



# The Vetrun

*September* / No. 132. 13  
AUGUST 1983.



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It is the greatest of mistakes to do nothing, because you can only do little.  
Do what you can.

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## COMMITTEE MEETING.

VETERANS STATE CROSS COUNTRY CHAMPIONSHIPS. These will be held in Kings Park on Sunday Morning 3rd September 1983. The start will be near the end of Saw Avenue. It will be a combined men and ladies event over a 10km course. Prizes will be awarded to the placegetters in each category. Entries will be taken on the morning, so be there early. After the event there will be a B.Y.O. bar-becue, so come along and make a morning of it.

SUNDOWN RUN. This will now be held at the Yokine Reserve, corner of Wordsworth and Alexander Drive, Yokine. On a date in November. (this will appear later on in the newsletter). The entry fee will be \$3.00 and there will be a B.Y.O. bar-becue afterwards. 13th November is the date.

24 HOUR RELAY. As reported in the last newsletter it will be held on the 10th and 11th December at the Belmont Track. As there will probably be five teams running we will need a large number of officials. If you can help at all, even if its only for an hour or so, would you please let BOB FERGIE know as he is in charge of organising officials. Derek Hoyer is organising the men's over 40 team, Allen Tyson the men's over 50 team and Brian Danby any other mens teams that may be running. Dorothy Whittam is organising both the ladies teams, an over 40s team and an over 35s team. The ladies over 40s team will be going for the record in that age group and the 35s team the veterans record.

STATE TRACK & FIELD CHAMPIONSHIPS. 1984. There has been a provisional date set for these champs on the 5th & 6th May 1984. Two weeks after Easter.

CHRISTMAS DINNER. We hope to hold this years Dinner once again at the Nedlands Golf Club on the 3rd December. More details later when we get a definite booking, pencil it in in your diary.

SUMMER TIME TRIALS. These will once again be held at Perry Lakes W.U. track. They will commence on the 6th October and will follow the same format as last year. If daylight saving has commenced by that date the starting time will be 6pm if it has not it will start at 5.30pm until daylight saving commences. The time trials will run until just before Christmas and after Christmas we will carry on with the three weekly programme of training for the Track and Field Champs. At these nights it is not intended that everyone should compete in ALL the events put on, but that you select the ones that most suit your type of training for the champs.

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CLUB WINDCHEATERS. Most club members have now got the new club windcheater. If you have not see Barrie Slinger. HAVE YOU PAID FOR YOURS? If not would you please send \$14.00 for each one you got to:-  
COLIN LEMAN. 4, DORNIE PLACE, ARDROSS. Tel: 364 7782..

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PLEASE NOTE THE NEW ADDRESS OF THE TREASURER.

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OCTOBER WEEKEND. Would those who are interested in going on this weekend, please nominate now to Colin Leman and pay him a deposit of \$5.00 per person. The details were published in the June Newsletter. Cost is approx \$11.00 per person for the weekend from Friday night till Monday afternoon. It has been suggested that we follow the same format as the Eaton weekend regarding food one night a "Casserole night" and the other a barbecue. Below is a cutting from the Sunday Independent about the place. Barrie and Colin and their families have been down trying out the place and say there are some very good runs through the forest some of them along the Bibbulman Track. Do not forget that accommodation is limited, get in early to be sure of a place.

## Going down to get away

FOR a get-away-from-it-all economy winter holiday try the Donnelly River Holiday Village.

Situated in the heart of Karri forest country between Nannup and Bridgetown, the village is a short drive from Perth.

The holiday village is a recycled wood mill and guests stay in charming old mill workers' cottages.

Each cottage is completely self-contained, with a wood stove for cooking, a wood-chip water heater and an open fire in the sitting room. Electricity is supplied.

The cottages are furnished with beds, chairs, table, eating and cooking utensils.



*The Donnelly River — in the heart of karri country.*

Guests supply their own bed linen — it is a good idea to bring an electric frying pan if you're not sure about cooking on the wood stove.

A hair drier is also a good idea as the wood can be a bit sappy, damp and hard to light. A blast of air from the drier soon means roaring fire.

Late News clip:-

Colin reports places are rapidly being booked up.

### NEW MEMBERS.

Fredrick Hagger, 76, Birkett Street, Bedford. 6052. M55 29 June 1925 2722275  
Micheal Hill, 5, Doradeen Close, Hillman. 6168. M40 16 January 1943 095 271329  
Kiatley Johnson, 3, Ascot Place, Belmont. 6104. M50 14 March 1929 2777457

CHANGE OFF ADDRESS. Ron Strauch, 32, Chelsford Road, Warwick. 6024.  
Sue & Colin Leman, 4, Dornie Place, Ardross, 6153.

### CHANGE OF PROGRAMME SUNDAY 18th SEPTEMBER.

Would you please note that the event scheduled for this date, BRIAN DANBY'S RUN has been cancelled, this will take place at a later date. In its place will be an open handicap at McCallum Park. This will be one lap of Heirisson Island and once round the Bridges. Starting at 8.00am  
Foster Deamus + helpers, organising.

SUTHERLAND'S RUN. 3rd July 1983.

Sixty runners lined up for the handicap start of the 8.4km Sutherland Run this year. Starter John Maddison had to put himself through mental torment and perform mathematical gymnastics to get each runner over the starting line according to their handicap, as the clock refused to assist him. (The clock was started in a 'count down mode' hence the handicaps have been added on to the finishing time, as in a sealed handicap event).

Colin Leman eventually revealed to us all the secrets of modern technology by finding the right button to press.

Good winter running weather was with us, still and crisp, as the route took us down to the old Majestic Hotel and along the river foreshore. Then the long grind up Wireless Hill, where the pack began to bunch up as the faster runners started to catch up.

The race to the finishing line saw George Innes just pip Bill Mitchell by two seconds, with Dave Carr coming in third, First woman home was Joan Slinger, closely followed by Margaret Warren and Joan Pellier.

New members Patrick Guiton and Mike Hill acquitted themselves well, all felt that they had run hard however and so proceeded to overindulge in toast and honey WITH CREAM, and copious cups of tea and coffee.

Special thanks to all our helpers, in particular the Mitchell Clan, Mary Innes, Irene Johnson and many others.

Thanks for coming along and we look forward to your company next year.

THE SUTHERLANDS.

(Thanks for once again putting on this very popular event, Gloria and Ian).

Seven new records were set this year, these are marked \* and Lorna Butcher equalled her W50 record.

<u>RESULTS</u>			CLOCK TIME	H/CAP	ACTUAL TIME
1.	George Innes	M45	27.56	2.15	30.11
2.	Bill Mitchell	M45	27.58	4.45	32.43
3.	Dave Carr	M50	28.12	2.45	30.57*
4.	Maurice Smith	M45	28.58	0.45	29.43*
5.	Morris Warren	M45	29.06	4.45	33.51
6.	Brian Greenfield	inv	29.16		
7.	Dalton Moffett	M50	29.18	4.45	34.03
8.	Brian Foley	M35	29.20	3.00	32.30
9.	Duncan Phillip	M50	29.25	6.45	36.10
10.	Brian Danby	u/c	29.27	1.45	31.12
11.	Don Caplin	M40	29.43	0.00	29.43
12.	Duncan Strachan	M60	29.51	5.30	35.21*
13.	Bob Farrell	M40	29.54	5.30	35.24
14.	John Pellier	M40	29.55	4.15	34.10
15.	Jim Greenfield	M35	29.56	4.45	34.41
16.	Colin Leman	M35	29.57	0.00	29.57
17.	Dave Roberts	M40	29.58	-	-
18.	Ray Lawrence	M55	30.01	7.45	37.46
19.	Frank McLinden	M50	30.09	3.15	33.24
=20.	Barrie Slinger	M40	30.10	4.15	34.25
=20.	Joan Slinger	W40	30.10	9.00	39.10*
22.	Margaret Warren	W45	30.13	11.45	41.58*
=23.	Ernest Moyle	M55	30.15	10.45	41.00
=23.	Hamish McGlashen	M45	30.15	3.45	34.00
=25.	Selby Munsie	M45	30.23	10.45	41.08
=25.	Cliff Bould	M65	30.23	10.15	40.38
=25.	Joan Pellier	W40	30.23	10.15	40.38
28.	Mike Hill	M40	30.25	-	-
29.	John Spencer	M45	30.36	2.30	33.06
30.	Jim Barnes	M40	30.47	0.45	31.32
31.	Mitch Loly	M40	30.48	4.15	35.03
32.	Bob Sammells	M45	30.52	2.45	33.37
33.	Pat Carr	W50	30.56	14.15	45.11
34.	Fraser Deanus	M40	31.08	2.45	33.53

	4			
35.	Jill Pearton	W35	31.08	9.45
36.	Kiatley Johnson	M50	31.09	-
37.	Enid Crowther	W40	31.12	9.15
38.	Dick Horsley	M70	31.23	8.15
39.	Aub Davie	M45	31.24	5.15
40.	Nora Perry	W50	31.26	15.45
=41.	Pat Guiton	M45inv	31.43	-
=41.	Dave Hough	M50	31.43	4.45
=41.	Garnett Morgan	M55	31.43	-
44.	Lorna Pletcher	W50	31.49	9.00
45.	Shirley Cross	W45	31.52	21.15
46.	Jo Stone	W35	32.06	10.15
47.	Jackie Greenfield	W40	32.09	21.15
48.	Ann Deanus	W35	32.10	10.30
49.	Phyllis Farrell	W35	32.18	10.30
50.	Andy Wright	M60	32.34	6.45
=51.	Ruby Maddison	W45	33.07	13.45
=51.	Sue Leman	W35	33.07	15.00
53.	Dennis Wilmott	M50	36.36	5.00
54.	Val Tyson	W55	37.53	21.15
55.	Maureen Sammells	W40 inv	41.40	-

Placings for the following were not recorded:-

Bill Hughes; Jim McLean; L Drury; George Peet; Gloria Sutherland:

#### VICTORIAN VETERANS MARATHON. 10th July 1983.

"Perfect conditions" I was heard to say before leaving Dot and Colin Brown's home at 8.30am. Alas that was to be short lived, as the situation had changed by the time we reached Princes Park, prior to the run.

90 odd starters had a brief holdup, due to a malfunction in the starters pistol, then away. I found Gary Hyde's pacing to my liking, so decided to run with him for as long as possible. On the first lap the wind did not seem bad, there was a most noticable rise in ones body temperature when turning into Royal Parade, away from the wind. Both spectators and officials shouts of encouragement were one of the few joys for the runners. For myself, the worst section of the course was after passing the first bend in Princes Park Drive, at that spot the runner seemed to be hit by the full force of the wind. With each lap the force of the wind increased, I prayed that it would go away.

In the past, so I am told, this course has been free of wind and numerous runners have set personal bests. I think the course is fast and having split times called every two miles, gave a distinct advantage for even pacing. After twenty miles my body was rigid with cold (I am not used to Melbourne weather) and I was practically dying to see the finish, the last six miles seemed to go on forever, what a relief running down the final grass strip to the finishing line.

The first two to finish must be highly commended for recording such good times in the trying conditions. Jim Seymon 2.32.06 and Saul Bakaitis 2.33.31. Talking to Jim afterwards one would never have thought he had run that day. Also as an ambassador for running Jim sets a fine example and I wish him good luck at the World Masters Champs. Other fine performances on the were Vin O'Eriens and Stan Nicholls.

A tremendous job was done by lap scorers and drink station attendants. The course was well marked and traffic was no trouble to contestants. In all, to see the last runner cross the line in 3.47 goes to prove how high a standard marathon running has in Victorian Veterans A.C.

My sincere thanks go to all committee members and officials for preparing an event that was unsurpassable in organisation. I have no hesitation in recommending the event to fellow West Australians in the future.

Finally many thanks to Dot and Colin Brown for taking me into their home and being most hospitable to me for my short stay in Melbourne.

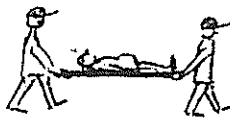
Jim Barnes.

1. Jim Seymon	M45	11.20; 22.31; 33.39; 44.58; 56.15; 1.07.41; 1.19.10; 1.30.45; 1.42.29; 1.54.27; 2.06.34; 2.18.00; 2.32.06
2. Saul Bakailis	M35	11.16; 22.31; 33.39; 44.58; 56.19; 1.07.42; 1.19.10; 1.30.45; 1.42.25; 1.54.27; 2.06.34; 2.18.14; 2.33.31
3. Jim Barnes (W.A.)	M40	12.15; 24.23; 36.33; 48.43; 1.01.00; 1.13.25; 1.25.45; 1.38.05; 1.50.40; 2.03.11; 2.16.10; 2.28.45; 2.43.23PB
6. John Waite	M40	12.13; 24.33; 36.49; 49.17; 1.01.49; 1.14.15; 1.26.39; 1.39.11; 1.52.06; 2.05.00; 2.18.18; 2.32.52; 2.48.10
22. Ray Callaghan	M50	13.46; 27.31; 41.13; 55.09; 1.08.55; 1.22.30; 1.36.00; 1.49.38; 2.03.21; 2.17.10; 2.30.38; 2.44.20; 2.59.44PB
19. Vin O'Brien	M55	13.16; 26.23; 39.38; 52.56; 1.06.30; 1.19.55; 1.33.30; 1.47.00; 2.08.48; 2.14.00; 2.28.22; 2.42.35; 2.58.59
41. Doug Orr	M60	14.33; 29.31; 44.32; 59.41; 1.14.50; 1.29.49; 1.44.49; 2.00.26; 2.16.04; 2.31.57; 2.47.35; 3.03.46; 3.22.00
50. Jack Bennett	M65	15.48; 31.43; 47.43; 1.04.00; 1.20.25; 1.37.00; 1.53.29; 2.10.29; 2.27.35; 2.45.09; 3.03.00; 3.20.57; 3.40.41
47. Stan Nicholls	M70	14.23; 29.03; 43.53; 58.40; 1.13.45; 1.28.49; 1.44.21; 2.00.02; 2.15.48; 2.31.59; 2.49.04; 3.08.41; 3.32.42
30 Cynthia Cameron	W40	13.56; 28.13; 42.31; 57.02; 1.11.30; 1.26.00; 1.41.30; 1.56.09; 2.11.17; 2.26.43; 2.42.19; 2.57.53; 3.14.26
43. Judy Wines	W45	15.05; 29.47; 44.43; 59.44; 1.14.45; 1.29.58; 1.45.21; 2.01.05; 2.16.00; 2.32.00; 2.48.16; 3.04.43; 3.23.02
48. Shirley Young	W50	15.06; 29.49; 44.45; 59.44; 1.14.46; 1.29.59; 1.45.21; 2.01.00; 2.16.52; 2.33.34; 2.51.15; 3.10.16; 3.33.41

The above are all the winners of their age groups, with their split times at each TWO MILES from 2 - 24 and their finishing times. As Jim said they have some fast runners.

Thanks for the article Jim Ed.

DUTAGERS A.C. ANNUAL CHAMPS MADDIBANK



" I DON'T WORRY ANYMORE. IT'S ALWAYS THE SAME WITH HIS LAST MINUTE TRAINING — ONE NIGHT OF LOVE AND HE'S HAD IT. "

SOUTH WEST MARATHON & HALF MARATHON CHAMPS. BOYANUP. 31st July 1983.  
10km ROAD RUNNING & WALKING CHAMPS.

The weather on the day was ideal, the events well organised. Jim Barnes ran a very good marathon, he looked to be going easy at the 35k mark, but speaking to him afterwards he assured me he was very tired at that point. He did not run a PB but a remarkably good time if one considers that he ran a PB in a marathon only two weeks ago. Congratulations to Brian Danby on running his first sub 3hr. marathon, he looked very strong coming to the line, indicating an even better time in the near future. In the half marathon a good win to Hank Stoffers followed by good performances from Derek Crowther and John Maddison. Bad luck for Bill Mitchell just failing to break 90 mins for the first time, I know what its like Willie lad, but you'll do it soon and a PB is a PB none the less.

A great run by Cherryl Amies in winning the ladies section of the 1/2 marathon followed by a good run from Lorna Butcher and Joan Pellier. Congratulations to Phyllis Head on another fine effort. Doreen Dow ran a good 2nd in the 10k followed by Jo stone getting back into it again with a well run 3rd.

For me the run of the day was Cliff Boulds fine effort in the 1/2 marathon, he was in pain all the way from some broken ribs that had not quite mended from a fall he had some weeks back.

This was Cliffs first run on roads for some two years, and I am sorry to say he indicated to me that it may well be his last race on the roads because of his falling problem. Cliff I am sure the whole club extends its sympathies to you and hope you can overcome yet another hurdle.

Fraser Deanus.

MEDAL WINNERS.

Marathon: Jim Barnes 2nd(open)  
 Barry Robinson(M.40)  
 Frank McLinden(M.50)  
 Bill Monks (M.45)

MEDAL WINNERS. (Women)

1/2 Marathon: Cherryl Amies(open)  
 Jill Pearton (W.35)  
 Joan Pellier (W.40)  
 Lorna Butcher (W.50)  
 Phyllis Head (W.60)

MEDAL WINNERS, (Men)

1/2 Marathon: Hank Stoffers 1st(open)  
 Derek Crowther 3rd(open)  
 Fraser Deanus (M.40)  
 John Maddison (M.45)  
 Bruce Hollier (M.50)  
 Arthur Leggitt (M.60)  
 Cliff Bould (M.65)

THE MARATHON.

2nd	Jim Barnes	2.45.33
4th	Barry Robinson	2.55.18
5th	Brian Danby	2.55.55
7th	Bill Monks	3.02.10
8th	John Pellier	3.03.35
9th	Frank McLinden	3.05.54
10th	John Davies	3.20.28

THE HALF MARATHON.

1st	Hank Stoffers	73.04
3rd	Derek Crowther	78.27
9th	John Maddison	81.05
11th	Fraser Deanus	83.02
15th	Mel Shead	88.40
18th	Willie Mitchell	90.43
19th	Bruce Hollier	92.03
21st	Cherryl Amies	97.02.....1st. Lady..
24th	Arthur Leggett	103.00
27th	Cliff Bould	104.56
31st	Lorna Butcher	107.13..F
32nd	Joan Pellier	108.49..F
34th	Jill Pearton	110.07..F
35th	Enid Crowther	113.35..F
38th	Phyllis Head	122.09..F

THE 10K.

2nd	Doreen Dow	48.42..F
3rd	Joe Stone	49.03..F

## Sex warning to male joggers

LONDON: Men who jog too much are running the risk of affecting their sex lives.

A research team says that pounding the pavement in an effort to stay healthy can cause impotence.

Doctors in California found that men who ran more than 24 kilometres a week suffered a drop in the lev-

el of the male hormone testosterone, which governs the sex drive.

The farther the men ran, the more dramatic the reduction in hormone level.

Professor Alex Horowitz, head of sports medicine at California's Los Condore University, said, "There is no doubt that after prolonged running a man is not

at the height of his sexual prowess.

"It has always been assumed that this was a direct result of his being overtired.

"However, we have carried out tests of circulating testosterone after such exercise and it now seems the explanation is not as simple as it would appear.

"It is the more ex-

treme cases that are causing us concern. We are talking about men who run 100 kilometres a week."

The survey was reported in the medical magazine "General Practitioner".

However, the message from the Health Education Council is to carry on jogging.

A spokesman said: "We look at reports like these with interest and sometimes incredulity."

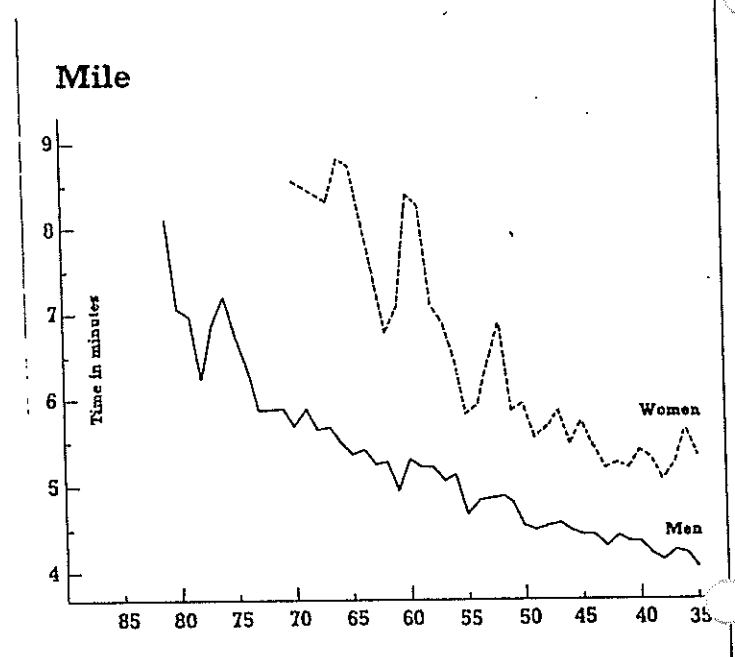
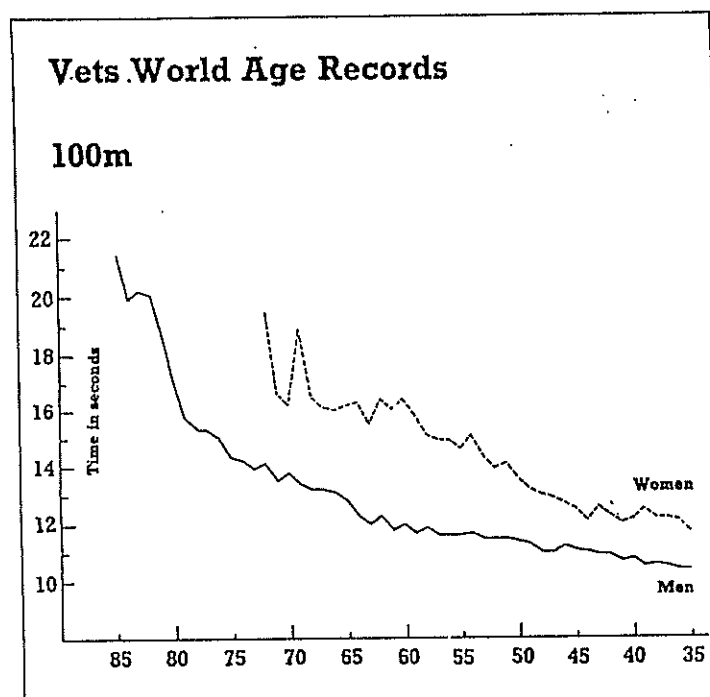
"I don't think people should take it too seriously - though anyone running more than 40 kilometres a week won't have too much energy left for sex anyway."

# WORLD TRACK & FIELD CHAMPS FOR VETERANS. September 1983.

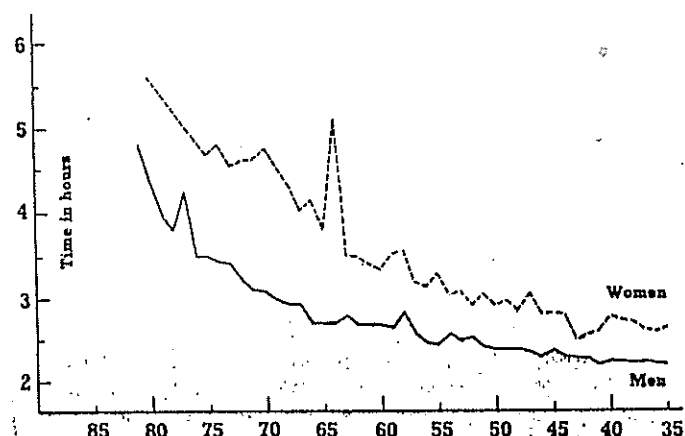
These champs will be held in San Juan, Puerto Rico from 23rd - 29th September. This time there will only be one West Australian going, as far as I know, this is Kath Holland. I am sure all members wish Kath the best of luck in her events and hope she comes home with some Gold, and possibly a new world record.

Whilst on the subject of Championships, do not forget that there is a shortage of accommodation in Canberra next Easter, for the Australian and Oceania Games. If you are thinking of going NOW is the time to be booking your accommodation. See page 7 of the June 1983 Newsletter.

Below are some graphs showing World Age Records for the 100m, Mile, Marathon and a pacing chart for the marathon. You will have to work out your own conversions to kilometres.



## **Marathon**



## **QUICK-REFERENCE PACING CHART**

Pace/Mile	5 miles	10 miles	20 miles	Marathon (26.2)
5.00	25.00	50.00	1.40	2.11.06
5.30	27.30	55.00	1.50	2.24.12
6.00	30.00	60.00	2.00	2.37.19
6.30	32.30	1.05	2.10	2.50.25
7.00	35.00	1.10	2.20	3.03.33
7.30	37.30	1.15	2.30	3.16.39
8.00	40.00	1.20	2.40	3.29.45
8.30	42.30	1.25	2.50	3.42.51
9.00	45.00	1.30	3.00	3.56.00
9.30	47.30	1.35	3.10	4.09.06
10.00	50.00	1.40	3.20	4.22.12



RELAXATION. Coach Ken Doherty

In endurance running, complete relaxation of muscles which hinder, or are unrelated to running, is necessary.

When fatigue sets in, loss of control is increased and greater effort is needed.

Avoid thoughts that may lead to anxiety. Any effort to relax is failure to relax.

Perform with the least possible action.

Learn to accept that all aspects of fatigue are inevitable.

Tom Tutko, Sports Psychologist:-

"Recall the best day you ever had at your sport and that is the day to try to get back again."

While running think - "I'm really doing well". You now put pressure on yourself to keep going consistently.

Some get "psyched" because they got a bad start - "How can I make it up now?" Or, if they are ahead - "If I can only maintain this".

Do not worry about the past or the future. You have to have an awareness of where you are now so that you can stick to a plan. Put your objectives down on paper (make sure they are obtainable).

Relax breathing. Relax muscles. Then concentrate. Imagery is vital. When you are anxious you hyperventilate. Learn to breathe correctly.

Do muscle relaxation exercises to counter tension.

Do concentration exercises.

Have the desire, assertiveness and emotional control to make things happen.

In every race there may be one or more moments when the body wants to quit.

Internal motivation is needed - or defeat.

Negative thoughts and statements can impede performance.

Franz Stampfl, coach:-

"It is possible to cultivate the will power/spirit. It is capable of tremendous development under training and stimulus, or of near extinction under neglect."

For the strongminded, "The Pritikin Program of Diet" is now in the library.

KNOW YOUR FELLOW MEMBER

BY WAFFLE.

After a lengthy period of inactivity Waffle returns to fill you in on some of your club members. We will do our best to obtain any secret training programmes, diets, etc that we may all benefit, however getting information out of Vets that might improve someone else's time is not an easy task.

I've known Don Caplin for years and still do not know where he trains! How he trains! or how he runs so b-- fast all year round over any distance. Today I'd like you to meet one of your current committee men.

BRIAN DANBY:

Age: 35 years. Wife Jenny. 2 children 14 & 12 years. Brian lives in Padbury and a good number of you would have enjoyed his annual run and b-b-q held through Pinnaroo Valley.

Born in the UK arrived in Australia at 4 years of age. I guess this makes him an Ocker. Brian is still playing Lacrosse for Wanneroo Districts and uses this game of speed and quick reflexes as part of his training for his first love, running Marathons.

Training is 6 out of 7 days a week consisting of 20k Mon, Wed, Friday. What with warm ups at Lacrosse he totals during a normal week 100km. No less. In a build up to a Marathon 3 or 4 2 hour runs are added to the norm. Mainly on road verge.

Diet: Any good food. Not keen on curries he reckons he gets enough "runs".

Drink: In summer Staminade and occasionally Sustagen. Enjoys a beer.

It was interesting to note what Brian considers a good run. One where at the finish you feel good rather than beat. He likes to be in control of the run rather than the run control him. I am sure you understand the feeling. Ever finish a run where you actually can't help smiling. It's rare but what a great feeling. Brian has had the feeling a few times. This year's Bunbury Half Marathon was one such run. I saw him before the race and his enthusiasm and pre race jitters were such that I sensed there was no way he would not run a very good race - he did 79-32.

The next goal on this year's running schedule is the Albany Marathon and he is aiming for a good one. I have his predicted time but I am not telling.

Brian claims on his earlier Marathons he lacked experience and considers several years of running is required before you can really dictate how you intend to run one. I asked Brian of any highlights of his 5 years or so with the Veterans and he didn't hesitate to name the last 24 hour relay as a very stirring event.

For the record Brian has only just aged to the point of Pre-Veteran despite being with the Club since 1979. He has been a very valued member for his willingness to assist in the running of events culminating in the organising, with the help of Jeff Whittam, the ~~National~~ Cross Country event at Perry Lakes.

The running calendar offered by the Veterans Club and the Marathon Club in Brian's opinion provide a fairly well balanced program of events for distance runners and he has no desire to see it changed.

Advice to new members new to running, don't expect to improve too fast it's a gradual build up of distance the main objective.

VINTAGE VETS

Wagers have led to some remarkable athletic feats in the past, but those achieved by a Josiah Eaton of Northamptonshire, England, last century, were quite astounding. He was born circa 1770 and when in his forties accomplished the following.

December 26, 1815. On Blackheath, London, completed a walk of 1,100 miles in 1,100 successive hours, walking one mile in each hour.

July 20, 1816. Again on Blackheath, walked 1,100 miles with the handicap of starting each mile within 20 minutes after each hour.

December 5, 1816. At Brixton Causeway, London, completed a walk of 1,998½ miles in 1,998½ half hours. He was aged 46.

June 18, 1817. At Wormwood Scrubs, London. Won a 2,000 mile walking race in 42 days. His opponent, named Baker, had led by 13 miles on day 24, but Eaton triumphed.

September 6, 1817. Completed a walk of 1,020 miles. He walked from Colchester, Essex, to London (51 miles) one day and returned the next for 20 successive days.

His most extraordinary feat was achieved at the age of 49. Starting May 12, 1818, at Stowmarket, Suffolk, he walked a quarter-mile in a quarter of an hour for 4,000 successive quarter-hours. He completed this epic of endurance on June 23, 1818.

Bob Sammells.

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LETTERS TO THE EDITOR.

Dear Jeff,

I would like to suggest that all runners who are thinking of competing in the 24 hour relay, start now gradually increasing their milage in training, also gradually start introducing 1 mile repetitions into their schedules.

Cliff Bould.

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Dear Jeff,

As from Thursday 1st September I shall be starting training on the Perry Lakes Track, I will be there from 4.30 - 6.30pm.

I Will be doing interval and speed training, if there are any members of the club who would be interested in joining me I should be more than pleased to see them.

This type of training may be of use to those members who are thinking of running in the 24 hour relay.

Allen Tyson.

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The club recieved a thankyou card from Mrs Briggs, thanking the club members for their sympathy and those that attended the funeral.

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I Also had a suggestion from Garnett Morgan. There are some club members, himself amongst them, that find it difficult to attend club runs at the 8.00 start, he thought that perhaps there might be some merit in having a later start for those who find it impossible to get to the earlier start. If there was equipment in use the later starters could put this away, or if anyone wished to do a "double" run, they could go out again with the later group. This suggestion anly applied to runs from McCallum Park

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### HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Tony Dowling	turns 45 becomes M45 14	John Spencer	turns 47 remains M45 26
Tony Denham	" 48 remains M45 15	Frank Usher	" 60 becomes M60 30
Bob Hayres	" 52 " M50 16	Morris Warren	" 46 remains M45 24
Chris Harland	" 34 " W30 21	Andy Zemunik	" 44 " M40 14
Stan Lockwood	" 54 " M50 29	Arthur Leggett	" 65 becomes M65 08
Frank Steere	" 40 becomes M40 06	Alan Chambers	" 46 remains M45 30
Mel Shead	" 40 " M40 04		

CLUB RECORD RUNS FOR SEPTEMBER:- 1 Cliff Bould + Round the Bridges (river)  
 W30 Gloria Sutherland/Maxine Tapper 1.31.35 All other womens groups no records.  
 M35 K Beamont 56.09; M40 M Smith 56.59; M45 B Buchanan 58.46; M50 D Butcher  
 60.42; M55 A Tyson 61.49; M60 V Anderson 66.36: The distance is 14.4km.

THIS RUN REPLACES BRIAN DAMEY'S RUN ON THE 18th SEPTEMBER.

From our overseas correspondent: Frank and Anne have been doing the Grand Canyon and some of the National Parks in the U.S. They are going up into Canada and then returning to the U.S. and down to the Yellowstone Nat Park. Frank is still managing to get in about 45 miles a week, but has only managed to get in two races so far. He hopes to get in a few more before they return, if he can be in the right place at the right time. In the July issue I reported that Frank had finished 26th in the Race Around Stone Mountain, in fact he finished in 6th place overall.

Just heard that Jack Collins has broken his collar bone, he did this whilst training for walking with a couple of friends from A.U.S.S.I.E. He was just passing them when he tripped. We hope it soon mends and that you are back walking soon.

### THE ULTIMATE IN LONG DISTANCE RUNNING?

Earlier in the month I heard a report on the radio, in the W.F. morning programme about a Sydney runner and ex Australian Champion cyclist called Peter Parcell, who is attempting to run around the world, literally. At the time of the report he was in the Phillipines, where President Marcos had placed at his disposal an air conditioned bus, for his family and helpers, and arranged hotel accommodation at night. At the time of the report he had done over 20,000km and had worn out 10 pairs of shoes. He rises at 5.30am each day and attempts to cover 65km before stopping running for that day, he is trying to average over 38 Marathons a month. He eats lots of bananas, potatoes and pasta. He is being sponsored for his shoes by New Balance and for flights between the different countries he is running through, by Pan Am, who will also fly him to either America or Switzerland if he needs any urgent medical treatment for running injuries. The 20,000km he has done so far have been completely injury free and he puts this down to a pair of special orthotics made for him by a Sydney doctor before he started the run. He expects to be in Perth in September 1985 and end his run at the Sydney Opera House on January 1st 1986.

Latest report says that he is in the Northern Phillipines where he has just been keeping ahead of the devastating floods caused by Typhoon DIDI.

### RESULTS OF A.A.W.A. EVENTS.

In the Canning relays on the 30th July Graham Thornton twisted his ankle on the Narrows Bridge and had to withdraw, on the first two legs Don Caplin did 17.09 and Ed Smith 18.29, the team were laying in tenth position at the time with Kevin Anderson ready to do the last leg.

KINGS MEADOW. 6th August.

Ladies 3km.

Eileen Hindle

13.01

Sheila Maslen

16.11

Jeff Whittam

16.34

Mens 6km.

Derek Hoyer

22.42

Bernie Oliver

25.31

Jeff Whittam

27.25

Point Walter Handicaps. 20th August

2km Eileen Hindle 2.20 10.31 8.11; 5km Sheila Maslen go 28.52; Jeff Whittam  
 3.55 23.41 27.36