



# The Vetrun

No. 140, MAY 1984



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

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PATRON: W. J. (Bill) Hughes

SECRETARY: Duncan Strachan, 459 3859

NEWSLETTER EDITOR: Jeff Whittam, 387 6438

PRESIDENT: Barrie Slinger 386 7727

TREASURER: Frank McLinden, 387 1152

HE WHO IS MASTER OF HIS OWN FATE CANNOT COMPLAIN OF A HARD SENTENCE.

### A.G.M.

The A.G.M. was held on the Sunday morning of the Championships at the Gerry Archer Track, Belmont. (Full report later in the newsletter).

Officials elected were:-

PATRON. W.J. (Bill) Hughes.

PRESIDENT. Barrie Slinger. 28, Florence Road Nedlands. 6009.

SECRETARY. Duncan Strachan, 8, Jacobsen Way, Thornlie. 6108.

TREASURER. Frank McLinden, 43, Simper Street, Wembley. 6014.

VICE PRESIDENT. Dick Horsley.

#### COMMITTEE

AUDITOR. Ray Lawrence.

Margaret Warren

LIBRARIAN. Allen Tyson.

Lorna Butcher

EDITOR. Jeff Whittam.

Fraser Deanus

HANDICAPPER. Andy Wright.

Brian Danby

ARMOURER. Brian Danby.

STATISTICIANS. (Track & Field) Dick Horsley. (Club Runs) Brian Danby.

At the meeting three trophies were presented, they were the Reg Briggs Trophy and the two trophies for winners on points of the Time Trials. The Reg Briggs Trophy was presented to Dick Horsley whilst the time trial trophy for the ladies went to Jan Fletcher and the mens to Dick Horsley. All worthy winners.

**ALTERATION TO FIXTURE LIST.** JO - ANNES JOLLY JAUNT. for the CARR - SHAND TROPHY. The start time for this event will be 9am NOT 8am as stated on the programme. All other details remain the same.

### COMMITTEE MEETING.

**A.A.W.A. REGISTRATIONS.** Brian Foley has agreed to be registrar for the winter season, so, if you intend running cross country this year see Brian at the events or give him a ring on 330 4563. If you only intend running during the track and field season at Perry Lakes when the time comes for registration the person to see is Val Prescott who is registrar once again for the track season. Vals Tel No. is 384 8585.

**PUBLICITY.** Brian Danby has agreed to do this job which until now has been done by Don Stone, who has now gone overseas.

**QUIZ NIGHT.** THIS WILL BE HELD AT THE SHENTON PARK HOTEL.  
DATE. 27th JUNE 1984. COST \$3.00 per PERSON. TIME. 7.30pm  
TABLES OF SIX. If anyone would like to donate prizes please contact barrie Slinger. (ask your local shopkeeper or garage)  
START ORGANISING YOUR TABLE NOW.

COMMITTEE MEETING Cont.

OCTOBER LONG WEEKEND. We have again booked at DONNELLY RIVER, this time we have booked FOUR cottages as well as the community hall. Everyone who went last year thoroughly enjoyed themselves and we expect to have an even better time this year Barrie Slinger will be taking names of those who wish to go.

HONG KONG CHAMPIONSHIPS. 19-21 October 1984. The secretary has had a few enquiries about this international meeting, here is a reprint of the article from the January issue of the newsletter

VENUE. Wanchai Stadium, Wanchai, Hong Kong Island.

DATES. 10km Road Race 19th October (early evening)  
Track & Field events 20 - 21 October at 9am & 2pm.  
Social event.

(cost & details to be arranged. 21st October at 7pm.)  
EVENTS. Ladies and Men. 100m, 200m, 400m, 800m, 1500m, Javelin, Discus, Shot Putt, High Jump, Long Jump.

Ladies only. 3000m.  
Men only. 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 19th October 1984)

These groups may be amalgamated or extended if the organisers deem it necessary.

One of our newer 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 13th October and returning 22nd October 1984. The cost for nine nights accommodation, on a share twin basis, transfers and airfares is \$886.00 if breakfast is required add \$51.00, this is subject to a minimum of 7 passengers. The Hotel selected is the Lee Garden Hotel, which is situated on Hong Kong Island as is the Wanchai Stadium. The departure is scheduled for the 13th October giving 5 full days in Hong Kong to overcome jet lag and acclimatise etc. If anyone is interested give Duncan a ring and let him know.

MEMBERSHIP SUBSCRIPTIONS. At the front of the newsletter is a renewal membership form, with the correct address this time, if you have not renewed your membership yet fill in the form NOW and send it off to Frank. The June newsletter will be the last one sent out to those members who have not renewed their membership for 1984.

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

David Branson, 168, Douglas Avenue, Kensington. 6151. 368 1052 M45 20 July 1936

Sandra Mary Walton. Unit 9, 12-14 Elvira Street, Palmyra. 6157. 339 2988 W35  
31 July 1946

Frank Irwin Fay, 52, Margaret Street, Watermans, 6020. 447 1694 M55 19 Nov 1928

Elza Victoria O'Dea, 51, Fisher Street, Belmont. 6104. 277 9458 W45 2 May 1936

Kevin Arthur Hooper, 33, Sycamore Drive, Duncraig. 6023. 447 6727 M45 12 June 1938

Country Member. Walter George Anderson, 50, Talbot Road, Brunswick, 6224.  
097 261 330 M40 20 Aug 1942

INTERVAL - SPEED TRAINING. Anyone interested in doing interval or speed training on the track during the winter months, and carrying on into summer also, would they contact Lorna Butcher on 339 1039. The idea is to form a group to train together at a venue to be decided by the group and at distances decided by the group and to hold an occasional race over possibly 3km, 5km or 10km.

## FIELD GAMES

New implement weights have been declared for the following :-

Shot Put : M50 and M55 = 6.00 kg (13lb 4oz)  
M60 and M65 = 5.00 kg (11lb 0½ oz)

Hammer : M50 and M55 = 6.00 kg  
M60 and M65 = 5.00 kg  
M70 and M75 = 5.00 kg

1984 W.A.V.A.A.C. Annual General Meeting  
Held at the Gerry Archer Athletic Track  
in Belmont on Sunday the first of April

The President declared the meeting open at 10.20am.

APOLOGIES: Jill Pearton, Allan Pomery, Maureen Pomery,  
Tom Jones, Jim Barnes, Rob Shand, Garnett Morgan,  
Thelma Manley, Bev. Whistler, Mike Berry, Nora Berry,  
Rosemary Maglashan.

MINUTES OF THE PREVIOUS A.G.M: Accepted as read.  
Proposed..... Duncan Strachan  
Seconded..... Ernest Moyle.

BUSINESS ARISING FROM THE MINUTES: None.

PRESIDENTS REPORT: The President made mention of some of the  
years highlights such as the 24 hour Relay, he congratulated  
all the athletes and officials associated with it.  
The Quiz Night a very good fund raiser, and a very  
entertaining evening. The long weekend at the Donnelly  
River was a great success, he urged members not to miss  
it this year. Thanks to Margaret and Hank Stoffers for  
the organising the Eaton Weekend another fine show.  
The Christmass Dinner most successful.  
The Clubs financial situation is good some \$500 in the Bank.  
He finished up by thanking his committee, with a special  
thanks to Brian Danby.

PATRONS TROPHY: Won by Jan Fletcher and Dick Horsley.

REG. BRIGGS TROPHY: Won by Dick Horsley.

SECRETARIES REPORT: The secretary stated that the committee had performed  
their duties very well. They had endeavoured to seek out  
the views of the members and implement them into the  
committee's policy. The Quiz Night was a great social  
evening and also a good fund raiser, however it was not  
supported as well as it should have been. He urged members  
to support the committee in their efforts. The Sundown run  
was a good public relations effort but not a success from

SECT. REPORT CONT.

a financial point of view, however it should be retained on our running calender as it does promote the club very well. Three new runs to the calender that proved very successful were the Veterans State Cross Country Championships, Lornas Run and the Teddy Birds Picnic. New items to the club are the Trailer, this was subsidised by the Sports Instant Lottery, the club windcheater the new club name badge, these items help to promote the club.

Congratulations to all the people associated with 24 hour Relay a great effort from everyone. Bob Fergie is not seeking election to the committee this year. He will be sadly missed his efforts on behalf of the club have far surpassed what could be expected of any committee member. The work he put in over the last 3-4 years on our State and National Track and Field Championships was superb.

Thanks also to Colin and Sue Ieman, Joan Pellier and Don Stone Who alas has left the country. These people were selfless in their efforts to do the best they could for the club.



Fraser Deamus, retiring Secretary

Accepted Proposed.....Bob Sammells.

Seconded.....John Gilmour.

TREASURERS REPORT: Colin reported that the club is in a sound financial situation, and recommended that the subs remain as the 1983-84 season.

Accepted Proposed.....Bob Hayres.

Seconded.....Cliff Bould.

ELECTION OF OFFICIALS:PRESIDENTElected

Barrie Slinger

Proposed

Colin Leman

Seconded

Brian Danby

VICE PRESIDENTElected

Dick Horsley

Barrie Slinger

Fraser Deanus

SECRETARYElected

Duncan Strachen

Dorothy Whittam

Fraser Deanus

PATRONElected

William Hughes

Bob Hayres

Mike Berry

TREASURERElected

Frank McLinden

Morris Warren

Barrie Slinger

COMMITTEEElected

Fraser Deanus

John Pellier

Joan Pellier

Brian Danby

Bob Hayres

Barrie Slinger

Lorna Butcher

Val Tyson

June Strachen

Margaret Warren

Dorothy Whittam

Jeff Whittam

ARMOURERElected

Brian Danby

Ann Deanus

Fraser Deanus

STATISTICIANElected

Dick Horsley

Cliff Bould

Jeff Whittam

EDITORElected

Jeff Whittam

Fraser Deanus

Joan Pellier

AUDITORElected

Ray Lawrence

Duncan Strachen

Brian Danby

LIBRARIANElected

Allen Tyson

Andy Wright

Margaret Warren

HANDICAPPERElected

Andy Wright

Allen Tyson

Frank McLinden

GENERAL BUSINESS:

It was proposed that the Sundown run be run in the evening.

Proposed.....Dave Carr Seconded.....Bob Faulkner.

The motion was carried by the majority of the meeting.

It was Proposed that the profit from the next Sundown run should go to the Paraplegic Athletic Association.

Proposed.....Dick Horsley Seconded.....Dave Carr

The motion was carried by the majority of the meeting.

It was suggested that the committee investigate the possibility of running the time trials at different venues.

It was put to the Meeting that the cost of medals was much more than certificates, the meeting elected to have certificates

Jeff Whittam stated that SILDAC had funds that may be available to cover the expenses of athletes traveling interstate or overseas to compete, the committee to investigate.

Allen Tyson asked for a club Captainto be appointed in the future.

Jeff Whittam proposed a vote of thanks to the out going committee this was seconded by Bob Sammells.

The President declared the meeting closed at 11.50am.

VINTAGE VETS

James H. Hocking was another American walker who, in the tradition of Weston and O'Leary (N/L 139), achieved extraordinary performances in his later years. Born in New Jersey on October 15, 1856, he appears to have saved himself for the 20th Century.

1917, aged 61, walked 97 miles from New York City to Philadelphia between 3 a.m. and 10.35 p.m. The next day, feeling fresh, he set out for Baltimore and walked the 205 miles in 43 hours 16 minutes.

1920, aged 64, walked 535 miles from New York City to Toronto, Canada, in 8 days 3 hours, beating O'Leary's record.

1921, aged 65, walked the steep Mohawk Trail from Albany, N.Y., to Greenfield, Mass., in 20 hours 30 minutes. The distance was 90 miles.

1922, aged 66, walked 187 miles from Boston, Mass., to Albany in 42 hours 15 minutes, lowering another of O'Leary's records.

1924, aged 68, walked 3754 miles from New York City to San Francisco in 75 days - a new record.

He was still walking at the age of 98 in 1954, and in his 75 years as a long-distance walker had averaged 10 miles per day; in round figures, 270,000 miles!

#### BIRTH OF A NATIONAL MARATHON

The idea of Anzac Day Marathons was that of army major Charlie Lynn, a 2 hr 52 min runner who was concerned that a large slice of our population have no personal commitment to the purpose and ceremony of this day.

The ultimate objective would be to conduct a marathon run in every town and city within Australia and New Zealand.

The existing organisational infrastructure of the Returned Serviceman's League, Legacy and uniformed services would be utilised.

The inaugural run in Sydney on 25th April 1984 commences at the Cenotaph at the conclusion of the dawn service and finishes in the vicinity of the Shrine of Remembrance.

The map of the proposed route in the publication "Army" 9.2.84, shows an out and back course through Crows Nest, Lane Cove, Hunters Hill, Rozelle, Redfern, Maroubra, Randwick and Darlinghurst.

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#### LEAN AND MEAN TAKES MUSCLE

The keys to fitness are proper diet and aerobic exercise. The best measure of fitness is body fat composition, not weight.

Forget the height/weight tables, the only way to tell if you are in shape is to measure fat content with underwater weighing.

The weighing tank used by the Colorado University is a renovated hot tub and the method is based on the old Archimedes theory that fat floats and lean sinks.

Healthy men should be no more than 15% fat, experts agree - women below 22%. World class runners carry only 4-5% fat most of which is called "essential fat" because it is contained in cell membranes and vital organs. Fat content is a good fitness indicator because healthy bodies burn it instead of allowing it to deposit in excess. Use the body's largest muscles - legs, buttocks - because they burn up the most fat. As fitness is increased, intensity also can be increased. A measure of intensity is the heart rate. Keep it between 70%-85% of maximum for twelve minutes for the peak amount of benefit (with 3-8 minutes warm up). It must be continuous.

People who are in good shape and exercise aerobically, send oxygen to their muscles which in turn helps them burn fat. Aerobic enzymes are stimulated and actually increase in number, increasing the muscles ability to burn fat. To lose weight and keep it off, exercise and a low fat diet helps prevent the formation of more fat deposits. When fat is called upon for energy, it usually comes first from women's arms and chests then their midriffs and finally their legs.

(The above is an extract from a Boulder, Colorado, newspaper - the full article is available in the club library)

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# TRACK AND FIELD CHAMPIONSHIPS 1984

## BELMONT 31/3 - 1/4/84

M35	100M	J. GOLD	11.8
	110M H	J. GOLD	20.9
	200M	J. GOLD	24.7
	400M	P. TIPPET	52.45
		J. GOLD	58.1
		N. BAILEY	59.5
		B. DANBY	1.03.5
		J. PROUDIST	1.10.9
	400M H	J. GOLD	1.07.6
	800M	P. TIPPET	1.58*
		B. DANBY	2.19
	1500M	B. DANBY	4.32
		N. BAILEY	4.45.2
	3000M SC	F. LANGFORD	10.32.4
		B. DANBY	11.13.4
	3000M W	T. JONES	14.31.5
	5000M	C. LEMAN	16.38.2
		B. DANBY	17.55.1
		J. PROUDIST	20.19
	10,000M	C. LEMAN	34.32.2
		B. DANBY	37.33
	DISCUS	R. YOUNG	28.22
	HAMMER	R. YOUNG	19.3
		J. GOLD	18.2
	SHOT	R. YOUNG	9.17
		J. PROUDIST	8.62
		J. GOLD	7.05
	HJ	J. GOLD	1.45
		B. DANBY	1.30
	LJ	J. GOLD	4.79
		J. PROUDIST	4.30
	TJ	J. GOLD	10.09

M40	100M	S. RIDDEL	11.9
		C. WHITE	12.5
		B. LANDERS	12.8
		R. CALNAN	12.9
	200M	S. RIDDELL	25.2
		R. CALNAN	26.4
		B. WALDHUTER	27.4
		L. JAMES	29.9
	400M	K. GILBERT	55.4
		S. RIDDELL	56.1
		B. WALDHUTER	57.2
		L. JAMES	1.10.9
	400M H	S. RIDDELL	1.07.6
	800M	K. GILBERT	2.06
		B. FOLEY	2.09.4
		B. WALDHUTER	2.13.3
		L. JAMES	2.44.3
	1500M	K. GILBERT	4.23.7
		B. FOLEY	4.30
		B. WALDHUTER	4.39.8
		G. THORNTON	4.45
		L. JAMES	6.09
	3000M W	J. PELLIER	17.39.3
	5000M	H. STOFFERS	16.08.7
		F. SMITH	16.19.1
		G. THORNTON	17.55.3
		F. DEANUS	18.06
		B. SLINGER	18.13.1
		C. SPARE	18.28
		J. PELLIER	19.34
		D. ROBERTS	19.47.1
		R. FARRELL	20.18.9
	5000M W	J. PELLIER	32.26.2
	10,000M	H. STOFFERS	33.52.8
		G. THORNTON	36.44.5
		F. DEANUS	37.35.3
		B. FOLEY	38.07
		B. SLINGER	38.22
		C. SPARE	38.44
	DISCUS	R. FARRELL	42.21.5
		R. JEPS	32.88
		S. RIDDELL	23.38
		B. LANDERS	21.22
	HAMMER	S. RIDDELL	20.04
	JAVELIN	R. JEPS	40.86
	SHOT	R. JEPS	9.72
		S. RIDDELL	9.08
		B. LANDERS	7.77
	HJ	B. LANDERS	1.45
	LJ	B. LANDERS	5.19
		R. CALNAN	5.15
		C. WHITE	4.50
	TJ	K. BROWN	13.40 *
		D. BOAKES	10.93
		B. LANDERS	10.66
		D. ROBERTS	9.42

M45	100M	D. CLIVE	11.9 *
		K. HOOPER	12.1
		H. MCGLASHAN	12.7
		G. FRANKLIN	12.8
		W. MONKS	13.2
		H. DESOUZA	13.2
	200M	D. CLIVE	25.6
		H. MCGLASHAN	26.1
		G. FRANKLIN	26.3
		W. MONKS	27.1
	400M	D. CLIVE	55.3
		H. MCGLASHAN	57.3
		G. FRANKLIN	59.0
		D. COSTELLO	1.02.3
		A. DAVIE	1.11.2
	400M H	E. MASLEN	1.11.1
		P. MULLER	1.11.3
	800M	D. CAPLIN	2.10.1
		E. MASLEN	2.12.4
		H. MCGLASHAN	2.13
		W. MONKS	2.14.3
		K. MARTIN	2.15
		E. COSTELLO	2.23
		R. SAMMELLS	2.25
		G. FRANKLIN	2.26
	1500M	D. BRAXSON	2.26
		D. CAPLIN	4.27.1
		E. MASLEN	4.39.4
		K. MARTIN	4.47.9
		R. SAMMELLS	4.50.3
		D. BRANSON	4.56.1
		M. WARREN	5.11.6
		A. DAVIE	5.30.3
	3,000M SC	E. MASLEN	10.43
		D. BRANSON	11.54
		M. WARREN	12.58.8
	3,000M W	G. AUDLEY	15.54.2
		J. TURNBULL	17.21.9
	5,000M	G. INNES	16.22.7*
		R. SAMMELLS	18.16.8
		A. ACREMAN	18.42.9
		B. BRANSON	18.59.4
		M. WARREN	19.20.1
		K. MARTIN	19.33
		K. VALSTA	19.37.2
		R. STRAUCH	20.08.5
	5,000M W	G. AUDLEY	26.26.5*
		J. TURNBULL	31.18.9
	10,000M	G. INNES	34.32.1
		E. MASLEN	36.46
		R. SAMMELLS	38.59
		A. ACREMAN	39.01
		M. WARREN	39.02
		D. BRANSON	39.18
		K. VAALSTA	41.02
	DISCUS	A. DAVIE	43.34
		P. MULLER	27.16
		A. FERGIE	24.38
		J. WHITTAM	19.66
		R. SAMMELLS	18.44
		J. TURNBULL	17.76
	HAMMER	A. FERGIE	29.88
		J. TURNBULL	21.02
		J. WHITTAM	16.58
	JAVELIN	A. FERGIE	33.90
		P. MULLER	32.98
		J. TURNBULL	30.46
		H. DESOUZA	29.84
		J. WHITTAM	22.44
		R. SAMMELLS	22.02
	SHOT	A. FERGIE	9.67
		P. MULLER	8.66
		J. TURNBULL	6.87
		J. WHITTAM	6.46
	HJ	P. MULLER	1.40
		A. FERGIE	1.40
	LJ	P. MULLER	5.10
		B. MONKS	4.90
		A. FERGIE	4.46
		G. AUDLEY	4.11
		J. TURNBULL	3.77
	PV	J. WHITTAM	3.73
		E. MASLEN	2.60
	TJ	P. MULLER	10.86*
		A. FERGIE	9.11
		J. WHITTAM	7.95

M50	100M H	F. MCLINDEN	24.2
	100M	D. CARR	12.6
		F. MCLINDEN	13.6
		R. TORKILDSEN	14.1
	200M	D. CARR	26.5
		D. MOFFETT	27.0
	400M	F. MCLINDEN	28.6
		D. CARR	58.45
		D. MOFFETT	1.00.2
		F. MCLINDEN	1.06
	400M H	F. MCLINDEN	1.17.8
	800M	D. CARR	2.14.6
		D. MOFFETT	2.15.5
		F. MCLINDEN	2.31.5
		R. HAYRES	2.36.9
	1500M	D. CARR	4.56.1
		F. MCLINDEN	5.02.2
		B. KENNEDY	5.04.7
		R. HAYRES	5.10.7
		D. PHILIP	5.26.6
		D. WILMOTT	5.26.7
		K. WHISTLER	5.41.3
	3000M SC	F. MCLINDEN	12.06.9
	5,000M	R. SHAND	18.40.1
		D. CARR	19.14.3
		F. MCLINDEN	19.23.3
		B. KENNEDY	19.48.6
		D. WILMOTT	20.12.7
		R. HAYRES	20.23.3
		K. WHISTLER	20.52.4
	10,000M	D. HOUGH	37.53
		R. BRYCE	38.42
		R. SHAND	39.0
		R. MCLINDEN	39.51
		D. WILMOTT	39.57
		B. KENNEDY	40.05
		D. PHILIP	43.11
	DISCUS	K. WHISTLER	25.50
		F. MCLINDEN	17.18
	HAMMER	K. WHISTLER	17.04
		D. CARR	16.30
		R. HAYRES	16.02
	JAVELIN	K. WHISTLER	28.54
		R. HAYRES	23.82
	SHOT	K. WHISTLER	9.09*
		F. MCLINDEN	5.55

M55	100M	R. DEGRUCHY	13.3
		D. JONES	13.7
		F. FAY	14.2
		W. HUGHES	15.0
	200M	D. JONES	27.7
		R. DEGRUCHY	28.1
		F. FAY	30.2
		W. HUGHES	30.7
	400M	R. DEGRUCHY	1.05.6
		D. JONES	1.09.3
		W. HUGHES	1.10.1
		A. TYSON	1.10.6
	400M H	D. JONES	1.21.7
	800M	H. MOYLE	2.35.6
		A. TYSON	2.35.6
		R. DEGRUCHY	2.47
		W. HUGHES	2.50
	1500M	A. TYSON	5.27.6
		H. MOYLE	5.29.3
		W. HUGHES	5.41.6
	3000M SC	A. TYSON	14.02.8
	5000M	A. TYSON	20.09.8
		W. HUGHES	20.52.4
	10,000M	A. TYSON	41.43
	DISCUS	W. CHAPMAN	30.28*
	HAMMER	W. CHAPMAN	22.94
	JAVELIN	F. FAY	28.78*
		W. CHAPMAN	23.82
	SHOT	W. CHAPMAN	10.05
		F. FAY	8.49
		W. HUGHES	7.97
	LJ	R. DEGRUCHY	4.33
		D. JONES	4.01
		W. HUGHES	3.16
	TJ	F. FAY	8.94
		D. JONES	8.49
		R. DEGRUCHY	8.44



# TRACK AND FIELD CHAMPIONSHIPS 1984

BELMONT 31/3 - 1/4/84

M60	100M	D. STRACHAN	16.6	W30	100M	J. CHAMBERS	14.1	W45	100M	D. WHITTAM	14.3
	200M	D. STRACHAN	35.3		200M	J. CHAMBERS	29.8		200M	T. MANLEY	16.7
	400M	D. STRACHAN	1.20.5		400M	J. CHAMBERS	1.05.2		400M	D. WHITTAM	30.3
	800M	D. STRACHAN	2.49.4		800M	J. CHAMBERS	2.24		800M	T. MANLEY	38.6
	1500M	D. STRACHAN	5.24		1500M	J. CHAMBERS	4.58.1		1500M	D. HARMAN	2.50.8*
		G. NOORDYK	5.47		5000M	J. CHAMBERS	18.51*		1500M	D. WHITTAM	3.18
		A. WRIGHT	5.49.8		10000M	J. CHAMBERS	40.26.2*		1500M	M. HARMAN	5.44*
		F. USHER	6.12						1500M W	S. CROSS	11.49
	3000M SC	D. STRACHAN	13.21.3*	W35	800M	J. FLETCHER	2.32.6		5000M	H. HARMAN	21.50.3*
	5000	D. STRACHAN	20.33.4		1500M	C. AMES	5.24.5*			S. MASLEN	27.01.5
		G. NOORDYK	22.01.7		1500M W	J. FLETCHER	8.11.7*		10000M	M. HARMAN	47.13.6*
	10,000M	A. WRIGHT	23.20.1		5000M	C. AMES	20.06.7		DISCUS	D. WHITTAM	17.84
		D. STRACHAN	43.33			J. FLETCHER	21.10.7		JAVELIN	D. WHITTAM	18.80
		G. NOORDYK	44.59		10000M	C. AMES	42.29.4		SHOT	D. WHITTAM	7.23
		F. USHER	48.47.5		DISCUS	J. FLETCHER	24.17		HJ	T. MANLEY	1.18
	DISCUS	A. WRIGHT	24.82		JAVELIN	J. FLETCHER	24.30*		LJ	D. WHITTAM	4.01
	HAMMER	A. WRIGHT	18.12		LJ	J. FLETCHER	4.47			T. MANLEY	3.22
	SHOT	A. WRIGHT	8.12								
	HJ	A. WRIGHT	1.15	W40	80M H	L. JENKINS	18.6				
	LJ	A. WRIGHT	3.65		100M	D. PRESCOT	15.4	W50	100M	P. CARR	15.7
	TJ	A. WRIGHT	7.50		200M	L. JENKINS	15.8		200M	P. CARR	33.9
M60	1000M	C. BOULD	22.88.5		400M	E. MERCER	34.6		400M	P. CARR	1.20.8
	5000M	C. BOULD	47.45		800M	L. JENKINS	35.7		800M	P. CARR	3.21.7
						G. WALDHUTER	39.2		1500M W	L. BUTCHER	9.31.4*
M70	100M	G. BOAKES	17.6		1500M	E. MERCER	1.14.2		3000M W	L. BUTCHER	19.25.7*
	800M	D. HORSLEY	2.51*			J. WALDHUTER	1.31.7		5000M	L. BUTCHER	25.03.4
	3000M W	D. HORSLEY	17.47.1		800M	E. MERCER	2.49.9	W55	100M	V. TYSON	19.6
	5000M	D. HORSLEY	29.49.7			G. WALDHUTER	3.37.1		200M	J. STRACHAN	19.7
	DISCUS	D. HORSLEY	23.54			C. AUDLEY	3.42.2		400M	J. STRACHAN	43.6
	HAMMER	D. HORSLEY	19.48*		1500M	E. MERCER	5.45.7		800M	J. STRACHAN	1.44
	JAVELIN	D. HORSLEY	17.58			J. SLINGER	5.48.7		1500M	J. STRACHAN	3.42.8
	SHOT	D. HORSLEY	7.97			D. DOW	5.57.4		1500M W	V. TYSON	7.42.5
	LJ	G. BOAKES	3.19			J. PELLIER	6.02.5		3000M W	V. TYSON	9.45.5
		D. HORSLEY	2.77			G. WALDHUTER	8.05.1		5000M	J. STRACHAN	20.03.5*
M90	100M	T. JONES	24.0*		1500M W	L. JENKINS	10.12.8				
					5000M	D. DOW	22.01.4	W60	400M	P. HEAD	1.48.4
						J. SLINGER	22.15		1500M	P. HEAD	7.42.5
						J. PELLIER	22.24.1		1500M W	P. HEAD	10.27.9
						M. ACREMAN	23.59.5		3000M W	P. HEAD	21.00.5
					10000M	D. DOW	46.11.5		10000M	P. HEAD	57.56.1*
						A. DEANUS	49.36.8		DISCUS	P. HEAD	11.10 *
						M. ACREMAN	51.11.4		JAVELIN	P. HEAD	9.68
	DISCUS	V. PRESCOTT	20.70			V. PRESCOTT	14.14		SHOT	P. HEAD	4.09
	JAVELIN	L. JENKINS	16.14			L. JENKINS	6.32				
	SHOT	V. PRESCOTT	14.14			E. MERCER	1.20*				
	HJ	L. JENKINS	6.32			E. MERCER	3.92*				
	LJ	L. JENKINS	3.53			L. JENKINS	3.53				
		V. PRESCOTT	3.23			V. PRESCOTT	3.23				

## SIXTH WORLD VETERANS GAMES.

These are due to be held in Rome, Italy, in June/July 1985. The tentative commencing date is 18th June but indications are that this may be changed to a slightly later date. The events will be staged in a complex in the area of the Rome Olympic Stadium which itself has a nine lane tartan track. Within a short distance are three all weather tracks, which means all venues and events will be readily accessible to all athletes. A further bonus is the availability of University type accommodation in close proximity to the track and which is most economical. This accommodation is limited and only 150 beds have been able to be booked, these will be allocated on a first come, first served basis. Reservations can be made through the secretary who has the application forms. This must be accompanied by a \$20.00 registration fee, which is not refundable if a cancellation is made. It does however come off your bill if you ultimately do travel. Using present day rates and charges on the use of University type accommodation, costs for return economy airfares plus 14 days in Rome (accommodation only) are:- Ex Perth \$1910.00.

#### LETTERS TO THE EDITOR.

The 1983-4 summer season at Perry Lakes has now ended. I would like once again to sincerely thank everyone who helped in any way at all, either as an official or on the technical roster.

As a result of the regular attendance and the co-operation shown by these volunteers the Veterans Athletic Club is very highly regarded by the W.A. Athletic Association.

Thanks also to those members who assisted at the International Meet on 18th March. I hope you all managed to get your free cup of tea.

Val Prescott.

To everyone responsible for the organisation of the 3rd Track and Field Championships, the officials and the competitors. A big thank you for another most enjoyable weekend.

From a part time competitor.

Heard at the Champs:- My sole reason for entering was to get my name in the Swan Lager Book of Records, I didn't think I was good enough for the Guinness one.

#### HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Alan Acreman	turns 47	remains M45 23	John McKechnie	turns 58	remains M55 03
Denis Batterham	" 52	" M50 25	Paul Slyth	" 42	" M40 29
Peter Gallagher	" 43	" M40 22	Roger Walsh	" 41	" M40 30
John Gilmour	" 65	becomes M65 03	Maureen Gladdle	" 43	" W40 01
Glen Hall	" 36	remains W35 17	Alan Pomery	" 53	" M50 19
Fred Langford	" 38	" M35 30	Douglas Mathews	" 55	becomes M55 08
Stan Latchford	" 43	" M40 19	Gwyneth Davies	" 52	remains W50 08
Ray Lawrence	" 56	" M55 15	Carole Cole	" 43	" W40 18
Frank McLinden	" 52	" M50 07	Johanna Saunders	" 66	" W65 08
Erica Mercer	" 41	" W40 30	and Happy Birthday to 'You Know Who' 23		
Jim Martin	" 59	" M55 06	Elza O'Dea	" 48	" W45 02

#### CLUB RECORD RUNS FOR MAY.

Heirisson Island. 5.2km W30 A Johnstone 30.44; W35 J Slinger 26.32; W40 R Madison 27.21; W45 N Berry 34.25; W50 L Butcher 24.07; M35 H Kirkman 16.52; M40 D Caplin 17.52; M45 M Smith 18.01; M50 D Moffett 20.11; M55 D Butcher 20.45; M60 A Leggatt 24.53; M65 C Bould 22.13:

WALLISTON WALLOP RUN. 10km. W30 J Pearton 50.17; W35 J Slinger 51.35; W40 J Slinger 53.42; W45 M Warren 58.55; W50 L Butcher 55.47; W55 J Strachan 64.26; M35 F Smith 37.24; M40 D Hoy 36.20; M45 M Smith 38.31; M50 R Shand 41.56; M55 A Tysen 43.29; M60 D Strachan 46.03:

Jo-Anne's Jolly Jaunt. 6km. W35 M Tapper 46.26; W40 E Crowther 42.30; W45 D Whittam 50.00; W50 P Carr 50.50; W55 V Tyson 53.36; M35 C Leman 28.30; M40 B Robinson 29.30; M45 G Innes 29.56; M55 R Shand 31.40; M55 R Lawrence 40.49; M60 A Wright 37.20:

I have received some results from one of our members from the country who has been doing some extremely good races recently. (I only got them off him after pressuring him to let me have them as I think they are well worth a mention). The member is George Audley. George suffered an injury that prevented him running so he took up walking instead to keep fit, with quite astounding results. At Capel in the S.W. Champs he came 2nd in the open 5km walk 27.47; 1st in the o/35 3km walk 16.23; 1st o/45 3km walk 18.54 doing an extra lap (just to make sure), then 3rd on the open 3km walk on the Sunday in 17.09. On Sunday 5th Feb in the State Selection time trials over 20km, 3rd 1.48.18; Feb 12th came the State Selection time trials over 50km where he recorded 5hr 17min 45sec for (I think) first place. Then on Sunday 18th March in Adelaide he represented W.A. in the National 50km Championship and Olympic Trials where he finished 10th overall and 2nd from W.A.; W.A. also took out the 3rd team placing. Not bad going for someone who took to walking just because he couldn't run.

This year's course was chosen by Joan and John Pellier. It had the advantage of having the runners in view for the full mile and, in general, was preferred to last year's course at Wanneroo.

The course ran between paddocks of horses, sheep and camels (yes, CAMELS). And the sight of humans travelling on legs in this rustic setting, rather than the more usual wheels, would probably account for the bemused looks on the animals' faces.

Conditions were bright and cool but without the strong winds that were looked for to push runners to fast times. Nevertheless, all must have been pleased with their times. For those who did not participate, why not make an especial effort next year to take part in this quite unusual event?

Joan and John invited everyone to their home after the run; our thanks to them both for their hospitality.

RESULTS.

## MEN

## LADIES

Don Caplin	M45	4.48.16	Leslie Eggins	inv	6.24.74
Simon Beaumont	inv	5.00.92	Joan Pellier	W40	6.29.07
Graham Thornton	M40	5.22.40	Sandy Walton	W35	6.58.49
Bob Sammells	M45	5.22.61	Lorna Butcher	W50	7.26.00
Dalton Moffett	M50	5.33.21	Dorothy Whittam	W45	7.28.80
John Pellier	M40	5.35.99	Margaret Warren	W45	7.29.10
Maurice Johnston	M45	5.47.31	June Strachan	W55	8.01.00
Bill Mitchell	M45	5.48.61	Shirley Cross	W45	8.23.00
Jim Greenfield	M40	5.51.04	Phyllis Farrell	W35	8.47.78
Ken Whistler	M50	6.15.19	Val Tyson	W55	8.53.00
Alan Pomery	M50	6.24.56	Jaquie Greenfield	W40	9.23.04
Vic Beaumont	M50	6.29.55			
Frank Usher	M60	7.00.00	Ann Smith and Rose Johnston did		
Andy Wright	M60	7.10.13	the course in 45 sec courtesy		
Bob Farrell	M40	7.38.56	of Brian Danby.		

RESULTS OF VETS IN BUNBURY MARATHON, 14th April 1984. Half Marathon

Bob Bryce	2.57.34	1	Ray Purdue	1.11.07
23 John Pellier	2.59.54	7	Don Caplin	1.17.24
25 Fraser Deanus	3.00.05	12	John Maddison	1.20.09
29. Frank McLinden	3.02.17	14	Brian Danby	1.20.46
32 David Branson	3.02.28	16	Graham Thornton	1.21.15
34 Harry White	3.03.33	26	Charlie Spare	1.25.06
47 Dave Hough	3.11.26	27	Mike Khan	1.25.17
51 Morris Warren	3.15.17	28	Jill Chambers	1.25.18
60 Allen Tyson	3.21.42	33	Barrie Slinger	1.26.42
62 Brian Kennedy	3.23.01	55	Mitch Loly	1.31.42
70 Bob Farrell	3.32.40	60	Bill Hughes	1.32.57
74 Jin Greenfield	3.36.12	67	Bob Hayres	1.33.35
89 Duncan Strachan	3.52.54	68	Dennys Wilmott	1.33.40
90 Doreen Dow	3.54.08	81	Mike Berry	1.36.34
92 Nanette Harding	3.59.21	100	Erica Mercer	1.42.35
		104	Joan Pellier	1.44.27
		105	Derek Cowlan	1.44.34
		106	Andy Wright	1.46.10
		107	Jo Stone	1.46.26
		116	Frank Usher	1.48.25
		126	Margaret Warren	1.55.10
		132	Mary Robinson	1.58.21
		134	Phyllis Head	2.00.27

The weather was extremely hot for the event and this could account for what appears to be relatively slow times for some of the runners.

# CLUB PENTATHLON CHAMPS. 25th March 1984.

The 80m came about as we could not add up so early in the morning whilst measuring the track. The 1500m was run over 3 x 500m straights - different at least!!

Due to the lack of a 1.0kg discus we saw some fine throwing with an oversize implement from the M70s and the ladies. Points were adjusted accordingly. Highlights of the day were fine leaps by Dorothy Whittam and Dick Horsley (with an almost fine leap by Bill Monks, toe over. Dick also scored very well in the sprint and the 1500m.

## RESULTS.

NAME	AGE GRADE	LONG JUMP		JAVELIN		80m		DISCUS		1500		TOTAL POINTS	PLACE
		DISTANCE	POINTS	DISTANCE	POINTS	TIME	POINTS	DISTANCE	POINTS	TIME	POINTS		
J. WHITTAM	M45	3.63	212	19.26	158	13.6	20	19.02	226	6.04	376	992	5
D. HORSLEY	M70	3.17	904	16.62	265	13.2	1100	18.22	679	6.00	1120	4068	1
B. HUGHES	M55	3.13	315	17.14	206	12.7	420	17.46	298	5.52	598	1837	2
B. MONKS	M45	3.40	120	18.12	124	11.8	440	16.00	120	5.30	580	1384	3
H. de SOUZA	M45	-	-	30.26	488	-	-	21.86	325	-	-	813	7
A. FERGIE	M45	-	-	25.64	349	19.4	20	23.62	386	-	-	755	8
A. DAVID	M45	-	-	-	-	12.4	300	-	-	5.30	580	880	6
D. STACHAN	M60	-	-	-	-	13.8	340	-	-	-	-	740	9
TOM JONES	M90	-	-	-	-	19.4	1000	-	-	-	-	1000	4
D. WHITTAM	W45	3.93	1254	17.20	408	12.2	640	16.02	315	7.32	268	3085	1
L. BUTCHER	W50	2.21	439	9.72	162	14.5	180	11.06	353	6.47	628	1762	2
M. ROBINSON	W45	2.37	336	11.72	189	15.7	20	10.10	246	-	-	791	3
S. CROSL	W45	-	-	4.60	20	15.6	-	-	-	8.11	30	50	4
J. STACHAN	W55	-	-	-	-	17.4	20	-	-	7.55	400	420	4

I have just received the results of the W.A. competitors from the Oceania Games held in Canberra over Easter. Only two competed, as far as I can ascertain Eileen Hindle and David Clive. Both gave excellent performances.

Eileen Hindle. W35.

1st 100m  
1st 200m  
1st 100m Hurdles (Record)  
1st Pentathlon (Record)  
1st Long Jump  
2nd 400m

David Clive. M45.

2nd 100m  
3rd 200m  
4th 400m

I did not get any times but hope to publish them in the next newsletter.

Avon Canberra Marathon. 8th April 1984.

1st M45 Hank Stoffers 2hr 34min ?sec 6th M55 Denys Butcher 3hr 14min ?sec  
Graham Clews did 2hr 17min ?sec for, I think 2nd place.

BRIDGES RUN (RIVER) NOMINATED TIME. 9.6km. 15th April 1984.

Twenty members took part in the above event which was run close to the river. We were pleased to welcome three visitors, Sheila Piesse of Wagin, Warren Coops from Victoria and Adrian Noordyk of Perth.

Conditions were perfect and all the runners enjoyed the outing. We were pleased to see Bob Sammells parents, Bob and Lucy, who came down to watch the run. The event was conducted by Cliff Bould, Shirley Cross and Dick Horsley who stood in for Dorothy Whittam, who was out in the bush cooking for 300 competitors in a Rogaine. (Jeff was meanwhile digging latrines for the said 300). Nothing to do with the cooks. Honestly.

RESULTS.

	Actual Time	Nominated Time	Difference
1. Elza O'Dea	49.28	50.00	.32
2. Kaitley Johnson	48.01	49.00	.59
3. Lorna Butcher	47.39	48.50	1.11
4. Ken Whistler	43.00	44.23	1.23
5. Keijo Vaalsta	37.53	39.30	1.37
6. Merv Moyle	42.42	44.20	1.38
7. Ernest Moyle	47.34	49.25	1.51
8. Kevin Martin	37.02	39.00	1.58
9. Bev Whistler	68.52	71.00	2.08
10. Bob Sammells	37.02	39.15	2.13
11. Dave Roberts	38.06	40.30	2.24
12. Carole Cole	49.28	52.00	2.32
13. Dalton Moffett	37.11	39.50	2.39
14. Kath Noordyk	46.20	49.00	2.40
15. Tuula Vaalsta	45.10	48.00	2.50
16. Jill Pearton	48.05	51.00	2.55
17. Ron Torkildsen	46.32	50.00	3.28
18. Sandy Walton	46.55	51.00	4.05
19. Sheila Piesse	55.17	60.00	4.43
20. Ian Sutherland	49.46	55.00	5.14
21. Adrian Noordyk	37.25	43.00	5.35
22. Alan Pomery	45.10	55.00	9.50
23. Warren Coops	48.15	60.00	11.45

FIXTURE LIST FOR MAY & JUNE WAS PUBLISHED IN THE LAST NEWSLETTER (APRIL. No 139)

DEFINITIONS. WARM - UP EXERCISES.

A tortuous and sometimes terminal series of bending and stretching ordeals. If you can survive them, you probably don't need to run.

CARBUHYDRATE LOADING. A great excuse for a binge on your favourite junk foods before a big race.

