



The Vetrun

No. 139, APRIL 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

LUCK IS WHAT HAPPENS WHEN PREPARATION MEETS OPPORTUNITY.

A.G.M. 1st April 1984. at Gerry Archer track Belmont. 10.am sharp.
Minutes of last A.G.M. published in Newsletter 129 of June last year.

THE EDITOR HAS MADE A BLUE. With last months newsletter there was a membership renewal form. This had Colin Lemans address as 6, Earliston Place, Booragoon. this is not his address now. His current address is :- 4, Dornie Place, Ardross. However Colin is relinquishing the post of treasurer and until the A.G.M. we do not know who is taking his place so fill in your forms and bring them with you to the A.G.M. and hand them with your membership fees to the new treasurer whoever he or she may be.

COMMITTEE MEETING.

It has been decided to publish the fixture list 12 monthly, instead of as at present each month. The fixtures will go from the 1st April till the 31st march. The time trials and twilight trials after Christmas will still be published in the newsletter at the appropriate time.

VIDIO TAPES OF THE NATIONAL CHAMPS 1982. (VETERANS) Anyone with a vidio machine who would like to view these tapes may borrow them, there are three tapes, two of three hour and one of two hour duration. They are unedited but very enjoyable viewing. Contact Brian Danby on 401 4956 if you are interested.

TRACK & FIELD CHAMPS. Please check the time of your events as soon as you get your programme, at the track, as some of the times of the events have been changed slightly, and if you go off the times from the entry forms you may miss your event.

WOMENS RUN. 29th April 1984. This is the Ladies Day and ladies are asked to bring a cake or some such goody along with them and the men are asked to provide flasks of hot water so that we can have a social event after the run, which is held from McCallum to the East Perth Cemetery and back.

MORE TRACK AND FIELD CHAMPS NEWS. The steeplechase will now be held at Perry Lakes on the 29th March 1984. Those who have entered have been notified but other members are asked to come along and help with the steeples and to give the competitors a cheer around the track. there have been 115 entries for these championships, 85 men and 30 ladies.

Don Stone is leaving and going to settle overseas towards the end of March and it was decided to present him with a tankard suitably inscribed as a thank you for all the work he has done for the club. This was presented at the Teddybirds Run in Kings Park last Sunday. 18th March.

NEW MEMBERS We welcome the following new members to the club:-

Paul Slyth, 89, Rosewood Drive, Woodlands. 6018. 446 4436 M40 29/May/42

Robert Scanlan, 14, Marsh Way, Bullcreek, 6155. 332 1647 M40 24/Apr/43

Rod Marston, c/o Aurex Pty Ltd. P.O. Box 42, Applecross. 6153. 364 7547
M40 17/Jun/43

Douglas Boakes, 19, Frome Street, Karrinyup. 6018. 445 2837 M40 01/Feb/44

Charles McKinnon, 15, Goldsmith Road, Claremont. 6010. 386 6631 M35 04/Jan/46

Beverley Whistler, 11, Juniper Way, Duncraig. 6023. 447 0039 W40 03/Nov/39

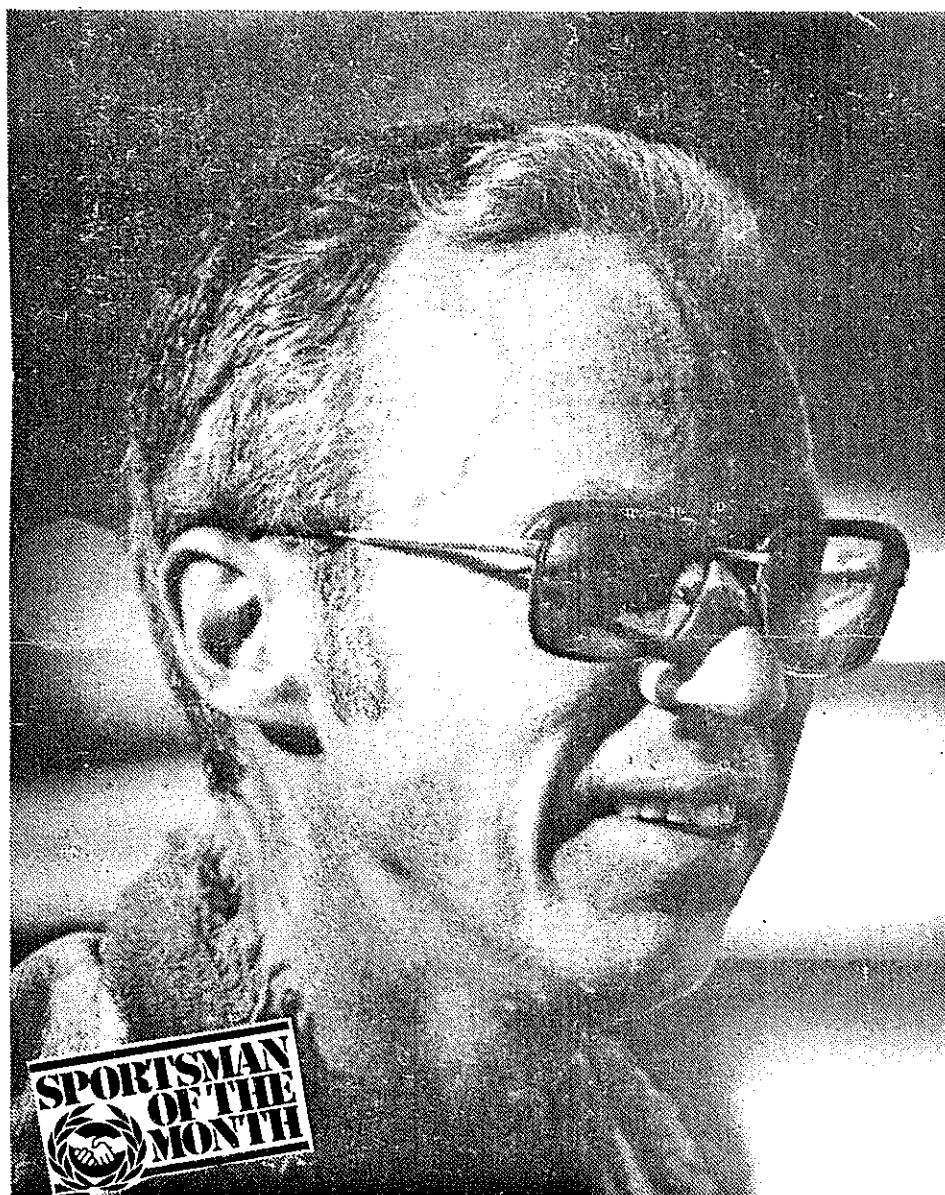
COUNTRY MEMBERS

Ray Purdue, 13, Parry Street, Bunbury, 6230. (097) 218 478 M35 27/Nov/48

Nanette Harding, 29, Parry Street, Bunbury. (097) 211 627 W35 01/Dec/48

A once-only run for Stoffers

HANK Stoffers' outstanding performance as a member of a WA team which broke a world record won him the Times Sportsman of the Month for December.



The team set a new mark for runners over-40 in a 24-hour period.

They bettered the previous best distance covered by almost 10 kilometres, running 430.334 kilometres during the time between 12 noon December 10 and 12 noon December 11.

It was just one of many achievements by the amazing 43 year old Eaton veteran in 1983. Stoffers has returned a series of outstanding performances in fun run and marathon events during the year.

Perhaps what made this run such a milestone was the fact it was done over such a long period, and Stoffers was running in shorter and faster bursts than he is accustomed.

The 10 runners in the team were each completing four laps (1600 metres) of the Belmont athletic track before passing on the baton.

Stoffers, a marathon specialist was able to make the difficult transition to middle distance running to be one of the mainstays of the team.

He admitted being a little slower than other runners early in the event, averaging around the 5.20 minute mark during his stints.

However, later in the event he lifted his rating. While other members of the team tired and slowed, Stoffers' staying power shone through and he actually got faster the further the record attempt went.

At the finish he was running the 1600 metres distance in 5.10 minutes.

Stoffers said it was one of the most gruelling events he had taken part in.

"It was very, very demanding," he said.

"There was only about 52 minutes between each run, the whole body got tired."

It took Stoffers more than three weeks to recover from the gruelling run. He said he did not anticipate the group would try and better the mark.

—Mark Duffield.

Vetrun 139 Hank Stoffers' world-record feat was a gruelling 24-hour team running test of endurance — an effort that won him the Sportsman of the Month award for December.

SHOALWATER '10' 5th February 1984.

The third "Shoalwater 10" was run in fine and warm conditions on the 5th Feb. There were 43 runners and their families this year compared with 34 in 1983 and 27 in 1982. After the run most people enjoyed a swim and barbecue and such was the convivial atmosphere that some of us were still drinking at 5pm.

Most times were an improvement on last year and several records were broken. First home were Frank Smith and Don Caplin in 41.16, Rob Shand set a new M50 record in 43.20 and Jill Chambers set a new ladies record in 45.22. A new M55 record was set by Allen Tyson with 48.37, whilst Joan Pellier set a W40 record of 56.53 and Lorna Butcher completed the list of 10km record setters with 57.44 in the W50 category.

In the 6km run four inaugural records were set by:- Joan Slinger W40 30.30, Frank Usher M60 32.02, Fred Hagger M55 32.02, and Val Tyson W55 41.11.

My thanks to Jean and her kitchen helpers for keeping the tea and coffee and biscuits flowing. My thanks also to the non runners who volunteered to act as marshalls, Andrea Tate for running the drink stand and Kathy Mitchell for officiating at the start and finish, so enabling me to have a run myself, and thanks also to Terry Tate and Bob Sammells for marking and unmarking the course.

Dennis Wilmott.

Our thanks to Jean and Dennis for hosting the run.

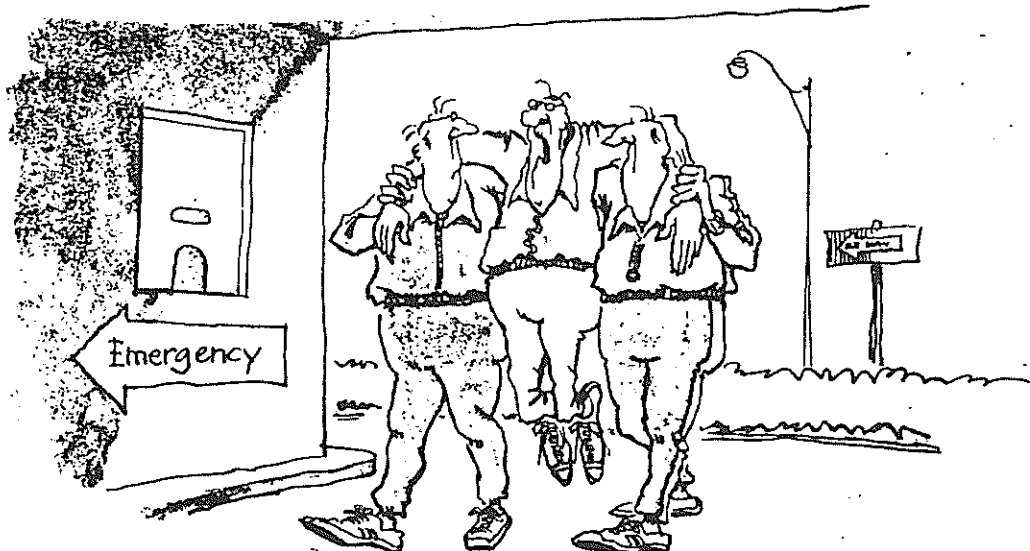
RESULTS:-

Frank Smith	M40	41.16*	Dennis Wilmott	M50	46.51	Vic Beaumont	M50	52.15
Don Caplin	M40	41.16*	R Beckett	M40	47.09	Jo Stone	W35	53.28
Jim Barnes	M40	41.53	Terry Tate	M45	47.09	Joan Pellier	W40	53.38*
Fraser Deanus	M40	42.33	Jim Greenfield	M40	47.09	Ann Deanus	W40	54.14
Mike Kahn	M35	43.04	Bob Farrell	M40	47.19	Phyllis Farrell		
Rob Shand	M50	43.20*	Bill Mitchell	M45	47.30		W35	56.23
John Pellier	M40	45.01	M Hill	M40	48.29	? Chambers	?	56.44
Morris Warren	M45	45.12	Allen Tyson	M55	48.37*	Lorna Butcher	W50	57.44
Jill Chambers	W35	45.22	Alan Pomery	M50	49.08	Ernest Moyle	M55	58.52
Mitch Loly	M40	45.58	Maurice Johnston	45	51.47	Margaret Warren		
Barrie Slinger	M40	46.06	Andy Wright	M60	51.47		W45	63.27
Bob Sammells	M45	46.40	Ian Sutherland	M40	51.47	Mary Robinson	W45	63.27

6km.

R McGavin	inv	27.13	Frank Usher	M60	32.02*	E Tomlinson	W40	35.17
Joan Slinger	W40	30.30*	Fred Hagger	M55	32.02*	Jim De Gruchy	M55	38.39
S Tate	inv	30.59	E Tate	W40	34.14	Val Tyson	W55	41.11*

* Denotes New Record.



"My doctor said I'd never get a heart attack if I ran in a marathon . . . but he never said anything about stomach cramps, shin splints, blisters, muscle spasms or nausea."

JOHN TARRANT TROPHY RUN

26.2.84

"Not that sand run again."

"No." An out and back on bitumin Rd and concrete paths. To most members approval. This new coarse will be used in the future.

A fast pace was set by the leaders Colin Leman, Don Caplin and Frank Smith. By 3K they had made a 300 MTR break on the rest of the field. Most runners made use of the drink station situated at approx.3.5K, the weather was fairly kind for the duration of the run.

At the 5K turn around Frank Smith had taken a slight lead on Colin Leman and increased this lead with every KM. Jill Chambers currently running distance events at high level continued to improve and passed the 5K mark in just under 19 minutes. Other runners to the fore were Fraser Deanus (who is in the best form to date.) Graham Thornton and Rob Shand.

Unfortunately at around 4M I was light on marking the coarse and some runners ran a 9.4KM course, (next year I shall put arrows at the spot).

Frank Smith was the first to finish the course in 24.30. "Well done Frank. It's good to see you now coming back to form". Colin Leman continues to improve with each event he enters and must be pleased with his time on the Meandering Course.

In all it turned out to be an enjoyable day for my wife Pat and myself and thank the Vet's club for supporting our event. Special thanks to the following for giving support, Rob and Phylis Farrell, Cath Mitchell and Ann Smith, Rose Johnson, Duncan and June Straughan, Mike Berry, Pelliers, and my mother, and to all others who contributed to the run that I have missed.

Jim Barnes.

RESULTS. 10km.

Frank Smith	M40	34.30	Davis Branston	M40	39.23	Allen Tyson	M55	42.52
Colin Leman	M35	34.52	Graham Thornton	M40	39.31	Maurice Johnston		
Don Caplin	M40	35.48	Bob Sammells	M45	39.31		M45	43.39
Fraser Deanus	M40	37.18	A Croxford	inv	40.04	Bob Farrell	M40	43.07
J Ferris	inv	37.58	Gerry Allen	M40	40.46	Ian Sutherland	M40	43.59
Jim Barnes	M40	38.00	Barrie Slinger	M40	41.47	Aub Davie	M45	44.15
Jill Chambers	W30	38.00	Dave Hough	M50	42.18	Ernest Moyle	M55	45.56
Mike Kahn	M35	38.16	John Pellier	M40	42.23	Bill Mitchell	M45	45.59
Rob Shand	M50	38.39	Morris Warren	M45	42.34	Kaitley Johnson		
							M50	47.07

9.4km (Short Course)

Dick Horsley	M70	43.47	Jo Stone	W35	45.57	Margaret Warren		
Jeff Whittam	M45	43.47	Joan Pellier	W40	45.59		W45	51.04
Frank Usher	M60	44.30	Angela Chambers	inv	47.59	Mary Robinson	W45	51.04
Fred Hagger	M55	45.19	Alan Chambers	M45	49.05	Nora Berry	W50	51.35
						Jackie Greenfield		
							W40	51.35

6km ? Chambers inv 41.43

3km.

Val Tyson, Sue Leman and Dorothy Whittam all on 32.18

EATON WEEKEND, 2 - 5 March 1984.

Once again those members who went down to Eaton for the weekend had a terrific weekend. About fifteen arrived on the Friday night, to grab the best beds or floorspace for their blowup mattresses. Early on Saturday morning Hank Stoffers had us all out of bed for a run down to the Collie bridge at Australind and over the river then up the other bank before returning to the camp for breakfast. In the later morning some went down to Bunbury or to the 'Village' at Australind or even for some crabbing in the inlet. Those who went crabbing had quite a successful outing returning to camp with a tub half full of waving claws. Later on the canoes were brought out onto the river and several members were soon going around in circles as the wind caught them. Telling of wind Barrie Slinger had once again brought his windsurfer and did a stirring job of teaching various members how to windsurf, the only trouble seemed to be that there was no brake on it as the trainees could be seen gliding elegantly across the river, only to end up in a tangled heap in the water when they realised that there was not any brakes on it and the river bank was approaching with alarming rapidity. Maurice Johnston was seen doing his 'Lazy Gondolier' act, standing in the rear of a canoe, until the wash from one of the motor boats caught it and neatly deposited him in the water.

Later in the afternoon we all went down to Paine Park in Bunbury for a race for 3000m or 5000m (results at the end) Andrew Johnston (15) won the 3000m after being bribed by Maurice with the promise of DOUBLE spending money for a good performance. David Dye of Bunbury won the 5000m.

Sunday morning saw everyone up at the crack of dawn to get down to Cherryl Amies place at Boyanup for 7am. (to avoid the heat). There was a selection of distances to be run from 5km to 29km, or more if you missed the turn into Cherryl's place like Morris Warren did and finished up doing about 32km.

(Mind you the canny Scot almost ran two 5000m on Saturday night as the entry was free and he wanted to get his moneys worth.) After the run we had a barbecue and swim before returning to the camp by various routes, some via the wineries, and more trips out in the canoes and windsurfer.

Monday morning and off to Hay Park in Bunbury for a run around the Bunbury Marathon course, or part of it for those that did not want to do the half marathon. Our thanks go to the Bunbury folk who made the weekend so enjoyable and also provided vast quantities of Watermelon and oranges.

Some other memories. John Pellier sleeping in the hallway of the dormitory with Jean, whilst Joan slept in the main dorm, Morris Warren swears Jean was smiling in the morning when he awoke. Maurice Johnston giving us a solo of 'Matchstick Men' AND finding that there was another verse to it that he did not know. Maurice also did a great job of lighting the fire on Sunday morning (there I put it in Maurice now don't forget you promised me that Wilson Exclusive for the 'Adventure! Rover! and Wizard fans.) Fred Haggard being taken to hospital after the chair he was in tipped over and put his back out. Morris Warren telling the ambulance men, who must have wondered what they had come into with the mixed dormitory and some in single beds some in double bed, "that we were trying to breed a champion runner by inbreeding", and not only that but that we were being charged \$17.00 per night and 'look at the beds'?? Fred was kept in hospital from Saturday night until Monday morning when he was released in time to help with the cleaning up of the camp before we left.

Don Caplin saying that the Saturday morning run was 10km as it took 40min and "I always run 10km in 40min".

By the way Jean is Morris and Margaret Warrens dog, after the first night she preferred to sleep in the car for the remaining nights.

Results of the Paine Park Runs.

3km.

Andrew Johnston	M15	12.49	Phyllis Head	W60	15.27
Joan Pellier	W40	13.20	Dorothy Whittam	W45	16.49
Mary Robinson	W45	14.51	Val Tyson (walk)	W55	21.07
Margaret Warren	W45	15.20	Margaret Stoffers	Bun	21.38

5km.

David Dye	Bun	16.59	Allen Tyson	M55	21.09
Hank Stoffers	M40	17.05	Cherryl Amies	W35	21.46
Brad Delbridge	Bun	17.23	Jim Greenfield	M40	21.51
Don Caplin	M40	17.27	Rob Berryman	Bun	22.24
Mal McCauley	Bun	18.22	Doreen Dow	W40	22.27
Wally Anderson	M40	18.34	Fred Haggard	M55	24.34
Brian Danby	M35	18.58	Nathan Spice	Bun	24.45
Maurice Johnston	M45	19.41	Frank Stoffers	Bun	25.01
John Pellier	M40	19.49	Tony Maree	Bun	25.40
Morris Warren	M45	20.34	Tony Andrews	Bun	25.40
Barrie Slinger	M40	21.07	Marie McCauley	Bun	25.40
John McGinnis	M40	21.07	Wendy Povey	Bun	30.28.

NATIONAL VETERANS TRACK & FIELD CHAMPIONSHIPS, PERTH, 1982

During these Championships, we here in W.A. were thrilled at the number of Age Group records that were set. To remind you, these were

World	4
National	65
WA Open	141
WA Resident	42

Study of the US-published Masters Age Records disclosed that while four World Age Group records were set, the total Age records set was 16. Details follow, the ages of the contestants being in the left-hand column.

42	Long Jump	Helen Searle (NSW)	5.44m	10.4.82
49	10,000 m	Judy Cox (NSW)	39:40.0	9.4.82
52	10,000 m	Jean Albury (VIC)	40:56.8	9.4.82
52	Discus	Sylvia White (SA)	33.76m	11.4.82
52	High Jump	Sylvia White (SA)	1.20m	11.4.82
55	10,000 m	Shirley Brasher (TAS)	42:31.6	9.4.82
59	1500 m	Jack Ryan (VIC)	4:27.2	10.4.82
59	5000 m	Jack Ryan (VIC)	16:52.6	11.4.82
62	5000 m	John Gilmour (WA)	16:38.4	11.4.82
62	1500 m	George McGrath (NSW)	4:41.5	10.4.82
69	100 m	Zelia Pierce (NZ)	17.8	10.4.82
69	200 m	Zelia Pierce (NZ)	37.2	11.4.82
69	400 m	Zelia Pierce (NZ)	94.4	10.4.82
70	3000 m S/C	Stan Nicholls (VIC)	13:26.6	10.4.82
71	5000 m Walk	Tom Daintry (VIC)	27:02.0	11.4.82
85	5000 m Walk	Albert Theobald (VIC)	33:15.0	11.4.82

The publication does not include statistics for the 3000m Walk for men or the ladies Walks that were contested. However, Tom Daintry and Albert Theobald probably set new records in the 3000m Walk and Bill Empey (NSW) may also have done so in both Walks.

Other records may also have been set but surpassed before publication. Even so, with 16 World Age records known to have been set, the Championships were obviously contested at a far higher standard than many may have realised at the time.

The above article was researched by Bob Sammells. Thanks Bob. Ed.

SWIM THROUGH PERTH 1984

As a result of continuing running injuries, and on the advice of my physiotherapist, I decided in October '83 to start a swimming programme at Beatty Park pool. Up until this time my swimming had consisted of an occasional summer dunk in the ocean and a few lengths in the backyard pool.

While I dreaded the thought of swimming up and down a pool - even more than running around and around a 400 metre track - I found that it wasn't that bad - as a matter of fact, I took to it like a "fish to water".

Very quickly I found myself swimming a kilometre (20 lengths) and then 2 kilometres without too much effort. As a result I decided to enter the 4.6 kilometre swim through Perth, mainly, I must say, for the challenge of swimming further than I'd ever swam before.

I envisaged distance swimming like distance running, would draw the majority of it's competitors from the vintage ranks. It was to my horror I found out when the starting line up was published, there was only two oldies in the race. Ron Flannery (64), who won the race in 1951, and myself. Almost all of the rest of the field consisted of "water amazons" fresh out of kindergarten. However, I'd paid my entry fee of \$2.00 and I was not about to give that away without at least having a go.

I rolled up to Matilda Bay on the day of the race, still not quite believing I had committed myself to swimming that far and wondering from which side of the family I had inherited my insanity. It was a tremendous boost to my morale when I saw Morris and Margaret Warren, and some of the other vets at the start. I had told Morris and Margaret that I was swimming and like the great club people they are, they got some vets together and came down to give me a last minute boost to my morale - "Thank you one and all".

Lining up at the start and looking across the waters towards the city and the finishing point at Barrack Street Jetty, which looked like a speck on the horizon, I knew I was mad. But it's like a parachute jump (my next ambition) everybody is crowding up behind you and there is no way to go but out (or in). So in I went.

Fortunately, I landed on a big huge jelly fish which towed me the first kilometre. The next kilometre wasn't bad either because I crashed into a whole line of jelly fish and I was able to create a stroke that took advantage of their numbers and enabled me to move at a good speed - I've called it the "Jelly Fish Roll". (I shall be patenting it.)

The rest of the race was a breeze. I "sprinted" home, to arrive at the finish line one hour and thirty minutes after the start and 75th (out of 90). Grant Kenny eat your heart out.

Will I do it again? Not if those "Bloody" jelly fish are there.

N.B. On a more serious note, I am entering this year's Triathlon and perhaps vets who are also entering might want to get together for some swimming training. (Also perhaps cycling as well)

Ken Whistler.

DEFINITIONS. PARTLEK

An embarrassing condition that affects runners after they eat beans. In acute cases can lead to flatis interruptus.

A.A.V.A.C. MEN'S RECORDS. (as at the 1st Feb 1984)

	100	200	400	800	1500	5000	10000	3000 WALK	5000 WALK	HIGH HURDLES	400 HURDLES	HIGH JUMP
M35	11.2 HARRY GILES	22.7 HARRY GILES	50.2 NOEL CLOUGH	1-56.2 NOEL CLOUGH	4-02.3 THAYOR VINCENT	14-42.3 COLIN O'BRIEN	31-17 IRWIN	12-37 PATRICK FULLAGHER	24-36 JOHN SALTER	15.22 PATRICK MOORE	56.09 HARRY GILES	1.78 WINSTON BALE
M40	10.8 HARRY AUSTIN	21.9 HARRY AUSTIN	49.5 NOEL CLOUGH	1-54.8 TOMMY BLUE	3-57.5 TOMMY BLUE	14-55.3 THAYOR VINCENT	30-50 THAYOR VINCENT	13-12.7 BOB MCKE	22-44 JOHN SMITH	16.5 KEN PHINSTLEY	54.2 NOEL CLOUGH	1.95 CHAIMS MONAHAN
M45	11.36 HARRY AUSTIN	22.7 HARRY AUSTIN	50.61 HARRY AUSTIN	2-00.3 TOM ROBERTS	4-09.8 TOM ROBERTS	15-23.6 DAVE POWERS	31-49.2 DAVE POWERS	15-45.2 HARRY SUMMERS	25-30 HARRY SUMMERS	17.3 LLOYD SCHAMPPAR	1-02.0 BOB MCKE	1.65 DICK DONCHI
M50	11.56 LLOYD SMELLING	23.7 LLOYD SMELLING	52.50 LLOYD SMELLING	2-05.1 WAL SHENFARD	4-14.0 JACK RYAN	15-54.0 JACK RYAN	33-05 JOHN GILMOUR	14-40 JOHN POTTA	25-23 JOHN POTTA	18.0 GEORGE BARTLETT	1-03.6 WAL SHENFARD	1.60 GEORGE BARTLETT
M55	11.7 BERNIE HOGAN	24.2 BERNIE HOGAN	57.6 HARRY MORAN	2-11.9 JOHN GILMOUR	4-17.6 JACK RYAN	15-57.0 GEORGE MCKATH	33-36.2 JACK RYAN	15-15 GEORGE NEVITT	25-50 STANLEY JONES	18.35 KEN MCCONNELL	1-09.56 BOB AUST	1.50 KENNETH MCCONNELL
M60	12.15 BERNIE HOGAN	25.23 BERNIE HOGAN	59.41 BERNIE HOGAN	2-16.98 JOHN GILMOUR	4-30.0 JOHN GILMOUR	16-30.3 JOHN GILMOUR	35-07.7 JOHN GILMOUR	15-05 JOHN DAINTRY	25-57.5 JOHN DAINTRY	19.9 NOEL GOFF	1-15.0 ALEX LAMPARD	1.47 HARRY LOGAN
M65	13.8 BILL MORELAND	28.9 WALLY STUBBINGS	1-02.17 JACK STEVENS	2-22.9 JACK STEVENS	4-50.6 JACK STEVENS	18-10.0 STAN NICHOLLS	37-52.2 STAN NICHOLLS	14-57 TOM DAINTRY	25-44 TOM DAINTRY	20.25 HARRY LOGAN	1-17.24 KEVIN MOPKINS	1.20 ANDY SMITH
M70	14.6 GEORGE SIMPSON	30.8 GEORGE SIMPSON	1-09.76 HARRY JENKINSON	2-37.4 HARRY JENKINSON	5-11.8 HARRY JENKINSON	19-40.0 STAN NICHOLLS	40-54.0 STAN NICHOLLS	15-51.0 TOM DAINTRY	26-40.3 TOM DAINTRY		1-30.8 GEORGE SIMPSON	
M75	15.00 HARRY CATHROCK	31.11 HARRY CATHROCK	1-15.50 HARRY CATHROCK	3-26.8 JOHN FORLEMA	6-16.5 HARRY BARLOW	22-17 JOHN FORLEMA	40-16.0 HARRY BARLOW	10-18 GUS THEOBALD	36-44 TOM KELLY	18.99 GEORGE SIMPSON	1-53.3 GEORGE SIMPSON	
M80	23.40 VAL EMPEY	55.16 VAL EMPEY						19-11 GUS THEOBALD	32-21 GUS THEOBALD			
M85	22.30 BILL EMPEY	46.4 BILL EMPEY	1-52.00 BILL EMPEY					19-31.0 GUS THEOBALD	33-14.2 GUS THEOBALD			

LONG JUMP	TRIPLE JUMP	POLE VAULT	DISCUS THROW	HAMMER THROW	JAVELIN THROW	SHOT PUT	3000 STEPPLECHASE	PENTATHLON	MARATHON	24 HOUR RELAY
6.78 RUSS SARAH	14.63 RUSS SARAH	4.03 JOHN HAMANN	45.76 CHAIMS YOUNG	50.88 CHAIMS YOUNG	53.66 RAY MOORE	15.89 P. PHILLIPS	9-19 GRAHAM KIPP	3125 RAY MOORE	2-20-50 CARL STEVENSON	M35
6.13 GRAHAM ARMAUD	14.02 DEREK BOOBY	3.68 KEN PHINSTLEY	51.04 HARRY KEMP	49.94 BOB LEADHETTER	62.30 NICK BLISS	16.51 RICHARD MCGOWN	9-22.4 DOUG WOLING	3580 LLOYD MITCHELSON	2-27-43 TED PAULIN	M40
5.95 GRAHAM ARMAUD	12.65 JOHN STUNZAKK	3.56 GLEN POWELL	58.98 WES MALODIS	53.34 T. MULLINS	53.90 PAT LKANE	12.44 BILL VAN WILMAN	9-50.66 DOUG WOLING	2860 J. CHRISTIAN	2-29-07 BILL RALMOND	M45
5.53 JIM McGRATH	11.82 KENNETH MCCONNELL	3.50 CARVIN BROWN	40.64 JIM ACHURCH	43.82 DUS PRADLEY	53.93 JIM ACHURCH	14.82 ALVAAN PAVULINE	10-22.4 THEO OHN	3417 HUBI HUCHHEITER	2-41-00 PETER PIVEN	M50
5.43 KENNETH MCCONNELL	12.19 KENNETH MCCONNELL	2.00 ALEX LAMPARD	37.44 CHARLIE RANN	40.82 ANTON TESJA	47.60 DUS PRADLEY	13.31 ALVAAN PAVULINE	11-18.1 ALAN MCKENNT	2282 P. CONNOR	2-34-45 GEORGE MCKRATH	M55
4.86 HARRY LOGAN	10.63 CLIFF WEST	2.30 ALEX LAMPARD	42.70 JOHN PHASER	43.30 JOHN PHASER	53.38 KEVIN MOPKINS	13.21 JOHN PHASER	12-40.0 STAN NICHOLLS	2906 C. WEST	2-41-07 JOHN GILMOUR	M60
4.14 KEVIN MOPKINS	8.35 ANDY SMITH		39.84 ROY POLEY	39.12 JOHN PHASER	53.78 KEVIN MOPKINS	11.03 ROY POLEY	12-35.9 STAN NICHOLLS	3518 KEVIN MOPKINS	3-09-46 STAN NICHOLLS	M65
4.00 VINCE KELIHER	8.35 VINCE KELIHER		27.34 PENC BARNES	26.50 MILL TUMMALTY	54.68 PENC BARNES	8.46 PENC BARNES	13-26.5 STAN NICHOLLS	3390 WALLY STUBBINGS	3-27-08 STAN NICHOLLS	M70
3.35 GEORGE SIMPSON	6.84 BILL MOLLINOCK		22.02 PENC BARNES	22.36 PENC BARNES	21.16 PENC BARNES	7.79 HARRY CATHROCK		1847.4 HARRY CATHROCK	4-37-39 JOHN FORLEMA	M75
										M80
										M85

A change of scene from last month's England of 200 years ago to the U.S.A. of the first decades of this century for another outstanding old-timer.

Dan O'Leary was an Irishman who emigrated to the U.S.A. in 1862 at the age of 20. In his early days as a professional 'ped' he competed against Weston (N/L 134 and 136) and later beat him and his records on many occasions. In fact, this pair dominated professional events in both the U.S.A. and the U.K. in the 1870's.

There are on record three exceptional performances of O'Leary's made in his later years. These are:

1902, aged 60, walked 187 miles between Boston, Mass., and Albany, N.Y., in 45 hours.

1904, aged 62, walked 535 miles from New York City to Toronto, Canada, in nine days.

1921, on his 79th birthday, walked 100 miles in 23 hours 54 minutes. It is not known if this was done in a single day though it does seem unlikely.

To hark back to O'Leary's professional rivalry with Weston, it seems that when not competing they were great friends. So much so that they once walked across the U.S.A. together! And if that is not taking friendship a bit too far.....

Bob Sammells

LETTERS TO THE EDITOR:-

RUNNERS EVERYWHERE!

Yesterday I saw a man with stuck on his beard. Frothy, crispy frozen ice! This was not on Herrison Island but on the snowy moors high up here in the North of England. Ten years ago when I last ran here one could be sure of being alone to enjoy the solitude of Pennine tracks, shared occasionally by long haired sheep.

So although an ice beard was at first a sudden surprising sight what seemed more remarkable was that whilst running in these chilly pants was the silent encounter with several hooded and tracksuited others churning through the ice and mist leaving behind them lung fulls of steaming breath.

Indeed whenever one travels the world wide epidemic running legs is still very obvious and it seems that extremes of geography and climate do little to stem the movements. If one cannot stand the icy rush of wintery air into the lungs it is now possible for the runner to buy a breath warmer which somehow fits between the chest and tracksuit through which the inhaler draws the breath.

Last week I saw the English Marathon Directory 1984 and was amazed to see amongst the pages, details of 180 marathons and over 200 half events. Many fun runs have to place a ceiling of 10,000 entrants in order to cope with the magnitude of starts and finishes.

All over the country, 10K Olympic Fun Runs are being held in a hundred different centres in order to raise money to send Britains Athletes to Los Angeles. At 30/- per entrant there should be substantial contributions made. We may be able to send men into space but I've yet to see a sensible explanation as to what makes us run. Perhaps there isn't one. Best wishes to all Vetrin readers!

John Spencer.

Letters cont.

Dear Jeff,

This morning I took Part in the new event in Kings Park - "Teddybirds Picnic Run" conducted by the ladies.

My opinion and that of all those I spoke to, was that it was a good course - hard in patches, easy in others and we all feel that the organisation was excellent.

Flags and turning points were easy to spot and in any case there was always a helpful official to guide us.

Refreshments and smiling faces at the conclusion of the run were most welcome too. Thanks to the "Teddy Birds" and their families for putting on such a great event, which I hope will become one of our permanent fixtures.

Dick Horsley.

Take a bow ladies, or is it a curtsy?

Anzac Day Marathon. In Sydney, on Anzac Day this year there will be held a marathon that is hoped will be the forerunner of marathons to be held in each Capitol City throughout Australia next Anzac Day 1985. Then within three years it is hoped that every town in Australia will be running an Anzac Day Marathon.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Alicia Ansell	Turns 40 becomes	W40 22	Kevin Lang	turns 54 remains	M50.07
Bill Chapman	" 60 "	M60 19	Rosemary Langford	" 34 "	W30 19
Joe Gold	" 40 "	M40 29	Hamish McGlashen	" 47 "	M45 16
Reg De Gruchy	" 58 remains	M55 14	Jim McLean	" 53 "	M50 19
Dave Hough	" 52 "	M50 18	Gloria Sutherland	" 39 "	W35 18
Tom Jones	" 91 "	M90 11	Maurice Smith	" 50 becomes	M50 26
Bob Johnstone	" 42 "	M40 12	Charlie Spare	" 45 "	M45 19
Maurice Johnston	" 47 "	M45 09	Jill Chambers	" 35 "	W35 10
Dave Jones	" 58 "	M55 12	Brian Torpy	" 52 remains	M50 28
Gwen Evelyn	" 39 "	W35 28	Doreen Dow	" 41 "	W40 14
			Robert Scanlan	" 41 "	M40 24

Gerry Allen turned 43 " M40 on the 26th March and was missed off last months birthdays. Sorry Gerry, just trying to keep you as young as you run.

CLUB RECORD RUNS.

MAD MILE. W40 Joan Slinger 6.26; W45 Margaret Warren 6.57; W55 June Strachan 7.23; M35 Colin Leman 4.37.91; M40 Don Caplin 4.31.66; M45 Bill Monks 5.01; M50 Dalton Moffett 5.12; M55 Allen Tyson 5.42; M60 Duncan Strachan 5.51; M70 Dick Horsley 6.13:

The WOMENS RUN. W35 Marion Peterson 33.15; W40 Joan Pellier/Ann Deanus 35.13; W45 Jan Middleton 38.24; W50 Lorna Butcher 30.06; W55 Val Tyson 45.38; M35 Hugh Kirkman 24.27; M40 Hugh Kirkman 22.35; M45 Bill Monks 24.04; M50 Bob Hayres 26.20; M55 Allen Tyson 28.01; M60 Andy Wright 29.43; M65 Cliff Bould 33.14:

In the results of the "Shoalwater 10" Jill Chambers was credited with breaking the W35 record, this is wrong as Jill was W30 at the time she therefor created a new W30 record and Jo Stone broke the old W35 record of 56.32 with a time of 53.28 to set a new record.

RESULTS FROM PERRY LAKES. 3rd March. 400m. David Clive M45 54.9*

4th March. 1500m. Dave Carr 4.41.1*

10th March. 400m. Jim De Gruchy 64.00: 100m. Eileen Hindle W35 11.9:

200m. Joe Gold M35 24.2; Bernie Oliver M40 26.1; Charlie White M40 27.2;

Jim De Gruchy M55 28.8:

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RESULTS TWILIGHT TIME TRIALS. 23rd February 1984.

200m

G Acreman inv 27.35 Frank Fay M55 30.77 Allen Tyson M55 33.31

Bill Monks M45 27.76 Dorothy Whittam W45 31.03

Frank McLinden M50 28.69 Alan Acreman F45 32.18

400m

Hamish McGlashen Jill Chambers W35 67.00 Allen Tyson M55 73.00

M45 61.00 John Pellier M40 70.00 Dick Horsley M70 75.36

G Acreman inv 63.00 Alan Acreman M45 71.59

5000m

Frank Smith M40 16.37 Jill Chambers W35 18.40 Jan Fletcher W35 20.09

Brian Danby M35 17.50 Bill Monks M45 18.40 Mel Shead M40 20.09

Graham Thornton M40 18.18 Frank McLinden M50 19.01 Allen Tyson M55 20.37

Ted Costello M45 18.19 David Branston M45 19.30 Andy Wright M60 22.02

Morris Warren M45 19.35 Joan Pellier W40 22.38

Ken Whistler M50 22.52

Frank Usher M60 23.09

1 Mile Walk Hammer Throw Triple Jump

John Pellier M40 8.51 Bob Fergie M45 30.40 Charlie White M40 8.60

Jeff Whittam M45 10.06 Dick Horsley M70 16.31 Jeff Whittam M45 7.62

Val Tson W55 10.33 Jeff Whittam M45 15.41 Andy Wright M60 7.16

Jack Collins M70 11.29 Bob Fergie M45 7.16

Dick Horsley M70 7.08

Javelin

Bob Fergie M45 25.96 Jan Fletcher W35 20.06 Dick Horsley M70 17.35

Ken Whistler M50 24.38 Andy Wright M60 17.86 Dorothy Whittam W45 16.86

Jeff Whittam M45 20.26

1st March 1984.

100m

Charlie White M40 12.85 Hamish McGlashen M45 13.77 David Branston M45 14.86

David Clive M45 13.13 Frank Fay M55 14.82 Allen Tyson M55 16.38

Gareth Acreman inv 13.33

10,000m

Frank Smith M40 34.49 Maurice Johnston M45 40.02 Ted Costello M45 42.39

Bob Harrison M40 35.59 Jill Chambers W30 40.27 Allen Tyson M55 44.13

Fraser Deanus M40 38.31 John Pellier M40 40.15 Andy Wright M60 46.41

Frank Steere M40 38.32 Alan Acreman M45 41.00 Frank Usher M60 49.01

Brian Danby M35 39.20 Barrie Slinger M40 42.01 Ken Whistler M50 53.55

Dave Hough M50 39.43 Mel Shead M40 42.12

Sorry John, even when you beat Jill I still get you behind her.

Discus Correct weights for age.

Andy Wright M60 26.94 Dick Horsley M70 22.40 Dorothy Whittam W45 18.06

Bob Fergie M45 25.82 Jan Fletcher W35 19.94 Jeff Whittam M45 16.96

Ken Whistler M50 24.68 Frank Fay M55 18.54

Long Jump

Charlie White M40 4.45 Frank Fay M55 3.79 Dick Horsley M70 3.28

Jan Fletcher W35 4.25 Jeff Whittam M45 3.30

Shot Putt 16lbs Shot Putt 10lbs

Bob Fergie M45 9.23 Frank Fay M55 8.75

Jeff Whittam M45 5.72 Dick Horsley M70 7.05

Dorothy Whittam W45 6.24

800m 8th March 1984.

Hamish McGlashen Frank McLinden M50 2.49

M45 2.21 Allen Tyson M55 2.51

Dalton Moffett M50 2.22 Cliff Bould M65 3.38

R Dettman inv 2.29

1500m

Morland Smith M45 4.19.70 David Branston M45 5.00.77 Joe Froudish M35 5.46.90

Ken Gilbert M40 4.24.48 R Dettman inv 5.05.00 Allen Tyson M55 5.46.90

Don Caplin M40 4.27.00 Frank McLinden M50 5.06.25 Ken Whistler M50 5.57.00

Graham Thornton M40 4.47.00 Ted Costello M45 5.11.00 Joan Pellier W40 6.05.90

Brian Danby M35 4.47.85 G Acreman inv 5.34.35 Cliff Bould M65 6.21.10

3000m Walk

John Pellier M40 16.57 Lorna Butcher W50 20.04

Dick Horsley M70 17.18 Val Tyson W55 20.12

RESULTS. cont.

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5000m

Frank Smith	M40	16.35	Barrie Slinger	M40	19.27	David Branston	10 laps
Colin Leman	M35	16.55	John Pellier	M40	19.32	Graham Thornton	
Brian Danby	M35	18.04	Andy Wright	M60	22.06		5½ laps 8.04
Ted Costello	M45	19.13	Ken Whistler	M50	23.07		
Frank McLinden	M50	19.17	Cliff Bould	M65	23.29		
Maurice Johnston							
	M45	19.21					

Javelin

Bob Fergie	M45	29.40	Joe Froudish	M35	22.10	Dorothy Whittam	W45	17.84
Frank Fay	M55	24.22	Ken Whistler	M50	21.82	Dick Horsley	M70	17.60
Charlie White	M40	22.84	Andy Wright	M60	18.04	Jeff Whittam	M45	16.46

Hammer Throw

		*16lbs			+12lbs			
*Bob Fergie	M45	31.58	*Jeff Whittam	M45	16.24			
+Joe Froudish	M35	18.84	+Dick Horsley	M70	14.68	+Frank Fay	M55	14.16

Triple Jump

Charlie White	M40	8.35	Jeff Whittam	M45	7.96	Frank Fay	M55	7.62
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15th March 1984.

	200m.
Hamish McGlashen	26.54
Bill Monks	28.85
Frank McLinden	31.20
Bill Hughes	33.00
Allen Tyson	35.50

5000m Walk

Dick Horsley	17.01
John Pellier	18.09
Val Tyson	19.58*
Beverley Whistler	23.23
*New record	

10000m

Noel Grace	M35	32.57	John Pellier	M40	38.13	David Branston	M45	41.00
Colin Leman	M35	34.34	Jill Chambers	W30	38.23	Bob Faulkner	M40	41.31
Frank Smith	M40	34.41	Frank McLinden	M50	38.31	Keijo Vaalsta	M45	41.23
Bob Harrison	M40	35.32	Brian Foley	M40	38.00	Bill Hughes	M55	45.01
Ken Gilbert	M40	35.56	Ted Costello	M45	39.07	Dennys Butcher	M50	45.01
Frank Steere	M40	36.36	Dave Hough	M50	39.09	Cliff Bould	M65	45.28
Graham Thornton	M40	36.41	Barrie Slinger	M40	39.26	Ken Whistler	M50	47.47
Kevin Anderson	M40	37.41	Alan Acreman	M45	40.04	Frank Usher	M60	49.13

22nd March 1984.

	100m							
Charlie White	M40	12.62	Bill Monks	M45	14.13	Frank Fay	M55	14.66
Hamish McGlashen	M45	13.57	Frank McLinden	M50	14.29	Bill Hughes	M55	15.18
Graham Thornton	M40	14.02	Dorothy Whittam	W45	14.55	Dick Horsley	M70	16.41*

400m

Peter Tippet	M35	53.4	Bill Monks	M45	61.01	Allen Tyson	M55	71.74
Mark Leman	inv	56.05	Ted Costello	M45	62.87	Bill Hughes	M55	77.70
Hamish McGlashen	M45	57.9	Frank McLinden	M50	65.20			
Brian Foley	M40	58.84	Aub Davie	M45	69.80			

3000m

Noel Grace	M35	8.56	David Branston	M45	10.31	Allen Tyson	M55	11.40
Don Caplin	M45	9.24*	Bob Sammells	M45	10.32	Joe Froudish	M35	12.12
Mark Leman	inv	9.35	Ted Costello	M45	10.44	Bill Hughes	M55	12.16
Colin Leman	M35	9.38	Frank McLinden	M50	10.52	Joan Pellier	W40	12.41
Brian Danby	M35	9.45	Bob Faulkner	M40	10.59	Ken Whistler	M50	12.47
Ken Gilbert	M40	9.47	Alan Acreman	M45	11.00	Cliff Bould	M65	13.28
Brian Foley	M40	10.18	Mel Shead	M40	11.04	Frank Usher	M60	13.44
Barrie Slinger	M40	10.23	Graham Thornton	M40	11.14			
John Pellier	M40	10.30	Aub Davie	M45	11.46			

Long Jump.

Bill Monks	M45	4.69	Joe Froudish	M35	4.04	Bill Hughes	M55	3.40
Charlie White	M40	4.25	Andy Wright	M60	3.88	Jeff Whittam	M45	3.34
Jan Fletcher	W35	4.19	Frank Fay	M55	3.61			

Discus

	1.5kg			1kg			2kg	
Ken Whistler	M50	25.45	Andy Wright	M60	25.37	Jeff Whittam	M45	19.96
			Dick Horsley	M70	22.62	Charlie White	M40	17.91
			Jan Fletcher	W35	21.27	Joe Froudish	M35	17.16
			Dorothy Whittam	W45	18.44			

Shot

Frank Fay	M55	8.94	Bill Hughes	M55	8.16	Dick Horsley	M70	7.41
Andy Wright	M60	8.26	Joe Froudish	M35	8.03	Jeff Whittam	M45	6.22

BEWARE. Don Caplin had his birthday today and it looks as if he is starting as he means to go on. In his first run as M45 he broke the 3000m record.