



The Vetrun

No. 194 NOVEMBER 1988



W.A. VETERANS' A.C.

"Registered by Australia Post Publication No WB11 0370."

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IF YOU HAVE BUILT CASTLES IN THE AIR YOUR WORK NEED NOT BE LOST,
PUT FOUNDATIONS UNDER THEM.

PRESIDENT'S CORNER

1. ANNUAL DINNER. DON'T FORGET THE ANNUAL DINNER. 7.30 Friday 25th November 1988, at the Nedlands Yacht Club. Tickets are now available from the committee @ \$22 a head, for a delightful smorgasbord meal (compliments of Chris Brockwell) and all beer, wine and soft drinks are included, from 7.30 until 11pm. Get your tickets early as confirmation of numbers is required by 18th Nov. (no latecomers).
2. QUIZ NIGHT. This years Quiz Night was an outstanding success as usual. It gives the committee great heart to see the members of the club get behind this Quiz Night with such gusto. I sincerely thank those members of the club who donated prizes. Thanks also to the great work of all the helpers. Quiz master Barrie Slinger was in his usual joke cracking good form. Marge and Jackie did a great job on the prizes while Lorna, Sandi, Jill, Brian and Rob helped make it all run smoothly. We made around \$900 on the night.
3. Race Directors. The committee is working on our new programme at the moment. Some Race Directors have now given years of faithful service to the club. I feel it is time to rest some of these people and I would appeal to you for your assistance. I would require volunteers to take over some of the existing runs. If you would like to do this, please contact me.
4. DAVID JONES. David is recuperating after an operation. I wish him well and speedy recovery.
5. Big "M" Marathon. Bob Schickert has returned after running his 10th Big "M". He did a creditable 2.59.00 in very windy conditions. He was however rewarded with a commemorative singlet. Well run Bob.
6. VETRUN ARTICLES. We have been supplied over the years with interesting articles from members. We are now reaching the bottom of the barrel and would ask you to contribute to the Vetrun. Articles on training, performance, biographies and particularly medical advice would be appreciated. Also anyone going abroad or interstate to run an article about it would be appreciated.
7. TRACK & FIELD TRAINING. It is gratifying to see the interest being shown by attendance at the time trials. Many others have spoken to me about their interest in T&F. Some are a little apprehensive. DON'T BE. There are plenty of experienced people at the track to guide you through some early training. There is so much talent around the club and if you don't attend you will never know how good you are. This was borne out recently by a new member, Peter Corley, who exceeded the State Age Group record in the Triple Jump by a massive 2.8m.
8. Mike and Nora Berry arrived home from Queensland in time to attend the Quiz Night. Ted and Clare Costello are back from a lovely holiday in New Zealand. Norm Richards is also home after tripping around Java.
9. Trish Kirwan has returned home to England for personal reasons. Trish was a very promising runner but was unfortunately plagued by injury so we only rarely got a glimpse of her immense talent. I wish her

all the best for the future and hope that when circumstances change she may return to W.A.

10. Well done to Bert Carse and Arnold Jenkins representing the W.A. Police Force in the World Law Enforcement Olympics in Sydney. Bert was in devastating form winning 6 gold and 1 silver medals and Arnold received a bronze for a solid performance in the Decathlon.

COMMITTEE MEETING.

The Club Cross Country Championships at Jorgensen Park will be held on the 4th Sunday in July, the 23rd, 1989 as the venue was not available for the usual date.

Sandi Hodge will be resigning as Vice President of the club in November as she is going to Tasmania for 12 months, we hope the Tassie Vets get as much pleasure from your company as we have. The committee will be appointing a temporary V/P until the next A.G.M.

Get your Annual Dinner Tickets as soon as possible, they must be obtained by the 18th November or you will unfortunately miss out. The tickets are \$22 per head.

The quiz night was a very successful affair and the club benefitted to the tune of around \$900.

For those running at the A.A.W.A. meetings at Perry Lakes Dorothy Whittam has a file for results, would you please enter your performances in it so we can publish them in the newsletter.

As you all know we are running the National Veterans Track & Field Championships at Easter next year. We will need all the help we can get officiating at these champs. We are looking for members to help lap score in the distance events at the time trials on a Thursday nights. Don't worry if you haven't done it before, help will be given you, those who have come along and get some practice in before the big event. It is best to write in the time of the runners EACH LAP, this way if you miss one you can pick it up on the lap times. If you are just ticking the laps and get distracted there is no way it can be picked up, and the runner does not get a fair assessment of his run. To other people who are not lapscoreing, PLEASE don't talk to the lapscorers during the race. We always need people to hold a watch in the sprint events and to help judge, Also to help in the field events, this you can do whilst you are doing the event yourself.

RACE RESULTS:- Will race directors please send results to the editor as soon as possible after the event, along with a short write-up. Preferably typed otherwise in longhand to the return address on the newsletter label.

MILLER'S KILLER. 4th December 1988.

Please note that the run commences at FRYE PARK on the corner of Gilwell Avenue and Clifton Street, Kelmscott and not Faye Park as listed in the WAVAC programme. We look forward to seeing you all.

We would like some assistance with marshalling. Anyone who can help please ring Norm or Pat on 459 4423 after 6.30pm, Thank you.

TIME TRIALS. Please take note of the following officials for November:-
Nov 3. LORNA BUTCHER: Nov 10. PAUL MARTIN: Nov 17. KEITH MARTIN: Nov 24. DON CAPLIN: DEC 1. KEVIN MARTIN: Any difficulty please let Brian Foley know on 339 2716.

CLUB RUN RECORDS. West Coast Challenge. 20th Nov 1988.

W30. Jill Chambers 30.27; W35 Jill Chambers 31.35; W40 Marge Forden 38.22; W45 Tuula Vaalsta 34.42; W50 Lorna Butcher 37.52; W55 Lorna Butcher 41.58; W60 June Strachan 44.33; M35 Colin Ieman 27.54; M40 Frank Smith 27.10; M45 Frank Smith 27.32; M50 Rob Shand 31.02; M55 Dave Carr 31.38; M60 Duncan Strachan 34.37; M65 Cliff Bould 38.49; M70 Cliff Bould 40.40:

HOLIDAYING IN EUROPE NEXT YEAR?

Then how about running in the World Masters Games? these are being held in DENMARK from 22nd July - 6th August 1989 (the same time as the VIII World Veterans Championships in Oregon) in the cities of Herning, Aalborg and Arhus. If you are interested contact the editor who has details.

NATIONALS 89 - NEWS UPDATE #6

Sponsorship. This continues to be a major activity for the Committee and so it is pleasing to announce that Lifesport will also be a sponsor.

Rather like Alcoa, they are providing support in kind rather than cash. In this case, they have offered to provide free massages to any athletes requiring them and this service will be provided throughout the Championships.

Lifesport, which is run by Mr Denis Boyd, is based at the Superdrome and has several branches in the Metropolitan area. If you visit them, please mention their sponsorship and your appreciation of their offer.

We are still keen to offer sponsorship of events. This was described briefly in Update #5 but there has been no response as yet. Please ring Bob Sammells (309 2293) of an evening or speak to him at a Run for more information.

Fund-raising. Morris Warren and Jim Barnes showed admirable initiative in cooking and selling hot dogs during Morris's Road Race Championship Series recently. Jim's Thornlie Square Meats provided the essentials and Morris the cooking. Together they raised \$80 for the Championship kitty. Many thanks, lads.

Technical. Now that the Track and Field Season is upon us, future Updates will cover some of the technical aspects of the events themselves. And if, next Easter, someone walks out of the front of a throwing circle after a throw...., well, they will only have themselves to blame.

WINTER COMPETITION

The Veterans Club Men's and Women's teams finished the Athletic Association's winter competition on a high note.

The men came first in B grade and second in D grade, while the women were sixth in A grade. Consequently, we can expect both men's teams will be promoted to A and C, while the women should compete in B grade next year.

Our club was one of the stronger clubs in terms of numbers competing, though we were slightly out-classed by the top runners. still, with the strength within the Veterans group, we should be able to compete favourably next season, provided we are well supported by our members.

Our strength lies in the relay and team events. We won the B grade Karrinyup and York to Toodyay relays. The latter was a composite team with Jacquie Greenfield and Alison Aldrich running the shorter legs while Hugh Kirkman and Bert Carse covered the longer sections over the "mountains". Bruce Wilson and Dave Carr gave us a strong position early and Rod Stewart had the difficult task of finishing the relay, to pass one team and to hold off the fast closing Midland team.

We also fielded two teams in the Fremantle to Perth relay, coming sixth and fourteenth out of 20 teams.

These team highlights are open to our other club members who wish to participate.

At present we have commenced the summer Association track and field season, which also includes relay events. Last week Don Caplin and Mike Rhodes held off a strong challenge by Melville in the 4 by 400m relay.

Hope to see you there.

Brian Foley.

The 5th Reykjavik Marathon and Half Marathon 21/8/88.

Summer in Iceland is very much the same as our W.A. winter except for a biting wind that occasionally blows right through you! The two days before the race were a sunny 15°C and this lulled us into thinking that we might be running in mild conditions, especially as the race started at midday. Not so however, as 1200 runners gathered under low grey cloud, with a temperature of 12°C but in a strong bitter wind, with a high chill factor. Most were doing a 7.2 km fun run and the course soon directed these away from the longer distance runners who, in turn split between marathon and half-marathon competitors.

The Marathon was won by a Yugoslavian, Borut Podgornik in 2:27.27. Jim Barnes came 11th completing his marathon in 2.59 and I topped the 50-59 age group in 95:28. Although neither of us felt very satisfied with our times we enjoyed the run. Perhaps the most memorable sight was a determined looking traffic cop in all the gear who had long blonde hair fanning nearly down to her waist!

Iceland is a harsh but ruggedly attractive country whose economy rests on fish, wool and increasingly, on tourism. It has a population of 230,000 of whom 90,000 live in the smokeless city of Reykjavik where houses are provided with piped hot water from natural thermal sources. Jim and I visited the site which gave its name to 'geyser' and to Gullfoss, an immense, magnificent and totally unspoiled waterfall. We found Icelanders to be reserved but kindly and prices to be high in general. (e.g. US \$ 100 for a day's fishing licence!) Iceland is an excellent stopover between Europe and the United States and tourists should now benefit from a recent devaluation of the Kroner.

10.10.88

Brian J. Aldrich.

LOST AT MUSSEL POOL RUN.

A pair of new childrens running shoes. If anyone picked them up would they please contact Ernie Moyle. They belong to people from Albany.

THINKING OF A WALKING HOLIDAY.

Mary Robinson is hoping to walk the Bibbulman Track later this year and is looking for a kindred spirit to go along with her. If you are interested give Mary a ring on 272 5346

Mike and Nora Berry had a card from Margaret and Hank Stoffers who are holidaying in the Netherlands, they are having a good time Hank doesn't say if he is doing any running though.

October 5, 1988

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Selby and Althea Munsie
1200 Scott Avenue, Apt. 152
Clovis, CA 93612

Dear Vets,

Please forgive my lack of writing, for when you hear my story, I'm sure you will understand. One big letter may be better than a lot of little ones. Anyway, this is a serial letter written over a long period of time, starting in Madison, Wisconsin and finishing in Clovis, California.

Althea and I arrived at Perth Airport at 5:45 a.m. to catch the Ansett 7:00 a.m. flight to Sydney. The one hour or so interval was to have breakfast with our Mums and family and say goodbye for the twelve months. We were informed that our 7:00 a.m. flight had been cancelled and, by the way, it would not meet up with our Continental Airlines flight in Sydney, but Australian Airlines has a flight out, right now, if we would like to catch it. So much for the fond farewells. We were placed in the last two seats and were airborne at 6:15 a.m. We heard later that several of our friends had arrived a few minutes later to be told by the family--"bad luck" they have gone. What a start, how was it to finish?

The rest of the trip out was largely uneventful, we had six days in Honolulu (3 very wet), but all the same very enjoyable. Honolulu is a great place, breakfast \$1.99, lunch or dinner \$5 to \$7 at the outside, touring and site seeing is expensive but great. With the rush of packing at home I had not run for about a week; it felt good to get a pair of boots on and pound the pavement along the edge of Waikiki Beach in the early morning.

We flew from Honolulu to Los Angeles, overnight in L.A., hired a car and drove North to Fresno, California, where we have friends. We stayed in Fresno for seven days during which time we purchased a 1975 Ford Van, had it serviced and transferred to our name. It's huge and in very good condition. Fresno, although foggy, was not as cold as expected (45 degrees F) so I was able to do a few runs usually late afternoon.

Friday, January 15th we left Fresno and headed East, traveling via the I40 (Interstate 40) via Bakersfield, CA, Flagstaff, Arizona, Albuquerque, N.M., Amarillo, Texas, Oklahoma City, Oklahoma, Springfield, Missouri, St. Louis, Missouri, Springfield, Illinois to Madison, Wisconsin. The trip took 5 days and covered 2,600 miles. The only detour we allowed ourselves was one to Grand Canyon so that we could see it with its winter coat of snow. We had two hold ups with the van and no real hold ups with the weather--a huge snow storm followed us across the U.S.A. but more to the North, the only signs we saw were in Flagstaff where we have 12 inches of snow overnight and next morning. When we finally arrived in Wisconsin several days later, it had received 18 - 24 inches in the Southern section, the farmland had that picturesque, fairy tale look about it.

Within one and a half days of arriving in Madison, we luckily, were able to rent a fully furnished apartment and settle in completely. Getting conditions to run in was a problem, temperature generally was between 10 to 20 degrees F with a wind chill factor on top, running gear was long johns, over which a heavy track suit was worn, tied hood and scarf over the nose and mouth and then to finish off thermal type gloves for the hands. Normal boots and socks were worn. The one thing I remember apart from the biting cold was that the rubber on the soles of the boots froze so that they clicked like hobnails boots on the road.

My work at the University was slow in getting underway, so I was able to catch up on some reading, attend a class I was interested in and presented a seminar one Friday. Once the project got into gear I found my 40 hour week going to 50 then 60 hours, so I had great difficulty in doing many of the things Althea and I had planned as some Saturdays and Sundays vanished into the program.

The weather did warm up as the semester progressed, although we did get a snowfall late in April, just to remind us that it snows in spring. During all

this time I managed to keep up short runs 5 to 6 kilometers during the week and an occasional 1 hour or 1 1/2 hour effort during the weekend.

One thing Vets may be interested in is the cost of goods in Madison, Wisconsin, keeping in mind that at the time we came to the U.S.A. It cost us \$1 Australian to buy 72¢ U.S. (now \$1 Australian = 80¢ U.S.)

Cars similar to the Commodore are \$10,000.00 to \$12,000.00 U.S. petrol 85¢ to 95¢ a gallon U.S. 23.6 cents per litre, (32.8¢ Australian per litre) Food about 1/2 price of that in West Australia. Meat comparable in price.

Running boots vary depending on where you buy; for example Nike Odessy cost me \$57.00 U.S., but I have seen them for \$70.00 U.S.

Household goods and electrical goods very cheap although fridges, stoves etc. seem to compare with home. Video cameras for as low as \$400.00 U.S., garden furniture 6'x3' glass top table and 6 big chairs and huge umbrella \$399 U.S. Barbecues (by Weber) \$54 U.S. needless to say everybody has one. Althea tells me they are \$174 at home.

Eating out very cheap and very good--two notables were the Ponderosa \$3.99 a head for unlimited soup, salad bar and hot rolls plus a steak, baked potato and virtually unlimited soft drink. The other was the King's Table \$5.50 a head for as much as you could eat and of one of the best salads, hot and cold meat bars I have ever seen.

And this was only two, on the tourist trail a restaurant can come to \$10.00 a head--I would venture to say there is nothing to come anywhere near the eating out in the U.S. One has to be wary of served grog (beer, wine) it can cost the earth when in fact it should not. Six packs of cans vary over \$3 to \$5, I buy dozen packs of Bud for \$5.50 at the supermarket and have now found a beer called Ballantine made in Washington State, it is \$5.99 for 24 cans and very good.

The University project ended up being a bit bigger than expected, but it ended May 30th at a most interesting and yet unsatisfactory point with much work still to be done. I hope my report covers all that was completed -- lack of time did not allow too much in the way of proof reading.

We left Madison, Wisconsin June 4th to travel via a torturous path to Fresno, California over a 10 week period. To mention the highlights, we drove East to Washington, D.C. on the Atlantic Coast, then North to Niagara Falls in Canada, went around top of Lake Huron into upper Michigan, West across upper Michigan, Wisconsin, South West across Minnesota, then West across South Dakota to the Badlands. From here directions varied but we saw Wall Drug, Mount Rushmore, Mt. Crazy Horse, then through the Black Hills to Deadwood, into Wyoming to Devil's Tower (remember the picture "Close Encounters of the Third Kind") from there to Custer's Battle field in Montana and on to Yellowstone National Park and the Grand Tetons National Park. From here we headed North to Glacier National Park through and around there, then into Canada and up to Calgary in Alberta. Then heading North and West we went through Banff and up the Glacier Highway to Jasper. (This must be of the most fantastic scenic routes in the world) from Jasper down to Kamloops out and down the Canyon Highway to Hells Gate and on to Vancouver.

From Vancouver we took the ferry with van and camping trailer across to Vancouver island (a lovely place) where we saw Victoria and the Butchart Gardens, then on to the ferry again this time down to Anacortes (just North of Seattle), back on the road again South to Mt. Ranier, Mt. St. Helens, Portland, Crater Lake then across to the coast of California where we took the coastal road to Santa Maria. After resting here for a couple of days we moved through to Fresno and Clovis and once again were lucky in getting a good apartment within two days.

During all of these 8,500 miles over 8 weeks I manage to run every second day, no matter where we camped. I ran at all altitudes up to 7,000 feet, over a vast range of temperatures and through some strange places--still as every Vet knows "one has to run when one has to run no matter what."

As of today we have been in Clovis for nearly 8 weeks, I've been working at the California State University, Fresno (CSUF) for about the last 5 weeks. As we are now settled, morning temperatures are mild. Some serious training can now be attempted although I've only maintained every second day with a long run (now up to 9 miles) on the weekend. This weekend is the annual "Fresno Cross City Race" of 10K. It also has a 2 mile run--which believe it or not Althea is going to run. She has now been in training for seven weeks so she knows she can finish it, just a matter of what time.

Their sponsorship for the race has to be seen to be believed. An \$8 entry fee gives two \$10 tickets to the Fresno Fair, a "T" shirt and free hot dogs, chips and Pepsi at the end of the race. The printed matter is first class--all I have to do is check out the race organization.

As they say it's all down hill from here. On the 24th Dec. we board the Aircraft in LA for 4 days in Honolulu then on to home, arriving Friday, December 30.

Althea and I are traveling each weekend to mountain picnic spots and seeing as much as possible. Away from Fresno the scenery is fantastic either towards the coast or into the mountains. We want to see the mountains in winter if possible just to get a comparison between summer and winter and get a feel for downhill skiing. There is no way I'll attempt skiing as I have no wish to bring a broken limb home with me.

Well, that's about it. Hope you all enjoy reading of our adventures.

Regards,

Selby
for Selby and Althea

DONNELLY RIVER WEEKEND.

Through the pages of the Vetrum I would like to thank the organisers of the Donnelly River Weekend. It was an enjoyable break in a most attractive setting.

We arrived on the Saturday lunchtime to find the wood chopped, fire going, hot water available and the coffee ready plus several offers to show us around the site. Of course the early birds had already had a run!

The start of the evenings events was a casserole party on the verandah of the centre cottage, it was like Jorgensen Park with the lights out, we also celebrated 'Jock McWarren's' birthday with a presentation by the "Chef from Harrods" of a special cake with all the trimmings.

After the meal we all made our way to the old village school for an evening of merrymaking hosted by Lorna Butcher. The games were a riot!!! For sheer style and elegance the Country Dancing was a sight to see. Lorna now knows most Vets can count up to four - provided its out loud.

Early next morning, after overnight rain, was a 10km or half marathon run. The longer was over a really lovely course where we were able to run line abreast on empty roads and forest tracks.

The rest of the day was spent crosswording, Photography, rambling, reading, wild flower spotting and bird watching. The evenings programme was a barbeque but it was a bit cool and we retired to the cottages for games, drinks and yarns in front of the big log fire.

Once again the next morning the 'hardy ones' went on a "slightly undulating" 8km cross country. We left for home just as the leaders came in, sorry to be leaving. The company was marvellous, the runs splendid, a great weekend.

Once again our thanks to all concerned.

Jaqui & Vic Beaumont.

MILLER'S KILLER. The start time was left out of the notice and the programme
IT IS 8 AM AT FRYE PARK KELTSCOTT ON THE 4th DECEMBER 1988

BACK FROM SYDNEY

Two members competed in the International Law Enforcement Olympics, Sydney from October 12th to 15th 1988.

Bert Carse, F45 excelled himself by winning Gold in the 10km Cross Country, Half Marathon, 10,000m, 5,000m, 1500m and 3,000m Steeplechase. He also won the Silver Medal in the 800m.

Arnold Jenkins, F40 won the Bronze Medal in the Decathlon, his first attempt at this event. He also came 4th in the Steeplechase and 5th in the 800m.

Competitors in these Olympics were predominantly from the U.S.A., Canada, New Zealand and Australia, with smaller contingents from such countries as Zimbabwe, Dubai, Sweden, Singapore, the U.K. and Hong Kong.

The next I.L.E.O. will be held in Edmonton, Canada during August 1990.

Cop this . . . Bert's hit gold!



Sgt Bert Carse holds up the fruits of his athletic efforts at the International Law Enforcement Olympics — six gold medals and one silver. Picture: MICHAEL O'BRIEN

By ROBYN CASH

WA POLICE office Bert Carse is a bit stiff and sore, but he's still smiling after winning six gold medals in four days at the International Law Enforcement Olympics in Sydney last week.

Sgt Carse, 47, was back at work at the accident inquiry section of the Traffic Branch yesterday, proudly displaying his spoils.

Competing in the 45 to 49 age category, he won gold in the 10km cross country, the 10,000m, 5000m and 1500m track events, the 3000m steeplechase and the half marathon.

He also bagged a silver medal in the 800m track event.

Sgt Carse is a member of the WA Police Athletic Association and the Veteran Athletics Club of WA.

Last year he won three bronze medals at the World Police and Fire Games in San Diego.

This year the International Law Enforcement Olympics, which have been running 20 years, were held outside the US for the first time.

NSW police were invited to host the games to mark Australia's Bicentenary and WA police competed for the first time.

Two other members of the WA Police Athletic Association won medals at the games.

Ian Thomas won a silver medal in the 30 to 35 year 3000m steeplechase and Arnold Jenkins won bronze in the 40 to 44 year decathlon.

TROIL THE
WEST AUSTRALIAN
21ST OCT 88

9

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

Barry Blackman	204, Cedric Street, Balcatta.	6021	344	2493	13/Feb/39
Peter C Corley	18A, Clifford Way, Bullcreek.	6155	332	6049	19/Sep/23
June L Nielsen	147, The Boulevard, Floreat Park.	6014.	387	7635	21/Jun/52
Garry Nielsen	" " " " " "	"	"	"	09/Dec/44
Peta J Gillingham	6, Tydeman Road, North Fremantle.	6159.	430	4753	10/Sep/50
Timothy H Gillingham	" " " " " "	"	"	"	14/Mar/53
Geoffrey P Lloyd	P.O. Box 1255, Geraldton.	6530.	099	381 140	13/Aug/47
Michael Marsh	154, Brookdale Street, Floreat Park.	6014	387	6202	19/Nov/35
Murray A Tolbert	12, Coomel Close, Hillman.	6168.	527	5850	07/Apr/46

A VERY HAPPY BIRTHDAY TO OUR "NOVEMBER" MEMBERS

02-NOV-48	RESIDE	: Patricia	turns	40	becomes	W40
02-NOV-26	STRICKLAND	: Sheila	"	62	remains	W60
04-NOV-42	KERNAGHAN	: Coral	"	46	"	W45
05-NOV-39	MATZKE	: Roland	"	49	"	M45
07-NOV-37	SMITH	: Morland E	"	51	"	M50
08-NOV-39	PELLIER	: Joan	"	49	"	W45
09-NOV-22	HICKS	: Stewart R	"	66	"	M65
10-NOV-30	ABRAHAMS	: Robert N	"	58	"	M55
10-NOV-55	BROCKWELL	: Tessa	"	33	"	W30
10-NOV-39	WILLIAMS	: Ross	"	49	"	M45
11-NOV-35	WESTON	: Patricia(Hayden)	"	53	"	W50
12-NOV-34	MITCHELL	: Willie (Bill)	"	54	"	M50
12-NOV-35	WARREN	: Margaret	"	53	"	W50
12-NOV-40	THOMPSON	: John W	"	48	"	M45
14-NOV-27	McMILLAN	: Raema	"	61	"	W60
14-NOV-47	MARCHESE	: Helen J	"	41	"	W40
15-NOV-50	BELL	: Cheryl	"	38	"	W35
16-NOV-45	RHODES	: Michael	"	43	"	M40
17-NOV-42	ANGELL	: Campbell	"	46	"	M45
17-NOV-34	HASSETT	: Gladys R	"	54	"	W50
18-NOV-42	PRITCHARD	: Harry	"	46	"	M45
18-NOV-46	RICHARDS	: Lesley	"	42	"	M40
18-NOV-40	STOFFERS	: Hank	"	48	"	M45
19-NOV-41	ENDE	: Penelope M	"	47	"	W45
19-NOV-42	GREENFIELD	: Jacqueline	"	46	"	W45
19-NOV-43	OLIVER	: Bernard L	"	45	becomes	M45
19-NOV-46	NOORDYK	: Kathleen	"	42	remains	W40
21-NOV-21	NOORDYK	: Gerardus (Gerry)	"	67	"	M65
25-NOV-38	FORDEN	: Keith W	"	50	becomes	M50
26-NOV-16	HANSFORD-MILLER	: Frank	"	72	remains	M70
27-NOV-41	CRELLIN	: Karen D	"	47	"	W45
27-NOV-41	KIRKMAN	: Hugh	"	47	"	M45
28-NOV-40	HAIR	: Graeme D	"	48	"	M45
28-NOV-31	MILLER	: Norman	"	57	"	M55
29-NOV-42	MILLER	: Margaret	"	46	"	W45
29-NOV-26	MOYLE	: Merv	"	62	"	M60

WA STATE RECORDS

Lists of Women's records are printed in this newsletter. Would members please check them for typographical errors. I would also appreciate accurate dates where these are known.

Lists of Men's records will, hopefully, appear in the next newsletter and the same comments will apply to those.

I intend to extend the records to include the less common events such as half and full Marathon, One Hour, and 24 hour Relay. I am also prepared to maintain statistics of standard endurance events such as 100K, 24 Hours, etc. I am open to suggestions on all of these. However, all records for these events will have to be claimed by members. I do not have the records to research these, 24 Hour Relay excepted, so I look forward to hearing from you. Some substantiation of claims will be expected.

Bob Sammells

Zoom

8008

1500m

THE

3000m

5000510,00080m HURDLES (76.2cm)

100m HURDLES (84cm)

300m FUKULES (16.2cm)

n = Non-Standard Event

WESTERN AUSTRALIAN STATE RECORDS as at SEPTEMBER 30, 1988

400m HURDLES (76.2cm)		1500m STEEPLECHASE		2000m STEEPLECHASE	
W30	E. HINDLE	63.20a	21.2.82		
W35	K. HOLLAND	63.70a	25.3.78		
W40	K. HOLLAND	72.70	6.2.82		
W45	K. HOLLAND	72.80	2.88	E. MERCER	9.02.13
W50		n			11.87
W55		n			
W60		n			
W65		n			

1500m WALK		2000m WALK		5000m WALK	
W30	J. LANGDON	9.38.0	12.3.81		
W35	B. SALTER	7.42.00	1.86	B. SALTER	25.57.00
W40	J. STONE	7.51.00	2.88	J. STONE	29.34.00
W45	M. STONE	8.39.00	22.10.87	M. STONE	31.14.00
W50	L. BUTCHER	8.57.50	17.1.85	S. CROSS	34.07.00
W55	L. BUTCHER	9.10.00	20.11.86	L. BUTCHER	31.21.70
W60	P. HEAD	9.53.00	11.4.82	V. TYSON	36.04.00
W65	V. TYSON	9.57.40	19.3.88	V. TYSON	34.13.00

10,000m WALK		10,000m WALK (ROAD)		LONG JUMP	
W30				E. HINDLE	5.55
W35	J. SANGER	60.35.00	10.87	E. HINDLE	5.72
W40				J. JOHNSON	5.12
W45				D. GOODWIN	4.22
W50				D. WHITTAM	4.24
W55				P. CARR	3.76
W60					
W65					

TRIPLE JUMP		HIGH JUMP		PENTATHLON	
W30	P. DAWSON	9.14	5.4.87		
W35	E. HINDLE	11.57a	1.3.87	E. HINDLE	3119
W40	J. JOHNSON	10.44	1.12.87		
W45	K. HOLLAND	9.43	20.3.88	K. HOLLAND	2932
W50	D. WHITTAM	9.28aw	5.12.87	D. WHITTAM	2661
W55	P. CARR	8.75aw	28.11.87	P. CARR	2338
W60					
W65					

a = Australian Record w = World Record n = Non-Standard Event

WESTERN AUSTRALIAN STATE RECORDS as at SEPTEMBER 30, 1988

	SHOT (4 KG)	SHOT (3KG)		DISCUS (1 KG)
W30	C. HOLLAND	8.20	29. 1.87	n
W35	M. TAYLOR	9.41	26. 2.87	n
W40	K. HOLLAND	8.01	8.12.80	n
W45	D. WHITTAM	8.24	26. 1.83	n
W50			n	n
W55			n	n
W60			n	n
W65			n	n
W70			n	n
W75			n	n

	JAVELIN (600G)	JAVELIN (400G)		HAMMER (4KG)
W30	E. HINDLE	22.54	11. 1.83	n
W35	J. FLETCHER	24.30	31. 3.84	n
W40	J. FLETCHER	23.86	16. 3.86	n
W45	D. WHITTAM	22.80	16. 3.86	n
W50		n	n	n
W55		n	n	n
W60		n	n	n
W65		n	n	n
W70		n	n	n
W75		n	n	n

	HAMMER (3KG)			
W30		n		
W35		n		
W40		n		
W45		n		
W50	D. WHITTAM	25.80	4.88	
W55	L. BUTCHER	12.14	3.87	
W60				
W65				
W70				
W75				

a = Australian Record w = World Record n = Non-Standard Event

4. Incorporation of Association

This matter is proceeding and the final draft of the proposed Association Constitution is attached. Our Solicitors do not foresee any further difficulties and have now requested the names of the proposed Directors of the Association.

5. Board of Management of the Association

Item 9.1.2. of the proposed Constitution sets out the member requirement of the Board. This is the President, Secretary and Treasurer of the Association and not less than four (4) or more than six (6) other Directors.

As our Incorporation cannot proceed without a Board being nominated and the illness of the elected Secretary, this matter was discussed with the Association President and the following decided -

That a caretaker Board be nominated, this comprising the President of the Association, Assistant Secretary, and one representative from each State with the exception of the Northern Territory. No Treasurer was elected at the A.G.M. and this position was to be covered by Mike O'Neill until such time as he found a person for the position.

Page 34 of the proposed new Constitution covers the above decision (item 15.1).

6. W.A.V.A. Constitution.

A copy of the updated Constitution of W.A.V.A. and its By-laws has been received. A copy is attached for each State. Please keep this document in a safe place for future reference.

7. W.A.V.A. News

The WAVA Council met in Eugene, Oregon from April 29 to May 2 this year and a number of decisions taken at that meeting are listed for your information.

* 1988 Asian Veteran Athletic Championships Tainan, Taiwan Dec 3-5, 1988. Entries for this event closed on Sept. 3 but the contact is available should you be interested.

* International Veterans Meet - Hong Kong. October 15/16, 1988 Entries close Sept. 17. Contact Mrs. M. Brooke, Hon. Secretary, A.V.O.H.K. G.P.O. Box 10368, Central, Hong Kong.

* 50KM Road Walk. Britain have requested consideration be given to adding this event to the World Veterans' Championships from 1991 onwards. WAVA wants to know our opinion. Consideration please,

8. World Games Update

There have been several changes in competition that should be noted and relayed to all members

- a. No entries standards are required - participation is objective
- b. New resolution - "All medal winners must achieve or better the published medal standards before being awarded their medal.
Standards are defined in the entry booklet.
- c. New resolution - "Blind competitors requiring guides are not to receive any advantage over other competitors in the assistance so received. A guide may only be in a position behind or to the side of the competitor. A tether may be used but not to pull the competitor ahead.
In races using lanes the out-side lane must be used."
- d. All track and field events will be open to women competitors
- e. Relay and team events for women will be extended from Melbourne to cover the following age groups: 35-39 years; 40-49; 50-59; 60 years and over.

17. Results 1988 National Championships.

Queensland Secretary Len Petersen has advised that these should issue in the near future. Some problems were encountered in locating all results but I am informed this has now been resolved.

9. New Events - World Games.

A new event, 10km. road race has been added to the World Games program in Eugene. This event will be held on the first day of the Championships, Thursday July 27, 1989.

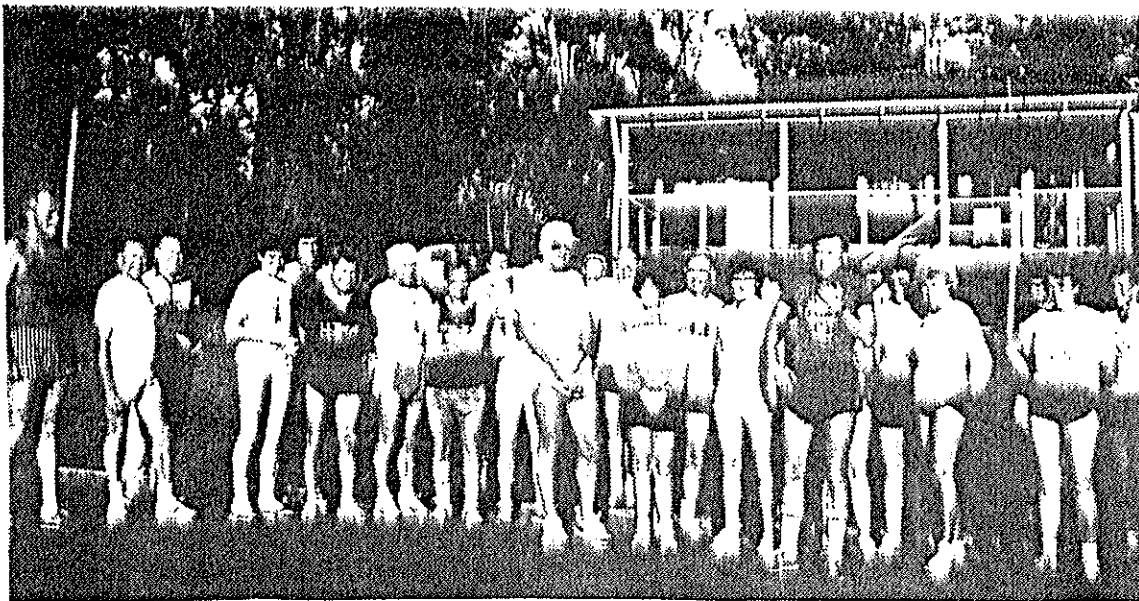
The pentathlon event has been replaced with a Decathlon for men and Heptathlon for women. This event to be conducted on the first two days of the Championships.

Please ensure your members are aware of the last mentioned change as this is a major one for the multiple event athlete, particularly for men wherein they will now be required to take part in the pole vault.

10. Javelin Event Men 50/54 and 55/59. Australia.

At the Annual Conference of the Association held in Sydney, 1987 a resolution was passed that the javelin to be used for the above age groups be 700 gram and not 800 as presently used. This change should be implemented this season. The change will be submitted to WAVA for consideration by its Technical Committee and hopefully adoption at that level.

Some of those who helped make a great weekend.



TIME TRIALS.

There have been a number of enquiries on how these are worked out to get the winners. They are worked out on a points for age basis as follows:-
In the 100m to earn 1000 points a W30 would have to run 12.5; a W40 13.5; W50 14.5; a W60 15.5: In the 1500 a W45 would have to run 5.30.00 whilst a M45 would have to run 4.20.00 to get the same number of points and a M60 would need a 5.05.00: The same applies in the throws and jumps in the triple Jump for 1000pts a W30 would have to jump 9.30m a W60 6.0m and the M35 12.50 to the M60 9.0m: In the 100m .1 of a second = +or- 20 points, in the 1500m 1 second = +or- 6 points, in the triple jump 1cm has varying values depending on the age group (W30/W35 2.3 points W60 2.9 points) and in the mens 35 -55 age groups 2 points M60+ 2.5 points).

NATIONALS T/SHIRTS. These are available from Avril Yates and are now in white lettering on black and black lettering on white. Forms at the end of the newsletter for ordering. Also don't forget that the Uniform for the Nationals is GOLD VEST with the Vets badge and black shorts order form for the vest is also at the end of this newsletter.

The A.A.W.A. are holding an Officials Examination (Theory) for level 3 and also 1&2 for the following :- Track Judge, Timekeeper, Umpire, Starter, Starters Assistant, Technical Assistant/Manager, Long Jump, Triple Jump, Pole Vault, High Jump, Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Walk Judge.

The theory paper for level 3 will be a multiple choice paper - a question followed by a choice of answers, only one of which is correct. One year practical experience is required.

Anyone interested in sitting for a theory exam contact Mr George Tempest
Tel:- 535 4587.

"HELLS BELLS" RUN. Perry Lakes. 25th September 1988.

We lucked out as there were rainstorms 2 hours before the race and after the run. We were pleased to see a bright and plentiful group despite the Donnelly River weekend. Jeff from Tasmania left us in no doubt that apples are good for you - did he take off. Once again to the many helpers "Thank You", especially to Leo Hassam.

John and Cheryl Bell.

RESULTS. 4km.

1. Dave Carr	M55	16.46	7. Fat Miller	W50	24.07
2. Basil Worner	M55	19.12	8. Jackie Greenfield	W45	25.47
3. Alan Pomery	M55	20.44	9. Karen Crellin	W45	26.37
4. Alison Aldrich	W45	20.46	10. Barbara Buchanan	W40	27.20
5. Norm Miller	M55	20.54	11. Patricia Carr	W55	28.42
6. Bill Hughes	M60	21.22	12. Susan Jones	W35	30.18

8km.

1. Jeff James	M40	26.52	25. Derek Drayson	M65	37.30
2. Bert Carse	M45	27.42	26. Ron Potter	M45	37.55
3. John Leiseboer	M30	30.14	27. George Peet	M50	38.35
4. Ted Maslen	M50	30.37	28. Ray Lawrence	M60	39.06
5. Dave Roberts	M45	31.13	29. June Neilsen	W35	39.18
6. Rob Shand	M55	31.31	30. Kirt Johnson	M55	40.03
7. Paul Martin	M45	32.18	31. Linda Rhodes	W40	40.15
8. Mike Rhodes	M40	32.24	32. Joan Slinger	W45	40.34
9. Kevin Martin	M50	32.47	33. Margaret Birks	W40	40.37
10. Geoff Rudeforth	M35	33.02	34. Patrick Sheerin	M55	40.47
11. John Spencer	M50	33.52	35. Joanne Pearce	W35	41.27
12. Peter Airey	M50	34.05	36. Leo Hassam	M55	41.50
13. Dalton Moffett	M55	34.05	37. John Russell	M55	42.26
14. Serge Toussaint	M40	34.49	38. Elza O'Dea	W50	42.27
15. Bill Crellin	M50	35.10	39. Cliff Bould	M70	44.04
16. Tony Speechley	M40	35.27	40. Dave Jones	M60	44.15
17. Peter Cole	M40	35.32	41. Ernie Moyle	M60	44.32
18. John Devenport	M35	35.34	42. Ronald Spencer	M45	47.27
19. Gill Roberts	W40	35.40	43. Jenny Willers	W40	47.39
20. Dave Bryant	M40	35.41	44. Syd Bowler	M65	48.08
21. Merv Jones	M45	35.42	45. Sheila Maslen	W50	48.54
22. Jeff Spencer	M45	36.06	46. James Huggins	M40	49.12
23. Merv Moyle	M60	36.21	47. Robert Boggs	M40	49.13
24. Kath Penton	W45	36.35			

MUSSELL POOL MUSTER. 2nd October 1988.

We'll break with tradition and thank our helpers first! : Sue Jones, Myra Moyle (recording); Allan Tyson ("traffic cop"); Dalton Moffett, Mike Rhodes (flag-gatherers); Steve and Andrew (directors); Angus Sim and Rob Farrell (technical advice); Leo Hassam (the 'signpost').

And special thanks to all participants for making it a fun day.

Yes - it was a tough 12.31k with Brian Danby winning the "Guess the Distance" - a silver spoon for his bride, Sue - and sharing the honours with Ron Potter.

Fred Langford and Marg Forden were the male and female winners. A great run by Marg, who was not really well on the day and was even a doubtful starter.

A pleasing feature was the participation of the Langford family: Fred, Anne and children Grant and Drew. Well done!

In fact there were a number of family groups enjoying this park; we saw the Rhodes', the Jones', the Sherrins'; and that's what our picnic runs are for.

It was also encouraging to see the number of ladies who took part in what is a fairly rugged event. Great to see Elza, Margaret Warren, Jackie and Phyllis do the full distance and enjoy the wild-life on the way.

Peggy McLiver also had a strong run and it was pleasing to see Rob McLiver tackle quite a difficult 4k walk. Well done, Rob!

Karen and Bill Crellin were another husband and wife team who performed solidly over different courses.

Jacqui Jenkins starred by winning the "Guess the Distance" for the short course while Pat Miller showed a nice turn of speed to be first across the line in the short run.

Linda Rhodes ran very strongly to record an impressive 67.16 and we noticed that Jenny Willers not only ran well but didn't fall in Bennett Brook!! Nice to see Kath Mitchell into the running, also with a strong 40:27 for the short course.

Sorry that our map was not clear and that Jan Johnson, Jill and Peter Roberts had to run separately - but hope we see you next time.

Special congratulations also to our two "seniors on the run", Duncan and Derek Drayson. A fine run by both on rough terrain -as also by June Strachan and Val Tyson in the ladies division. And, of course, we were particularly pleased to have Dick Horsley (M75) not only supporting us but tackling the short course. Thanks, Dick! (Of course there is a suggestion that Alan Stone carried you home as part of his weight training!!!) By the way, our ace walker, Margaret Stone, is doing well with her running!

Amongst the speedsters, Hugh Kirkman was first M45 (49:58) and second overall in a strong, sustained run - though he wasn't too happy with me at the 11.5k mark! Derek Hoyer clung to him grimly to be within a mere 14 seconds at the finish.

Kev Martin (6th overall) was another impressive performer when he took out the M50 in 54:44.

Ray Lawrence (first M60) also came home well to finish 35 overall and George Peet (25th) must also welcome the rough courses as did Mitch Loly who is kicking on after the Clontarf run.

Last year, after the run, it was suggested we "change nothing". However, if the committee decides to put this fixture on again, it may be sensible to eliminate the second patch of broken sand.

Anyhow we hope you enjoyed the day - thanks for making it a success!

And our special thanks to Alan Brien (Whiteman Park Manager) and Bob Currie (Senior Supervisor) who were most helpful to us again.

SHORT COURSE (6.25K)

Ladies

35	Anne Langford	38:51
40	Barbara Buchanan	45:27
	Jacki Jenkins	46:00
	Jan Johnson	(sorry!)
45	Kath Mitchell	40:27
	Margaret Stone	41:56
	Karen Crellin	42:30
50	Pat Miller	37:56
60	June Strachan	39:06
	Val Tyson	46:35
	Jill Roberts	(sorry!)

Men

55	Alan Stone	51:52
75	Dick Horsley	57:53
	Peter Roberts	(sorry!)

Visitors

	Drew Langford	31:34
	Grant Langford	37:47
	Janine Mitchell	40:25
	Bronwyn Cole	45:24
	Peta Gillingham	47:39

Walk

(4K)

	Rob McLiver	50:02
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LONG COURSE (12.31K)

Ladies

30	Paula Szpak	59:06
40	Peggy McLiver	63:56
	Linda Rhodes	67:16
	Jenny Willers	73:23
	Phyllis Farrell	83:14
45	Margery Forden	58:30
	Jackie Greenfield	83:14
50	Elza O'Dea	83:14
	Margaret Warren	83:14

45

Ron Potter	63:33
Mitch Loly	64:18
Rob Farrell	69:45
Barrie Thomsett	71:14
Ron Spencer	73:26
Rod Stewart	77:22

50

Kev Martin	54:44
Joe Stickles	55:45
Michael Watts	55:54
Peter Airey	56:49
Morris Warren	57:48
Bob Sammells	58:45
Bill Crellin	59:26
George Peet	61:07

Men

1		
PV	Greg Dowding	53:51
40	Fred Langford	48:18
	Brian Danby	52:05
	Peter Cole	57:14
	D Bryant	57:56
	Angus Sim	59:59
	Mike Rhodes	74:41
	Arnold Jenkins	73:44
45	Hugh Kirkman	49:58
	Derek Hoye	50:12
	Don Caplin	53:13
	John Pellier	53:34
	Graeme Thornton	57:11
	Merv Jones	58:44
	D Ferrell	59:43
	Roland Matzke	60:46
	Keith Forden	61:32

55

Dalton Moffett	56:31
Dave Hough	61:13
Patrick Sherrin	65:30
Norm Miller	69:19
Leo Hassam	73:06

60

Ray Lawrence	70:08
Ernie Moyle	70:40

65

Derek Drayson	60:40
Duncan Strachan	73:07

Visitors

R Clarke	62:26
B Blackman	65:19

CLUB PICNIC RUN. Yanchep Park. 16th October 1988.

The Annual Club Picnic saw a select field of members and families at this popular tourist spot. The weather was perfect and the venue delightful.

A few ventured out in the rowboats. All ate. ALMOST all talked about their running, a few listened. The Slingers showed devotion to duty by arriving the day before to lay out the course and then roughing it at the hotel overnight.

Thanks Joan and Barrie for a very enjoyable day.

RESULTS. Short Course. (Roughly ????)

P Campbell	vis 25.43	P Carr	W55 32.45	M Robinson	W50 37.30
F Miller	W50 29.58	J Pellier	W45 32.47	I Ferris	vis 37.31
L Butcher	W55 30.04	D Whittam	W50 33.57	R Davis	W40 40.40
R Davis	M50 31.24	J Whittam	M50 33.58	V Tyson	W65 40.52

B Thomsett M45 29.10 (Did the long course but got lost by the time he got back the clock had wound down but he remembered his short course time)

Long Course (Exactly?????)

G Ieman	M40 30.06	D Bryant	M40 35.39	J Willers	W40 44.46
J Ferris	M35 30.37	M Watts	M50 36.07	J Slinger	W45 44.55
B Danby	M40 30.42	D Hough	M55 36.19	S Hodge	W40 44.55
G Thornton	M45 31.15	M Jones	M45 36.45	R Farrell	M45 44.57
D Caplin	M45 32.42	G Feet	M50 38.50	D Strachan	M65 45.02
F Deanus	M45 33.02	M Forden	W45 39.42	P Sheerin	M55 45.11
J Pellier	M45 33.13	J Greenfield	M45 39.43	F Hagger	M60 46.10
A Whitley	M35 33.32	R Slinger	M45 39.44	J Greenfield	W45 49.30
B Sammells	M50 33.43	D Carr	M55 39.46	P Farrell	W40 49.31
B Hardy	M45 33.53	N Miller	M55 41.55	A Deanus	W45 49.32
J Spencer	M50 34.13				

On great authority I have been told the conditions were perfect for the running of the now reversed Mill Point Road/Bridges Championships. Over 100 vets completed the course with Frank Smith coming back to form with a time of 34.12. Many thanks to all the helpers namely Maureen Pomery, Jill Langdon, Ann Smith, Rose Johnston, Bridget Carse, Sue Danby, John Gilmour, Alan Tyson and Basil Worner for flagging the course and teeing up the water station and my son Barry and his friend Darryl.

Jackie

RESULTS

<u>W30.</u>		<u>M30</u>		<u>M50</u>	
Paula Szpak	44.51	John Leiseboer	37.47	Maurice Smith	36.13
		(non Champ run)		Ted Masden	37.23
<u>W35</u>		<u>M35</u>		<u>M55</u>	
June Nielsen	46.28	John Devenport	43.05	Maurice Johnston	38.25
Sue Sanders	49.40			Bob Sammells	38.41
Joanne Pearce	50.48	<u>M40</u>		Kevin Martin	39.38
<u>W40</u>		Colin Leman	35.59	John Spencer	41.30
Margaret Birks	48.21	Brian Danby	37.49	Mickael Watts	42.30
Linda Rhodes	49.47	Peter Roberts	37.57	Richard Harris	42.51
Sandi Hodge	53.09	Brian Foley	38.08	Pat Guiton	43.13
Jenny Willers	56.42	Mike Khan	39.40	Bevan Byrne	44.44
Christine Aston	57.51	Mike Rhodes	40.37	Mike Faunge	46.48
Jan Johnson	58.07	Dave Scott	41.36	Paul Jones	53.47
Jackie Jenkins	66.51	Peter Hill	41.59	Jeff Whittam	71.53
		Peter Cole	42.30	(walk)	
<u>W45</u>		Arnold Jenkins	42.38		
Kath Penton	46.17	Tony Speechley	42.40	David Carr	40.19
Joan Slinger	53.09	David Bryant	43.01	Dalton Moffett	41.23
Alison Aldrich	53.14	Serge Toussaint	43.53	Dave Hough	41.51
Ann Leiseboer	71.53 Walk	John Birks	44.47	Vic Beaumont	45.09
<u>W50</u>		<u>M45</u>		Alan Pomery	47.04
Elza O'Dea	51.36	Frank Smith	44.12	Kirt Johnson	48.04
Margaret Warren	51.43	Robert Raymen	35.00	Norm Miller	49.17
Sheila Maslen	60.49	Don Caplin	37.02	Basil Worner	49.48
Dorothy Whittam	60.52	Hugh Kirkman	37.42	Patrick Sheerin	51.21
Jackie Beaumont	67.20	Paul Martin	37.54		
Patricia Miller	77.38	Dave Roberts	38.18	<u>M60</u>	
Mary Robinson	77.38	Derek Hoyer	38.24	Brian Jones	41.53
<u>W55</u>		Rod Stewart	40.51	Merve Moyle	46.34
Lorna Butcher	54.12	Bryan Hardy	41.15	Ray Lawrence	49.48
<u>W60</u>		Barrie Slinger	42.46	Gerry Foley	52.25
June Strachan	55.32	Roger Walsh	43.09	Ernie Moyle	54.50
<u>W65</u>		Ron Potter	45.56	Fred Hagger	56.23
Val Tyson	68.02	Barrie Thomsett	57.01		
<u>Visitors</u>		<u>M70</u>		<u>M65</u>	
Michael Sanders	39.52	Eddie Strickland	47.06	Derek Drayson	44.58
Larry Brown	40.20	Cliff Bould	51.20	Stuart Hicks	49.28
Ian Thomsett	41.39	Arthur Leggett	53.17	Frank Usher	56.23
Paul Wighton	44.52			Syd Bowler	58.52
John Mison	48.21	<u>M75</u>			
Paul Campbell	51.42	Jack Collins	75.13 walk		
?????	54.54	Dick Horsley	85.43 walk		
Christopher Jenkins	66.51				

MEN.

1. Frank Smith
2. Robert Raymen
3. Colin Leman

WOMEN.

1. Paula Szpak
2. Kath Penton
3. June Nielsen

TIME TRIALS FOR OCTOBER 1988 (No points applicable)

6th Oct. 100m

Jan Johnson	W40	13.4	Patricia Carr	W55	15.50
Dorothy Whittam	W50	14.4	Jackie Greenfield	W45	16.04
Patricia Carr	W55	16.2	Robyn Holmes	W35	16.19
David Clive	M50	11.6	Lorna Butcher	W55	20.37W
Arnold Jenkins	M40	12.9	Don Caplin	M45	10.06
Ray Harris	M50	13.5	Frank Smith	M45	10.13.
Peter Corley	M65	13.9	Brian Danby	M40	10.57.
David Carr	M55	15.0	David Carr.	M55	11.19.
Norm Miller	M55	15.1	Arnold Jenkins.	M40	11.30.
Barry Blackman	M45	15.5	Joe Yates.	M40.	11.40.

Triple Jump.

Jan Johnson.	W40	9.36m
David Clive.	M50.	10.30m
Peter Corley.	M65.	9.41
David Carr.	M55.	7.60m

Keith Forden.	M45.	11.55.
Barry Blackman.	M45.	14.22.
Jack Collins.	M75.	21.20W

13th Oct.

400m

Jan Johnson.	W40.	66.9.
Pat Carr.	W55.	92.5.
Brian Foley.	M40.	60.4.
David Carr.	M55.	62.2.
Don Caplin.	M45.	64.3.
Richard Harris.	M50.	67.3.
Bob Argyle.	M40.	69.2.
Joe Yates.	M40.	69.3.
Brian Danby.	M40.	69.3.
James Dagostino.	M45.	69.6
Stan Latchford.	M45.	69.9.
Garnet Morgan.	M60.	79.8.

Javelin

Rae McMillan	W60	20.00
Dorothy Whittam	W50	18.04
Patricia Carr	W55	17.10
Harry Holland	M40	38.38
Norm Richards	M50	30.40
Bryan Hardy	M45	29.47
Carlo Baumann	M70	20.66
Allen Tyson	M60	19.80
Bill Hughes	M60	19.55
David Carr	M55	18.82
Dick Horsley	M75	13.68

5km.

Paula Szpak	W30	21.45
Robyn Holmes	W35	22.11
Sue Sanders	W35	23.18
Frank Smith	M45	17.06
Bob Argyle	M40	17.14
Chris Brockwell	M35	17.28
Don Caplin	M45	17.58
Peter Sanders	M40	18.16
Brian Danby	M40	18.28
Fraser Deamus	M45	18.43
Brian Foley	M40	18.46
Bob Sammells	M50	18.55
Joe Yates	M40	19.45
Brian Hardy	M45	19.48
Stan Latchford	M45	19.52
John Dartnell	M40	20.20
David Carr	M55	20.21
Barrie Slinger	M45	20.55
Allen Tyson	M60	22.27
Bill Hughes	M60	22.34
Jim Dagostino	M45	22.48
Cliff Bould	M70	24.53

20th Oct. 200m

Jan Johnson	W40	28.9
Dorothy Whittam	W50	31.9
Edith Coote	W50	41.2
Brian Foley	M40	27.5
David Carr	M55	28.1
Ray Harris	M50	28.1
Kevin Martin	M50	29.3
Jim De Gruchy	M60	31.6
Bill Hughes	M60	35.6

1 Mile.

Bert Carse	M45	4.48.5
David Reid	M35	5.01.9
Brian Foley	M40	5.02.7
Bob Argyle	M40	5.13.3
David Carr	M55	5.30.9
Kevin Martin	M50	5.31.0
Bob Sammells	M50	5.34.0
Bill Hughes	M60	6.44.0
Jeff Whittam	M50	10.19.1W

2km Walk 13th Oct.

Lorna Butcher	W55	12.35
Jill Langdon	W40	13.56
Val Tyson	W65	14.24

Jeff Whittam	M50	12.37
Allen Tyson	M60	13.22
Jack Collins	M75	14.27

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CANNING DISTRICTS TRACK MEETING AT COKER PARK. 27th November 1988.

The meeting will start at 9am and should conclude by 11.45am. There will be a B.Y.O. Barbeque afterwards. Trophies will be awarded to winners at 11.30am. The times of the Veterans events are as follows:- 100m 9.45am. 1 Mile 10.20am. There is also an open 1 mile Walk at 10.30am. John is looking for people to help at the event, so if you would like to officiate see him on the morning.

On the 30th November 1988 at 6pm The John Gilmour 10km will be run, there are good prizes for this event which is being run by Jim Barnes. If you would like more information about this event give Jim a ring on W459 2142 H459 2617 If you are going to run please bring your own lapscorer.

PERRY LAKES RESULTS 15th Oct 88.

Dorothy Whittam		Jan Johnson		Joy Sanger		Don Caplin	
Hammer	21.16	100m	14.3	100m	14.4	800m	2.17.5
100m	15.3	200m	28.8	200m	29.0	2km S/C	7.00.5

23rd Oct 1988.

Dorothy Whittam		Joy Sanger		Kath Holland		Eileen Hindle	
T/Jump	8.68	T/Jump	9.07	T.Jump	8.63	60m	8.7
60m	9.2	60m	8.6	300m Hurdles		200m	26.9
Javelin	19.07	Javelin	19.38		54.6		
				Discus	21.90		

Kath Holland	15th Oct						
200m	29.6	Discus	23.48	300M Hurdles	53.6		

Don't forget to write your results at Perry Lakes in the file Dorothy has.

PERTH to ALBANY ULTRAMARATHON. September 1988.

THE RACE:

We had two pre-race meetings and an on site demonstration using a van to explain to runners and crews what was required. Linda Parker and Joe Record were in charge of this. Crews and runners had already been sent a booklet on how to run and crew in such an event as this.

We do not undertake to find crews for W.A runners only for interstaters. Though most brought at least one crew member, some driving across to Perth. Each runner needs a campervan and a car plus four to five crew members.

At the meeting all crews were introduced to each other and their runner, though interstate runners had been encouraged to write or ring the crews they had been allocated. Most important that aspect of crewing.

The event started at the Burswood Casino overlooking the Swan River, Cars, vans and spectators were able to be in one area. The entrants had tea and cake plus media conferences before the Mayor of Perth sent the 17 runners off. The weather was overcast and started to rain as it did throughout most of the event, most unseasonable for Perth. Shades of Melbourne! you should have been here last week the weather was glorious!

Graeme Woods was in the lead pack almost from the start with Mike Thompson, Joe Record, Ron Hill, Ross Parker and Trevor Harris, followed by Ron Grant. Then basically for the first part of the race it was Graeme Woods, followed by Mike Thompson and Joe Record. Mike dropped out at Williams after approximately 100 miles, George Audley started to catch up running every 20 minutes and walking three minutes. He closed in on Joe and passed him. Joe dropped out at 266 kms. At this stage a battle was going on between Ross Parker and Ron Hill.

Graeme kept his lead, George got to within 17 kms of him at one stage but could not catch him and so Woodsy finished to a crowded reception at the Albany City Hall. All runners were led into town by a police vehicle, crews running along side their runner. Ron and Ross's position changed right throughout the race, Ron winning that contest. Ross ran out a sore leg.

Trevor came up from the second pack. As runners dropped out the race was divided into two sections, Graeme to Ross, then Trevor to Dave Bird, this made it easy to monitor. He had run and walked the first six hours, rested one hour, thereafter after every four hours he rested an hour. He stated that when he got to within 100 kms from home he would speed up and so he did. He finished looking as though he had just been for a jog. He and Lorraine were going to Margaret River to surf so he said he didn't push himself.

This event proves that competing in the Sydney to Melbourne ultra helps but finishing is a bonus. The first five were all Sydney to Melbourne competitors. Also having an experienced person who had crewed in the Westfield event helped. Ron Hill had a couple of his usual crew, Linda Parker was in Ross's crew, Lorraine in Trevors crew, Wendy Chrisp in Graeme's crew and of course George had most of his usual crew, two of whom are prison officers. Some whit said that was just what George needed.

I had the misfortune to tell Interstaters and all and sundry that the event wasn't tough, had a few hills and was basically flat, in other words undulating.

Charlie Spare thought it was flat as well, looks different from a car he reckoned. 11 days into the race he didn't say what he usually does 'never again'. This time it was 'you will see, I won't be back next year, I won't sign the dotted line'. Later on he was smiling. Does it mean a leopard can change his spots?

Ron Hill, who must have been going through a bad patch, said it was the toughest race he has ever run in. Kept muttering about the hills. I couldn't believe it was tougher than the Sydney to Melbourne, no race is.

Ross Parker (three times finisher Sydney to Melbourne) explained it to me. He said you are running quicker because the race is shorter and the hills keep coming at you. He felt it was a testing course for those wanting to enter the Westfield race, so did the other four.

I consider the Sydney to Melbourne to be the jewel in our ultra crown as it were. It gets the most media coverage, has popularised ultra running throughout the country thus more ultra events are taking place. Without this event we could not be in the position we are today ultrawise. So Charlie Lynn I have kept my promise, we have created an event in W.A. that those considering running in the Sydney to Melbourne can test themselves out in. (TO BE CONTINUED)

NATIONAL CHAMPIONSHIP VESTS

As mentioned in previous newsletters, the state uniform must be worn by W.A. competitors when competing at the Nationals next Easter. Gold vests with black trim and our logo are to be worn with your black shorts. The vests may now be ordered by completing the following form.

Name.....Address.....
.....

Please supplymen's (size.....)ladies' (size.....) vest/s.

Price: men's \$7.50 ladies' \$8.60

Sizes available: men 14 - 24 ladies 10 - 20

NATIONAL CHAMPIONSHIP T/SHIRTS.

Please supply.....SIZE..... Please supply.....Size.....
PRICE. \$8.00 (unisex) AMOUNT ENCLOSED.\$.....

Please forward form to: Avril Yates, 30 Chapman Road, Calista, 6167, with your cheque made payable to W.A. Veterans' Athletic Club.