



The Vetrin

No. 133
OCTOBER 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
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Nothing is more fairly distributed than common sense - no one thinks they need more of it than they already have. Descartes.

DONNELLY RIVER WEEKEND

THE ACCOMMODATION FOR THIS WEEKEND ON THE 30th SEPTEMBER - 3rd OCTOBER IS NOW FULLY BOOKED. IF YOU HAVE PUT YOUR NAME DOWN BUT HAVE NOT PAID YOUR DEPOSIT, RING COLIN LEMAN ON 364 7782 BEFORE YOU GO DOWN AS THERE MAY NOT BE A BED FOR YOU. WE TRIED TO BOOK ANOTHER COTTAGE BUT NONE WERE AVAILABLE.

COMMITTEE MEETING.

SUNDOWN RUN. THIS IS TO BE FOLLOWED BY A B.Y.O. BARBECUE. AN ENTRY FORM IS ATTACHED TO THIS NEWSLETTER.

24HOUR RELAY. IF YOU WANT TO RUN DO NOT FORGET TO GIVE YOUR NAME TO ONE OF THE TEAM ORGANISERS, DOROTHY WHITTAM FOR THE LADIES TEAMS, DEREK HOYE FOR THE 40 YEAR TEAM, ALLEN TYSON THE 50 YEAR OLD TEAM AND BRIAN DANBY FOR ALL OTHER TEAMS. IF YOU CAN HELP WITH OFFICIATING THEN LET BOB FERGIE KNOW AS SOON AS POSSIBLE SO THAT HE CAN ORGANISE A ROSTER, DON'T FORGET TO LET HIM KNOW THE TIMES YOU WILL BE AVAILABLE.

BRIDGES MILL POINT ROAD CHAMPIONSHIPS 10km. THIS YEAR THE ENTRY FEE FOR THIS EVENT WILL BE \$1.50. MEDALS WILL BE GIVEN FOR THE PLACEGETTERS.

CHRISTMAS DINNER. THIS HAS NOW BEEN BOOKED FOR THE 3rd DECEMBER AT THE NEDLANDS GOLF CLUB, SAME VENUE AS LAST YEAR, WE HOPE TO HAVE MORE DETAILS IN THE NEXT NEWSLETTER RE MENUS AND COST.

NEW MEMBERS. MAUREEN POMERY. 48, WESTERN AVENUE, HIGH WYCOMBE, 6057. 24.10.39
Tel 454 5741 ALAN POMERY. " " " 19.5.31

MAUREEN IS IN W40 and ALAN IS IN M50.

TERRY TATE. 8, INDUS CLOSE, ROCKINGHAM. 6168. M45 22.1.36 095 275 795

CHANGE OF ADDRESS. MAURICE SMITH, 57, BEDFORD AVENUE, ARDROSS. 6154.

DOES ANYONE KNOW THE NEW ADDRESS OF JIM McLEAN, if they do would they please let the editor know.

NEW MEMBER MISSED OFF LAST MONTHS NEWSLETTER.

DONALD BREMNER. LOT 14, CANNS ROAD, BEDFORDALE. 6112. M35 23.12.45 399 3017
birthdays missed from last month.

GLENYS WALDHUTER turns 41 remains W40
BARBARA LEACH " 39 " W35

2 .
THE STRACHAN EIGHT
28 AUGUST 1983

In windy and cold conditions twenty-eight hardy vets lined up for the start of an eight or ten kilometre run.

The clock refused to start and it was found after the race that the on/off switch was in the off position. It appears the switch has always been in the "on" position since the club purchased it. Hence the problem.

This small delay was a blessing as it allowed the "late arrivals" to start out with the main group.

The course in the main is on a shale jogging track and follows the Canning River.

Our President must have smelt the "hot goodies" for morning tea as he headed quickly for home at the eight kilometre mark.

Mother nature came to the party in the form of wintry sunshine to allow the BBQ members to fry or frizzle their lunch.

June and I would like to thank Phyllis and Rob Farrell, Shirley and Wal Cross for their help.

Phyllis and Rob have the most attractive and unusual coffee mugs, which they kindly loaned us to bolster our supply.

In conclusion, it was great to see Alan Tyson back in harness.

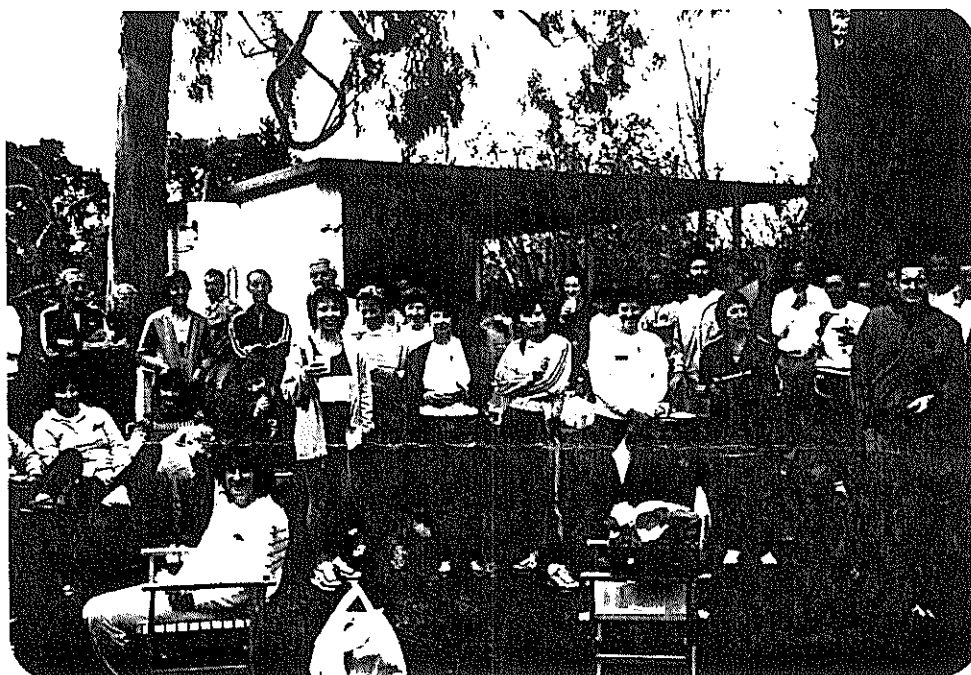
See you at our next run:

"The Strachan Stragglers 8 or 10 km".

<u>NAME</u>	<u>PLACE</u>	<u>TIME</u>	<u>DISTANCE</u>
D CROWTHER	1	37.02	10 km
J BARNES	2	38.07	"
D CAPLIN	3	38.07	"
D CARR	4	39.06	"
G THORNTON	5	39.10	"
B SAMMELLS	6	39.14	"
J PELLIER	7	39.58	"
D HOUGH	8	41.08	"
M WARREN	9	43.50	"
F DEANUS	10	43.50	"
J SLINGER	11	46.50	"
J PELLIER	12	48.13	"
J STONE	13	48.40	"
P CARR	14	52.03	"
F USHER	15	52.03	"
A DEANUS	16	55.22	"

K JOHNSON	1	39.55	8 km
B SLINGER	2	40.06	"
A WRIGHT	3	40.07	"
J WHITTON	4	41.26	"
J PEARTON	5	42.59	"
L BUTCHER	6	42.59	"
E CROWTHER	7	44.03	"
A TYSON	8	44.03	"
G SUTHERLAND	9	47.27	"
M WARREN	10	49.37	"
D WHITTON	11	49.37	"
V TYSON		46.20	7 km

The photograph below was taken at the "SUTHERLANDS RUN" on the 3rd of July this year. If you host a run and there are photographs taken that you think I could use in the newsletter, please send them in to me, -along with your report and the results of the run. I will return the photographs to you after I have published the results etc. (black & white or colour prints are suitable, but usually black & white copy better).



I have just received another change of address

Bruce Hollier. Lot 20, Hooker Road, Boyanup. 6237. His Postal address is:-
Mr B Hollier, c/o POST OFFICE, Boyanup. 6237.

SATURDAY MORNING TRAINING SESSIONS. Joan Pellier, Ann Deanus and Jo Stone are training each Saturday at The Belmont Track, starting at 7.30, if any would like to join them they are most welcome. Ladies or Men. (This is training for the 24hour Relay and track running).

WORLD TRACK & FIELD CHAMPS. After the last newsletter, I found out that John Gilmour was also going to Puerto Rico and then on to the 16th World Veterans Road Champs in France. I am sure that everyone wishes John the best for both Championships and that he manages to repeat his successes in the last ones.

HAS ANYONE SEEN THIS FUGITIVE FROM 'CHARIOTS OF FIRE' ON ANY OF OUR CLERKS RECENTLY. IT IS A PHOTOGRAPH OF ONE OF OUR MEMBERS IN HIS HALCYON DAYS.



One of our newer members who does not have a lot to say however puts one hell of an effort into his performance with some very fine results.

FRANK McLINDEN AGE 52 BORN: AUSTRALIA
SIMPER STREET,
WEMBLEY

Frank is Senior Technical Officer Building Branch of Telecom. Has been with the Vets for approx 2½ years having always kept himself fit. This is fairly evident when after only a short time of running with other members Frank's times improved rapidly.

He did further back than he cares to remember compete at Leederville Oval the then headquarters of the Athletic Association and where Herb Elliott showed his class for the first time. They ran on grass track the longest distance 2 miles. Much emphasis on the 800 and mile events in which Frank participated.

Assie Rules Football was Frank's main pass time in these days and he played for 10 years with the Fremantle Amateur Club.

Training today is on a good week four nights over an 8 mile course and this is fairly consistent pattern. If building for the Marathon he would include at least 3 x 20 mile runs a few weeks before the day. He claims 3 in not enough and once he can increase his milage in a Marathon Programme he hopes to break the 3 hour barrier. His best to date being Bunbury 3 hours 4 minutes.

There is no doubt in my mind he will not break the 3 hours when he sets his mind to it.

Frank's favorite distance is the 10k cross country which he says hurts more but is over quicker.

No special diet, eats almost anything, does not go for alcoholic drinks or any of the runners special brews.

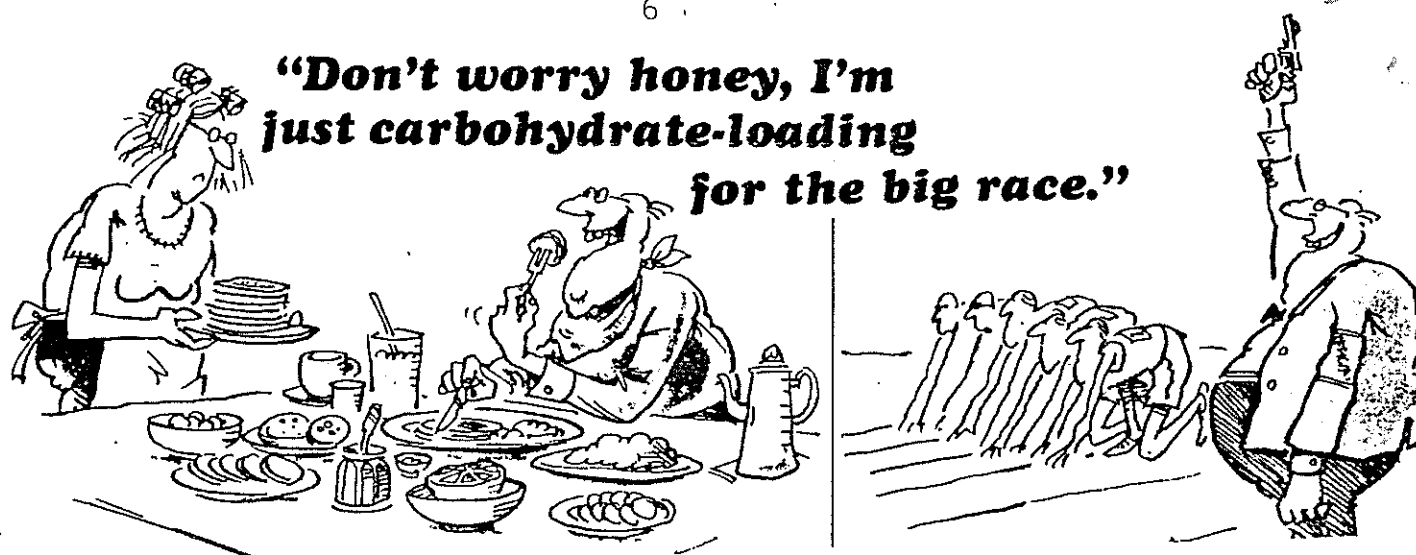
Frank is currently wearing New Balance shoes to suit what he discribes as a broad foot and he is happy with the results.

Is impressed with the running calendar provided by the WA Vet's and feels it is very nicely complimented by the Marathon Club runs. He hopes this intermingling of the events will continue wherever possible.

An interesting point put by Frank in regard to new members and speaking from his personal experience. That when new members appear and are introduced, a couple of volunteer veterans should offer to run with the visitors at a pace most suitable to them and not let them over strain themselves first up and possibly become dissolutioned with running and our Club.

This would require the Volunteer to adjust to the pace of the new memeber and discipline themselves to a relaxed "conversation pace".

A worthwhile point for committee to consider. All in all Frank is a contented runner who runs for the love of it and we wish him long and successful membership with the Club.



VINTAGE VETS

Back in the 1880's, Ehrich Weiss, a trapeze artist with the Barnum and Bailey Circus gave a job to a Larry Lewis. Weiss subsequently became famous as the escapologist Harry Houdini and Lewis continued to work for him for many years constructing the sets Houdini used in his act.

In June, 1969, Lewis staked his own claim to fame. At the age of 102 he ran 100 yards in 17.3 seconds. As if this was not remarkable enough in itself, it was then discovered that he ran six miles every day in the Golden Gate Park, San Francisco. He also walked five miles to a hotel where he had a full-time job as a waiter. And how did he get home? You guessed it - he walked. He had worked at the hotel since he was 80.

Larry Lewis continued to run, walk and work until his death at the age of, I believe, 106.

Cliff Bould (another Vintage Vet) met Lewis at a Track Meet in the U.S.A. on one occasion and I am sure that he would be delighted to pass on his impressions of such an extraordinary man.

Bob Sammells.



Article submitted by Allen Tyson. (Another article about this runner appeared in the September 1982 Newsletter).

271 miles, then home to milk the cows

SO they have all been honoured, the big three of British sport in 1974: John Cunliffe, the sportswriter's choice; Willie John McBride, the *Daily Express* Sportsman of the Year; and Brendan Foster, the favourite of BBC viewers. Three great athletes who in any other year might well have been the unanimous choice of all three polls. But there was one whose name did not appear in any of the polls, not even in sixth position, and yet his achievement this year surely demands to be acknowledged.

He is not a British international because his sport is not organised on international lines (indeed it is hardly organised at all) and yet there are many great internationalists, like Ron Hill or Foster, who acknowledge this man to be the supreme master of endurance.

Most regular readers of this page will have guessed that this man is Joss Naylor, the Lake District farmer, who this year broke the record for the Pennine Way by an incredible margin of 25 per cent.

Few people have attempted to run the 271 miles of the Pennine Way, few people take part in Joss's sport, fell-running, which is little known in Britain, much less in the world. But I do equate Joss's run with the greatest achievements in British sport this year because I was there and I saw a man drive himself through the barriers of the impossible; the memory of it will live as long as that of Ian Thompson's marathon in New Zealand or Brendan Foster's world record in Gatehead.

My story, about the first day of that run, was written at three on a Saturday afternoon in June when Joss had already been running for 12 hours and had covered almost 80 miles of rough mountain country. But that was not the end of the story. He went on running until late that Saturday evening

CHRISTOPHER BRASHER chooses his sportsman of the year

with the summer sun planting low over Cross Fell and Great Dun Fell—106 miles from Kirk Yetholm in Scotland, down into Dufton in Westmorland for a bath. We, his supporters, pitched our tents and invaded the pub for pint after pint of much-needed beer while Joss crawled into his sleeping-bag and tried to sleep.

He is 38, was born and bred in the Cumberland Fells. He is lean and sinewy, 91 stone, with an aquiline nose, high forehead and lightly muscled legs. He was once a Cumberland wrestler but a back injury forced him to give that up.

Now he is a tenant farmer, running his sheep over Yowbarrow and Red Pike and up to Scoat Fell. He, and his wife, Mary, and their three small children, live in a farmhouse which looks south over West Water and between them they do all the work—Joss hand shears some 800 sheep every summer. I stay there sometimes with a friend or two and Joss organises his work so that he can come out for a run with us.

Last time we were there he took us out for three hours on the first day and then for six hours on the second day, over all the Langdale Pikes and Bowfell and the two Scafells before dropping down into Wasdale for tea. As we drove home shattered on the third day, Joss was out for 30 miles or more quartering the Southern Fells like a tireless sheepdog.

But on that second day in June, on the Pennine Way, he was in trouble. A muscle in his groin had pulled as he went over High Cup Nick at dawn on Sunday morning. Down below in Teesdale we waited at Sour Hill Farm with food and drink. As he ate, I got to work on the muscle, a vital muscle which lifts and places the foot, and when I pressed it, spasms of pain shot through his body. Words formed in my mind: 'You've had it, Joss—you can't last 10 more miles on that leg.'

He told me to massage it and I did and then he went on picking up speed throughout the day, climbing mountains like Great Shunner Fell and Pen-y-ghent before coming down into Airedale; 80 miles on a pulled muscle.

He took only five hours to eat and sleep and ready himself for the third day—a day which ended with six of us, clustered in admiration around him, guiding him over the peat bogs of Black Hill down to the youth hostel at Crowden. There were 253 miles behind him, only 16 more to go but he needed some rest. He took just three and a half hours and then set off, in the dark, across Bleaklaw and Kinder Scout.

Four hours later, well before breakfast time, he came down into Eedale—just three days, four hours and 35 minutes out from Kirk Yetholm, 271 miles away along the spine of Britain. He had beaten the record set up by Alan Heaton, a formidable fell runner, by more than 24 hours. No one else could have done it.

Joss ate and slept for a couple of hours and then Ken Ledward, who had fed him hand washed him and tended him throughout, drove him home to Wasdale.

And then Joss milked the cows.

He is unrewarded in material terms, unrecognised by the public, but he is my sportsman of the year.

12th September, 1983.

Dear Jeff,

I thought that those members of our vintage from the U.K. would be interested in this bit of nostalgia from 30 years ago. Taken from Ron Hill's book, it is an edited excerpt from the "Rover" (boys weekly magazine) and features Alf Tupper the "Tough of the Track".



"The wind rose, the snow thickened, and Alf Tupper, the tough of the track, lost sight of Harden Hughes, who was leading the field.... Alf shivered and ran past the barn. Running was his sport, in the summer months he had a successful season on the track. He couldn't bear the idea of laying off during the winter so he had taken up cross country running. He lived in Greystone, a large manufacturing town and was plumber's mate to Charlie Chipping....

already the snow was forming drifts....he had to keep his head right down to breathe.....out of the blizzard came the shape of Bridgely School, the finishing point. Alf plodded slowly towards the building. He peered round and scowled angrily. 'Why aren't the blooming judges on the job?' he growled, for nobody was to be seen.....gateway.....lights. 'Shut that door!'

His blurred eyes picked out Harden Hughes, the famous cross country runner. 'So you beat me to it, Noel!' he exclaimed. Harden Hughes stared at him in amazement. 'You haven't finished the course?' he gasped. Alf stared at him in surprise. 'What do you suppose I have been doing? Looking for birds' nests?' he scoffed. Stuart Farr, the Secretary of the Three Counties Association came forward. 'The race was abandoned', he said. 'The course was not fit for a dog to be out-- we abandoned it after the second lap'.

'I was out in it,' snapped Alf. He gave a sniff as he looked down the room at the other competitors, most of whom had finished changing. 'Lot of sissies!'

'I admire your pluck, Tupper,' declared Farr, 'but I'm afraid that as the race was abandoned, we can't award you a medal'.

Alf raised a grin.

'Don't make me cry,' he said 'I could sooner have a cup of tea than a box of medals'.

Alf thawed out a bit....dressed in shirt, trousers, sports jacket and boots, he never wore undershirt, pullover or socks.... he wrapped up his running things and shoes in brown paper.....

Alf made for a small cafe kept by Sam Kessick, near the railway viaduct....'If enjoyed his fish and chips and he swilled them down with a couple of cups of tea.....he reached the disused canal basin in which lay a derelict canal boat....sprang aboardlit a candle.....'It ain't been a bad day out,' he muttered."

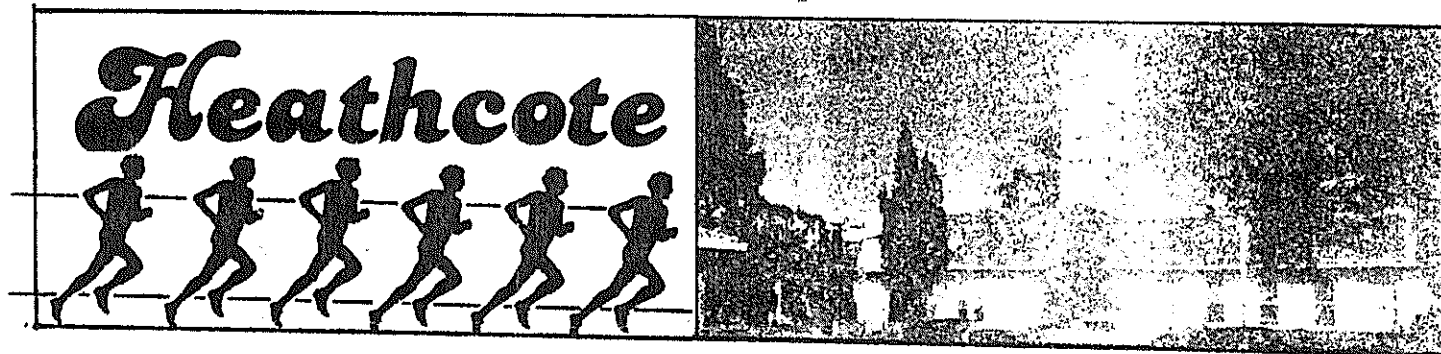
Letters to the editor. cont.

I received the following letter and entry form from John Spencer.

Dear Jeff,

Could you please find space in the next newsletter to advertise this Fun Run. It is being held to raise urgent funds for patient welfare. If any member would like to assist with timing and officiating at the finish they would be most welcome as it is a 'first time' event, and all the organisers are amateurishly inexperienced.

John Spencer



FUN RUN

HEATHCOTE HOSPITAL

A 7km FUN RUN WILL BE HELD ON SUNDAY, NOVEMBER 6TH (FETE DAY)
AT 10am.

THE RUN WILL COMMENCE ON THE OVAL, PROCEED ALONG MELVILLE BEACH
ROAD, AROUND TOMPKINS PARK AND RETURN.

JOHN GILMOUR, WORLD MARATHON VETERAN RECORD HOLDER HAS KINDLY
AGREED TO START THE EVENT AND THE MINISTER FOR HEALTH WILL
OFFICIATE AT THE FINISH.

THE EMPHASIS WILL BE ON FUN SO COME ALONG AND JOIN IN!

ENTRY FEE \$2

PRIZES

REFRESHMENTS WILL BE SERVED

FURTHER DETAILS - JOHN SPENCER 364 7011 or 364 7939



The club run that morning is around the Ladies Course, so any member wishing to help or run will be able to do both. Its also the week before the 'Sundown'.

LEAP YEARS.
by
RETREAD. (Rtd)

One Autumn day in 1947 I was shaken rigid by my 13 year old direct descendants enquiry as to whether he could be permitted to get up early in future. Although in an advanced state of shock, I managed to ascertain that the objective was the breaking of the school cross country record. Six months of early rising and training, excluding a four day break at Christmas, was conscientiously followed through and then came the Great Day. Arriving home from work I saw that his feeling were somewhat mixed - he had beaten the record, but so had the boy who finished first. Thats that, I thought, but no the training persisted with an urgent need to break the school triple jump record. Months later he did just that on his fifth jump, only to see his rival manage another inch in the final round.

Undismayed, he then joined the local athletic club, and found himself the sole club competitor in the T/J. A senior member gave what help and encouragement he could and after a few years newcomers began to take up the event.

In his last year as a Junior he gained selection for the British Southern Counties Champs. By then I had long been aware of his trouble with pre-jump jumpiness and knew that my presence was welcome elsewhere whilst he was in action. His usual ratio of valid jumps was 2 out of 6. A flash of psychoanalysisism had prepared me for the big occassion and, when the T/J lads were called up, I pressed a small tablet into his hand saying "Note the time roughly 15 minutes before your first jump then swallow this. Its harmless but will help keep you calm". Then off to watch the track events. When we met an hour later he was all smiles, as he had had only one no-jump to report, with a personal best and a near miss for the bronze medal. Reminiscing years later I confessed that the miricle pill was an aspirin.

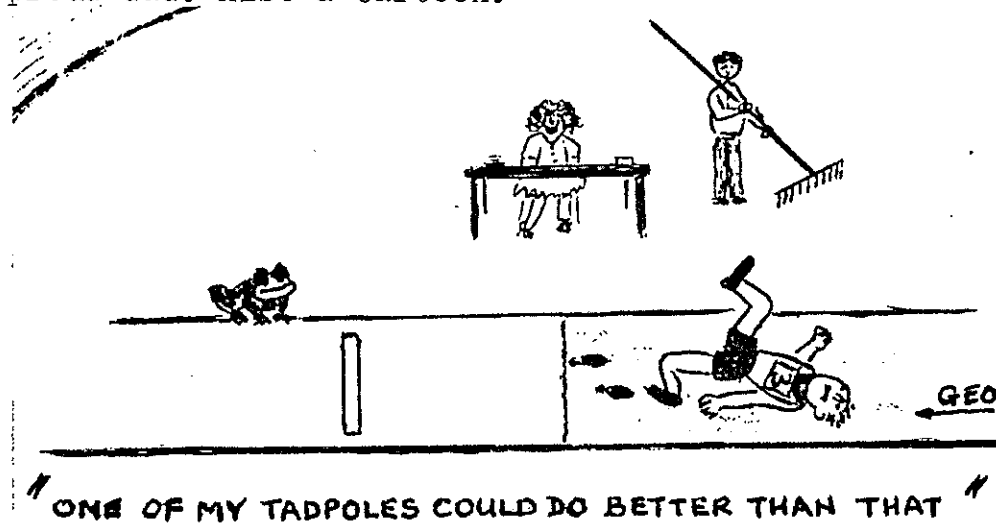
On the very first day as a senior he made his first appearance at an indoor evening event. Motor cycling from the far south to the far north of London, an adventure in itself, my hero ran bang into his most terrifying experience so far. A converted R.A.F. hanger, floodlights, public address and a 3000 crowd. But worse was to come, when the T/J commenced over the loud-hailer came "Mens senior triple jump, first to jump Fred Alsop, Essex Beagles, Brithish and Commonwealth Champion". Deafening applause and then Fred duly obliged. Then the moment of dread "next to jump D.R. Boakes, Surrey Beagles", followed by light sympathetic applause. I was quite proud to learn later that Sonny Jim had come up with four valid jumps and a P.B.

Two years later he was competing at Perry Lakes in the shadow of another Commonwealth Champion, Phil May, and doing reasonably well when a back injury, sustained whilst playing soccer terminated his athletic career.

Some consolation was found in the coaching of Little Athletics, one of his boys is still the holder of an Australian record which he set in 1974.

Maybe the passage of time will make it possible for him to start all over again as a Veteran. Asked why he spent so much time with athletics he said "Theres a kind of joy in every jump whether its made by me or somebody else".

Story from a proud dad. Also a cartoon.



RESULTS OF THE 1983
STATE VETERANS CROSS COUNTRY CHAMPIONSHIPS
HELD AT KINGS PARK ON THE 4th SEPTEMBER

(W.30)		(Time)	(Overall Position)
1st.	Jill Chambers	40.42	1st
(W.35)			
1st	Jill Pearton	48.08	6th
2nd	Jo Stone	48.56	8th
3rd	P. McCarthy	50.39	10th
(W.40)			
1st	Joan Slinger	45.38	2nd
2nd	Joan Pellier	48.02	5th
3rd	Enid Crowther	48.55	7th
4th	Ann Deanus	53.53	14th
(W.45)			
1st	Tuula Vaalsta	46.57	3rd
2nd	Mary Robinson	50.34	9th
3rd	Ruby Maddison	51.43	11th
4th	Sheila Maslin	51.44	12th
5th	Margret Warren	53.53	13th
(W.50)			
1st	Lorna Butcher	47.59	4th
2nd	Pat Carr	58.34	16th
(W.55)			
	June Strachen	57.20	15th
	Val Tyson	65.37	17th
(M.35)			
1st	Colin Leman	33.47	2nd
2nd	Brian Danby	35.23	5th
3rd	Don Bremner	36.22	8th
4th	Mike Khan	37.32	13th
5th	Brian Foley	38.01	15th
6th	Les Oakley	39.30	24th
7th	K. Alexander	43.27	37th

(cont.)

(M.40)		(Time)	(Overall Position)
1st	Derek Hoye	33.31	1st
2nd	Don Caplin	34.46	3rd
3rd	Kevin Anderson	35.17	4th
4th	Bob Harrison	35.47	6th
5th	Derek Crowther	35.57	7th
6th	Ken Snowden	36.52	10th
7th	Graham Thornton	38.19	16th
8th	Rod Cox	38.58	20th
9th	Jim Barnes	39.07	23rd
10th	John Pellier	39.52	25th
11th	Mel Shead	40.42	28th
12th	Barrie Slinger	40.43	29th
13th	Mitch Loly	40.53	30th
14th	David Roberts	41.16	31st
15th	Bob Farrel	42.14	34th
16th	P. Jose	43.47	37th

(M.45)			
1st	John Maddison	36.26	9th
2nd	Bill Monks	37.04	12th
3rd	Bob Sammells	38.36	18th
4th	Ted Maslin	38.58	19th
5th	Alan Acerman	39.05	22nd
6th	Keijo Vaalsta	40.24	26th
7th	Morris Warren	40.39	27th
8th	Anthony Denham	44.50	39th
9th	Selby Munsie	46.44	44th
10th	Alan Chambers	50.33	49th

(M.50)			
1st	Dave Hough	36.57	11th
2nd	Dave Carr	38.35	17th
3rd	Frank McLinden	39.02	21st
4th	Duncan Philip	42.09	32nd
5th	Vic Beaumont	46.00	42nd

(M.55)			
1st	Bill Hughes	43.27	35th
2nd	Merv. Moyle	44.19	38th
3rd	Alan Tyson	46.44	45th
4th	Ernest Moyle	46.51	46th
5th	Ray Lawrence	48.54	47th

(cont.)

(M.55)cont.		(Time)	(Overall Position)
6th	Frank Usher	49.40	48th
(M.60)			
1st	Duncan Srachan	42.14	33rd
2nd	Arther Leggett	45.10	40th
3rd	Andy Wright	45.27	41st
(M.70)			
1st	Dick Horsley	46.00	43rd

Overall Positions

<u>Men</u>		<u>Women</u>	
1st	Derek Hoyer 33.31	1st	Jill Chambers 40.42
2nd	Colin Leman 33.47	2nd	Joan Slinger 45.38
3rd	Don Caplin 34.46	3rd	Tuula Vaalsta 46.57

Guest Runners, Simon Beaumont Finished 14th overall in a time of 37.49. Miss Lawrence finished with a time of 58.15. Congratulations to all the winners. A particularly fine run by Jill Chambers in winning the ladies event and by Derek Hoyer in winning the mens. A good effort by Don Bremner in finishing 8th overall, Don is quite a new member to the club and looks to be capable of better things in the near future. Dick Horsley put in his usual sterling effort, if anyone ever expresses doubts to you about the benefits of running, then just tell them about Dick, no they wouldnt believe you, you would have to show them. Well done Dick. The event was a great success but alas the weather spoiled the post race festivities. The event will be retained on the running calender, weather it will be the Vets State Cross Country Champs will be decided later, after we get feed back from the members. Thank you very much to all the people who helped organise and run the event you people are a credit to the club.

fraser deanus.

Sunday 18th September.
One Lap Heirisson Island,
Plus One Lap Round The Bridges.
Approx. Distance 13.5k. Open Handicap.

(Placings)	(Name)	(Time)	(Age Category)
1st	Selby Munsie	44.29	M.45
2nd	Jim Greenfield	44.36	M.40
3rd	Frank Usher	44.42	M.55
4th	Jill Chambers	44.57	W.30
5th	Derek Hoyer	45.06	M.40
6th	Ken Snowden	45.17	M.40
7th	June Strachen	45.29	W.55
8th	Brian Foley	45.35	M.35
9th	Mike Khan	45.39	M.35
10th	Dave Hough	45.55	M.50
11th	Dalton Moffett	46.09	M.50
12th	Rob Farrell	46.16	M.40
13th	Duncan Strachen	46.16	M.60
14th	Nora Berry	46.19	W.50
15th	Fraser Deamus	46.46	M.40
16th	Bill Monks	46.46	M.45
17th	John Smith	46.48	M.45 Visitor
18th	John Maddison	47.28	M.45
19th	G. Clinton	47.39	Visitor
20th	John Pellier	47.44	M.40
21st	Kevin Martin	47.57	M.45
22nd	Enid Crowther	48.02	W.40
23rd	Dick Horsley	48.02	M.70
24th	Andy Wright	48.08	M.60
25th	Frank McLinden	48.15	M.50
26th	Ann Deamus	48.41	W.40
27th	Keijo Vaalsta	48.48	M.45
28th	Rod Cox	49.07	M.40
29th	Don Caplin	49.22	M.40
30th	Jo Stone	49.28	W.35
31st	Joan Pellier	49.28	W.40
32nd	Derek Crowther	49.33	M.40
33rd	Lorna Butcher	49.33	W.50
34th	Bob Hayres	50.13	M.50

(cont.)

(Placings)	(Name)	(Time)	(Age Category)
35th	Mike Berry	50.13	M.50
36th	Tuula Vaalsta	50.13	W.45
37th	Graham Thornton	51.26	M.40
38th	Alan Chambers	51.36	M.45
39th	Kirtley Johnson	51.39	M.50
40th	Morris Warren	52.29	M.45
41st	Bob Sammells	52.29	M.45
42nd	Merv Moyle	53.07	M.45
43rd	Tim Bolton	63.57	M.55

Visitor

Welcome to visitors, John Smith, G. Clinton, Tim Bolton, John Warren, T. Cool and Wade Crafter.

We were all blessed with first signs of summer during the run, with some of us feeling the heat, particularly down Mill Point Road the last leg of the run.

Congratulations to Selby Munsie on winning the event, a fine effort Selby, also a great effort by Jim Greenfield, Frank Usher, and Jill Chambers. A good bit of handicapping by Andy Wright our club handicapper, however the first ten place getters had better look out, Andy hates to see some one actually win a race, so I should not be surprised if you lot are not heard of again.

You people that finished in the last ten should do something about it, you are entitled to. Lynching maybe against the law but it still happens, and it can be fun. The club has a good supply of rope.

Fraser Deanus.

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HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Bruce Buchanan	Turns 53	Remains M50 11	Don Stone	Turns 54	Remains M50 07
Wes Carter	" 46	" M45 13	Ron Torkildsen	" 51	" M50 26
Phyllis Farrell	" 39	" W35 13	Brian Landers	" 42	" M40 18
Ron Jones	" 49	" M45 17	Nicolas Gurr	" 38	" M35 07
Garnett Morgan	" 59	" M55 06	George Peet	" 50	Becomes M50 19
John Pellier	" 44	" M40 22	Dave Roberts	" 41	Remains M40 27
Graham Thornton	" 43	" M40 08	Ray Benetti	" 46	" M45 22
Ian Sutherland	" 44	" M40 27	David Pope	" 38	" M35 08
			David Woodroffe	" 44	" M40 34

CLUB RECORD RUNS FOR OCTOBER.

Bridges Mill Point Road Club Championships. 10km.
W30 Glen Hall 50.26; W35 Jo Stone 46.41; W40 Ann Deamus 48.30; W45 Margaret Warren 50.26; W50 Lorna Butcher 46.13; W55 June Strachan 62.59:
M35 Frank Smith 32.46; M40 Frank Smith 33.20; M45 Maurice Smith 34.35;
M50 Bruce Buchanan 39.21; M55 Allen Tyson 40.09; M60 Cliff Bould 42.07;
M65 Dick Horsley 42.56; M70 ---:

1 Cliff Bould+1 Dave Jones. 7.4km.
W30 Jill Pearton 39.46; W35 Maxine Tapper 37.00; W40---; W45 Margaret Warr 40.58; W50 Lorna Butcher 36.58; W55 June Strachan 48.23:
M35 Hugh Kirkman 26.00; M40 Derek Hoyer 28.22; M45 Rob Shand 29.50;
M50 Dalton Moffett 31.36; M55 Allen Tyson 34.31; M60 Ralph Godkin 33.16:

DON'T FORGET THAT THE CLUB TIME TRIALS START AT PERRY LAKES ON THE 6th OCTOBER
STARTING TIME IS 5.30pm unless DAYLIGHT SAVING HAS COMMENCED THEN THE START
TIME IS 6.00pm. First one is 1500m & Shot.

RESULTS OF A.A.W.A. at LAKE MONGER 27th August 1983.

<u>6 x 2km RELAY.</u>		<u>CLOCK TIME</u>	<u>LEG TIME</u>
Don Caplin		7.00	7.00
Kevin Anderson		13.56	6.56
Brian Foley		21.24	7.28
Graham Thornton		29.01	7.37
Ed Smith		36.55	7.54
Jim Barnes		44.33.86	7.38
Other club members running for other clubs.			
Eileen Hindle	8.00	Jim Langford	6.35
Derek Hoyer	6.59	Stephen Barrie	7.44
5km Handicap.			
Sheila Maslen	go	27.38	27.38
Keijo Vaalsta	5.40	27.06	21.26

LOST LOST LOST LOST LOST LOST LOST LOST

Has anyone found the results of the CLUB HALF MARATHON CHAMPIONSHIPS?????
IF THEY HAVE WOULD THEY PLEASE LET THE EDITOR HAVE THEM SO WE CAN PUT THEM
IN THE NEWSLETTER

If anyone has any article or comment that they would like to put in the news-
letter would they please let me have them before the 25th of the month as
this is the deadline for copy.