



The Vetrun

No. 141, JUNE 1984



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

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OLD AGE PLANTS MORE WRINKLES IN THE MIND THAN ON THE FACE.

COMMITTEE MEETING. QUIZ NIGHT. Do not forget that the club is holding a Quiz night at the SHENTON PARK HOTEL on the 27th June 1984. The cost is \$3.00 per person and tables are of six or eight, preferably six. The time of start is 7.30pm. Have YOU got your tickets and organised your table yet??? See any committee member for tickets.

NEW TYPE OF CLUB CHAMPIONSHIP. A new championship is to be inaugurated in the coming weeks. The idea is for this event to be held over twelve of the club fixtures, with distances varying from 5km approx. up to the marathon. The events will be nominated and your best six performances out of the twelve events will count towards the Championship. The system of scoring will be as in the time trials, on a points for age basis. So if you do not do the marathon distance but prefer distances somewhat shorter you as your best distance then make sure you do the shorter events likewise for those that prefer longer distances make sure you do the longer ones, or better still do them all, who knows you may tap hidden depths. The first two events to count are:- CLUB CROSS COUNTRY CHAMPS AT KALAMUNDA on the 8th July 1984 and BRIDGES and MILL POINT ROAD CLUB CHAMPS on the 22nd July 1984.

A.G.M. REPORT. It was reported that we had \$500 in the fixed term account, this should have read \$1500, The \$500 was ADDED last year.

MILK MARATHON. 5th AUGUST 1984. This event incorporates the first W.A. Veterans Marathon Championship. We are therefore required to assist with officials, anyone who is not competing and would be willing to help in this capacity would they please give Duncan Strachan their name. (This is the official club run for that day).

24Hour RELAY. The Belmont track has been booked for this event for the weekend of the 20th - 21st October 1984. Once again we require a number of officials, so, get in quick and give your name to Duncan. Two Ladies teams will definitely be running, one 35+ and one 40+, both will be going for world records. There has been no formal mens event organised as yet, but if anyone has any ideas that they would like to put forward to the committee. IE A mens Over 50 relay or a 6 hour relay or possibly an ultra distance run???? Again let Duncan know. Ladies who are interested in running in the Relay give your name to JOAN PELLIER.

CAR STICKERS. Is your car sticker looking worse for wear? Have you bought another car recently? If so how about getting a NEW Club Sticker to put on it!!! See Duncan who has a good supply. Perhaps you require a new cloth badge or Club Running vest??? See the Treasurer Frank McLinden who holds stocks of these.

HAVE YOU PAID YOUR RENEWAL MEMBERSHIP YET???? REMEMBER THAT
THIS IS THE LAST NEWSLETTER YOU WILL RECEIVE IF YOU HAVE NOT.

NEW MEMBERS.

Margery Ann Forden & Keith Willllam Forden, 19, Hunter Way, Padbury. 6025.
 W40 29th July 1941 M45 25th November 1938 401 1447
 Trisha Spain, 162 Rochdale Road, Swanbourne, 6010. W40 4th Jan 1942 383 2856
 Yolande Carol Caruso & Vincent Caruso. 12, Ridge Street, Wembley Downs. 6019.
 W30 21st Dec 1950 M35 21st April 1946 341 1266
 Eva-Maria Reimann. Unit 23/564, William Street, Mount Lawley. 6050.
 W60 3rd June 1921 328 8408
 Karen Bennett. Lot 3, Burton Road, Greenmount. 6056. W30 1st July 1959 294 3152

VINTAGE VETS

On Friday, 25th August, 1972, I discovered Veterans Athletics. In that day's issue of The Times, I read of Britain's first ever International Veterans Athletic Meeting at the Crystal Palace track. Among the competitors was a Duncan MacLean who, at the age of 87, was entered for the 100m and 200m. Like our own Tom Jones, Mr MacLean must have had difficulty in finding competition as he was competing in the over-sixties age group.

His tartan running shorts earned him the nickname of the "Tartan Flash" and his personality seems to have been as colourful as his sportswear. He trained every day and ate sensibly, so keeping himself in good trim. He was also reported as saying that he kept fit by not smoking and, being a good Scot, drinking only when someone else was buying.

On that occasion he scratched from one event and I never did read of the other. But his is the first name that I associate with Veterans Athletics and part of me hopes that the following World Records will stand for many years to come.

100 metres	M85	Duncan MacLean	16.3s	7.6.1973
100 metres	M90	Duncan MacLean	19.9s	14.6.1975
200 metres	M85	Duncan MacLean	41.1s	-
200 metres	M90	Duncan MacLean	49.2s	-

The Tartan Flash is the last subject in this series of notes as my material is largely exhausted. However, a major omission from the series, and one that I would wish to see remedied, was any report of a Vintage Australian Vet. So, a competition.

A prize of one bottle of Champagne is offered for details of a notable athletic feat achieved in the 19th Century by an Australian Veteran, male or female. The prize will be awarded to the sender of the first entry received by the Newsletter Editor before 20th June, 1984. The competition is limited to members of the W.A. Veterans A.A.C.

Go to it, the information is there just waiting to be found.

Bob Sammells

On behalf of all club members I would like to thank Bob for all the articles in this series that he has sent in. I am sure that all members will have enjoyed them as much as I have. Ed.

DEFINITIONS PULSE CHECKING. A terrific excuse for taking a rest that no one will challenge.

HAMSTRINGS. An excuse that frequently works even after shin splints and runners knee have failed.

Vetrun 141 S.D. Running a Long Slow Distance. LSD can produce a natural high for some people -- for others, mere exhaustion.

For those who are intending to do the Milk Marathon in August here are a couple of charts that may be of interest. The first is a pacing table whilst the second is a chart of age equivalents. (Think of what you would have done, if only you had been a marathoner in your younger days).

MARATHON PACING CHART

Mile Pace	5 MI	10 KM (6.2 MI)	15 KM (9.3 MI)	10 MI	20 KM (12.4 MI)	Half Mar (13.1 MI)	25 KM (15.5 MI)	30 KM (18.6 MI)	Marathon (26.2 MI)
4:30	22:30	27:54	41:51	45:00	55:48	59:00	1:09:44	1:23:42	1:57:59
4:45	23:45	29:27	44:11	47:30	58:54	1:02:16	1:13:38	1:28:21	2:04:33
5:00	25:00	31:00	46:30	50:00	1:02:00	1:05:33	1:17:30	1:33:00	2:11:06
5:15	26:15	32:33	48:50	52:30	1:05:06	1:08:50	1:21:23	1:37:39	2:17:40
5:30	27:30	34:06	51:09	55:00	1:08:12	1:12:07	1:25:15	1:42:18	2:24:13
5:45	28:45	35:39	53:29	57:30	1:11:18	1:15:23	1:29:08	1:46:57	2:30:46
6:00	30:00	37:12	55:48	1:00:00	1:14:24	1:18:39	1:33:00	1:51:36	2:37:19
6:15	31:15	38:45	58:08	1:02:30	1:17:30	1:21:56	1:36:53	1:55:45	2:43:53
6:30	32:30	40:18	1:00:27	1:05:00	1:20:36	1:25:13	1:40:45	2:00:44	2:50:26
6:45	33:45	41:51	1:02:47	1:07:30	1:23:42	1:28:29	1:44:38	2:05:33	2:56:59
7:00	35:00	43:24	1:05:06	1:10:00	1:26:50	1:31:46	1:48:30	2:10:12	3:03:32
7:15	36:15	44:57	1:07:26	1:12:30	1:29:54	1:35:03	1:52:23	2:14:51	3:10:06
7:30	37:30	46:30	1:09:45	1:15:00	1:33:00	1:38:19	1:56:15	2:19:30	3:18:39
7:45	38:45	48:03	1:12:05	1:17:30	1:36:06	1:41:36	2:00:08	2:24:09	3:23:13
8:00	40:00	49:36	1:14:24	1:20:00	1:39:12	1:44:53	2:04:00	2:28:48	3:29:46
8:15	41:15	51:09	1:16:44	1:22:30	1:42:12	1:48:10	2:07:53	2:33:27	3:36:20
8:30	42:30	52:42	1:19:03	1:25:00	1:45:24	1:51:26	2:11:45	2:38:06	3:42:52
8:45	43:45	54:15	1:21:23	1:27:30	1:48:30	1:54:43	2:15:38	2:42:45	3:49:26
9:00	45:00	55:48	1:23:42	1:30:00	1:51:36	1:57:59	2:19:30	2:47:24	3:55:59
9:15	46:15	57:21	1:26:02	1:32:30	1:54:42	2:01:16	2:23:23	2:52:03	4:02:32
9:30	47:30	58:54	1:28:21	1:35:00	1:57:48	2:04:33	2:27:15	2:56:42	4:09:05
9:45	48:45	1:00:27	1:30:41	1:37:30	2:00:54	2:07:49	2:31:08	3:01:21	4:15:33
10:00	50:00	1:02:00	1:33:00	1:40:00	2:04:00	2:11:06	2:35:00	3:06:00	4:22:12

Age	2.09	2.20	3.00	3.30	4.00*
25	2.09	2.20	3.00	3.30	4.00
35	2.10	2.21	3.02	3.32	4.02
40	2.13	2.26	3.07	3.38	4.10
45	2.18	2.31	3.14	3.47	4.19
50	2.23	2.37	3.22	3.55	4.29
55	2.31	2.45	3.23	4.08	4.43
60	2.38	2.53	3.45	4.20	4.58
65	2.46	3.02	3.54	4.33	5.12

(NB * = The current world record is 2.08.13; 2.20 is considered a "world class" time and 3.00 is the most common goal of marathoners).

BUNBURY MARATHON. Age Group winners (Members)

M50 Bob Bryce	2.57.34	W40 Doreen Dow	3.54.08
M55 Allen Tyson	3.21.42	W35 Nanette Harding	3.59.21
M60 Duncan Strachan	3.52.54		

HALF MARATHON.

M45	Don Caplin	1.17.24	W40	Erica Mercer	1.42.35
M40	Graham Thornton	1.21.15	M60	Andy Wright	1.46.10
W35	Jill Chambers	1.25.18	W45	Margaret Warren	1.55.10
M55	Bill Hughes	1.32.57	W60	Phyllis Head	2.00.27

Hank Stoffers sent in these results along with a report on the marathon. He said that the pre race carbo loading meal put on by the ladies of the Bunbury Runners Club was one of the highlights of the weekend. The entries were more than double those of last year, which is a very good sign that the race has become one of the more popular event in the long distance calendar. Also that "the race may have to be finished in a different spot as at the moment it is sited on a speed hump and one of the veteran members, a scaled down version of a bagpipe player with a distinctive Scots accent, kept rocking backwards and forwards on this speed hump until finally overbalancing and falling forwards to finally cross the finishing line. We hate to think what would have happened if he had fallen backwards???

Also in the letter was an article from the Bunbury Times with another good photo of Hank with big banner headlines "National Title to our Flying Dutchman" The article detailing Hanks win in the National Vets Marathon in the M40 group.

While still on Marathons here are the results of the Australian Vets Marathon. Winners only. (Also from Hank)

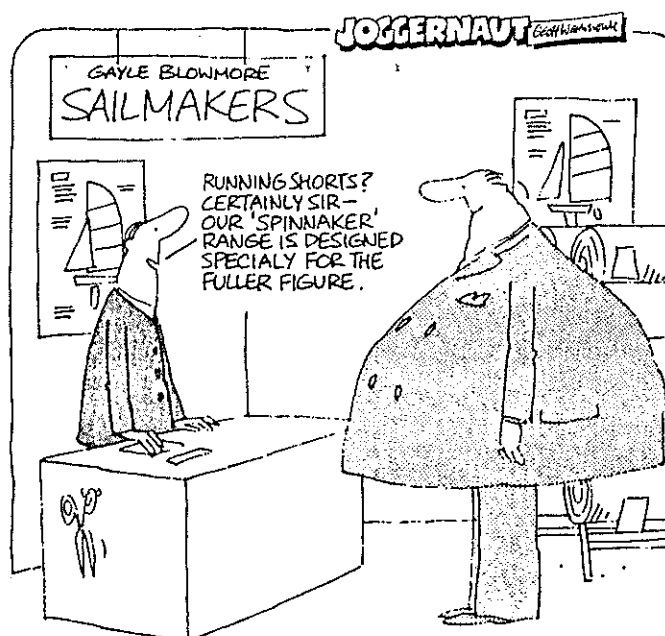
W30	M. Munson	NSW	2.51.16	M35	T. Luyendyk	ACT	2.27.57
W35	M. Main	NSW	2.41.25	M40	H. Stoffers	WA	2.34.24
W40	D. Brown	VIC	2.47.47	M45	W. Raimond	NSW	2.30.32
W45	A. Callaghan	VIC	3.57.01	M50	S. Read	ACT	2.52.36
W50	R. Barker	VIC	3.40.51	M55	A. Semple	QLD	2.57.36
				M60	G. McKeown	VIC	2.57.46
				M65	N. Gulbrauson	QLD	?
				M70	H. Batterham	NSW	3.51.00

Congratulations to three members of the club who represented W.A. in the Australian Road Champs in Melbourne on the 20th May 1984. Jill Chambers ran in the 10km Ladies event whilst Frank Smith and Ray Purdue competed in the 25km event. (I hope to get the times before this Newsletter is published).

CHANGES OF ADDRESS.

Marilyn & Alan Acreman. 7, Greenville Street, Swanbourne. 6010.
 Colin Walsh, 13, Ashby Court, Leeming. 6155.
 Jim McLean, 16, Wolya Place, Balga. 6061.
 Ron Strauch, 10, Mulligan Drive, Greenwood. 6024.

349 5212
 342 7119





◆ Champion veteran runner, Eileen Hindle. — Picture: Frank Digiovanni.

Eileen's been on the run for 25 years

Eileen Hindle just doesn't know when to give up.

For 25 years she's been running, jumping and throwing and in that time has represented WA on countless occasions, held State records and been a nationally ranked hurdler and long jumper.

Now, at 35 years of age, the super athlete is still setting records.

Last week in Canberra she won five gold medals and one silver and set two Australian records in the combined national veterans' championships and the second Oceania Veterans' Games.

Hindle won silver in the 400m and gold in the high jump, the 100m and 200m sprints and the 100m hurdles for which she set a record 14.7sec.

Her all-round strength was enough for her to collect 3218 points, another gold medal and an

Australian record in the pentathlon.

This super-dedicated athlete still holds the State 100m hurdle record, has held WA long jump and 400m hurdle titles and has run places in national championships.

Her national veteran's record in the hurdles is not even her best time since she turned 35 in January—she has run half a second faster which compares favourably with the 13.8sec for the fastest ever in the world at that age.

Hindle's times would have been good enough for gold in the world veterans' championships last year and that's where she is now setting her sights.

The championships are staged every two years and in 1985 they'll be held in Rome in June.

Hindle says she'll be there, definitely running for gold in the hurdles and hoping for enough points to take out the pentathlon.

"I'm currently training at cross country in an effort to build up my strength for the titles," she said this week.

"In Canberra I lost out in the throwing events, the javelin and the shot put.

"There's no javelin in Rome so I will be concentrating on improving my shot put."

With her dedication and determination it's hard to see Hindle ever stopping—in fact, she was still performing so well this year that she represented WA at the national titles in the 100m and 400m hurdles, and in 1985 they'll be the 200m and the four by 400m relay.

As promised in the last newsletter here are the times set by W.A.s two competitors at the last Oceania Games that were held in conjunction with the Veterans National Champs in Canberra at Easter.

Eileen Hindle:-

100m	1st	12.6
100m hurdles	1st	14.7 rec.
200m	1st	25.7
400m	2nd	60.3
Long Jump	1st	5.55m
Pentathlon	1st	3218pts Rec.

David Clive:-

100m	2nd	11.9
200m	3rd	24.3
400m	4th ?	54.2



I don't know — I thought he was with you!

I received the following report on the Doncaster (England) Half Marathon from John Spencer, he also sent his best wishes to all Vets. If anyone else is going on an overseas trip I would appreciate results of any events that they run in, for publication in the newsletter.

A QUAIN T HALF MARATHON

Doncaster race course grandstand was packed to capacity and there was difficulty in parking the car. A gayley coloured hot air balloon hovered ethereally over the traditional scene and an overwhelming ambiance of excitement pervaded the atmosphere of the damp April Sunday morning.

It was St Ledger day, but with a difference. Instead of horses there were runners. Over seven thousand of them streaming in through the wide gates and finishing in front of the huge crowd who in turn were responding with lusty cheering and general encouragement.

Ninety minutes earlier this large mass of humanity had been conveyed in hundreds of double decker buses to the Mining village of Rossington in South Yorkshire where with military precision and timing they came under the starters gun and were released on their way at exactly 10.00am to the theme tune of Chariots of Fire. The depth of people was a quarter of a mile and those at the rear were delayed by almost two minutes before they actually passed the starting line itself. Before long the sea of multi-coloured vests and eccentric attire stretched over a mile and resembled the childhood images of the Pied Piper. Children following him to his mystical destination.

Apart from the front runners not too many were taking it seriously. I had a chat with a hash house harrier who was still proudly sporting a vest gained in Java a couple of years previously. The line of Pumas, Addidas and Dunlops must have been worth thousands! We chatted as we padded through old villages, past lines and lines of villagers who had turned out in festive spirit to urge us on. Ancient church bells tolled as we trundled through muddy, sometimes cobbled streets and old market crpses were used as they had been for centuries, for children to obtain a better view.

That morning was 9°C which meant tops and gloves for many. Although chilly at first the system was soon in heat balance with the morning air. Only at the nine mile mark did the pace begin to quicken when many of the more experienced realised how gentle it had been and felt the urge to put in a good finish. Every stride of the last three miles was lined with citizens from Doncaster who had braved the morning drizzle to cheer us on our way.

The St Ledger half marathon is a unique running experience and any one who has the chance to enter will find it a memorable mornings running.

Best wishes to all Vets , John Spencer

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Denys Butcher	turns	57	remains	M55	22	Ken Whistler	Turns	51	remains	M50	23
Dave Carr	"	52	"	M50	15	Jo-Anne Walker	"	29	"	u/c	19
Aub Davie	"	49	"	M45	29	Shirley Cross	"	47	"	W45	07
Barry Adamson	"	47	"	M45	18	Allan Lean	"	50	becomes	M50	02
Hillary De Souza	"	46	"	M45	08	Fred Hagger	"	59	remains	M55	29
Col Junner	"	62	"	M60	16	Rod Marston	"	41	"	M40	17
June Strachan	"	59	"	W55	30	Kevin Hooper	"	46	"	M45	12
Barrie Thomsett	"	43	"	M40	17						

In the recent Australian Road Running Champs in Melbourne Jill Chambers did a very creditable 37.00 in the Ladies 10km event. I have not been able to get Frank Smith and Ray Purdue's time in the 25km event as yet, but will publish them in the next newsletter.

Dear Jeff,

I have been running quite regularly with the Kings Park group on Tuesdays for about three years now.

Apart from your absence (mind the stoomp) the attendance has dwindled to, in some instances, three of four people. There was a time when the group was publicised each month at the foot of the fixture list, this of course no longer happens.

How about a regular announcement in a prominent position, as a reminder to old friends, and also to bring the group to the attention of new members.

The location is the same, corner of Saw Avenue and May Drive. Our winter start time is 5.30pm SHARP. The duration of the runs range from about 9km to 12km.

Regards Mel Shead.

If anyone is interested there are quite a variety of runs around the park and it good sociable training. Be warned though, it IS 5.30 SHARP.

ANOTHER CHANGE OF ADDRESS.

Johan & Johanna Sanders. 18, Essex Street, Wembley. 6014.

Club Record Runs For July. 8km.

W35 Harrison's Run. W35 Kath Noordyk 37.38; W40 Marilyn Acreman 40.15; W45 Margaret Warren 41.11; W50 Lorna Butcher 39.56; W55 Val Tyson 52.40; M35 Colin Leman 28.35; M40 Don Caplin 28.04; M45 John Maddison 30.06; M50 Dave Hough 30.26; M55 Ray Lawrence 36.30; M60 Duncan Strachan 34.06; M65 Cliff Bould 38.47; M70 Dick Horsley 36.47:
1lap, 1 Dave Jones, 1 Cliff Bould. 8.3km. W30 Jill Pearton 42.00; W35 Jo Stone 44.31; W45 Margaret Warren 45.15; M35 Mike Khan 34.33; Barrie Sutherland 31.49; M45 Maurice Smith/George Innes 32.48; M50 Bob Hayres 35.59; M55 Merv Moyle 39.27; M60 Andy Wright 39.48; M65 Dick Horsley 37.52:
Vets National Cross Country Course. Reabold Hill. 10km. W30 Maxine Tapper 68.10; W35 Barbera Leach 61.40; M40 Marion Harman 60.39; W50 Lorna Butcher 62.48; W60 Phyllis Head 81.05; M35 Fred Langford 41.30; M40 Don Caplin 44.35; M45 Ted Maslen 47.25; M50 Rob Shand 47.20; M55 Merv Moyle 58.10; M60 Duncan Strachan 57.42; M65 Dick Horsley 58.45:
5km. W30 Maxine Tapper 30.52; W35 Enid Crowther 33.33; W40 Ann Deamus 38.37; W45 Dorothy Whittam 39.26; W50 Lorna Butcher 30.23; W55 Val Tyson 52.00; M35 Colin Leman 21.16; M40 Derek Hoyer 24.23; M45 Jeff Whittam 25.21; M50 Rob Shand 22.58; M55 Merv Moyle 26.32; M60 Ralph Godkin 27.32; M65 Dick Horsley 27.28:

Club Half Marathon Champs. 21km. W30 Colleen Milbourne 1.37.50; W35 Barbara Leach 1.31.59; W40 Joan Slinger 1.40.15; W50 Lorna Butcher 1.49.21; M35 Tony O'Hare 1.14.32; M40 Frank Smith 1.13.18; M45 Maurice Smith 1.14.42; M50 Dave Hough 1.24.36; M55 Allen Tyson 1.35.46; M60 John Gilmour 1.20.40; M65 Dick Horsley 1.42.39:



ROUND THE HOUSES. (LORNA'S RUN). 11th March 1984.

With a certain amount of trepidation I approached the morning of March 11th as a first time organiser of a run. Possibilities of something forgotten, going round in my mind, or the thought that no-one would find the start were soon dismissed when members started to gather.

We had a marvelous turn out, with the majority electing to do the 15.6km distance and 13 sensible runners deciding to do the 6.4km course.

Colin Leman and Frank Smith ran well and tied for first place in 54.22, eighth overall and first woman was Jill Chambers in 60.18. The shorter run was won by Dave Roberts in 25.05 and first lady was Mary Robinson in 33.42.

If the run is held again it was suggested that the runners should dive in from the South Mole and swim to the North Mole instead of running back. One 6.4km runner, proceeding with head down to the North Mole, became aware of a large container ship alongside, and travelling, he thought, in the opposite direction, until he realised with glee it was going his way and he was overtaking it!

Thanks to everyone who gave help especially the big back up from Allen Tyson, also Kath Mitchell, Anne Smith, Joan Slinger, Phyllis Bould, Phyllis Farrell, Jackie Greenfield, Denys Butcher, Jill Pearton, Val Tyson and Marilyn Acreman.
Lorna Butcher.

RESULTS:- 15.6km

Frank Smith	54.22	Morris Warren	63.33	Bill Hughes	71.35
Colin Leman	54.22	Barrie Slinger	63.57	P Davies	71.41
Don Caplin	58.10	Vincent Caruso	64.00	Andy Wright	71.55
Brian Danby	58.23	Dalton Moffett	64.29	Vic Beaumont	72.00
Kevin Anderson	58.32	Alan Acreman	64.50	Ken Whistler	77.52
John Maddison	58.58	Keijo Vaalsta	65.50	Fred Hagger	78.55
Harry Whyte	59.26	Dave Hough	67.10	Frank Usher	79.16
Jill Chambers	60.18	M Marston	68.17	Ernest Moyle	79.44
Mike Khan	60.19	Dennis Wilmott	68.18	G Lane	80.44
Fraser Deanus	61.50	Allen Tyson	68.34	Jo Stone	81.37
Frank McLinden	61.59	Denys Butcher	69.04	???	81.37
Mitch Loly	62.14	Bill Mitchell	69.15	Ann Deanus	81.38
John Pellier	62.31	Ian Sutherland	69.55	Joan Pellier	85.36
Rob Shand	62.57	Bob Farrell	69.55	Margaret Warren	85.43
Bob Sammells	62.58	Jin Greenfield	69.58	J Chambers	86.57
Kevin Martin	63.14	Duncan Strachan	71.28	(Jill's Boy)	

6.4km

Dave Roberts	25.51	Mary Robinson	33.42	June Strachan	38.30
Dick Horsley	28.56	Jan Middleton	34.49	Dorothy Whittam	42.44
Angela Chambers	31.44	Sue Leman	34.49	Val Tyson	44.56
Cliff Bould	31.45	Nora Berry	35.09	Bev Whistler	46.43
Selby Munsey	33.00	Carole Cole	35.09		

TEDDY BIRDS PICNIC. 18th March 1984.

Forty two runner turned up on a lovely autumn morning for the inaugural "Teddy Birds Picnic Run".

The run consisted of two 7km laps which included part of Kings Park and the W.A. University grounds. Thirty three of those who ran elected to run the full distance of 15km. This was won by Colin Leman in 55.13, Jo Stone was the first lady to finish her time was 79.23. The 7km event was won by Derek Hoyer in 30.23 and first lady was Sue Leman in 42.29.

Before the run began, Don Stone was presented with a farewell gift by the members. Don will be a much missed member of the club. Let us hope that Don and his family have a good life and future in their newly adopted country, Israel.

The course was well received by participants in the run, who all agreed it should be an annual event on the clubs running calendar.

The ladies decided it would be a nice gesture to present prizes to our hard working helpers, who graciously turn up for every run and volunteer their services. We thank the winners of the runs for willingly agreeing to co-operate.

Many members enjoyed the barbecue picnic and game of cricket after the run. Morris Warren spent a few happy hours collecting folding tables from little old ladies having a quiet picnic in the park.

Ann Deanus.

TEDDY BIRDS PICNIC RUN. RESULTS:- 15km.

Colin Leman	55.13	John Pellier	64.14	Duncan Strachan	73.39
Don Caplin	57.53	Barrie Slinger	64.24	Merv Moyle	73.56
Frank Smith	58.31	Morris Warren	64.36	John Smith	75.10
Jim Barnes	58.54	Dalton Moffett	66.23	Andy Wright	75.35
Kevin Anderson	59.46	David Branson	66.24	Kait Johnson	76.17
Graham Thornton	60.26	Allen Tyson	68.36	Jo Stone	79.23
Brian Danby	61.35	Jim Greenfield	68.44	Mary Robinson	80.19
Hugh Kirkman	61.47	Dennis Wilmott	69.19	Frank Usher	80.48
Fraser Deanus	61.59	Bill Mitchell	70.59	Ken Whistler	81.44
Bob Sammells	63.02	Denys Butcher	71.43	Marilyn Acreman	82.22
Rob Shand	63.42	Maurice Johnston	73.28	Ernest Moyle	83.47
7km.					
Derek Hoyer	30.32	Selby Munsie	39.23	Sue Leman	42.29
Dick Horsley	36.26	Fred Hagger	39.52	Elza O'Dea	42.33
Vic Beaumont	37.52	Bob Farrell	40.09	Val Tyson	52.14

LADIES RUN. 29th April 1984. 7.1km

Once again a very enjoyable day organised by the ladies, The course this year varied slightly once again, it was decided on the variation to make a more easily identifiable route and this is the route that will be used in the future over this course. The main variations being that the cycle path under the road at the far side of the causeway from McCallum, we now follow this to the end and turn sharp right and run down the carpark before crossing the front of Trinity College. The same course is used on the return journey. After coming back over the Causeway the footpath is followed to the start of the cycle track into McCallum and this is followed along the river bank before turning to finish level with the throwing circles. After the event the ladies did us proud with the food and drink. Our thanks go to John Pellier who brought along his generator to provide electricity to run the urns.

Lorna, Jill and Helpers.

RESULTS. (All mens times are less 10 minutes as the watch started when the ladies started. the men started 10 minutes later).

Margery Forden	W40	33.50	Barrie Slinger	M40	40.14
Joan Pellier	W40	34.41	Frank McLinden	M50	40.14
Don Caplin	M45	35.32	Gloria Sutherland	W35	40.37
Sandy Walton	W35	35.42	Maurice Johnston	M45	40.52
Mary Robinson	W45	35.57	Alan Pomery	M50	41.11
Marilyn Acreman	W45	36.21	Merv Moyle	M55	41.27
Elza O'Dea	W45	36.39	Allen Tyson	M55	41.55
Brian Danby	M35	36.46	Ken Whistler	M50	41.56
Derek Crowther	M40	37.09	Barrie Thomsett	M40	42.30
Rob Shand	M50	37.11	Kirt Johnson	M55	42.30
Bob Sammells	M45	37.22	Bob Farrell	M40	42.58
Enid Crowther	W40	37.37	Dick Horsley	M70	43.15
Carole Cole	W40	37.40	Phyllis Farrell	W35	43.23
Kevin Martin	M45	38.20	Keith Forden	M45	43.25
Hamish McGlashen	M45	38.27	Duncan Strachan	M60	43.25
Dave Hough	M50	38.29	Dorothy Whittam	W45	43.44
Morris Warren	M45	38.44	Dave Jones	M55	43.47
Frank Smith	M40	38.45	Gerry Noordyk	M60	44.04
Fraser Deanus	M40	38.59	Frank Usher	M60	44.30
Anne Deanus	W40	39.02	Fred Hagger	M55	45.39
Jo Stone	W35	39.03	Shirley Cross	W45	47.21
Margaret Warren	W45	39.17	Cliff Bould	M65	47.56
John Pellier	M40	39.25	Jeff Whittam	M45	47.56
Jim Greenfield	M40	39.39	Val Tyson	W55	48.40
June Strachan	W55	40.05	John Smith retired with a pulled muscle.		

16 ladies and 34 men took part in the run.

HEIRRISSON ISLAND RUN. 6th May 1984. 5.2km

A cool day with a slight drizzle at the finish. Dick Horsley marked part of the course which was also part of the Banks Fun Run around the Bridges, which took place shortly after we had finished our event. Several of our members took part in this event, amongst them Dick Horsley, Bob Sammells David Branson, Ron Torkildsen, Brian Hanks and ex member Richard Sparks. During our event Cliff got a few wolf whistles from the girls and comments on what smashing legs he had. 31 members took part in the run.

RESULTS.

Mel Shead & Fraser Deanus

Rob Shand	M50	20.19	Kirt Johnson	M55	24.29
Kevin Martin	M45	20.20	Selby Munsie	M50	24.44
David Branson	M45	21.15	Joan Pellier	W40	24.50
Graham Thornton	M40	22.04	Dave Jones	M55	25.03
Brian Hanks	M45	22.40	Adrian Noordyk	inv	25.21
Richard Spark	inv	22.40	Kath Noordyk	W35	25.22
Bob Farrell	M40	23.19	Gerry Noordyk	M60	25.43
Merv Moyle	M55	23.19	Sandy Walton	W35	26.02
Duncan Strachan	M60	23.19	Elza O'Dea	W45	26.05
George Peet	M50	23.23	Joan Slinger	W40	26.09

Cliff Bould	M65	26.19	June Strachan	W55	30.16
Jeff Whittam	M45	26.20	Phyllis Farrell	W35	30.16
Lorna Butcher	W50	26.22	Dorothy Whittam	W45	32.02
Jo Stone	W35	26.43	Shirley Cross	W45	34.40
Carole Cole	W40	27.29	Val Tyson	W55	35.15
Mary Robinson	W45	27.29			

WALLISTON WALLOP RUN 13th May 1984.

Once again a nice fine day for this run, with 39 runners doing the 10km course and 8 the 5km course. Most of the runners were cheered on up the hill by the Whittams, who were going down it in a car, on their way to orienteering near Mundaring. (Where other folk were seen wearing the Vets motif). Our thanks to Rose and Maurice for once again hosting this popular run.

RESULTS:-

	H'cap time	H'cap	Actual time		H'cap time	H'cap	Actual time
Colin Leman	36.57	scr	36.57	Duncan Strachan	41.46	7.30	49.16
Doug Hazell	38.07	inv	38.07	Rod Marston	42.04	5.00	47.04
Bob Sammells	38.09	3.45	41.52	Mary Robinson	42.07	14.30	66.37
Tom Savan	38.19	inv	38.19	Aub Davie	42.27	8.00	50.27
Dave Carr	38.12	3.00	41.12	Dennis Wilmott	42.33	6.00	48.33
Jim Greenfield	38.15	7.00	45.15	Phyllis Farrell	42.37	14.00	66.37
Dave Hough	39.22	3.15	42.37	Maurice Johnston	42.55	6.00	48.55
Morris Warren	39.24	4.00	43.24	Lorna Butcher	43.05	12.30	55.35
Joe Stickles	39.27	5.00	44.27	Andy Wright	43.29	8.30	51.59
Terry Tate	39.29	5.00	44.29	Joan Slinger	43.35	11.30	55.05
Dave Branson	39.42	4.15	43.57	Sandy Walton	43.49	11.00	54.49
Don Caplin	39.54	.30	40.24	Derek Hoyer	43.54	.30	44.24
John Pellier	39.59	3.15	43.14	Allen Tyson	44.04	6.45	50.49
Margery Forden	40.03	10.30	50.33	Ted Costello	44.16	3.00	47.16
Alan Pomery	40.48	7.00	47.48	John McGinnis	44.59	scr	44.59
Dalton Moffett	40.55	3.30	44.25	Margaret Warren	45.15	14.20	59.35
Joan Pellier	41.06	11.30	52.36	Barrie Slinger	45.25	3.30	48.55
Vic Beaumont	41.07	8.15	49.22	Brian Danby	46.55	2.00	48.55
Bob Farrell	41.34	7.30	49.04	Keith Forden	51.01	6.30	57.31
Fraser Deanus	41.44	2.15	43.59				

5km.

Greg Buchanan	22.36
Andrew Johnston	23.48
Barrie Thomsett	24.28
Elza O'Dea	27.54
Nora Berry	27.54

Pat Carr	30.14
Shirley Cross	32.38
Val Tyson	35.15
<u>2.5km</u>	
Eav Maria Reinmann	22.15

FASTEST TIMES 10km. Men.

Colin Leman	36.57
Doug Hazell	38.07
Tom Savan	38.19

Ladies.

Margery Forden	50.33
Joan Pellier	52.36
Sandy Walton	54.49

Why Do I Run?

Why do I run?
'Tain't no mystery —
Wanna have a good
Medical history.
Doctor told me
Runnin' is great —
Helps them blood cells
Circulate,
Great for the lungs,
Great for the ticker,
Can't nothin' getcha
In better shape quicker.
Feels so healthy,
Feels so sweet,
Pumpin' my arms
And flappin' my feet,
Moldin' my muscles,
Firmin' my form,
Pantin' like a pack mule,
Sweatin' up a storm.
Keeps me youthful,
Keeps me loose,
Tightens my tummy
And shrinks my caboose,
Beats bein' sluggish,
Beats bein' lazy —
Why do I run?
Maybe I'm crazy!

Ed Cunningham

