



# The Vetrun

No. 136, JANUARY 1984



## W.A. VETERANS' A.A.C.

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PRESIDENT: Barrie Slinger, 386 7727;

SECRETARY: Fraser Deanus, 390 5892

TREASURER: Colin Leman, 364 7782;

EDITOR: Jeff Whittam, 387 6438

Nobody wants constructive criticism. It's all we can do to put up with constructive praise.  
Mignon McLaughlan.

THE PRESIDENT AND COMMITTEE WISH ALL MEMBERS A VERY HAPPY CHRISTMAS AND A PROSPEROUS (and injury free) NEW YEAR.

### COMMITTEE MEETING.

TRACK & FIELD CHAMPS 1984. Would all members please note the date of these championships, owing to unforeseen circumstances, have had to be altered. They will now be held on the 31st March and 1st April 1984. This is three weeks before Easter. An entry form and event programme is enclosed with this newsletter. Please note the closing date, this is the 10th March. THERE WILL BE NO LATE ENTRIES ACCEPTED. So get your entry off now before you forget.

CLUB ARMOURER. Brian Danby has taken over this job, along with the club trailer to carry all the equipment. Anyone who has any of the clubs equipment would they please return it to Brian for storage in the trailer.

RUNNING CALENDER. It is hoped to publish the club running calender for the next twelve months in one list, instead of monthly as at present, would anyone who would like to host a run next year please let Fraser know in January so he complete compilation of it.

### NEW MEMBERS.

Jean Crockett 443, Knutsford Ave, Kewdale. 6105. W40 1st Oct 1941  
Tel. 277 1503

Carole Ann Cole, 28, Cawston Road, Attadale. 6156. W40 18th May 1941  
Tel. 330 6637

Johanna Sanders, 17, Gleddon Way, Hillarys. 6025 W65 8th May 1918  
Johan Sanders, " " " " M75 5th Feb 1904

Bernard Godwin, 162, Victoria Street, Mosman Park. M45 8th Sept 1937  
Tel. 393 3138

MARCH LONG WEEKEND. Once again the club is organising a weekend away, this year it will be at BINNINGUP which is approx. 150km from Perth. After the success of last years Eaton weekend, apart from the beds, the committee decided that another weekend near the sea, yet close to bushland would be ideal. Binningup is on the coast S.W. of Harvey, off the Mandurah - Bunbury Road. Accommodation is in dormitories. More details later.

24 HOUR RELAY. This was held on the 10/11th December and some terrific runs were done by all teams. The mens 'A' team broke the Australian and WORLD record, which was set by Tasmanian Veterans on the 5th November this year, by almost 10km setting a new mark of 430.244km. The ladies failed by just a couple of kilometres to beat the N.S.W.

Ladies World record. The mens over 50s team set what is thought to be an inaugural Australian record, whilst the mens 'B' team were about equal with our old Australian record. There will be a special "24 Hour Relay Newsletter" published in the New Year.

Does anyone know the new address of Nicolas Gurr, if so would they please let the editor know, or the secretary or treasurer.

#### HONG KONG INTERNATIONAL TRACK & FIELD MEET. 19 - 21 October 1984.

Further details have been recieved from Hong Kong giving details of events and venues etc. these are:-

Venue. Wanchai Stadium, Wanchai, Hong Kong Island.

Dates:- 10km Road Race : 19 October (early evening)

Track & Field events : 20 - 21 October at 9am & 2pm.

Social Event. (Cost and details : 21 October at 7pm.  
to be arranged)

Events. Men & Ladies: 100m, 200m, 400m, 800m, 1500m, Javelin, Discus,  
Shot Put, High Jump, Long Jump.

Ladies. 3000m.

Men 5000m, Triple Jump.

Age Groups. 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

(Ages to be calculated as at 19 October 1984)

These groups may be amalgamated or extended if the organisers deem it necessary. Entry forms will be available early in 1984.

One of our new members, who has a travel agency has put together a package for this meet for those who may wish to go. The package is based on departing Perth on the 13 October and returning 22 October 1984. The cost for 9 nights accommodation, on a share twin basis, transfers and airfares is \$886.00, subject to a minimum of 7 passengers. The Hotel selected is the Lee Garden Hotel, which is situated on Hong Kong Island as is Wanchai Stadium. The departure is scheduled for Saturday 13 October giving 5 full days in Hong Kong to overcome jetlag and acclimatise etc. To the \$886 add \$51 for breakfast. Anyone interested in going let Fraser know as soon as possible.

#### DO NOT FORGET THAT THE EDITOR FOR THE NEXT FEW WEEKS IS "MORRIS WARREN"

so any results, letters or articles should be given to him, or sent to:-  
11, Wittering Street, Balga. 6061. Tel: 344 3320.

#### RELAYS DAY. McCallum Park 27 November 1983.

It was on a warm morning that 24 runners turned up for the start of the Parlauf Relay. Eight teams of three runners were selected and given instructions that the changeover point was the starting line and that the course was a measured 500m and that the race would run for 30 minutes. Thus each runner would have a "Kilometre" rest whilst the rest of the team completed their leg.

As a result of this times were very fast considering the rough, uneven grass surface. Dick Horsley injured his leg after a couple of laps and John Pellier, who had just arrived from running the Point Walter Half Marathon, took his place. You cannot get better club spirit than this, in my opinion. Dick Horsley fired the gun to stop the race at the end of half an hour and the wheel was taken around the track to measure the part laps of each team. At the end it was Lorna Butcher's team that had clocked up the most laps to record the winning distance. A very enjoyable relay run was had by all.

Thank you to the helpers, Dorothy Whittam, Val and Allen Tyson and the others who measured the course and put out flags etc.

Margaret Warren and Mike Khan

#### RESULTS. 1

Lorna Butcher 8.438km

Kevin Martin

Dick Horsley/John Pellier

4

Mary Robinson 8.176km

Maurice Johnston

Merv Moyle

2

Aub Davie

Andy Wright

Dalton Moffett

5

Joan Pellier 7.913km

Bob Farrell

Dave Jones

3

Joan Slinger

Ted Costello

Kirt Johnson

6

Phyllis Farrell 7.762km

Fred Hagger

Morris Warren

Results cont.

Jo Stome  
Bob Sammells  
Cliff Bould

7.676km

Ray Lawrence  
Marilyn Acreman  
Mike Khan

7.628km

continuing. RULES AND REGULATIONS FOR EVENTS.

W.A. VETERANS ATHLETIC CLUB

Notes for Competitors and Officials

STARTERS

Positions

When the start is in a straight line, the Starter should be on the in-field and slightly in front of the athletes, with a good view of the start line as well as the competitors. When the start is staggered the Starter should be placed where he can see all the competitors, and where they can hear his instructions.

The Starter should check with the timekeepers that he can be seen and that the background is suitable for the flash or smoke to be seen.

Procedure

When the officials are ready the athletes should be brought to the assembly line, usually one to three metres behind the start line and parallel to it.

Events run in lanes are usually given a "three command" start. Walks and events of 800 metres or more started from a line are given a "two command" start.

"Three Command" Start

Assemble the athletes on the assembly line. Give the order "ON YOUR MARKS" in a clear loud voice. The athletes will then move to the starting line and adopt their stance.

When the Starter is satisfied that each athlete is in the correct lane, with fingers and toes behind the line, not on it, and are perfectly steady, the instruction "SET" is given.

When the athletes are absolutely motionless the gun is fired. If one of the athletes is unsteady and the wait time is considered excessive give the command "STAND UP". The athlete concerned should be spoken to, however this does not constitute a false start. The athlete should return to the assembly line and the start recommenced.

If an athlete leaves his mark with foot or hand after the words "ON YOUR MARKS" or "SET", and before the gun is fired, it shall be considered a false start.

If one or more athletes gain an unfair advantage by starting before THE OTHERS, a second shot should be fired to recall the field, the offending athlete should be warned. A second false start by the same athlete will cause that competitor to be disqualified.

"Two Command" Start

The instruction "ON YOUR MARKS" is given and when all competitors are still, the gun is fired.

Always ensure that the gun is fully loaded, so that a recall can also be affected.

DISCUS

Implements should be appropriate to the age grade of the competitors or as otherwise decided.

A valid trial is one where :-

- The throw must be commenced from a stationary position.
- The athlete may enter the circle from any direction but must leave from the rear half only.
- The athlete must not leave the circle until the discus has landed.
- The athlete must leave the circle in a standing position.
- The athlete must not touch the rim of the circle or the ground outside the circle during the throw.
- The discus must land so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where it rolls after landing.

Measurement

Mark the point where the discus first lands at the spot closest to the circle. Take the zero end of the tape to this mark.

Straighten the tape and pass over the centre point of the circle.

Read the distance where the tape crosses the inside edge of the circle and record to the nearest even two centimetre unit below the distance measured.

It is permitted to halt part way through a trial in which case the discus must be placed on the ground within the circle until ready to resume the trial.

<u>Weights.</u>	Women all ages	1kg			
	Men M35 - M45 incl.	2kg:	M50 - M55incl.	1.5kg	
	M60+	1kg			

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Jim Barnes	turns 41	remains M40 25	Colin Leman	turns 38	remains M35 20
Lesley Brown	" 37	" W35 23	Les Oakley	" 39	" M35 20
Ted Costello	" 48	" M45 24	Eddie Smith	" 47	" M45 23
Fraser Deanus	" 44	" M40 01	Bob Sammells	" 47	" M45 06
Bob Farrell	" 44	" M40 24	Sheila Maslen	" 46	" W45 06
Jan Fletcher	" 38	" W35 20	Mick Carrick	" 42	" M40 00
Ian Henderson	" 44	" M40 05	Micheal Hill	" 41	" M40 16
Eileen Hindle	" 35	becomes W35 02	Terry Tate	" 48	" M45 22

CLUB RECORD RUNS FOR FEBRUARY.

DENNIS WILMOTT'S "SHOALWATER '10'" W35 M Tapper 56.32; W40 A Deanus 56.53; W45 M Warren 60.04; W55 J Strachan 66.15; M35 C Leman 39.17; M40 G Allen 43.02; M45 R Shand 41.28; M50 R Shand 45.36; M55 A Tyson 48.38; M60 J Gilmour 41.34:

BOB HAYRES "WEST COAST CHALLENGER" 8km. W35 S Leman 40.26; W40 A Deanus 40.29; W45 M Warren 41.54; W50 L Butcher 37.52; W55 J Strachan 44.47; M35 C Leman 28.06; M40 F Smith 27.10; M45 R Shand 31.57; M50 R Shand 31.06; M55 A Tyson 33.38; M60 D Strachan 35.31:

JIM BARNES RUN. 7.8km. W30 J Pearton 36.20; W35 J Slinger 34.03; W40 J Pellier 41.11; W45 D Whittam\* 45.00; W50 N Berry 43.47; W55 J Strachan 48.36; M35 J David 27.07; M40 D Hoyer 26.13; M45 M Smith 27.09; M50 D Stone 32.07; M55 A Tyson 32.50; M60 A Wright 35.38; M65 C Bould 34.16:

JIM BARNES RUN 10.8km. W35 P Farrell 56.10; W40 A Deanus 57.53; M35 C Leman 38.20; M40 G Thornton 45.16; M45 R Sammells 46.06; M50 D Stone 57.53; M55 A Tyson 48.02; M60 D Strachan 50.48:

\* Margaret Warren is co-holder of the 7.8km W45 record along with Dorothy Whittam.

# Food for naught

INTO what classification, one wonders, do librarians place crackpot dietary literature and body-obsessed fitness publications.

It is important Mr. Dewey has got it right, as the annual output of such ratbag books would be about 40 times the size of, say, books on logical thinking.

One bookshop chain in Australia locates the *F. Plan Diet*, Dr. Atkins' *Diet Revolution*, Jane Fonda's *Work-out Book*, and James Fixx on the metaphysics of running, in the section devoted to comparative religion.

This is the correct location, and I think it's provable, even within the limits of journalistic space.

It is an oddity that the best popular scientific account of the religious irrationalism of food and body cults, Terence McLaughlin's *A Diet of Tripe: the History of Food Reform* is not likely to be classified anywhere. The manipulated committees of the media age don't want to know, in case they lose the gullibility which gives them new spirit and new purpose with every amazing new health discovery which comes along. *A Diet of Tripe* is at \$17.50 so desperately unwanted it now exists as a \$4.95 remainder.

The historical argument that faddism is a religious exercise, inspired by the individual's need to find some moral system to live by, is stronger than the statistical evidence.

Even so, an impressively large sampling was taken out by the British Office of Health Economics of vegetarians, as against a similar number of people who pay their gastrointestinal systems little heed.

With vegans and the less rigid ovalactovegetarians taken together, it was found 76 per cent of such people also subscribed to the principles of bal and other alternative medicines, as against 32 per cent in the ordinary unwholesome community. In other words, the vegetarian is likely to link up his dietary convictions with other elements which involve the ancient religious superstitions of sympathetic magic.

The vegetarian is also likely to be committed to causes which appeal to fashionable moral fervor. Of the respondents in the health economics survey, 50 per cent of vegetarians subscribed to the cause of the Campaign for Nuclear Disarmament, as against 17 per cent in the general community.

This does not in itself invalidate rational and sensitive vegetarian practice. The aesthetic case is still just as valid as it was for William Godwin and Percy Bysshe Shelley. Man is not definitively built as a carnivore. It's a matter of choice.

The nutritional case is still as reasonable as it was for George Bernard Shaw.

But at the turn of the century Shaw was protesting veg-



**BROWSING**

Max Harris

etarian journals were assimilating exogenous moral and spiritual causes into something like a semi-religious system. "One thing at a time," thundered Shaw as he found his dietary cause linked to theosophy, Fabianism, penal reform and the wearing of Jaeger underwear.

Nothing has changed. Today's food faddists and body obsessives are likely to be susceptible to similar moral-magical combinations of conviction.

Today, Shaw would contemplate macrobiotics going with Zen, solar energy, children's liberation, spiritualism, eutha-

## Built-in taboos

nasia, jogging, astrology, aerobic dancing, opposition to vaccination, chemical contraception and zoos.

Only a couple of weeks ago I saw an advertisement for a new Australian journal called *Simply Living*. The journal, "a magazine for the times", listed its themes as environmental, anti-nuclear, spiritualism, health, animal welfare, astrology, energy.

You will observe the bizarre mix of the moral and the magical.

One thing the Office of Health Economics found undifferentiated, and that was the subscription of vegetarians as against others to established religions. The results were the same for both groups. Low, and getting lower.

But it will not have escaped the notice of the perceptive, that the modern biblical religions which have gathered followers in frightening global numbers are Jehovah's Witnesses and Seventh Day Adventism. They have built-in bodily taboos as rigidly mysterious as the totemic animal taboos of the ancient Australian Aborigines.

Whereas the very disciplines of traditional vegetarianism command respect, the same cannot be said of the lazy modern mind which seeks out easy magical health properties in this and that, to achieve well-being without excessive endeavor.

God knows what garlic pills do for the millions of people who take them as a daily blessed sacrament.

The inscrutable Orientals know how to screw an extra dollar out of the gullible Westerners. It is biochemically irrefutable a cup of ginseng will do you no more or less good than a cup of Bushells.

Your friendly milkie's carton of skim milk is nutritionally identical with low-fat yoghurt.

Remember cider vinegar? A decade ago it was good for whatever ailed or didn't ail you. Article of faith to millions of people. But not any more.

Not being cursed with a sweet tooth, I have always found the sugar-molasses-honey crusades hilarious. You don't need to be Albert Einstein to guess sugar is sugar, molasses is sugar plus residue minerals that come off the processing machinery and a trace of protein. Honey, miraculous natural honey, alas, is 75 per cent sugar, 20 per cent moisture, and 5 per cent beeswax etc. The rotten little bee doesn't even throw in any significant vitamin content. Honey has the same food value as a smaller weight of sugar. Sorry about that.

Some of these articles of faith have died hard. In fact some of them took 2000 years to disappear from the collective unconscious. Take your can of Mr. Heinz's baked beans. There are many people who still use the phrase "full of beans". This goes back to the father of vegetarianism, the Greek, Pythagoras, whose followers originated all the performing nonsense which our Hare Krishna kiddywinks believe to be characteristic of pragmatic old Mother India.

In the Pythagorean era the breed of beans popularly consumed left the residual water reddish in color after cooking. Beans means blood. Blood means virility. Virility means sex. And so, as recently as 1929 the most popular food fad literature of the day warned against (or advocated) beans as an "excitant upon the procreative cells".

Most of today's diet miracles and weight-loss revolutions have neither the longevity nor the comic interest, nor, for that matter, the effectiveness, of the pioneer diet evangelists.

When the New Orleans Opera went bust, its director, the immortal Horace Fletcher, got the entrepreneurial idea of making a mint out of mastication. And I mean mastication. And he did make his mint. Health depended on chewing each mouthful 32 times. The mastication theory swept the world. It endured for half a century or more.

It was more effective than all the modern 14-day diet regimens put together. Thirty-two chews reduced the flavor of each mouthful to the calibre of sodden cardboard. With the palate exhausted and anaesthetised, eating was a bore. Secondly, it took such a long

time to get through a plate of food people ate less.

The other old regimen which leaves its modern competitors for dead was the Hay Diet. This was a sophisticated continuation of the old medieval theory of humors. Various foods in the Hay Diet have attributed to them certain natural and nutritive properties, some symbiotically sympathetic, others antipathetic. The fun, and the fierce endurance of the Hay theory, came from the ritual ceremony of working out what goes with what and which goes with which in the food combinations permissible for breakfast, lunch and dinner. The diet made life interesting, as food planning for such meals took as much time as the considered purchase of a total ensemble at Sussan.

The naughtiest of all the funny-farm food fads has to be macrobiotics. This applies the silly old Zen nonsense of yang and yin, to a variety of not very valuable foods. The concept is as sexist as all get-out and undermines all the pioneering feminist work done by such people as Betty Friedan, Germaine Greer and Max Harris. Male is hard. Female is soft. The male-female characteristics, as perceived by the mid-Victorians, are perpetuated in the gender characteristics of the food you eat.

There's no doubt biochemical ignorance is bliss. In these obsessive times what an uproar there'd be if the anti-nukes found out about Brazil nuts. (In one single ounce of Brazil nuts there's twice the amount of radio-active material as is found in the whole human body.)

Would there be a switch to Bushells if our life-loving young knew the lift in lolly-water comes from caffeine taken from tea-dust?

One could go on being cynically whimsical at entertaining length at the expense of a society exploited by those who know how to turn emotional desolation into a quick buck.

It is a time to repeat what all the lost voices have been declaring into an intellectual void.

The ideal relationship between the individual and food is rationally to consume a variety of foods with all due moderation. That's it. Finito.

There was no need for all you suckers to buy a book about fibre in the diet and make the F. Plan lady into an A1 millionaire. If your ordinary diet includes a modicum of wholemeal bread, or fresh fruits, or green vegetables, the body is well content and efficient withal in terms of optimum fibre needs.

If there is a health secret yet to be revealed, it is this: if you let your body go about its business with a minimum of inter-

ference, it will undertake not to distract you too much from the real business of life, which is living in the world, rather than with the self-image that looks back at you from the bathroom mirror.

Of course this would destroy a multi-multi-multimillion dollar world industry. An attack of biochemical rational-

ism would destroy millions of jobs, so it cannot be allowed to prevail. Fair enough.

But it could be more rewarding the next time you decide to take on some such idiocy as the 21-day grapefruit diet, if you regarded it as a religious exercise, a scarification of the flesh, a discipline indulged not for the egocentric pleasures of

bodily beauty, but for the soul's sake, amen. The Desert Fathers did it. Primitive societies deny fleshly patterns for an endless variety of purification rituals and reasons. That's actually what your diet decision is really about.

Redirect your thinking about the purification-pain purposes of jogging or 5BX, and it will

be worthwhile even though you know you won't be healthier or thinner after you revert to being your best self again.

The real virtue is that your best self may be better for the voluntary expense of spirit in a waste of materialism.

Here endeth the first and the last lesson.

### VINTAGE VETS

Another feat of the American Edward Payson Weston (see N/L 134) was his attempt in 1879 to walk 2,000 miles in 1,000 hours. This was for a wager of 500 pounds to 100 pounds sterling laid by Sir John Astley.

Astley was one of the leading sportsmen of the time and promoted and put up prize money for several Six Day races. He also presented the Astley Belt that was held by the winners of these events. Astley seems to have been somewhat less of a sportsman on this occasion as the terms of the wager were that Weston should give 50 lectures on his walking experiences at certain towns during the attempt. And just to make things really difficult it was stipulated that Weston should not only not walk on Sundays but that this resting time should be deducted from the 1,000 hours. This left Weston only 856 hours walking time.

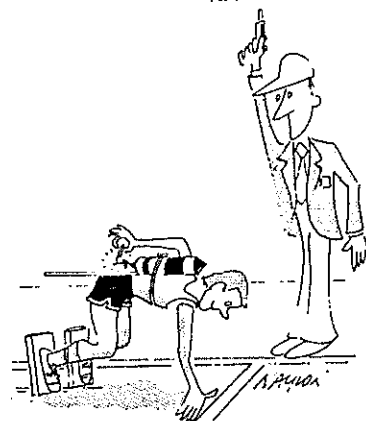
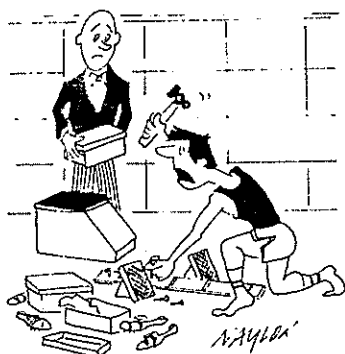
Weston started from the Royal Exchange in the City of London at midnight on January 18, 1879. He walked 81½ miles to Folkestone, Kent, over terrible roads in a snow-storm. By February 14, he was 171½ miles behind schedule but managed to reduce this to 120 miles by February 25.

He made tremendous efforts to make up this shortfall, often giving a lecture and then at midnight setting off for 30 miles before breakfast. This eventually left him with 105 miles to go over the final 31 hours. With 12 hours to go he had to sleep and experienced difficulties getting started again. When the 1,000 hours elapsed, at 4 p.m., he still had 22½ miles to cover. He had lost his wager but carried on to reach the Royal Exchange just before midnight.

This walk by Weston was adjudged to have been a stupendous performance considering the ghastly roads of the period.

R. E. Sammells.

RESULTS FROM PERRY LAKES. We have not been getting many times from those competing in association events on Saturdays, do not forget to let Dick Horsley or Val Prescott have your times or distances. Two I have got though are of top quality on the 3rd December 1983 Eileen Hindle Equalled the W30 Aust Rec. in the 100m with a time of 12.1 and set a State W30 record of 24.1 in the 200m.





KNOW YOUR MEMBER

By. Waffle

Before introducing you to our next member I can't let this opportunity of space in the Vetrun go by without a mention on the 24 hour relay.

To each runner in all 4 teams I "Dips me lid". The effort was tremendous and the teams spirit both with runners and helpers made one proud of the Vetrans Club. Congratulations everyone involved.

Now to your member who was in fact one of the daring young ladies in the 24 hour team.

Joan Pellier Age 44 years.  
Born UK Kenilworth Warwickshire.

A slight oversight when talking with Mr John Pellier in an earlier issue was the two children. Dean age 21 years and Ellaine age 18 years. To complete this happy family, dogs Patch and Fred.

Did you know that Joan is Jim Barnes Sister?

Joan works as a New Car Detailer and for those who ponder whats that? Joan does the final inspection of a brand new car to see that it is in immaculate condition before the New owner takes over.

Outside of work and running Joan enjoys walking the dogs for gentle recreation.

Training for Joan consists of 70 to 80 kilometres a week however I was very interested to hear of what the change would be heading for the 24 hour relay. Some distance was sacrificed and interval training introduced about 3 months leading up to the 24 hours. The intervals consisted of an hour of 400° on the Belmont track starting with a couple of easy 400's, one at pace and the 4th at "flatout".

A tough programme for anyone however the results could not have been better as we all saw how Joan consistantly gave her best on every mile of the 24 hour. A really tremondous effort of concentration, determination and dare I say it? Guts.

Joan considers her best achievement in her relatively short time in running to be naturally the 24 hour and the Marathon which she competed in Albany. Definitely a distance lady and likes the Half Marathon as a run she can handle comfortably.

Not interested in field events as she explained the javelin would never "stick in" on her throws. Enjoys her training rather than competitive running and was emotionally affected by the team spirit shown by the 24 hour members.

Joan is at present running in Nike Terra Shoes but at \$120 she considers too expensive. ( John might buy you a pair for Xmas)

As far as the W.A. Vet's Club goes Joan finds the social and running calendar to be everything she requires and hopes to be around for a long time. We too hope to see Joan around for a long time.

Merry Christmas and a Happy New Year to all.

Waffle

# CREATIVE MARKETING

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A Division of K.W. Enterprises

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19 December 1983

The Editor  
The Vetrin  
49 Holland Street  
WEMBLEY WA 6014

## LETTERS TO THE EDITOR

Dear Jeff

Here's a brief note about the 1983 HONOLULU MARATHON. You might like to include it in your next news letter.

### 1983 HONOLULU MARATHON - DECEMBER 11/1983

All the trials and tribulations of injuries, first marathon nerves, and irritations (my wife said it was worse than male menopause) were all washed away in 4 hours 53 minutes of pure unadulterated agony, ecstasy, and emotional highs of the "1983 Honolulu Marathon" - a sporting event that outdoes anything I've ever encountered in my 50+ years.

We started off in the dark (6.00am) to the blast of a howitzer, a spectacular fireworks display, the blare of the Marine Corps Band, the cheers of Santa Claus and his leggy helpers, gyrating hula maids in swishing skirts and the roar of excitement as 10,000 runners moved out on a spectator jammed route.

The endless army of spectators and volunteer helpers are in super abundance everywhere to keep us watered and sponged in the oppressive heat and humidity, restore life to the tissues of the halt and the lame. To keep spirits from flagging with continuous cries of 'your're looking good - you can do it!' They are there to catch the falling as they crossed the finishing line while continually chanting "WE ARE PROUD OF YOU" and a bevy of Sarong draped beauties wait to put a "lei" around your neck.

It was these people who made me and many other runners keep going, in heat and humidity you could cut with a knife, to the finish line. It was these people who were responsible for the comments I heard over and over again from runners, many of whom were seasoned campaigners, that its the world's greatest marathon race. It's certainly the best one to do your first marathon.

For those interested in the technical aspect, the first male was Kevan Ryan (NZ) 2.20.18. (I understand he is a 2.11 runner), first woman was Annick Loir-Lebreton 2.41.24. - Frank Shorter, U.S.A. Olympic Champion dropped out at 13 miles.

*Ken.*

KEN WHISTLER



# W.A. VETERANS A.A.C.

RECORDS BROKEN - 1 OCT. TO 10 DEC. 1983

LADIES					MEN				
EVENT	AGE	NAME	TIME DIST.	AGE	NAME	TIME OR DISTANCE	AGE	NAME	TIME OR DISTANCE
100	W30	E. HINDLE	12.18	100	M35	J. GOLD	29.1		
		(AUST. W30 RECORD)							
200	W30	E. HINDLE	24.3	800	M70	D. HORSLEY	2.53.8		
		"	24.1	1500	M70	"	5.38.9		
		(AUST. W30 RECORD)		1/2	M50	F. MC LINDEN	5.22.0		
				1/2	M70	D. HORSLEY	6.11.7		
1000	W30	E. HINDLE	14.38	2000	M70	"	12.21.0		
		(AUST. W30 RECORD)		5000	M70	"	21.54.0		
		(EQ. STATE RECORD)		1500	M70	"	8.19.0		
				2000	M70	"	11.16.0		
		AUST. RECORDS - 3 WATCHES		DISCUS	M55	W. CHAPMAN	28.02		
		NO WIND ASSISTANCE		SHOT	M55	"	10.11		
						"	10.62		
1500	W45	T. VAALSTA	6.21.9	TRIPLE	M70	D. HORSLEY	6.63		
				JUMP					
2000	W50	L. BUTCHER	13.20						
WALK	W55	V. TYSON	13.16						
TRIPLE	W45	D. WHITTAM	7.75						
JUMP	W50	L. BUTCHER	6.04						

## W.A. VETERANS A.A.C.

TRACK & FIELD RECORDS (TO 10 DEC. 1983)

M35 (P/V)	M40	M45	M50	M55	M60	M65	M70
1500 8.31 WALK B. SUMMERS	7.31 J. SMITH	7.26 J. SMITH	7.14 D. STONE	9.06 A. TYSON	7.22 D. HORSLEY	7.45 D. HORSLEY	8.13 D. HORSLEY
2000 12.18 WALK B. SUMMERS	10.19 J. SMITH	10.10 J. SMITH	9.49 D. STONE	12.09 A. TYSON	10.49 D. HORSLEY	10.40 D. HORSLEY	11.16 D. HORSLEY
3000 14.06.6 WALK D. FAUX	15.16 J. SMITH	15.04 J. SMITH	15.03 D. STONE		15.22 D. HORSLEY	16.15 D. HORSLEY	17.04 D. HORSLEY
5000 25.04.7 WALK D. FAUX	26.37 J. SMITH	26.53 J. SMITH	26.08 D. STONE		26.39 D. HORSLEY	27.30 D. HORSLEY	28.35 D. HORSLEY
DISCUS 40.24 E. NIEMANIS	48.16 R. BROWN	50.06 A. CUMMINGS	51.84 A. CUMMINGS	58.02 W. CHAPMAN	50.36 A. NARRIET	56.92 D. HORSLEY	60.88 R. BAILEY
HAMMER 46.85 E. NIEMANIS	51.26 A. FERGIE	51.76 A. FERGIE	53.54 A. CUMMINGS	56.08 N. GOFF	52.84 N. GOFF	56.22 D. HORSLEY	58.70 D. HORSLEY
SHOT 12.90 E. NIEMANIS	16.51 R. BROWN	18.31 A. FERGIE	19.07 W. HUGHES	20.62 W. CHAPMAN	10.75 D. HORSLEY	8.99 D. HORSLEY	7.78 R. BAILEY
JAVELIN 45.52 T. REYNOLDS	41.04 B. OLD	37.40 A. FERGIE	31.20 A. CUMMINGS	25.96 N. GOFF	24.92 N. GOFF	18.82 D. HORSLEY	15.78 R. BAILEY
LONG JUMP 6.38 T. REYNOLDS	5.94 D. SCOTT	5.32 D. WALKER	5.64 N. GOFF	5.15 N. GOFF	4.35 N. GOFF	3.35 D. HORSLEY	2.93 G. BARKES
TRIPLE JUMP 12.37 T. REYNOLDS	10.87 P. GARE	10.51 D. WALKER	11.30 N. GOFF	11.46 N. GOFF	9.36 N. GOFF	6.20 G. BARKES	6.63 D. HORSLEY
HIGH JUMP 1.71 T. REYNOLDS	1.50 T. RUTTY	1.45 A. FERGIE	1.34 D. WALKER	1.35 N. GOFF	1.20 A. NARRIET		
POLE VAULT 3.70 P. GARE	3.40 P. SMITH	2.70 E. MASLEN	2.40 N. GOFF	2.40 N. GOFF	2.05 N. GOFF		
100 11.2 P. GARE	11.2 P. GARE	12.06 D. CARR	12.5 D. JONES	12.7 D. JONES	14.6 N. GOFF	15.4 D. HORSLEY	17.5 A. GREGG
200 17.5 P. GARE							17.5 " (M65)
400 50.5 P. GARE	52.5 P. GARE	55.17 D. CARR	55.75 D. CARR	61.00 R. DE GAUCHY	71.4 D. HORSLEY	73.8 D. HORSLEY	83.4 R. BAILEY
800 2.02.9 D. CAPLIN	2.01.1 K. GILBERT	2.08 D. CARR	2.08 D. CARR	2.11.9 J. GILMOUR	2.17.0 J. GILMOUR	2.37.0 D. HORSLEY	2.53.8 D. HORSLEY
1500 4.12.7 D. CAPLIN	4.12.0 D. CAPLIN	4.11.0 MORLAND SMITH	4.17.8 A. BRIFFA	4.22.0 J. GILMOUR	4.30.5 J. GILMOUR	5.16.9 D. HORSLEY	5.38.9 D. HORSLEY
1/2 MILE 4.39.0 D. CAPLIN	4.40.0 D. CAPLIN	4.50.0 D. CARR	5.22.0 F. MC LINDEN	4.40.0 J. GILMOUR	4.59.1 J. GILMOUR		6.11.7 D. HORSLEY
3000 8.52.0 P. WALL	9.09 A. O'HARE	9.27.6 MAURICE SMITH	9.59.0 A. BRIFFA	9.20 J. GILMOUR	9.41.0 J. GILMOUR	11.36 D. HORSLEY	12.21 D. HORSLEY
5000 15.14.0 P. WALL	15.49 F. SMITH	16.30 E. MASLEN	16.05 J. GILMOUR	16.09 J. GILMOUR	16.38 J. GILMOUR	20.46 D. HORSLEY	21.54 D. HORSLEY
10000 32.57.1 J. LANGFORD	32.36 F. SMITH	34.03 E. MASLEN	33.05 J. GILMOUR	33.40 J. GILMOUR	34.23 J. GILMOUR	44.03 C. BAULD	54.07 J. SHEPARD
110 HBS 16.2 T. REYNOLDS	19.5 R. JOHNSON	20.7 D. WALKER	18.3 N. GOFF	18.4 N. GOFF	19.4 N. GOFF		
200 HBS 60.1 P. GARE	64.7 P. GARE	66.6 J. BAILEY	71.2 D. JONES	73.9 D. JONES			
3000 7c P. GARE	732.4 H. STOFFERS	643.5 E. MASLEN	823.5 D. STONE	823.9 A. TYSON			
3000 10.14.9 P. LANGFORD	9.44 E. MASLEN	10.19 E. MASLEN	11.31 A. MERRITT	11.00 A. MERRITT	12.17 D. STAPHAN		

WOMEN N.A. VETERANS A.A.C. TRACK - FIELD RECORDS (To 10/12/85)

	W30	W35	W40	W45	W50	W55	W60
100	11.7 E.HINDLE	12.0 K.HOLLAND	12.4 K.HOLLAND	13.7 D.WHITTAM	15.79 P.CARR	18.06 V.TYSON	
200	24.1 E.HINDLE	24.6 K.HOLLAND	25.6 K.HOLLAND	28.7 D.WHITTAM	32.2 P.CARR	41.5 V.TYSON	
400	59.7 E.HINDLE	56.0 K.HOLLAND	59.3 K.HOLLAND	67.8 D.WHITTAM	79.85 P.CARR	93.1 V.TYSON	1.47.2 P.HEAZ
800	122.2 E.HINDLE	122.8 K.HOLLAND	129.6 K.HOLLAND	130.7 D.WHITTAM	136.7 L.BUTCHER	146.1 V.TYSON	3.43.2 P.HEAD
1500	5.09 E.HINDLE	5.27.9 K.HOLLAND	5.24.0 M.HARMAN	6.21.9 T.VAALSTA	6.06.0 L.BUTCHER	7.40.8 V.TYSON	9.06.0 P.HEAD
1 mile	6.07.0 L.DOKSEY	5.52.0 J.FLETCHER	7.37.5 D.WHITTAM	7.10.9 D.WHITTAM	6.35.0 L.BUTCHER	9.04.0 V.TYSON	
500	126m	126m	126m	126m	126m	126m	
1000	13.5 E.HINDLE		16.9 L.JENKINS				32.1 PHE
4000	63.2 E.HINDLE	63.6 K.HOLLAND	72.7 K.HOLLAND	84.8 D.WHITTAM			
3000	12.0.9 E.HINDLE	11.27 A.ANSELL	12.01.3 M.HARMAN	14.23 D.WHITTAM	13.08 L.BUTCHER		
5000	21.23 L.DOKSEY	19.25 A.ANSELL	20.39 M.HARMAN	24.27 M.WARREN	22.13 L.BUTCHER	28.00 V.TYSON	27.21 P.HEAD
10000	42.03 L.DOKSEY	40.08 A.ANSELL	45.51 M.HARMAN	54.54 T.VAALSTA	45.58 L.BUTCHER	61.55 V.TYSON	
1500	9.38						9.53 PHEAD
1 mile	J.PEARSON	8.17 J.FLETCHER	9.32 L.JENKINS	9.41 M.WARREN	9.44 L.BUTCHER	9.39 V.TYSON	
2000	13.39						
1 mile	J.PEARSON	11.57 J.FLETCHER	14.59.2 D.WHITTAM	13.52 M.WARREN	13.20 L.BUTCHER	13.16 V.TYSON	
3000		18.18 J.FLETCHER	21.17.3 L.JENKINS	20.37 M.WARREN		20.33 V.TYSON	21.02.6 PHEAD
7.30							
SHOT	L.BROWN	9.04 K.HOLLAND	8.01 K.HOLLAND	9.24 D.WHITTAM	6.29 L.BUTCHER		4.07 PHEAD
20.10							
DISCUS	E.HINDLE	27.44 K.HOLLAND	22.26 K.HOLLAND	26.00 D.WHITTAM	10.28 L.BUTCHER	9.48 V.TYSON	10.28 PHEAD
22.54							
JAVELIN	E.HINDLE	22.32 J.FLETCHER	20.76 K.HOLLAND	20.58 D.WHITTAM	14.44 L.BUTCHER	10.14 V.TYSON	10.90 PHEAD
5.55							
LONG JUMP	E.HINDLE	5.19 K.HOLLAND	3.78 D.WHITTAM	4.22 D.GOODWIN	2.69 L.BUTCHER	2.20 V.TYSON	
1.49							
HIGH JUMP	E.HINDLE	1.24 E.MERCER		1.20 T.MANLEY			
POLE JUMP		8.82 K.HOLLAND		7.75 D.WHITTAM	6.04 L.BUTCHER		

LETTERS TO THE EDITOR.

Dear Jeff. On behalf of the Ladies Team, I'd like to thank all the officials, recorders, the doctor, physiotherapists, canteen workers (male & female) and supporters for all their assistance during last weekends 24hour Relay.

Congratulations to the mens over 40s team on breaking the world record, the great back-up team, who helped everyone so much, the 'Fighting Fifties' who put up such a great show and last but not least the ladies team who never gave in although we knew in the early hours of the morning we were not going to get the record. All in all a great club weekend and looking forward to having another chance. Yours Joan Pellier.

DARLINGTON RUN. There must be many other club members who obtain gratification from cross country running and find road something of a bone jerking bore.

There must be other perverts besides myself who actually obtain some sort of distorted pleasure from mud and dirt and the occasional shoe full of slimy water that squelches around the shoe and up the leg.

Unfortunately the cross country season is rather short, so could you please make the best of time and available venues and relocate the Darlington 16km back to the damp and chills of winter mornings rather than having to contend with the flies and heat of November. John Spencer.

## LETTERS TO THE EDITOR cont.

(From MIKE BERRY)

I was interested in the article 'The right pace' in a previous VETRUM, and have made a conversion for 5km intervals in line with the marathons run here in the West.

A certain amount of fiddling was necessary but the principle has been retained.

An interesting point is that using 26.2 miles as the distance you will end up 33 yds.(30 metres) short of the full distance a not inconsiderable amount when you are trying to break 3 hours (eh! Fraser?)

In the example for a 3 hour marathon I have not rounded off any times, which would be advisable probably to the nearest 5 seconds, remembering to get the stage times to add up to the total time required.

For non mathematical people here is the way to calculate.

3 HOUR Marathon

3 hours = 180 minutes

at 20 km mark time should be :-  $0.4624 \times 180 = 83.23$  mins.

$0.23$  mins =  $0.23 \times 60 = 14$  secs.

time therefore is 83 mins 14 secs.

Finally I would like to say that I don't have any expertise to offer and have done this only as a guide for anyone who is interested in the system devised by George Myers.

If anyone is interested to know if I used it in the Peoples Marathon well I just ran ..or walked!!!

Kms	total time
5	0.1168
10	0.2312
15	0.3462
20	0.4624
25	0.5802
30	0.6996
35	0.8209
40	0.9443
42.195	1.0000
FIRST KM	0.0234
1/2 M	0.4882

3 HOUR MARATHON EXAMPLE		
total time	total time	Stage time
mins	mins-secs	mins-secs
21.02	21-01	21-01
41.62	41-37	20-36
62.32	62-19	20-42
83.23	83-14	20-55
104.44	104-26	21-12
125.92	125-55	21-29
147.78	147-47	21-52
169.97	169-58	22-11
180.00	180-00	10-02
4.20	4-13	
87.88	87-53	

MB

## TIME TRIAL No 8. 5000m 24th November

## TIME TRIAL No 9. 10000m 1st Dec.

		time	Pts	Cuml Pts	Psn	Time	Pts	Cuml Pts	Psn
	AGE								
Jan Fletcher	W35	20.50	660	7683	1	43.46	764	7787	1
Dorothy Whittam	W45	28.16	20	7049	2	-	-	7029	2
Joan Pellier	W40	22.32	516	3124	4	-	-	2608	6
Val Prescott	W35	-	-	- 40	15	-	-	40	15
Jill Pearton	W35	-	-	595	12	-	-	595	12
Lorna Butcher	W50	23.25	530	6507	3	46.24	811	6788	3
Sheila Maslen	W45	-	-	-509	14	-	-	509	14
Tuula Vaalsta	W45	-	-	689	10	-	-	689	9
Val Tyson	W55	-	-	1244	8	-	-	1244	8
Joan Slinger	W40	21.58	524	2784	5	-	-	2201	7
Barbara Leach	W35	-	-	1988	6	45.36	654	2642	5
Enid Crowther	W40	-	-	556	13	-	-	556	13
Alicia Ansell	W40	-	-	1342	7	41.11	984	2826	4
Margaret Warren	W45	27.33	584	1239	9	-	-	655	10
Colleen Milbourne	W35	11.30(6 $\frac{1}{2}$ lap)	598	598	11	-	-	598	11
Jan Bergen	inv	21.12							
Ken Gilbert	M40	9.24(6 $\frac{1}{2}$ lap)	4346	4346	7	-	-	4346	8
Stephen Barrie	M45	17.53	764	3150	12	-	-	3150	12
Brian Foley	M35	17.49	692	2057	18	37.25	765	2822	13=
Brian Danby	M35	17.27	734	4910	6	35.06	904	5814	5
Bill Monks	M45	18.03	644	5905	4	37.39	861	6766	4
Ted Costello	M45	19.41	558	3394	11	(15lapsN/T)		3394	12
Bob Sammells	M45	18.52	655	5319	5	-	-	5319	6
Hamish McGlashen	M45	19.20	600	3656	8	40.03	717	4373	7
John Pellier	M40	20.07	460	3491	10	38.17	758	4249	9
Jim Barnes	M40	17.59	702	3565	9	-	-	3565	10
Bob Faulkner	M35	-	-	1206	25	-	-	1206	30
Bob Fergie	M45	25.12	20	2305	17	-	-	2305	18
Andy Wright	M60	21.58	524	8811	2	45.42	648	9459	2
Bill Hughes	M55	-	-	1315	24	-	-	1315	27
Don Stone	M50	21.33	460	6255	3	44.10	530	6785	3
M. Gamblin (inv)?	M45	-	-	2630	15	-	-	2630	16
George Roakes	M70	-	-	556	38	-	-	556	41
Dick Horsley	M70	21.54	1012	10838	1	-	-	10838	1
Cliff Bould	M65	-	-	2776	13	46.36	724	3500	11
Bob Hayres	M50	-	-	1905	19	-	-	1905	19
Don Caplin	M40	16.55	830	2681	14	-	-	2681	15
Derek Hoyer	M40	16.29	882	1875	20	35.08	947	2822	13=
Jeff Whittam	M45	21.54	292	2432	16	-	-	2432	17
Bill Chapman	M55	-	-	1456	22	-	-	1456	25
Jack Collins	M70	-	-	1635	21	-	-	1635	24
Hugh Kirkman	M40	-	-	783	32	-	-	783	37
Allen Tyson	M55	-	-	1401	23	-	-	1401	26
Derek Crowther	M40	-	-	793	31	-	-	793	36
Alan Pomery	M50	-	-	433	43	-	-	433	44
J. Cogan	M45	-	-	1080	26	-	-	1080	32
Charlie White	M40	-	-	-	-	-	-	-	-
Frank McLinden	M50	48.52	714	808	29	38.03	907	1715	23
Alan Acreman	M45	20.03	514	514	40	42.35	565	1069	31
Jim Greenfield	M40	20.09	442	442	41	-	-	442	42
Maurice Johnston	M45	19.50	540	540	39	40.25	695	1235	29
Colin Leman	M35	16.51	802	802	30	-	-	802	35
Kevin Martin	M45	19.05	630	630	36	-	-	630	38
G Clinton	M40	20.12	436	436	42	-	-	436	43
Morris Warren	M45	19.31	578	578	37	40.29	691	1269	28
Frank Steere	M40	10.29(7 $\frac{1}{2}$ lap)	-	-	-	35.44	911	911	34
Bob Harrison	M40	17.21	777	777	33	35.03	952	1729	21
Kevin Anderson	M40	17.05	810	810	28	35.37	918	1728	22
Frank Smaith	M40	16.23	894	894	27	34.07	1008	1902	20
John Rowland	M45	20.59	402	402	44	-	-	402	45

George Innes	M45	-	-	-	34.10	1070	1070	33
Graham Thornton	M40	-	-	-	42.02	593	593	39
Stan Lockwood	M50	-	-	-	43.36	574	574	40
Tim Anstey	Inv	-	-	-	36.57			
Ron Fussell	Inv	-	-	-	23.25	(5km)		

Allen Tyson and Cam Ansell shared the 10km. Allen did the first 12 laps whilst Cam scored laps, then Cam ran the remainder whilst Allen lap scored.

TIME TRIAL No. 10. 8th December.

	AGE	200m	Pts	Javelin	Pts	Cuml Pts	Psn
Jan Fletcher	W35	-	-	20.42	408	8195	1
Dorothy Whittam	W45	-	-	18.24	450	7479	2
Joan Pellier	W40	-	-	-	-	2608	6
Val Prescott	W35	-	-	-	-	40	16
Jill Pearton	W35	-	-	-	-	595	12
Lorna Butcher	W50	38.7	30	13.36	320	7138	3
Sheila Maslen	W45	-	-	-	-	509	15
Tuula Vaalsta	W45	-	-	-	-	689	9
Val Tyson	W55	45.1	20	-	-	1264	8
Joan Slinger	W40	-	-	-	-	2201	7
Barbara Leach	W35	-	-	-	-	2642	5
Derek Crowther	W40	-	-	-	-	556	13
Alicia Ansell	W40	-	-	-	-	2826	4
Margaret Warren	W45	-	-	-	-	655	10
Colleen Milbourne	W35	-	-	-	-	598	11
M. Leader	W50	36.1	290	11.20	226	516	14
Ken Gilbert	M40	-	-	-	-	4346	9
Stephen Barrie	M45	-	-	-	-	3150	14
Brian Foley	M35	-	-	-	-	2822	16
Brian Danby	M35	31.7	130	16.80	20	5964	5
Bill Monks	M45	28.8	620	-	-	7386	4
Ted Costello	M45	-	-	-	-	3394	13
Bob Sammells	M45	-	-	-	-	5319	7
Hamish McGlashen	M45	26.4	860	21.70	231	5464	6
John Pellier	M40	29.4	460	22.34	184	4893	8
Jim Barnes	M40	-	-	-	-	3565	10
Bob Faulkner	M35	-	-	-	-	1206	30
Bob Fergie	M45	32.0	300	30.24	487	3092	15
Andy Wright	M60	32.9	610	16.88	195	10264	2
Bill Hughes	M55	-	-	-	-	1315	27
Don Stone	M50	30.5	550	22.42	330	7665	3
M. Gamblin (inv)?	M45	-	-	-	-	2630	18
George Boakes	M70	-	-	-	-	556	43
Dick Horsley	M70	-	-	17.16	486	11324	1
Cliff Bould	M65	-	-	-	-	3500	11
Bob Hayres	M50	-	-	-	-	1905	21
Don Caplin	M40	-	-	-	-	2681	17
Derek Hoyer	M40	29.5	450	21.36	159	3431	12
Jeff Whittam	M45	35.6	20	19.68	170	2622	19
Bill Chapman	M55	-	-	20.32	333	1789	22
Jack Collins	M70	-	-	-	-	1635	25
Hugh Kirkman	M40	-	-	-	-	783	37
Allen Tyson	M55	-	-	-	-	1401	26
Derek Crowther	M40	-	-	-	-	793	36
Alan Pomery	M50	-	-	-	-	433	46
I. Cogan	M45	-	-	-	-	1080	31
Charlie White	M40	27.2	630	-	-	630	38=
Frank McLinden	M50	28.7	730	-	-	2445	20
Alan Acreman	M45	-	-	-	-	1069	33
Barrie Slinger	M40	29.7	430	18.90	98	528	44
Hillary De Souza	M45	-	-	25.14	334	334	49

Jim Greenfield	M40	-	-	-	-	442	45
Maurice Johnston	M45	-	-	-	-	1235	29
Colin Leman	M35	-	-	-	-	802	35
Kevin Martin	M45	-	-	-	-	630	38=
G Clinton	M40	-	-	-	-	436	47
Morris Warren	M45	-	-	-	-	1269	28
Bob Harrison	M40	-	-	-	-	1729	23
Kevin Anderson	M40	-	-	-	-	1728	24
Frank Smith	M40	-	-	-	-	1902	22
John Rowland	M45	-	-	-	-	402	48
Frank Steere	M40	-	-	-	-	911	34
George Innes	M45	-	-	-	-	1070	32
Graham Thornton	M40	-	-	-	-	593	41
Stan Lockwood	M50	-	-	-	-	574	42
Ron Fussell	M50	32.3	370	19.80	238	608	40

## WINNERS ARE:- Ladies

Jan Fletcher 8195 points  
Dorothy Whittam 7479 points  
Lorna Butcher 7138 points

## Men

Dick Horsley 11324 points  
Andy Wright 10264 points  
Don Stone 7665 points

Congratulations to the winners and also to all those who took part.  
During the course of the time trials 63 members competed in at least one event as well as several runners by invitation. Our thanks to Bob Fergie for once again doing a great job working out the results etc.

***“What do you think about  
when you’re running?”***

