

# The Vetrun

NO.183 DECEMBER 1987

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

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EDITOR: BRIAN ALDRICH 332 6179 (H) SECRETARY: SANDI HODGE 339 2988  
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### FROM THE COMMITTEE

#### Club Equipment

Our Equipment Officer is still concerned to trace all items belonging to the Club. Do you have any? If so, please inform Stuart Hoskins (ph.332-4435) as soon as possible in order that he may up-date his records.

Race Co-ordinators are responsible for arranging collection of their equipment and either returning it to Stuart or passing it on to the following week's Race Co-ordinator. If you pass it on, please 'phone Stuart to let him know to whom it has been given as otherwise the responsibility for the items rests with you!

#### 1987/1988 Programme - Important!

Unfortunately, unavoidable circumstances sometimes arise which lead to changes in our published programme. While the Committee does everything to keep these to a minimum it is essential that members keep an eye on the 'Vetrun' for details if they are to avoid the risk of being at the wrong place at the wrong time! (Or the right place at the wrong time!)

The following are brought to your notice:-

- 13/12/87 - Recovery Run - Nedlands 9 a.m. - starts from Matilda Bay Restaurant.
- 20/12/87 - Christmas Gift Run - McCallum Part - 8 a.m. - Note! Value of gifts not to exceed \$3.-.
- 26/12/87 - Boxing Day Run - Lake Leschenaultia - Note 5 p.m. Start.
- 3/1/88 - Aldrich's Run - Ranelagh Crescent (Off Mill Point Road) 8 a.m. See map and details on Page 5.

#### Questionnaire - November Issue

The responses to the last month's questionnaire are still trickling in to Keith Forden but if we are to avoid another lengthy A.G.M. we would like to see this trickle turn into a torrent. This is a good chance to put your views before the Committee and will help us to avoid delays in the proceedings of the next A.G.M.

#### Farewell Party - Perry Lakes

The Committee recorded its appreciation to Lorna Butcher and Jim Barnes for their work in making the 'Farewell to Melbourne Competitors' party such a success.

# VII Melbourne Games

## Stop Press!!

As we go into print we are pleased to learn of the following medal winners:-

10,000	John Gilmour (M65)	37:37:39	Gold
Triple Jump	Pat Carr (W 55)	8.75 m.	Gold
Long Jump	Dorothy Whittam (W 50)	4.24 m.	Silver
800m	David Carr (M55)	2:09:78	Silver
400m	Cath Holland (W45)	1:02:58	Silver
100m Hurdles	Eileen Hindle (W35)	14:5	Silver

We are grateful to Jill Langdon for having passed on this information both to us, and to the "West Australian" who have published some of these results.

We hope to be able to list all the results of our participating members in the next 'Vetrun'.

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A running companion is required by Peter Cliff, a blind runner, to accompany him on training runs, one or two days a week, about 10 to 20 km per session. Peter is no slouch - he has a 3hr. 30min. Marathon time to his credit (Albany) and does not require to run linked with a harness - a runner's proximity is sufficient. If you can assist, Peter may be contacted at 25 McGrath Place, Noranda (ph.275-7182(h) or 320-0211 (W - from 9 a.m.- 5p.



## Albany Track and Field Meet. - Probable date 6/2/88.

With the Melbourne Games and Christmas in more immediate prospect, most of us find it hard to focus on the above event, but if we can raise a team of 30 it could still be on. If you are interested, please contact Sandi Hodge (339-2988 before 8.30 p.m.)

## Is there life after Melbourne?

There certainly is! - The National Championships take place in Brisbane in Easter 1988 (April 1st to 4th).

Entry Forms may now be obtained from Sandi Hodge (ph 339-2988 before 8.30 p.m.)





### THE FIELDS OF FIRE

My name is Simon Beaumont. My Dad's name is Victor, and he's a Vet. I know he's a vet for two reasons:

1. He's got a lot of grey hair and stuff but he acts like he's about twenty years old, all sprightly and energetic and that.
2. He's never around on Sunday mornings. Him and my Mum get up really early, take all the best bowls and plates and breakfast food and then drive off wearing tracksuits. Sometimes they don't come back till 2 or 3 o'clock in the afternoon (usually limping or hobbling).

Anyway, my Dad has run two marathons, one in England and one in Australia. I have seen him after his marathons. He goes all white and funny. He looks a lot older then, but his eyes look young still ... sort of bright and clear.

When I think about my old man running marathons, I want to do it too. I ran a marathon once, back in 1983. It made my legs hurt. It was 1987 until I wanted to try again.

This marathon I ran in was a lot different to other marathons. Everybody starts at different times, and they make you run in the hottest part of the day. I didn't think much of that. Oh yeah! and your not allowed to run in this marathon until you've swum 3.8km and ridden your bike for 180km.

Now the swim wasn't that bad. 3.8km of colourful coral and little fishies and people you don't even know kicking you in the head. The ride wasn't quite as nice. Lots of hills and heat and gale force winds. I was pretty glad to get off that bike seat.

So I changed into my running gear and headed out into the midday Hawaiian heat. 102 F in the shade. Now I can run OK, I mean 34 minutes 10K stuff. But I must admit I didn't feel too flash on this particular day. I couldn't feel my feet, legs, buttocks or back. After a couple of kilometres I stopped for a pee and a walk. It was going to be a long day.

The first 12km were through the town of Kailua - Kona with the blue, blue Pacific on our left. There were heaps and heaps of pretty American girls cheering us on, so I did my best to remain upright and look cool, as if it was really easy. The 6 minute kilometres I was running felt like 3 minute 45's.

At about 12km the event became hard. We had to leave town and all the crowds, negotiating a hill about the size of Reabold hill. I half ran/walked/crawled it. We were then out on the highway, where the bulk of the run took place. The Queen K highway, is hilly, lonely and hot. Snaking through black lava fields, the heat can make you dizzy and blur your vision, while the sheer desolation and bleakness can break your heart.

There were aid stations every mile, an oasis of cold water, coke, Exceed (like Staminade), oranges, bananas, sandwiches, choc-chip cookies, and best of all, smiling, cheering faces offering badly needed words of encouragement. After 8 or 9 hours of intense exercise, I was eating and drinking everything I could keep down. If it wasn't for the volunteers and their kind enthusiasm, 3/4's of the field wouldn't finish.

The run out to the turnaround was the hardest thing I have ever done. My stomach was cramping, my feet were bleeding and my big toe nails had both lifted. My emotions were soaring, during one moment elated, and the next moment convinced I was going to collapse out there in the lava. At one stage, a group of three Aussies, who I knew all had 30 minute 10k times cruised past me, and I stopped running from sheer misery and exhaustion. ... 12 miles still to go.

The big guns started coming back past me. First Mark Allen, weaving all over the road and bleeding from the nose, then the legendary Dave Scott, clipping along painfully, his face showing his pain. Some minutes later, the flashy Scott Tinley floated past, chatting away and looking comfortable. They were nearly an hour ahead of me.

From the turnaround there is 10 miles to the finish. At this stage I was shot to bits, but I knew I was going home. I was now flying along at 5 minute kilometres, real Roger Bannister stuff, running to each aid station and then walking through them. I was running like a robot, just using memory to keep each wasted leg moving forward. I was still not sure that I could finish, and the mental stress of concentrating was just as intense as the physical stress.



Every person who has ever had to train hard and sacrifice something for a precious goal will know the thrill of achievement. Whether it is the London Marathon, or the City-to-Surf fun run, there is a moment when you know that you are going to make it. Sometimes it is difficult to explain to other people, or to write about it, because it is so personal and cherished. I know that in the 1987 Hawaii Ironman, my moment arrived when I was 3 km out of town and the finish. That is when I heard the crowd. As I topped the last rise and began the 2 km descent to the finish, I thought .. "Hey! This is it - This is your Dream."

There were people alongside the road 10 deep, sitting in grandstands and hanging out of windows. People jump over the guard rails to slap you on the back and shout at you. After the isolation of the highway, the noise and colour was deafening. I was floating, nearly sprinting, and I thought I was going to smile my face off. All the training and the discomfort and the day's events had led to this moment. By the time I crossed the line the emotion of the finish was choking me. By the time I was on the massage table in the finish area, I let it all go and I was crying like a baby.

I had wanted to beat 11 hours 30 minutes and I had done 9 hours 57 minutes. The Ironman medal was mine.

Later that night, after a pizza and some sleep, I wandered down to the finish line again. As I watched and applauded the 13, 14, 15 and 16 hour finishers, I thought of how each person has their own story to tell, how each competitor was so different in their motives and their abilities. That is the secret of our achievements - to do your best with what you have to use. I guess my old man has always known that, and now I know it too. I owe him a lot.

Simon Beaumont.

[I make no apology for including Simon's frank and sensitive article. Although he has a long time to go before becoming a Vet, Simon is an accomplished athlete who has run with us as a visitor on several occasions and whose article shows a keen appreciation of what most of us have felt at some time or another - Ed.]

### Adrienne Beames

One of Australia's pioneer women distance runners was Adrienne Beames.

In 1971-72 when Adrienne was running at her peak, the opportunities to compete in Australia were severely limited. On the track, women's races did not extend beyond 3000 metres and Adrienne's participation in men's road races was met with a certain disapproval and resistance.

Nevertheless, from 1971 to 1978, Adrienne established 13 world records, in distances ranging from the mile to the marathon, and was widely regarded as the top female distance runner in the world. She was a pioneer, possessing not only great speed but great courage, willing not merely to break records but to create them by attempting distances that were considered outside the province of women.

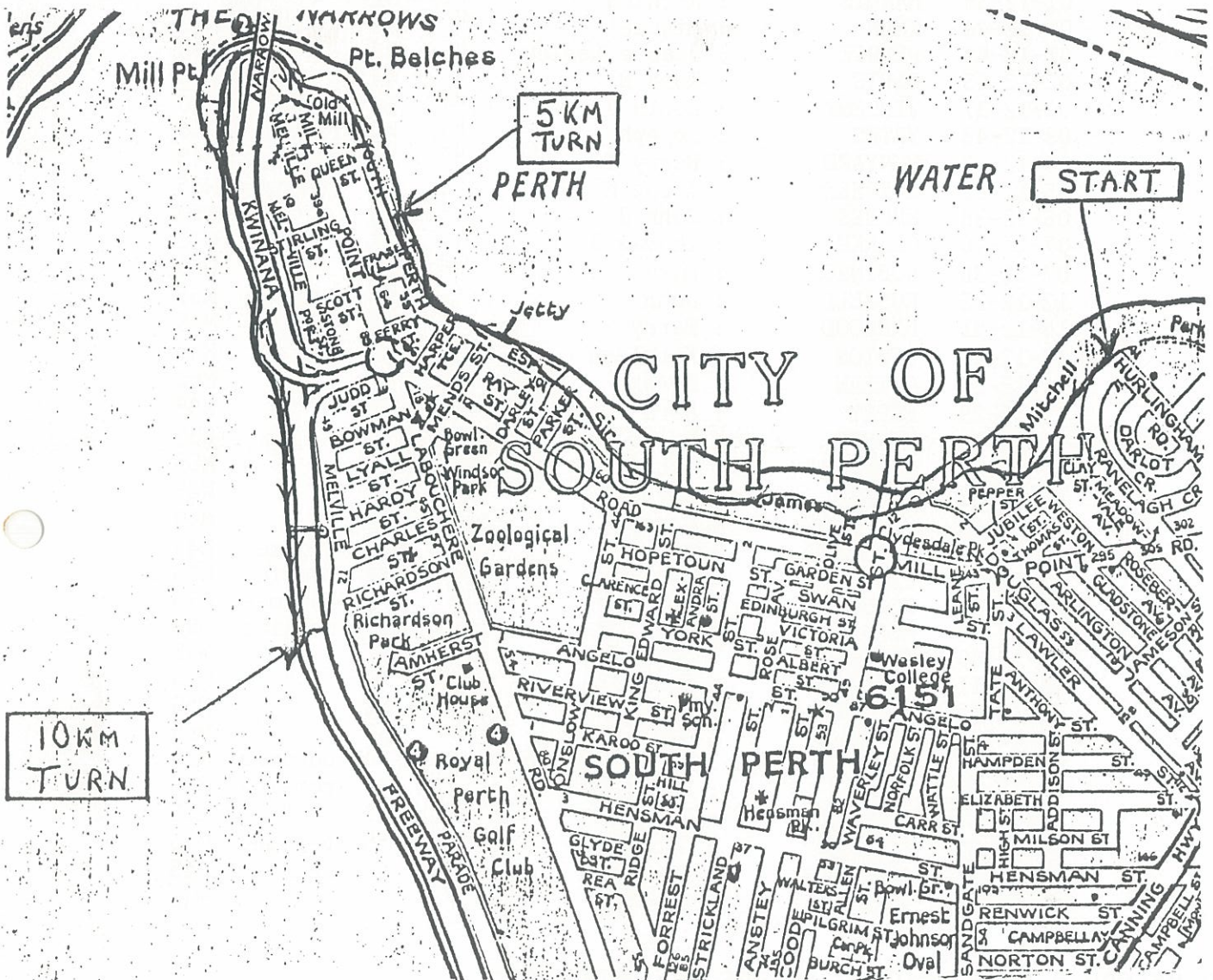
In 1971, in a race at Werribee in Victoria, Adrienne became the first woman in the world to go under the three hour mark for the marathon. She ran 2:46:32 - In that race Adrienne's 20 mile split was 1:57:47.

It was a run that shattered numerous misconceptions about the capacity of women to compete over the longer distances. Adrienne dared to carry her body to the limits, both in training and racing. She was the first to increase her training workload to more than 100 miles a week, and to race at her maximum performance level as frequently as possible over any of the longer distances. It was inevitable that Adrienne should seek out the better opportunities and race conditions in the US. Over the next few years, together with her coach and trainer Fred Warwick, Adrienne made a total of eight trips to America. In 1973 she became one of the first women in the world to be awarded a track scholarship to an American university. At Texas A and M University where she studied, she discovered an atmosphere of support and encouragement

continued on page 7



ALDRICH'S RUN 3/1/88 V.M.E.



- Venue 8 a.m. Mitchell Park - Junction Hurlingham/Ranelagh. (Turn of Mill Point Rd., near Rhodes Hotel) See Surgicentre sign.
- Distance 10km/5km - Accurately measured - out and back.
- Difficulty Flat course on hard surface dual-use paths.
- Hazards Cyclists, Crossing Mill Point Freeway Exit (Narrows Bridge) will be marshalled
- Facilities None at start/finish - Toilets/Water at 6 km/8 km.
- Parking On Road near Surgicentre
- Refreshments Afterwards on lawn behind Rhodes Hotel - Coffee/Tea and roll
- To enable the race organisers to get an idea of numbers - please phone Brian and Alison Aldrich on 332-6179(h) 325-5588 before Christmas, if you are staying on after the run.



# A VERY HAPPY BIRTHDAY TO OUR "DECEMBER" MEMBERS

01-12-48	HARDING	: Nanette	turns	39	remains	W35
01-12-36	HARRIS	: Richard	"	51	"	M50
01-12-44	KHAN	: Michael	"	43	"	M40
01-12-49	PEARCE	: Joanne Lesley	"	38	"	W35
02-12-43	DAVIS	: Rosa E	"	44	"	W40
02-12-37	VINCENT	: Denis J	"	50	becomes	M50
03-12-43	YATES	: Joseph	"	44	remains	M40
04-12-43	MUNYARD	: Barry T	"	45	becomes	M45
05-12-51	STEPHENS	: Irene M	"	36	remains	W35
06-12-35	HUGHES	: John J	"	52	"	M50
07-12-46	CLARKE	: Thomas J	:	41	"	M40
07-12-36	ROBINSON	: Mary	"	51	"	W50
12-12-32	RUSSELL	: John	"	55	becomes	M55
14-12-41	HARWOOD	: Barry	"	46	remains	M45
15-12-41	PENTON	: Kathleen	"	46	"	W45
16-12-33	COWLAN	: Derek	"	54	"	M50
17-12-29	BERRY	: Nora	"	58	"	W55
17-12-50	HUGHES	: Susan	"	37	"	W35
19-12-29	BEAUMONT	: Victor	"	58	"	M55
19-12-39	GODWIN	: Barbara	"	48	"	W45
19-12-43	HOLLAND	: Harry	"	44	"	M40
20-12-42	CROXFORD	: Alan F	"	45	becomes	M45
21-12-50	CARUSO	: Yolande	"	37	remains	W35
21-12-12	HORSLEY	: Richard	"	75	becomes	M75
21-12-49	MORRIS	: Denis M	"	38	remains	M35
22-12-40	EDWARDS	: John A	"	47	"	M45
24-12-11	COLLINS	: John H	"	76	"	M75
25-12-35	BARRIE	: Stephen	"	52	"	M50
26-12-19	HEAD	: Phyllis	"	68	"	W65
26-12-37	HOLLAND	: Ross McKenzie	"	50	becomes	M50
26-12-39	HUXLEY	: David A	"	48	remains	M45
28-12-30	MOFFETT	: Dalton	"	57	"	M55
28-12-32	SCAEFER	: George P	"	55	becomes	M55
29-12-41	CROWTHER	: Derek	"	46	remains	M45
29-12-39	SLINGER	: Barrie	"	48	"	M45

We extend a warm welcome to our new members:-

			D.O.B.	D.O.J.
Peter D. Roberts	7 Garland Road,	ph.389 1673	26.5.45	13.11.87
	Dalkeith 6009			
Gillian F. Roberts	"		19.2.47	13.11.87
Jandon Lim-Bott	Lot 118 Grandis Rd.	ph.(095)747005		
	Rolling Green, Via		9.5.31	25.11.87
	Mount Helena 6555			
Janet Lim-Bott	"		13.9.39	25.11.87
Arthur L.Hassett	14 Arundel Ave.,	294 1717	2.9.31	25.11.87
	Greenmount 6056			
Gladys R.Hassett	"		17.11.34	25.11.87

## Seen and Heard'

Your Editor was seen trying to take B & W 'photos at Coker Park last month. The wind-on mechanism jammed and the results were as unprintable as the language used by your Editor when he discovered the result! He will try again however!



## Adrienne Beames (Continued)

ADRIENNE BEAMES WORLD RECORDS	
TRACK	
1972 1 mile	4:28.08
1971 3000	9:27.00
1972 5000	15:48
1978 5000	3:07.11
1972 10km	34:08
ROAD	
1971 4 miles	21:52
1972 5 miles	27:35
1971 10km	33:59
1971 10km	35:14
1978 half mar.	1:14:14
1972 15 miles	1:27:33
1971 20 miles	1:57:47
1971 marathon	2:46:32
1979 50 miles	7:04:34 (Aust. rec.)

for women runners, and Adrienne was able to devote herself wholly to spo

In many ways she was the complete sportswoman, having played A grade pennant and interstate tennis in Australia as well as being Victoria's squash champion for three years before turning to running.

It is difficult to imagine now what Adrienne went through in those years not only in selecting appropriate races but in organising for her times to be officially recorded and recognised.

She was among the first to explore this new field and, like any other explorer, she wanted the way to be clearly signposted for those who would follow after her.

One of Adrienne's major victories was at the 1978 Fiesta Bowl Marathon in Phoenix, Arizona. The race conditions were not ideal, with temperature climbing above 30 degrees celsius, and most of the course exposed. Moreover some days earlier Adrienne had hurt her back in an accident. Despite these considerations, Adrienne won the marathon in 2:46:25, beating an international field and creating a new Commonwealth record.

Coach Fred Warwick delights in recounting how after the run, when he was giving Adrienne a drink, they were approached by one of America's eminent sports medicine theorists who wanted to discover what fluids Adrienne had taken during the race. When Fred replied that Adrienne had not taken a single drink during the course of the marathon, the doctor was dumbfounded and predicted that would be the end of Adrienne. However within the next month Adrienne broke three more world records and her diet and training suddenly became the object of much attention.

Even now, Adrienne's diet seems somewhat extremist. For the five days preceding her 1978 marathon, she fasted, taking only fruit juices. The remarkable thing was that, during the marathon itself, she never became thirsty. By experimenting, she had found that what a runner eats largely controls his or her needs to take fluids during a race. Although Adrienne's performances were 10 years ahead of her time, many people consider that they are not representative of her true capacity. Various injuries, including a dislocated hip, prevented her from running a marathon in which she was fully satisfied with her fitness level. Coach Fred Warwick believes that, had she done so, she would definitely have run close to a 2:30 marathon best.

During the past three years, Adrienne has looked for new challenges, new landmarks, in women's distance running. Her pioneer spirit has motivated her to enter the realm of ultradistance running.

In 1979, after 14 months of no competition and greatly reduced training, she called Fred to ask his opinion on entering the inaugural Victorian Marathon Club 50 mile track race at Melbourne University. Fred admits that he tried to dissuade her from entering, believing that her training had not been sufficient to withstand an event of this nature. But Adrienne was inspired to enter and became the first Australian woman to complete the distance. She passed the marathon mark in 3:19 and ran strongly to 31 miles, when she began to tire. However, she finished the race in 7:03.34 - establishing a record that was not broken until August 1983. In recent years, Adrienne's name has not been heard as frequently in running circles. But, she is still on the lookout for opportunities to extend our concepts of the capacities of women runners.



Pos.	Name	Age Group	Clock Time	Pos.	Name	Age Group	Clock Time
1	T. Savin	M40	37.18	31	A. Sim	M35	47.39
2	B. Carse	M45	38.18	32	R. Boggs	M40	47.54
3	R. Harding	M40	38.53	33	M. Traynor	M45	47.59
4	D. Muir	M40	39.42	34	R. Norton	M45	48.21
5	T. Maslen	M50	40.04	35	W. Crellin	M45	48.48
6	G. Thornton	M45	40.11	36	D. Dow	W40	49.41
7	G. Dehnert	M40	41.12	37	V. Beaumont	M55	49.42
8	D. Caplin	M45	41.41	38	J. Russell	M50	51.03
9	J. Trovato	M45	41.48	39	M. Loly	M45	51.06
10	D. Roberts	M40	41.59	40	S. Munsie	M50	51.22
11	E. Costello	M50	42.24	41	K. Johnson	M55	51.35
12	J. Yates	M40	42.33	42	R. Farrell	M45	51.49
13	K. Snowden	M45	42.36	43	M. Forden	W45	52.01
14	B. Foley	M40	42.46	44	J. Pellier	W45	52.03
15	P. Martin	M45	43.19	45	A. Leggatt	M65	52.50
16	Kev. Martin	M50	43.35	46	G. Morgan	M60	53.04
17	J. Pellier	M45	44.01	47	B. Worner	M55	53.52
18	M. Johnston	M50	44.22	48	G. Foley	M60	54.10
19	R. Attwell	M50	44.45	49	K. Penton	W45	54.19
20	J. Spencer	M50	45.06	50	C. Bould	W70	55.01
21	B. Hardy	M40	45.16	51	E. Moyle	M60	55.11
22	C. Burwood	M35	45.26	52	J. Pearce	W35	56.20
23	M. Warren	M50	45.35	53	N. Harding	W35	56.30
24	K. Forden	M45	45.45	54	P. Farrell	W40	57.13
25	D. Moffett	M55	45.52	55	J. Slinger	W45	58.47
26	M. Faunge	M45	46.05	56	M. Warren	W50	59.19
27	B. Slinger	M45	46.31	57	D. Hough	M55	59.54
28	T. Speechley	M40	46.59	58	J. Strachan	W60	60.31
29	M. Moyle	M60	47.22	59	S. Maslen	W45	65.46
30	R. Harris	M50	47.34	60	P. Head	W65	70.12

Placings in each age group:-

<u>M35</u>	1 C. Burwood	<u>M40</u>	1 Tom Savin	<u>M45</u>	1 B. Carse	<u>M50</u>	1 E. Costello
	2 A. Sim		2 R. Harding		2 G. Thornton		2 K. Martin
	3		3 D. Muir		3 D. Caplin		3 M. Johnston
<u>M55</u>	1 D. Moffet	<u>M60</u>	1 M. Moyle	<u>M65</u>	1 A. Leggatt	<u>M70</u>	1 C. Bould
	2 V. Beaumont		2 G. Morgan				
	3 K. Johnson		3 G. Foley				
<u>W30</u>		<u>W35</u>	1 J. Pearce	<u>W40</u>	1 D. Dow	<u>W45</u>	1 M. Forden
			2 N. Harding		2 P. Farrell		2 J. Pellier
							3 K. Penton
<u>W50</u>	1 M. Warren	<u>W55</u>		<u>W60</u>	1 J. Strachan	<u>W65</u>	1 P. Head

YANCHEP PICNIC RUN  
9K APPROX. 25/10/87

Pos.	Name	Age Group	Clock Time	Pos.	Name	Age Group	Clock Time
1	Tom Savin	M40	28.53	15	Joan Pellier	W45	37.57
2	Brian Danby	M35	29.09	16	Bob Pratt	M45	39.18
3	John Pellier	M45	31.04	17	Sue Saunders	W30	42.02
4	Don Caplin	M45	32.04	18	Barry Thomsett	M45	42.16
5	Peter Saunders	M40	32.34	19	Dave Hough	M55	43.44
6	Barrie Slinger	M40	32.37	20	Sandi Hodge	W40	43.51
7	Brian Hardy	M40	32.39	21	Joan Slinger	W45	43.52
8	John Spencer	M50	32.46	22	Marg. Warren	W50	45.14
9	Bob Sammells	M50	33.14	23	Morris Warren	M50	45.14
10	Basil Worner	M55	35.50	24	Fred Hagger	M60	46.29
11	Angus Sim	M35	36.14	25	Alan Croxford	M40	46.33
12	Bill Crellin	M45	36.41	26	Phyllis Farrell	W40	48.45
13	Marg. Forden	M45	37.05	27	June Strachan	W60	48.45
14	Keith Forden	M45	37.05	28	Robert Farrell	M45	49.11
				29	Duncan Strachan	M65	49.12
<u>5K APPROX.</u>							
1	Stuart Hoskins	M40	19.24	5	Karen Crellin	W45	34.20
2	Bob Joyce	M50	29.09	6	Mary Robinson	W50	34.27
3	Joy Sanger	W35	32.47	7	Val Tyson	W65	36.11
4	Margaret Stone	W45	32.49				

Co-Directors Brian and Barrie had a great couple of Sundays. Hope you did. Thanks to Pat Savin, Bob Sammells, Basil Worner, Don Caplin, Don Stone, David Carr, Keith and Marg Forden and special thanks to Joan for getting Barrie around on time!



W35	1. J. Pearce	36.20(R)
	2. J. Willers	37.07
	3. B. Thornton	41.43
W40	1. P. McLiver	35.09(R)
W45	1. M. Forden	33.38(R)
	2. P. Miller	39.58
	3. S. Maslen	41.32
	4. P. Spencer	48.25
	5. C. Cole	48.25
W50	1. M. Warren	39.20(R)
	2. M. Robinson	46.54
W60	1. J. Strachan	42.23(R)
M35	1. P. Sanger	37.07
M40	1. S. Toussaint	31.38
	2. P. Cole	32.06
	3. J. Lindsay	36.56
	4. G. Gillard	39.06
M45	1. D. Caplin	26.50(R)
M50	1. H. McGlashin	31.38
	2. P. Guiton	32.34
	3. R. Routledge	33.07
	4. S. Munsie	35.32
	5. M. Johnson	37.56
M55	1. B. Worner	32.08(R)
	2. K. Johnson	35.01
	3. D. Carr	35.06
	4. N. Miller	37.17
M60	1. E. Moyle	36.49(R)
	2. S. Bowler	46.55
M65	1. D. Strachan	42.23
M70	1. C. Bould	37.01

## 16 KM

M35	1. D. Hazell	57.57
	2. C. Brockwell	58.02
	3. B. Danby	59.35
	4. A. Sim	73.01
	5. A. Noordyk	74.14
	6. J. Dartnell	75.13
M40	1. D. Muir	59.42
	2. J. Barnes	60.03
	3. B. Power	60.43
	4. C. Hoskins	68.29
	5. J. Greenfield	70.06
	6. A. Speechley	70.33
	7. B. Munyard	70.33
	8. B. Hardy	72.22
	9. S. Beer	74.05
	10. P. LeBreton	75.37
	11. A. Croxford	92.36
M45	1. G. Thornton	61.24
	2. J. Trovato	63.08
	3. D. Roberts	63.15
	4. P. Martin	64.22
	5. J. Stickles	66.16
	6. J. Pellier	69.43
	7. M. Traynor	74.02
	8. M. Runco	75.37
	9. K. Forden	77.22
	10. R. Farrell	78.56
	11. R. Pratt	81.45
	12. M. Fermor	82.05
	13. D. Huxley	83.57
	14. B. Thompsett	83.26

## 16km cont...

M50	1. E. Maslen	60.27
	2. M. Johnston	65.07
	3. R. Attwell	66.20
	4. G. Schaefer	68.02
	5. R. Sammells	68.58
	6. J. Costello	69.08
	7. P. Airey	69.30
	8. M. Warren	69.37
	9. J. Curtis	72.21
	10. J. Campbell	72.26
	11. K. Whistler	75.30
	12. J. Russell	79.21
	13. A. Chambers	90.07
M55	1. F. McLinden	66.05
	2. V. Beaumont	71.43
	3. B. Aldrich	71.43
	4. A. Pomery	73.32
	5. R. Lawrence	81.25
M60	1. D. Drayson	78.18
	2. S. Hicks	83.27
	3. F. Hagger	92.36
	4. F. Usher	94.32
W30	1. M. Lowes	84.55
W40	1. K. Noordyk	74.13(R)
	2. E. Mercer	77.43
	3. S. Hodge	80.09
	4. P. Farrell	82.00
	5. A. Aldrich	82.06

## Walkers 7 KM

1. M. Stone (W45)	55.35
2. L. Butcher (W55)	56.32
3. J. Whittam (W50)	56.32
4. J. Beaumont (W50)	57.03
5. A. Stone (M55)	57.03
6. J. Sanger (W33)	57.25
7. J. Collins (M75)	57.25

## DEEPWATER POINT - MT. PLEASANT 1/11/87

A large field of over 100 completed in the two events 7km and 16km. Some members were enjoying a run round the beautiful river and others were fine tuning their fitness for the Albany Marathon the following Sunday.

In the 16km event Doug Hazel ran out the winner, followed by Chris Brockwell (2 minutes faster than last year) and coming in third was Brian Danby (or was it 'Dandy' - sorry Brian, but the 'West' rarely gets it right!) However, top running as it was, none of these three were able to beat Brian's record for M35.

The women's 16km was won by Kath Nordyk (W40) beating Kath Penton's long standing record. Erica Mercer was 2nd and Sandi Hodge third.

The 7km event saw a record breaking spree by Joanne Pearce (W35), Peggy McLiver (W40), Mary Forden (W45), Margaret Warren (W50) and June Strachan (W60).

Don Caplin won the 7km event for men in a record (M45) with Basil Wor (M55) and Ernie Moyle (M60) also going into the record book.

For the smooth running of the events special thanks to all helpers including Jackie Greenfield, Bev Thornton, Maureen Pomery, Maurice Smith and Stuart Hoskins.

D.M.

34.62.  
FINAL POINTS: Aquinas 1180  
1: Hills 1112; 2: Trinity 1102;  
3: Wesley 1046; 4: Guildford  
1012; 5: Scotch 958; 6: Christ-  
church 927.  
WA VETERANS - Deepwater  
Point - Men - 16km: Dr Hazel  
57min. 57sec. 1: C. Brockwell  
58.02; 2: B. Dandy 74.7km: D.  
Caplin 26.50. Women - 16km:  
K. Nordyk 74.30; 1: C. Mercer  
77.43; 2: S. Hodge 80.19; 3: 7km:  
M. Forden 33.38 (rec).  
WANTYC - 8km handicap: T.  
Jones 36.57 (scot 1 and fastest);  
J. Turnbull (45.11) (7.20); T.  
Wheeler (45.48) (6.50). 3km  
handicap: D. Granville 21.52  
(7.00); G. Wilby 20.29 (5.15); J.  
Buck (18.17) (4.50). Fastest: H.  
Wheeler 15.51.  
BUNNING Blackwood Marathon  
Relay: No Names 1: Safety Brakes  
2: Lampac A 3: Hibrids 4: Alce  
Brigade 1: S. Mandurah Gut Bur  
ters 6: Action Ford 7: Hills  
Independence 9: Pseudo Spor  
men 10. WOMEN: Pearce 8



FORDENS RUN - 5KM/10.8KM - 22 NOVEMBER 1987

63 runners and a number of non running members turned out for this new event. Both events proved to be popular even though the 10.8km consisted of a tough hilly section in the middle. General consensus suggests that this run should be included in the calendar for next year.

The 5km event was won very narrowly in a short sprint finish by Hamish McGlashan, who appears to be on the road to recovery, following a long lay off through injury. Joe Stickles tried valiantly to outsprint Hamish but was just pipped on the post. Peggy McLiver was first lady, in the good time of 22.16.

The 10.8 handicap event was won by Derek Drayson, followed by great runs from the back markers in Brian Power, Graham Thornton and Tom Savin. First lady in was Phyllis Farrell.

Fastest time was recorded by Tom Savin who showed that holidays do not always slow you down. Joan Pellier recorded the fastest time for the ladies.

Thanks to all our helpers on the day. Maureen Pomery, Jackie Greenfield, Jan Johnson Maurice Warren, Bob Farrell, Marge & Mum in the kitchen and David, Sharon and Duncan on the corners.

Keith & Marge Forden.

RESULTS5K

<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>
1	H. McGlashan	M50	20.14
2	J. Stickles	M45	20.14
3	P. MacLiver	W40	22.16
4	J. Langdon	W40	25.13
5	L. Butcher	W55	25.20
6	M. Pritchard	W40	25.29
7	B. Thornton	W35	26.49
8	J. Slinger	W45	29.10
9	S. Hodge	W40	29.11
10	B. Buchanan	W40	29.20
11	K. Crellin	W45	29.32
12	M. Stone (Walker)	W45	33.10
13	A. Stone	M55	36.52
14	M. Webb	W35	37.35
15	V. Tyson (Walker)	W65	38.11
16	J. Beaumont	W50	38.32
17	D. Horsley (Walker)	M70	39.48

10.8KM HANDICAP

<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Handicap</u>	<u>Adjusted Time</u>
1	D. Drayson (1st Man)	M60	66.00	14.15	51.45
2	B. Power	M40	66.11	26.15	39.56
3	G. Thornton	M45	66.35	25.45	40.50
4	T. Savin (Fastest)	M40	66.38	28.30	38.08
5	E. Costello	M50	66.54	23.45	43.09
6	W. Crellin	M45	67.32	19.15	48.17
7	R. Farrell	M45	67.41	16.30	49.11
8	B. Munyard	M40	67.47	22.00	45.47
9	P. Airey	M50	67.54	22.00	45.54
10	D. Moffatt	M55	67.55	21.00	46.55
11	B. Sammells	M50	67.57	23.45	44.12
12	V. Beaumont	M55	68.02	17.30	50.32
13	R. Attwell	M50	68.14	22.30	45.44
14	B. Hardy	M40	68.17	21.00	47.17

Cont. Page 11...



<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Handicap</u>	<u>Adjusted Time</u>
15	P. Farrell (1st Lady)	W40	68.19	13.15	55.04
16	G. Schaffer	M50	68.29	23.00	45.29
17	B. Worner	M55	68.33	21.00	47.33
18	A. Chambers	M50	68.46	13.15	55.31
19	M. Fermor	M45	68.55	14.15	54.40
20	B. Danby	M35	68.57	28.00	40.57
21	J. Russell	M50	68.57	15.30	53.27
22	K. Martin	M50	69.10	23.30	45.40
23	F. Usher	M60	69.28	10.00	59.28
24	J. Barnes	M40	69.34	26.30	43.04
25	B. Aldrich	M55	69.38	18.45	50.53
26	R. Davis	M45	69.42	15.30	54.12
27	M. Johnston	M50	69.47	23.00	46.47
28	M. Loly	M45	70.00	18.45	51.15
29	A. Pomery	M55	70.16	21.00	49.16
30	J. Pellier	M45	70.18	24.00	46.18
31	B. Moncks	M50	70.24	23.45	46.39
32	J. Pellier (Fastest Lady)	W45	70.32	17.30	53.02
33	A. Aldrich	W40	70.51	13.13	57.38
34	M. Warren	W50	70.53	11.00	59.53
35	J. Willers	W35	71.55	15.30	56.25
36	J. Yates	M40	72.25	24.45	47.40
37	D. Hough	M55	80.18	23.45	56.33

Rosa Davis - 6.4km  
Don Caplin - 6.4km

#### FOR HANDICAP

				PROVISIONAL	
B. Pratt	M45	59.02	1min	58.02	
P. Miller	W45	60.52	0.0	60.52	
P. Cole	M40	65.55	16.30	49.25	
N. Miller	M55	66.53	7.45	59.08	

#### VISITORS - 5KM

J. Glasson	"	25.16
S. Crellin	"	31.24
B. Doust	10.8	65.17

#### HARRISON'S RUN - DIANELLA - 8TH NOVEMBER, 1987

A fairly warm morning saw 40 starters begin the run this year. Numbers were down maybe as a result of a couple of other popular runs conflicting with this one, along with a change of date which may have confused some.

All in all an easy run, but judging by appearances on finishers, a rather warm one.

Well done to the winners David Muir first man, and Pat Miller, Phyllis Farrell and Elsa O'Dea who were equal first ladies in the 10K, while Don Caplin and Lorna Butcher were first in the 5K.

Thanks to Basil, Don, Dorothy and Jeff and Val who all arrived bright and early to help and also to Jackie for recording the results.

J.J.

#### RESULTS - 5K

<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>
1	D. Caplin	M45	19.46	<u>10K cont.</u>			
2	P. Martin	M45	19.57	7	B. Worner	M55	46.33
3	A. Jenkins	M40	20.55	8	B. Aldrich	M55	46.46
4	B. Hardy	M40	22.26	9	W. Crellin	M45	48.45
5	K. Johnson	M55	25.35	10	D. Hough	M55	49.32
6	L. Butcher	W55	25.38	11	M. Loly	M45	50.01
7	S. Hodge	W40	26.31	12	V. Beaumont	M55	50.30
8	P. Sanger	M35	27.18	13	R. Farrell	M45	52.00
9	J. Pearton	W40	31.42	14	G. Morgan	M60	52.41
10	D. Strachan	M65	31.44	15	C. Bould	M70	53.16
11	B. Thornton	W35	33.28	16	R. Pratt	M45	55.41
<u>7.5K</u>				17	P. Miller	W45	57.28
1	P. Cole	M40	35.33	18	E. ODea	W50	57.28
2	N. Miller	M55	39.21	19	P. Farrell	W40	57.28
3	A. Aldrich	W40	40.36	20	F. Usher	M60	58.10
<u>10K</u>				21	N. Berry	W55	66.00

#### 5K Walk

1	D. Muir	M40	39.17	1	D. Horsley	M70	44.37
2	B. Sammells	M50	43.08	<u>7.5K Walk</u>			
3	M. Kahn	M40	43.32	1	V. Tyson	W65	60.20
4	J. Stickles	M45	43.37				
5	K. Martin	M50	44.18				
6	H. McGlasham	M50	45.45				

10K Walk J. Sanger W 35 78.39, 2nd J. Whittam (M 50) - 78.39, 3rd J. Collins (M75) 78.39



As in most previous years the weather for this run was cold and blustery, although the rain did hold off for the actual run. Nevertheless, buoyed with the news of early Vets results from the Melbourne Games, 53 members and 8 visitors lined up for the start. (Jenny Willers and Brian Danby were late starters).

Some good times were recorded despite the strong head wind on the return from Troy Park.

## WINNERS:-

SHORT : 5.8KM

Paul Martin 24.03  
Jill Roberts 30.03

LONG : 11.4KM

Jim Langford 37.23  
Joan Pellier 52.39

<u>M</u>	<u>W</u>	<u>M</u>	<u>W</u>
35 -	-	Doug Hazel	Joanne Pearce
40 Tony Speechley	Jill Roberts	Jim Langford	Phyllis Farrell
45 Paul Martin	-	Graham Thornton	Joan Pellier
50 John Smith	Margaret Warren	Ted Costello	Elsa O'Dea
55 Basil Worner	-	Dalton Moffett	-
60 -	June Strachan	Merv Moyle	-
65 Duncan Strachan			

RESULTS5.8 km

<u>Name</u>	<u>Age Group</u>	<u>Time</u>	<u>Name</u>	<u>Age Group</u>	<u>Time</u>
Paul Martin	M45	24.03	John Pellier	M45	44.12
Tony Speechley	M40	25.46	George Shaeffer	M50	44.43
Basil Worner	M55	25.48	Kevin Martin	M50	45.06
K. Johnson	M55	28.43	Barry Munyard	M40	45.47
John Smith	M50	29.44	Dalton Moffett	M55	45.52
Jill Roberts	W40	30.03	Peter Airey	M50	45.54
Margaret Warren	W50	33.19	Alan Pomery	M55	47.02
June Strachan	W60	34.59	John Dartnell	M35	47.30
Keith Forden	M45	37.08	Peter Cole	M40	48.7
Maxine Kapper	W40	38.03	Merv Moyle	M60	48.49
Alan Stone	M55	38.59	Brian Aldrich	M55	48.55
Pat Weston	W50	39.00	Maurice Warren	M50	48.57
Duncan Strachan	M65	39.02	Rob Farrell	M45	52.06
Margaret Stone	W45	40.18	Joan Pellier	W45	52.39
(Walker)			Ray Lawrence	M55	52.46
Mike Johnson	M50	40.35	Joanne Pearce	W35	52.52
Jackie Beaumont	W50	48.23	Derek Drayson	M60	52.57
Jackie Greenfield	W45	48.24	Alan Chambers	M50	54.42

11.4km

Jim Langford	M40	37.27	Selby Munsie	M50	55.02
Doug Hazel	M35	38.38	Bob Pratt	M45	55.04
Chris Brockwell	M35	39.28	Barry Thomsett	M45	55.11
Dave Muir	M40	39.48	Gerry Foley	M60	55.17
Brian Power	M40	40.03	Norm Miller	M55	55.56
Graham Thornton	M45	40.50	Elsa O'Dea	W50	56.29
Norm Beech	M40	41.09	Fred Hagger	M60	57.36
Dave Roberts	M45	42.47	Alan Croxford	M40	57.37
Ted Costello	M50	43.50	Pat Miller	W45	59.16



# TRACK & FIELD RESULTS - NOVEMBER

13

M

Name	Age	100	200	400	800	1500 Mile	3k	5k	10k	TJ
K. Wheeler	40					4.13.6				
A. Jenkins	40	13.3	27.0	63.2		5.13.5	10.55			
B. Foley	40			58.0	2.10.9	4.39.0	10.48			
K. Martin	40	12.4)	25.5	(57.1						
F. Fitzpatrick	40	12.8)		(57.4						
		13.2		62.9			11.32			
R. Matzke	45						11.18			
K. Gilbert	45						9.32			
K. Forden	45						11.12			
B. Kernaghan	45	11.98	26.4	54.4						
D. Caplin	45			(62.6	2.15.0	4.36.8	9.48			
B. Carse	45			(64.1	2.09.1					
P. Martin	45			(72.0	2.30.1	5.06.5	10.44			
K. Gilbert	45			(69.4	2.05.7					
J. Pellier	45			67.2			11.05	31.30 <sup>W</sup>		
B. Sammells	50					5.07.3				
K. Martin	50			66.9			10.42			
D. Clive	50	12.7		55.9						
A. Chambers	50				2.50.6	6.07.1				
J. Whittam	50						18.58 <sup>W</sup>	35.22 <sup>W</sup>	67.31 <sup>W</sup>	
A. Chambers	50						12.33			
B. Aldrich	55				2.50.0	5.45.2				
B. Worner	55				2.47.0	5.36.5	11.50			
F. McLinden	55					5.19.4				
D. Carr	55	13.3	27.6	58.0	2.11.6	5.00.2	11.32			
A. Tyson	60				2.41.9					
D. Jones	60	14.1	27.9	73.7						
C. Bould	70						13.47			
J. Collins	75						(21.34 <sup>W</sup>			
							(21.29	37.25 <sup>W</sup>	73.30 <sup>W</sup>	
							.4			
J. Sanger	35						17.03 <sup>W</sup>		60.35 <sup>W</sup>	
E. Hindle	35	13.2)		62.5						11.1
J. Willers	35	12.5)		85.5						
E. Mercer	40				2.45	5.45	11.58			
J. Johnson	40	13.8	28.0	(64.3						9.8
				(63.2						
J. Fletcher	40							31.55 <sup>W</sup>		
J. Langdon	40						13.43			
A. Aldrich	40				3.06		13.14			
P. MacLiver	40			72.4	2.46					
M. Stone	45								66.36 <sup>W</sup>	
K. Holland	45	13.8		63.1						
J. Pellier	45						12.43			
D. Whittam	50	14.3								
S. Cross	50						20.39 <sup>W</sup>			
P. Carr	55	16.4)	34.5	(81.3						7.6
		15.7)		(76.7						
L. Butcher	55						13.54	31.58 <sup>W</sup>		
							18.46 <sup>W</sup>			
V. Tyson	65						20.38 <sup>W</sup>	33.36 <sup>W</sup>		
							20.39 <sup>W</sup>	35.23 <sup>W</sup>		

## TIME TRIALS DEC/JAN - All starting 6pm

							Organiser
<u>Coker Park</u>	Dec 3	Mile (p)		Discus (p)	100m		J. Madison
<u>McGillivray</u>	Dec 10	400 (p)		L.J. (p)	5000m		B. Worner
					1500W		
<u>Coker Park</u>	Dec 17	2000walk(p)		Shot (p)	400		K. Martin
					10,000		
<u>McGillivray</u>	Jan 7	800 (p)		100 (p)	3000		K. Gilbert
					1500W		
<u>Coker Park</u>	Jan 14	5000 (p)			200 Discus		B. Carse