30.	R. Stokes.	QLD.	12.4s.
W.35.	D. Browne.	SA.	13.43s.
W.40.	D. Browne.	NZ.	22.37s.
W.45.	D. Browne.	NZ.	22.37s.

3.

400 Metres Hurdles.

W30.	E. Hindle.	WA.	63.2s.	21-2-82.	W.
W35.	K. Holland.	WA.	63.7s.	18-2-78.	V.
W40.	L. Thomas.	QLD.	88.6s.	29-3-81.	Q.
W45.	D. Whittam.	WA.	86.8s.	2-3-83.	W.

800 Metres Walk.

W30.	G. Holdsworth.	SA.	4m.18.0s.	7-4-79.	H.
W35.	S. Miller.	VIC.	3m.50.0s.	26-3-78.	V.
W40.	J. Russell.	VIC.	3m.45.0s.	24-3-79.	V.
W55.	R. Webber.	SA.	5m.15.0s.	7-4-79.	S.

1500 Metres Walk.

W30.	G. Holdsworth.	SA.	8m.29.0s.	8-4-79.	H.
W35.	J. Johnson.	ATC.	7m.12.8s.	11-4-82.	W.
W40.	J. Russell.	VIC.	7m.15.0s.	6-4-80.	V.
W45.	J. Richards.	VIC.	9m.33.0s.	11-4-82.	W.
W50.	S. Brasher.	TAS.	8m.04.2s.	31-3-79.	V.
W55.	S. Brasher.	TAS.	7m.56.2s.	11-4-82.	W.
W60.	S. Murnane.	VIC.	9m.20.2s.	11-4-82.	W.
W65.	F. McQuire.	VIC.	11m.01.0s.	6-4-80.	S.
W70.	A. Nicholls.	VIC.	10m.45.0s.	20-3-83.	V.

3000 Metres Walk.

W35.	J. Johnson.	ATC.	15m.15.5s.	10-4-82.	W.
W40.	J. Russell.	VIC.	15m.30.0s.	3-80.	V.
W45.	J. Richards.	VIC.	19m.48.5s.	10-4-82.	W.
W50.	S. Brasher.	TAS.	16m.33.1s.	1-2-81.	T.
W55.	S. Brasher.	TAS.	16m.49.1s.	10-4-82.	W.
W60.	S. Murnane.	VIC.	19m.16.7s.	10-4-82.	W.

5000 Metres Walk.

W35.	J. Johnson.	ATC.	27m.53.0s.	2-4-83.	V.
W40.	M. Stanway.	VIC.	26m.57.0s.	14-4-79.	N.
W45.	J. Hooper.	VIC.	27m.18.0s.	2-4-83.	V.
W50.	S. Brasher.	TAS.	28m.23.0s.	14-4-79.	H.
W55.	S. Brasher.	TAS.	29m.00.0s.	2-4-83.	V.
W60.	M. Cahill.	SA.	38m.15.2s.	17-12-80.	S.
W70.	A. Nicholls.	VIC.	36m.17.0s.	2-4-83.	V.

10,000 Metres Road Walk.

W55.	R. Webber.	SA.	68m.46.0s.	23-8-81.	S.
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400 Metres Hurd.

W30.	M. Thomas.	NSW.	11m.18cm.	14-4-79.	W.
W35.	U. Lund.	QLD.	11m.86cm.	29-1-80.	Q.
W40.	U. Lund.	QLD.	11m.90cm.	18-4-81.	Q.
W45.	S. White.	SA.	10m.53cm.	23-1-77.	S.
W50.	S. White.	SA.	12m.08cm.	27-1-82.	S.
W55.	L. Videra.	VIC.	7m.91cm.	20-3-83.	V.
W60.	M. Vickers.	QLD.	6m.29cm.	27-3-83.	Q.
W65.	Z. Pierce.	NZ.	5m.51cm.	10-4-82.	W.
W70.	R. Frith.	NSW.	6m.28cm.	2-4-83.	V.

800 Metres.

W30.	M. Perkins.	QLD.	29m.54cm.	18-4-81.	Q.
W35.	U. Lund.	QLD.	39m.96cm.	6-1-80.	Q.
W40.	U. Lund.	QLD.	42m.30cm.	13-3-82.	Q.
W45.	H. Doherty.	QLD.	34m.66cm.	21-12-80.	Q.
W50.	S. White.	SA.	33m.76cm.	11-4-82.	W.
W55.	L. Frawley.	QLD.	21m.14cm.	11-4-82.	W.
W60.	M. Cahill.	SA.	15m.26cm.	22-11-80.	S.
W65.	M. Stevens.	VIC.	12m.50cm.	11-4-82.	W.

1500 Metres.

W30.	M. Thomas.	NSW.	49m.40cm.	24-2-79.	U.
W35.	M. Thomas.	NSW.	46m.90cm.	20-2-83.	N.
W40.	U. Lund.	QLD.	37m.80cm.	27-3-82.	Q.
W45.	H. Doherty.	QLD.	42m.28cm.	19-1-80.	Q.
W50.	S. White.	SA.	35m.58cm.	6-3-82.	S.
W55.	A. Williams.	NZ.	21m.84cm.	1-4-83.	V.
W60.	L. Foley.	VIC.	17m.42cm.	1-4-83.	V.
W65.	M. Cahill.	SA.	15m.06cm.	10-1-81.	NZ.
W70.	M. Stevens.	VIC.	11m.50cm.	10-4-82.	W.

400 Metres Hurd.

W30.	M. Perkins.	QLD.	1.45m.	28-3-82.	Q.
W35.	L. Docksey.	QLD.	1.45m.	28-3-82.	Q.
W40.	M. Gearle.	NSW.	1.50m.	26-3-78.	V.
W45.	M. Gearle.	NSW.	1.51m.	8-1-81.	NZ.
W50.	S. White.	SA.	1.28m.	16-1-77.	S.
W55.	D. Pirie.	QLD.	1.25m.	11-4-82.	W.
W60.	M. Gibbs.	NSW.	1.00m.	19-4-81.	Q.

Long Jump.

W30.	E. Hindle.	WA.	5.55m.	10-4-82.	W.
W35.	J. Hynes.	QLD.	5.89m.	19-2-83.	Q.
W40.	H. Searle.	NSW.	5.59m.	2-4-83.	V.
W45.	D. Hamilton.	NSW.	4.40m.	10-4-82.	W.
W50.	D. Pirie.	QLD.	4.02m.	27-3-82.	Q.
W55.	L. Widera.	VIC.	3.24m.	2-4-83.	V.
W60.	I. Korhonen.	QLD.	2.19m.	7-10-79.	Q.

PENTATHLON. All Records Pending Application.

W30.	E. Hindle.	WA.	3422pts.	4-4-83.	V.
W40.	H. Searle.	NSW.	3217.	4-4-83.	V.
W45.	G. Richards.	NSW.	2580.	4-4-83.	V.
W55.	L. Widera.	VIC.	1268.	4-4-83.	V.

A.A.W.A. EVENTS. RESULTS.

11th June 1983. Perry Lakes.

3km.

Bernie Oliver 17.20 4.30 13.30 Tuula Vaalsta 17.36 2.15 15.21

6km.

Keijo Vaalsta 36.22 8.05 28.17 Margaret Harman 36.45 5.50 30.55

2km.

Eileen Hindle 12.04 2.25 9.39 Sheila Maslen 37.25 scr 37.25

July 26th 1983. Midland H/caps. J.F.N.P.

6km.

Tuula Vaalsta 34.00 3.40 30.20

11.4km.

Derek Hoyer 60.23 17.40 42.43 Ted Maslen 61.40 13.50 47.50

Keijo Vaalsta 61.43 7.00 54.43

5th June 1983. State Cross country Champs. Geraldton.

10km.

Ted Maslen 40.00; Steven Barrie 42.37; Keijo Vaalsta 45.35

4km.

Rosemary Langford 18.33

9th July 1983 Perry Lakes.

3km.

Eileen Hindle 12.09; Bernie Oliver 12.05; Dorothy Whittam 16.19;

Jeff Whittam 13.59

5km.

Derek Hoyer 18.34; Steven Barrie 19.37

July 16th 1983. Perry Lakes. Cross Country Champs.

4km. Sheila Maslen 21.14 (H/cap event)8km. Erica Mercer 36.25; Margaret Harman 37.4712km. Jim Langford 39.21 Kevin Anderson 45.24 Ed Smith 48.08

Derek Hoyer 43.53 Bob Harrison 46.05 Steven Barrie 48.15

Kevin Barry 44.19 Brian Foley 48.13

A.A.W.A. Results cont.

23rd July 1983. State Road Running Champs. W.A.I.T.

Ladies 8km.

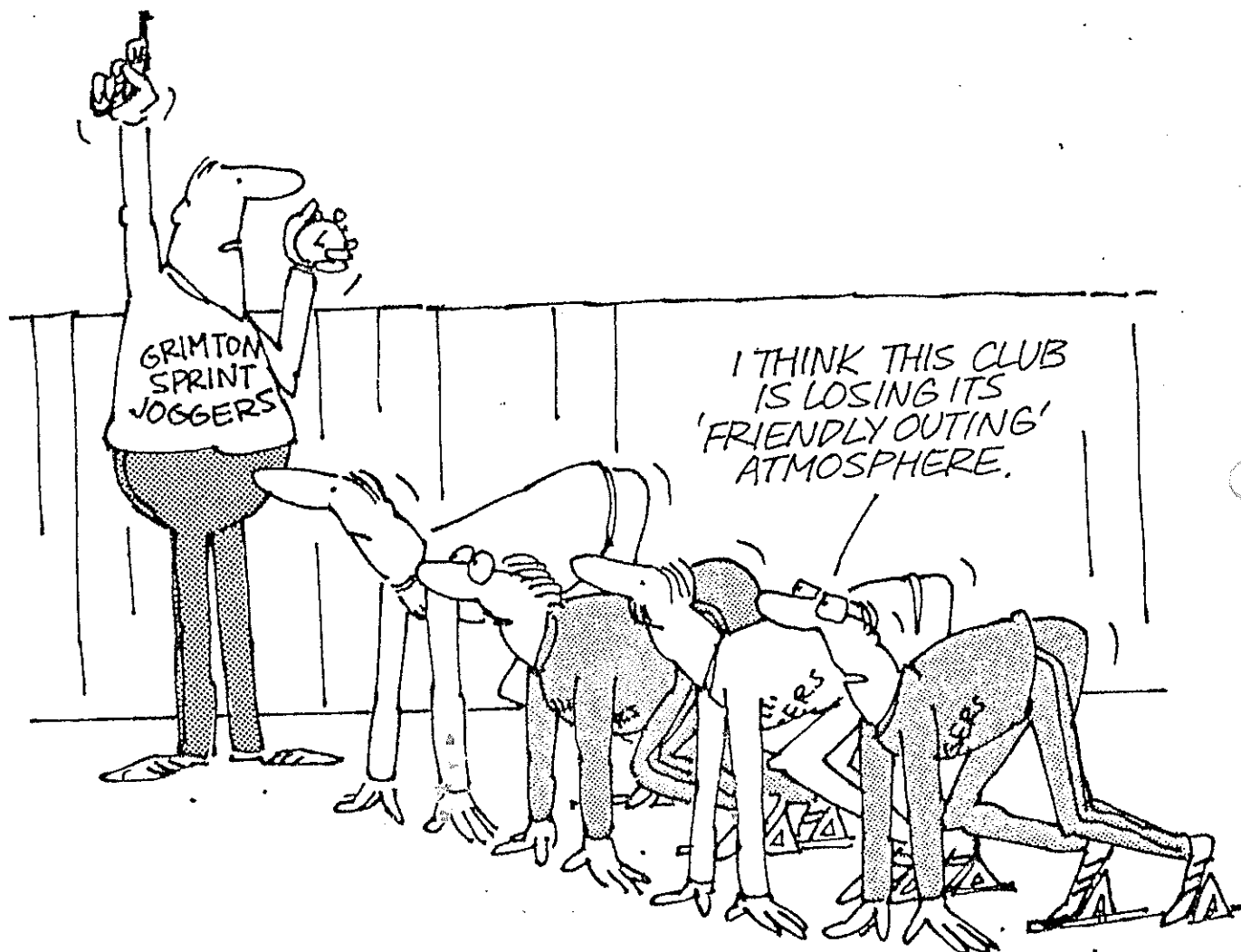
Margaret Harman	35.09;	Erica Mercer	36.43
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Mens 16km.

Ed Smith	1.02.07	Frank McLinden	1.06.10
Dave Hough	1.03.47	Morris Warren	1.07.39
Graham Thornton	1.04.45	Bob Farrell	1.09.21
John Pellier	1.05.03		

1 Lap

Hank Stoffers	27.29;	Derek Hoyer	28.48;	Fraser Deamus	31.11
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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.

SEPTEMBER PROGRAMME 1983.

- Sat. Sept. 3rd. A. State Cross Country Champs.
Women 10k Men 15k Venue...Hale School.
- Sun. Sept. 4th. V. Veterans State Cross Country Champs.
10k (Open) Venue...Kings Park, Saw Ave. 9.00am.
(The Committee, Allan Tyson and Helpers.)
- Sun. Sept. 11th. A. State Marathon. Venue...Herne Hill. 8.00am.
V. Do Your Own Thing. Venue...McCallum Park. 8.00am.
- Sat. Sept. 17th. A. Age Group Handicaps. Venue...Pinnaroo Whitford.
Padbury.
- Sun. Sept. 18th. V. Brian Danbys Run. Venue...Pinnaroo Memorial
Whitfords Ave. Padbury.
(B. Danby) 9.00am.
- Sun. Sept. 25th. A. State Road Champs. 5k Women 10k Men.
Venue...Kings Park, Childrens Playground.
V. Group Jog, Round the Bridges.
Venue... 8.00am. McCallum Park.