



The Vetrun



No. 192 SEPTEMBER 1988

W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WB11 0370."

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YOU DON'T KNOW WHAT YOU CAN DO UNTIL YOU TRY.

PRESIDENTS CORNER.

1. **QUIZ NIGHT.** Don't forget the quiz night. 7pm 14th October 1988. At the Rugby Club at Ferry Lakes. Your Quizmaster is Barrie Slinger. Please ring Margery Forden 409 6693 or Jackie Greenfield 383 1084 if you have any prizes you wish to donate.
2. **Jorgensen Park.** The Cross Country Championships and after race luncheon were both excellent as usual. Thanks to Maureen and Alan Pomery for making the race a good one. Thanks also to Jan Johnson who organised the Kitchen and to the very many helpers she had. WELL DONE ALL.
3. **Summer Track & Field Season.** As you are aware, the National Track & Field Championships will be run in Perth at Easter 1989. Those of you who haven't tried T & F should give thought to participating in these great Championships. If you are apprehensive, don't be, as there are many expert athletes in the club who will assist you and offer helpful advice. Training and time trials will be held from October 1988 to March 1989 and these will include running, walking, jumping and throwing. Watch the Vetrun for the programme (hopefully later in this issue. Ed) Lets start now and make these Championships worthwhile by having greater participation from our club members. If each member entered only one event, that would ensure that the meeting would be highly successful. Its also a lot of fun, and you never know, many great champions have emerged in the past simply by trying something different.

FROM THE COMMITTEE.

The raffle for those two magnificent dolls which was drawn at the Club Cross Country Champs at Jorgensen Park, raised \$164. Our thanks go to Ivy Hagger for making them and to Fred for bringing them along for the raffle. As stated in the last Vetrun the winning ticket was E57 and was held by David Forden.

The club committee is looking into Public Liability insurance for the club as at the moment we are without cover in this area.

Quiz Night. Tickets are now available from any member of the committee at \$4 each. Make up your tables of SIX now. The bar will be open and drinks will be available, it is against the law to bring your own and it also saves carting an 'esky' along. If you have any prizes to donate please contact Margery Forden or Jackie Greenfield.

State Uniform. At the Nationals next Easter W.A. Members MUST wear the State Uniform, not the Club uniform, if they are competing. This is a Gold Vest and Black Shorts. These are now available so get in early and order yours now, don't leave it to the last minute. An order form is printed at the end of this newsletter. There are also championship Tee Shirts available, see the notice board at club runs for details or order them using the order form at the end of this newsletter. Cost of the T/Shirts is \$8 each men or women, State Vests costs are Men \$7.50 and Women \$8.60 sizes available are Men 14-24 Women 10-20. The T/shirts are NOT a part of the uniform for competition.

World Track and Field Champs in Eugene-Springfield, Oregon, U.S.A.
July 27-August 6 1989. If you are thinking of going to these champs

please contact Rob Davis, as he is interested in organising a group flight from Perth. The intention is everyone flies from Perth at the same time, competes at the Championships and then return to Perth as they wish after doing their own "thing".

A.A.W.A. The Association have indicated that they will be willing to put on events for Veterans on a Saturday afternoon at Perry Lakes. This will mean joining the A.A.W.A. at a cost of \$20 but should be well worth it if you are thinking seriously of competing at the Vets Nationals next Easter, especially if you are into events that require specialised training like the Hurdles, Steeplechase, High Jump, Hammer or Pole Vault for example. If you are interested please contact Brian Foley on 339 2716.

BI-CENTENIAL RUN. 11th September 1988. The start for this event has been changed from the Esplanade to MEWS ROAD, to get there go along Marine Terrace and cross the railway between Suffolk and Arundel streets, turn RIGHT along Mews Road past Lombardo's to the car park at the end of the road between the Fishing Boat Harbour and HMS Challenger Harbour. Anyone wishing to run in "Costume of the Period" may do so.

PHOTOCOPIER. The club has purchased a new photocopier as the maintenance costs for the old one had increased beyond an economic limit, this newsletter is the first use of the new copier. (Its funny but this one seems to make spelling mistakes too???)

SAFETY.

With the increasing number of members in the club, the committee is concerned with the safety procedures adopted by both organisers and runners.

As a result the following procedures must be adhered to:-

1. Race directors are to ensure their events have an organised safety plan.
2. Marshalls MUST wear red safety jackets and be fully briefed by the race director on their tasks.
3. Runners MUST comply with the current Road Traffic Act and Regulations.

In response to a letter from the committee to the W.A. Police Dept, the Police Traffic Branch have kindly explained their current policy. A copy of the letter is printed below. Please read it carefully and wherever possible adhere to it.



Police
Department

Traffic Branch
Cnr. Wellington and Plain Streets,
East Perth 6000
Telephone 222 2222 Telex: 92336
1840

- (C) Policy on crossing of roads from footpaths and cycleways.

Regulation 702(2) of the Road Traffic Code states:- where a pedestrian crosses a carriageway or portion of a carriageway he/she shall:-

- a) Keep left of pedestrians crossing in the opposite direction.
- b) Cross as nearly as practicable by the shortest and most direct route to the carriageway boundary except where there is a marked crosswalk, in which case he/she shall keep within the boundaries of that marked crosswalk, and
- c) Where provided, cross at a traffic control signal in operation, a pedestrian crossing or a children crossing.

- (D) Policy, if any, on runners using cycleways, and the relationship between runners, cyclists and pedestrians i.e. who has Right-of-Way.

Regulation 701(A) states:- A bi-cyclist who is on a dual use path shall give way to a pedestrian who is on, or is crossing, the dual use path.

Section 83 of the Road Traffic Act could also be used by persons wishing to participate in a race or time trial by applying as per Section 83. (Copy attached)

I trust this information is of assistance.

Any further queries you may have can be referred to Senior Constable Mills, Permits and Parades Officer, on telephone number 222 1763.

Yours faithfully

MURRAY W DRAYTON
ACTING CHIEF SUPERINTENDENT

May 18, 1988

TAT:AS

Ref.
Ref.
Sergeant Thomas

Dear Sir

I refer to your letter of April 21, 1988, seeking this Department's policy in regard to foot races being conducted on roads and footways.

Policy is structured on the Road Traffic Act and Regulations accordingly, in regard to the points raised in your letter I refer you to the relevant legislation as follows.

The Road Traffic Code defines a 'Pedestrian' as any person on foot, therefore, any person running would be classed as a pedestrian.

The following points can be best clarified by the regulations.

- (A) Policy on runners using roads which have verges and footpaths adjacent.

Regulation 704(1) of the Road Traffic Code states:- A pedestrian shall not proceed along a carriageway where a footway exists on the road and is in a fit condition.

- (B) Policy on runners using roads which do not have verges and footpaths adjacent.

Regulation 704(2) of the Road Traffic Code states:- A pedestrian proceeding along a carriageway, shall, where practicable, travel on the carriageway or side of the carriageway used by vehicles travelling in the opposite direction and shall keep as close as possible to the boundary of the carriageway on his right.

83(1) Whenever any number of persons, or any club or clubs, intimate to the Minister that they desire permission of the Minister to hold race meetings or speed tests in any particular place or locality on a day to be fixed, the holding of which will necessitate the temporary suspension of the operation of any regulations under this Act, the Minister may refuse permission, or may grant permission and by notice published in the Government Gazette temporarily suspend the operation of any regulations under this Act for such purpose, and may define the conditions under which such race meeting or speed tests shall be conducted, but the Minister shall not so grant permission or temporarily suspend the operation of any regulation unless he has first obtained the consent of the local authority for the district within which the place or locality concerned is situated.

2 A person who :

- (a) conducts or takes part in a race meeting or speed test mentioned in Sub Section (1) of this Section, permission mentioned in that Sub Section not having been obtained; or
- (b) That permission having been obtained, fails to observe the conditions if any so defined as those under which the race meeting or speed test shall be conducted.

Commits an offence.

Fritikin Health Assc. W.A. Branch are holding an afternoon lecture and panel discussion on the topic "IMPROVE YOUR PERFORMANCE" at the F.J.Clark Lecture Theatre in Sir Charles Gairdner Hospital at 2.30pm on Sunday September 18th 1988. The main speaker is Robert Scott, the man who helped Steele Bishop to his World Title in cycling, also speaking are Steele Bishop and Vet club members Bob Argyle and John Fressley. After the speakers there will be a panel discussion. Among the champions who have benefited from this lifestyle are Robert de Castella and Hawaiian Triathlon Iron Man Champ Robert Scott. The cost is \$3 and parking is off Monash Ave opposite Hampden Road.

STARTING BLOCKS & HURDLES. Allen Tyson has a contact who is making these items for the Little Athletics and they are also willing to make them for any member of our club that may be interested. The starting blocks are \$25 each and the hurdles are \$20 each, if you are interested in buying or would like some more details give Allen a ring on 387 3722

CORRECTION. R.R.C. CHAMPIONSHIPS.

Sandi Hodge was missed off the results of the Jim Barnes Run and because of this was also missed off the results of the R.R.C. Sandi is the winner of the W40 with the following results:- 10km 54.14; 15km 76.17; 25km 2.12.26 giving her an average speed over the 50km of 5.15 per km. Well done Sandi.

Morris Warren.

Morris is wanting someone to run the Herne Hill Marathon on the 18th September, with him PROVIDED they are wanting to run 3.30 pace (I assume thats for the marathon and not km pace) If you are interested give him a ring or see him at a club run.

		TIME TRIALS			C/T=Coker Park McG=McGillivray			
DATE	VENUE	POINTS			NON	POINTS		ORGANISER
6th Oct	C/P	-----			100m	3km	T/J	Brian Foley
13th Oct	McG	-----			400m	5km	Jav	J&D Whittam
20th Oct	C/P	-----			200m	Mile	Shot	to be published
27th Oct	McG	100m	800m	Discus		10km		in next Vetrunk
3rd Nov	C/P	3km		Hammer	200m		L/J	here onwards
10th Nov	McG	200m	2kmWalk	Jav	800m			
17thNov	C/P	5km		Shot	400m			
24th Nov	McG	1500		T/J	100m			
1st Dec	C/P	400m	1500Walk	L/J	3km		Discus	
8th Dec	McG	10km			200m		Discus	
15th Dec	C/P	-----			100m	800m	3km Jav	
Christmas Break								
5th Jan	McG	-----			400m	10km	Shot	
12th Jan	C/T	100m	800m	Hammer	5km			
19th Jan	McG	3km		Discus	200m		L/J	
26th Jan	C/P	200m	2km Walk	Jav	1500			
2nd Feb	McG	5km		Shot	400m			

9th Feb	C/P	1500	T/J	100m
16th Feb	McG	400m	1500m Walk L/J	3km Discus
23rd Feb	C/P	10km		100m Discus
2nd Mar	McG	-----		200m Mile Jav
9th Mar	C/P	-----		100m 800m 3km Shot
16th Mar	McG	-----		400m 5km Discus

As we said in the last newsletter we are starting a Field Events training night every TUESDAY starting from the 4th October at 6pm. If anyone can assist with coaching for any of the events would you please let the editor know.

The TIME TRIALS WILL START AT 5.30pm in October and at 6pm from the 3rd November onwards.

NATIONALS 89 - NEWS UPDATE #4

Programme. This has now been finalised and events for men and women for all age groups will be held as follows.

Friday, March 24, 1989.

Track: 10,000m

Field: Hammer Pole Vault

Saturday, March 25, 1989.

Track: 100m 400m 1500m 5000m Walk High Hurdles Steeplechase

Field: Discus Long Jump High Jump

Sunday, March 26, 1989.

Track: 200m 800m 5000m Low Hurdles

Field: Javelin Shot Putt Triple Jump

Monday, March 27, 1989.

10,000m Cross Country

10,000m Road Walk (Women)

20,000m Road Walk (Men)

Pentathlon (Women) Long Jump Javelin 200m Discus 800m

Pentathlon (Men) Long Jump Javelin 200m Discus 1500m.

Start to plan your training now!!!!

Athletic Association of Western Australia. The AAWA has offered their assistance and support in the conduct of the Championships.

Clothing. Some snazzy souvenir T-shirts may be for sale by the time you read this. Please try to get one, wear it as often as possible and advertise the Championships.

Medical. Serge Toussaint's offer to organise medical support at the various sites has been gratefully accepted. Let's hope he is under-employed over the weekend and finds time to run.

Social. This will be held on the Sunday evening at the Rugby Union Rooms at Perry Lakes. A marquee will be erected and linked to the Rooms. Together, these should provide ample accommodation for people, three bars and a live band. A buffet-style meal is planned. Most importantly, it is hoped to keep costs to less than \$20.00 per ticket.

Billeting. We have received our first request for accommodation. Any members willing to assist should ring Bob Sammells on 309 2293.

TRY TRACK

by Chris Wardlaw

Next August, many of you now reading this article will be sitting in front of your televisions glued to your seats watching exciting Olympic track races from 800 through to 10,000 metres for men and (the US Supreme Court willing) women, and the two marathons.



Runners who have come to the sport via the road running boom tend to take a vicarious pleasure in watching the superstars of the track race at the Olympics or World Championships. Then they turn off their television sets and resume their obsessive running on the roads.

Somehow, the great majority of runners seem to think that mass participation 'fun runs' on the roads are the only avenue open to them for expressing their interest. This is far from the truth.

It is a long way from the Olympics or World Championships and the magic of a Coe-Overt middle distance clash, a Viren or Yifter long distance double victory, or Mary Decker front-running to a magnificent 3000 metres win, to running on a Saturday afternoon in one of our country's many track competitions. But track is a useful option for runners who have only participated in road running.

Track running at the elite level is far removed from road running. The physical size of the 400-metre track limits the numbers who can be involved. I ran in the Olympic 10,000 metres final in 1976 with only 15 other competitors and finished 12th behind Lasse Viren's last lap kick to defeat Carlos Lopes (of Rotterdam fame).

Yet the excitement and sense of achievement I felt at that performance far outweighs my victories in the City to Surf and Bay to Breakers races, despite beating something like 20,000 runners in both.

That elite Olympic race which we all watch on our televisions is contested by the very pinnacle of the pyramid representing the mass of runners who participate at all levels of performance in long distance track races throughout the world. Every runner has available, if he or she desires, track races of a

suitable standard in which to compete.

In all states of Australia there are several levels of track competition catering for a wide range of performance standards and degrees of interest. To take one example, the Emil Zatopek 10,000 metres in Victoria in mid-December each year is run in an elite men's and women's division and many others, including veterans.

Some might ask: "why run around a track 25 times?" It might equally be asked: why run along a concrete road for 10 kilometres only to be faced with the hassle of getting back to where you left your car?

(Still others might even ask: "why run at all?" I assume we have all ignored that question and its implications, and run despite the trauma it causes us all.)

Track running has several points to commend it. Most importantly, it is *time-tested*. A 400-metre track has been accurately surveyed. If you run a 5000 or 10,000 metres race on it you can be sure you have run that distance and, within the limits of accuracy of a running watch, be equally sure about the time you have taken to run it.

In short, track running is the surest way of determining exactly how fast you can run, whether or not you are running faster than previously, and an indication of the success or otherwise of your training regimen. The road cannot match this esoteric satisfaction of an exact performance.

The lap nature of track also allows for almost endless analysis of 'splits', or intermediate times. I can reel off my fastest 1000 metres in a 5000 metres race, fastest last laps, fastest half-way and last half splits in a 10,000 — all of which give me no end of amusement.

Roads are not as measurable; the start and finish times are less certain. At whatever level, there is something intrinsically satisfying about knowing exactly how fast you can run. (In some ways, the harsh reality of track performances can be demoralising. Seeing my own times over set distances falling way below my previous standards tends to be a little hard to cope with.)

Track also provides an interesting diversion from road running. It is different. It calls for much more disciplined tactics than a road race. Running around the bends calls for concentration to avoid covering extra distance (four metres extra is covered per lane per bend).

The close proximity of other runners calls for increased concentration too. And the small size and relative evenness of the field gives an air of racing excitement that is perhaps dissipated in mass fun runs.

The discipline involved in lap running on a track is excellent for developing the necessary rhythm for good road running. Improvement in running is, I believe,

directly connected with an efficient rhythm being developed through training.

Track is good speed work in preparation for a marathon too. The popular 5000 and 10,000 metre distances are good formal racing as part of marathon training.

Some might shy away from track racing thinking that training for it is different from that for local fun runs over various distances. This is not true. Track running is just another form of running, and training for it is little different (except perhaps for the 800 and 1500 metre distances).

Probably the biggest difference would come if you decided to do your track racing in spikes. Tracks are made to accommodate spikes and the advantage of these light shoes forcing you up on your toes as a result of the spikes' grip makes for faster running. However, to race in spikes over a distance requires that some preliminary training is done in them so as to avoid possible injury. This would mean a formal track training session maybe once a week. But it is just as effective to run on the track in the same shoes in which you normally run your road races.

A hidden advantage of track can lie in the timing of most races. Saturday afternoons or mid-week evenings are the most common. Thus, the Sunday morning sleep-in becomes a reality, rather than spending it chasing that elusive fun run spot prize!

The risk of injury is a possible drawback. Running laps can put extra pressure on backs, joints, short legs, etc. It is necessary to accustom yourself to the running of bends through gradual efforts in training, just as you accustom yourself to increased distances through gradual increments in training.

There is a legend/fact regarding track running at Oxford University in the

Bannister days of the early 1950's which comes to mind here. The track club did their interval training in the clockwise direction. Their reasoning was that if you raced *and* trained only in an anti-clockwise direction, all the stress would be placed on the left leg on bends. So, to even out the stress, training was done in the opposite direction. This rationalisation was probably just developed to justify some crazy Oxford tradition.

If you are now convinced that a track 5000 or 10,000 is a possible option for you, here is a schedule designed as a lead-up to track racing.

Depending on your level of training at the moment, and using the principles enunciated in my marathon series in Volume 1, Nos 4-6, the following is a possible plan:

Week 1	
Sun	Long, easy run
Mon	Steady, medium distance run
Tue	Easy, medium distance run
Wed	Steady, medium-long distance run
Thu	20 mins jog, 6 laps on track, sprint the straights, jog the bends, 20 mins jog
Fri	Easy, short distance run
Sat	Fast, medium distance run
Week 2	
As above, except:	
Thu	20 mins jog, 6x200 metre intervals. (Run 200 fast, jog/recover 200; repeat 6 times). 20 mins jog
Week 3	
As above, except:	
Thu	20 mins jog, 4x400 metre intervals. (Run 400 fast, jog/recover 400; repeat 4 times). 20 mins jog
Week 4	
Sun	As in weeks 1-3
Mon	Easy, medium-distance run
Tue	20 mins jog, 6 laps of sprinting

straights, jogging bends, 10 mins jog

Wed	Easy, medium distance run
Thu	20 mins jog, 5-6x400m intervals. (400 fast, 400 jog; repeat 5-6 times.) 10 mins jog.
Fri	Easy, short distance run
Sat	Steady, medium distance run

Week 5	
Sun	As in weeks 1-4
Mon	Easy, short distance run
Tue	20 mins jog, 8x200 metre intervals, 10 mins jog
Wed	Steady, medium distance run
Thu	20 mins jog, 6 laps sprinting straights, jogging bends, 10 mins jog
Fri	Easy, short distance run
Sat	Race 5000 or 10,000 metres

Notes
The terms *easy*, *steady*, *fast* are meant to be applied as levels of intensity by individuals according to their level of running pace. E.g., if race pace is 7 minutes per mile: *easy*=8-8½, *steady*=7½-8, *fast*=7-7½.

The terms *short*, *medium* and *long* distance are meant to be applied by individuals on the basis of their present distances covered. Short can be taken to mean about 25% of the distance of the longest run, medium about 50% of longest run.

Spikes need not be used, but if you intend to race in spikes, then the track sessions should be done in them.

The sprints should be as fast as possible, but evenness of pace over the distance run should be the aim. It is not as beneficial to sprint off over a 400m course and slow down dramatically in the last 100m, as to concentrate on even pace, feeling as strong at the end of each sprint as at the beginning.

Bassendean one game, Brazil the next



Barry Harwood

PERTH referee Barry Harwood saw at first hand the start of Australia's recent climb up the world soccer tree — he ran the line in their first Bicentennial Gold Cup encounter with Brazil.

He also refereed the opening match of the tournament between Argentina and Saudi Arabia, a game kicked off by legendary Brazilian Pele in front of about 10,000 people at Football Park in Adelaide.

The game was broadcast to more than 50 countries around the world — a potential audience of millions.

Yet, only four days earlier, Harwood had been tending to a section of the game's grass roots in Perth.

He refereed a Second Division game between Bassen-

By MALCOLM QUEKETT

dean Caledonians and Balga in front of only a handful of fans at Jubilee Reserve.

And only two days after running the line in the Australia-Brazil game, he was back in Perth as a linesman for reserves and first-team matches between Olympic and Perth Italia in the Super-League.

The Bicentennial competition was the latest high point for Harwood, 46, in a first-division refereeing career in WA stretching back to 1967.

He said other highlights included refereeing WA's historic victory over Glasgow Rangers during one of the golden eras of the game

in this State in the mid-70s and taking charge in a King's Cup Tournament in Thailand.

Yet, he said he did not mind occasionally taking charge of second-division games in Perth.

"There are no prima donnas among referees," he said.

"Perhaps my Bicentennial appearances could have elevated the position of referees in WA but we are just a group of people who contribute to the game."

Harwood said there was a big difference in standards between soccer at international and club levels.

"International soccer is a lot slower because they play the ball about instead of

kicking it up the park and chasing it," he said.

"Sometimes you are standing still a lot of the time, but you can go from that to a flat-out sprint because when they do move the ball they move it about faster."

Harwood said the publicity generated by the performance of the Australian side in the Bicentennial competition should not be wasted.

"If the game does not kick on now it is going to run into difficulty in the future," he said.

"It's up to the people who run the game to really promote it."

Harwood hopes his next high point will be to referee in next year's World Youth Cup in Scotland.

MUSSEL POOL MUSTER

BEECHBORO 9am 2nd OCTOBER

ENTERING THE PARK —

Please note - you enter the park from the Entrance Complex off Lord Street. You then follow the marked limestone gravel road to Mussel Pool. It's different from last years entry.

NOTE 9am start

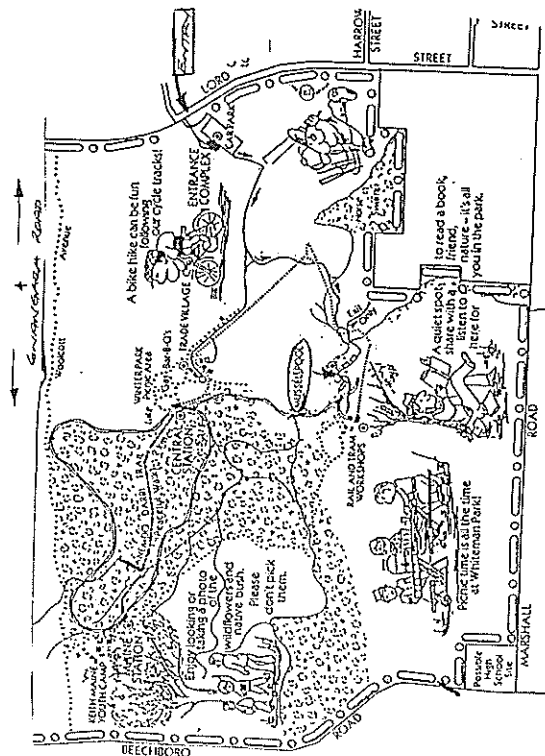
COURSES -

A long one - between 11k and 13k
A short one - between 5k and 7 k
Same as last year - long, varied and tough -
a real challenge
There will be one or two "splash-pools" - up
to the ankles only. You may need the older
shoes.

AFTERS —

"Cuppa" provided
Ample BBQ and picnic facilities
bring your bike
No showers available
Prizes for "guessing the distance".

tram rides, train rides, bird and roo watching



DARLINGTON DASH for the DICK HORSLEY TROPHY - HUSBAND & WIFE CHAMPIONS.

8th MAY 1988.

Sixty eight souls travelled further to run in the "dash" than most of them would go on holidays.

The prime event was the annual Husband & Wife Championship. The previous three events were run on the "first past" basis, to the detriment of older couples.

This year aged handicaps, based on Runners World depreciation factors, were applied. Where for instance, a W40 would give a W60 9min 43secs over the 8km course.

The winners were Dave and Patricia Carr whose combined times were 89.32 second, for the fourth successive year, were Joan and John Pellier on 94.52 just ahead of the galloping grandparents June and Duncan Strachan in 94.56. other finishers were Linda & Michael Rhodes 107.21, Tony Speechley & Joanne Fearce 108.49, Pat & Norm Miller 110.33, and Maggie Webb & Mike Fermor 133.08

Previous winners: 1985 Keijo & Tuula Valsta; 1986 John & Cheryl Bell;
1987 John & Cheryl Bell;

RESULTS. 16km.

1.	R Argyle	M40	60.12	11.	J Pellier	M45	66.44	21.	D Moffett	M55	70.44
2.	J Pressley	M40	60.46	12.	D Roberts	M45	67.00	22.	J Greenfield	M40	71.16
3.	W Robinson	vis	61.04	13.	D Carr	M55	67.20	23.	R Attwell	M50	71.42
4.	T Braham	M40	62.13	14.	P Martin	M45	67.20	24.	M Rhodes	M40	72.15
5.	H Kirkman	M45	62.59	15.	J Travato	M45	67.24	25.	T Speechley	M40	72.38
6.	J Ferris	M35	63.53	16.	G Schaffer	M55	69.49	26.	R Stewart	M45	72.45
7.	B Robinson	M45	64.17	17.	L Brown	vis	69.51	27.	R Boggs	M40	75.19
8.	G Thornton	M45	64.44	18.	K Martin	M50	70.19	28.	D Hough	M55	76.41
9.	M Johnston	M50	65.01	19.	A Noordyk	M35	70.21	29.	M Moyle	M60	78.18
10.	D Spagnola	vis	65.58	20.	M Khan	M40	70.38	30.	A Sim	M40	78.28

		8km.					
1. R Clarke	vis	78.44	1. W Welyky	M40	34.40	13. J Johnson	W40 46.50
2. K Noordyk	W40	78.56	2. J Spencer	M50	34.52	14. D Caplin	M45 46.51
3. A Pomery	M55	79.15	3. A Jenkins	M40	35.13	15. M Webb	W35 47.28
4. P McLiver	W40	80.07	4. H McGlashen	M50	36.22	16. L Hassam	M55 48.27
5. R Farrell	M45	81.58	5. J Pearce	W35	39.59		
6. R Potter	M45	82.26	6. M Binks	W40	40.50	17. B Worner	M55 48.28
7. N Miller	M55	84.56	7. J Pellier	W45	41.03	18. S Bowler	M65 53.13
8. E Moyle	M60	87.08	8. F Gleum	vis	42.49	19. A Stone	M55 63.28
9. D Strachan	M60	88.26	9. L Rhodes	W40	42.54	20. J Jenkins	W40 65.47
10. K Johnson	M55	88.26	10. F Carr	W55	45.24	21. K Jenkins	vis 65.48
1. M Fermor	M45	90.40	11. J Strachan	W60	46.01	22. J Beaumont	W50 65.53
2. P Farrell	W40	90.41	12. P Miller	W50	46.49	23. M Stone	W45 69.16
3. G Morris	W40	96.15				24. L Winstanley	W40 69.28
4. G Foley	M60	99.58					

CLUB CROSS COUNTRY CHAMPIONSHIPS. JORGENSEN PARK. 24th July 1988.

A typical winters day greeted the sixty runners who lined up for the clubs championships. They finished the race tired and wet but then went on to enjoy some wonderful hot food and warm fellowship.

I would like to thank all those members who made my job easy and many thanks to the ladies who prepared the food for us all.

Alan Pomery.

RESULTS:-

<u>W40.</u>		<u>W45.</u>		<u>W50.</u>	
Margaret Birks	45.02	Margery Forden	41.51	Ann Turner	48.24
Linda Rhodes	47.50	Jackie Greenfield	57.36	Mary Robinson	58.14
Jenny Willers	53.42	<u>W55.</u>		Jaqui Beaumont	76.04
Jill Langdon	53.46	Patricia Carr	54.35	<u>W65.</u>	
		Nora Berry	63.41	Val Tyson	76.00
<u>M35.</u>		<u>M45.</u>		<u>M50.</u>	
Doug Hazelle	33.16	Bob Schickert	32.17	John Maddison	36.00
<u>M40.</u>		Dan Caplin	33.30	Bob Sammells	36.51
Bob Argyle	32.57	Graham Thornton	33.40	Micheal Watts	37.53
Mike Thompson	34.42	Derek Hoyer	34.56	Kevin Martin	40.50
Joe Yates	35.04	Rod Stewart	36.59	<u>M55.</u>	
Brian Foley	36.34	Dave Roberts	37.16	David Carr	38.08
Barry Munyard	38.09	John Pellier	37.19	Dave Hough	40.54
Jon Dartnall	39.20	Joe Trovato	38.52	Dalton Moffett	42.21
Angus Sim	40.23	Stan Latchford	38.57	Mike Berry	46.15
Arnold Jenkins	40.59	Paul Martin	39.47	Vic Beaumont	46.58
Tony Speechley	41.52	Keith Forden	41.23	<u>M60.</u>	
David Bryant	44.17	Merv Jones	42.16	Fred Hagger	49.38
Rosa Davis W40	39.11	Ron Potter	42.39	Dave Jones	54.07
2laps		Mike Fermor	50.03	<u>M65.</u>	
Jackie Jenkins W40	No time recorded			Arthur Leggett	48.35

Visitors:-

Ric Steele	32.38	Les Evans	38.29	Glen Herbert	41.32
Jeremy Cariss	35.02	Laurie Brown	40.25	David James	43.02
Olly Dartnall	36.21	Richard Anderson	41.32	Christine Paton	38.28
				2laps	

CROXFORDS CLIMB. 31st July 1988.

The weather was perfect as sixtyeight brave runners and walkers set out to climb the respected Cresswell Hill, to tackle the hill just once takes courage, but THREE times!!!!

The winners in the 12km event were Kath Noordyk and Frank Smith, and in the 8km event Joan Pellier and John Ferris.

Thanks must go to all my helpers, Frish Spring, Vic Beaumont, Mary Robinson, Allen Tyson, Herge Forden, Kirt Johnson and Ann Smith. I hope I haven't forgotten anyone

Thank You.

Alan Croxford.

12km.

1. F Smith M45 42.40	14. G Thornton M45 51.24	27. R Potter M45 57.39
2. R Schickert M45 44.42	15. R Jones M60 51.27	28. D Baxter M35 58.34
3. J Barnes M45 45.30	16. R Boggs M40 52.27	29. R Clarke vis 59.06
4. B Harrison vis 46.04	17. J Stickles M50 52.13	30. R Farrell M45 59.35
5. W Gee vis 46.16	18. D Hough M55 52.41	31. L Rumble M50 61.02
6. D Caplin M45 48.35	19. R Taxman M55 52.44	32. S Hicks M65 61.58
7. B Sammells M50 48.48	20. J Huggins M40 53.57	33. J Norden M45 63.08
8. P Sanders M40 49.11	21. J Davenport M35 54.26	34. A Sim M40 54.08
9. J Pellier M45 49.29	22. D Bryant M40 56.05	35. S Sanders W30 66.39
10. G Schaffer M55 49.39	23. K Noordyk W40 56.12	36. J Willers W40 68.00
11. B Munyard M40 49.58	24. K Forden M45 56.53	37. J Goldsmith M60 72.16
12. M Watts M50 50.46	25. J Spencer M45 57.13	38. D Strachan M65 77.39
13. A Croxford M45 50.48	26. V Beaumont M55 57.27	39. E Moyle M60 77.39

8km.

1. J Ferris M35 29.57
2. D Roberts M45 31.27
3. B Hardy M45 33.36
4. K Martin M50 33.49
5. A Tomery M55 35.18
6. B Byrne M50 36.17
7. A Noordyk M35 37.20
8. J Fellier W45 39.04
9. M Birks W40 39.38
10. R Lawrence M60 39.42
11. A Turner W50 40.10
12. P Hagger M60 41.50
13. J Russell M55 42.09
14. T Sheerin M55 43.47
15. J Rowland M50 45.34
16. S Bowler M65 47.05
17. J Strachan W60 47.19.

RESULTS. 4km.

1. T Miller W50 23.50
2. J Greenfield W45 23.50
3. A Stone M55 24.45
4. D Whittam W50 25.45
5. J Austin vis 29.08
6. J Austin } No time
N Miller }

WALKERS.

1. M Stone W45 27.22
2. J Whittam M50 27.22
3. A Leisehoer W45 29.39
4. J Collins M75 39.56?
5. J Banevilins 39.38



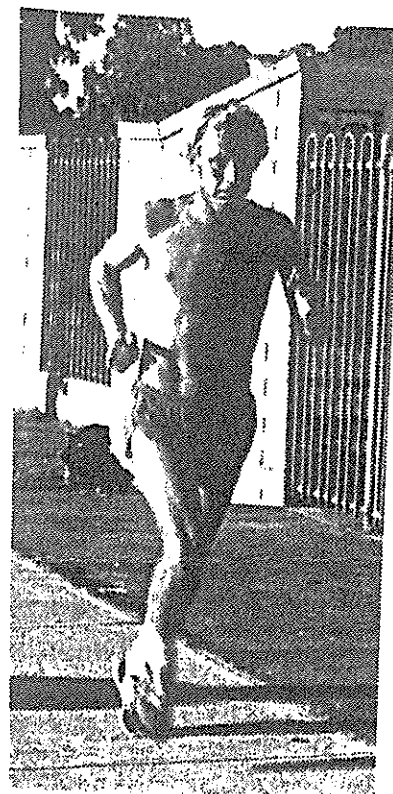
rear JOHN ROWLAND
FRONT JIM BARNES



BOB SAMMELLS



Left. Walkers
Margaret Stone
&
Jeff Whittam



JOHN PELLIER

Thanks to Pat Miller for
the Photographs.

W.A.M.C. PEOPLES MARATHON. 7th August 1988.

The 10th Perth Peoples Marathon was conducted on the 7th August 1988. The State Veterans Marathon Championship was also conducted in conjunction with it.

Conditions at the start were good for a marathon run, 10.2° with a slight 6kph ESE wind. However by 10am things had changed remarkably with an unpleasant 12kph easterly blowing, which made the last 12kms very difficult indeed.

Our Veterans performed well despite numbers this year being slightly lower.

Chris Brockwell was 7th overall in 2.39.51 and Margery Forden 5th overall in the womens section in 3.30.26. Ager group winners were:-
W45 Margery Forden 3.30.26; M55 David Carr 3.09.49; M65 Derek Drayson 4.32.09; M70 Eddie Strickland 3.40.33:

A special commemorative plaque was presented to Bob Hayres for completing his 10th Peoples Marathon. Other results were:-

Graham Thornton	2.56.19	Dennis Miller	3.21.40	Stan Latchford	3.37.38
Bob Schickert	2.59.03	Micheal Watts	3.28.31	Kath Noordyk	3.43.55
Barrie Robinson	3.02.24	Jon Dartnell	3.29.14	Morris Warren	3.44.13
Tony Tripp	3.02.54	Charlie Spare	3.31.22	Rob Hayres	4.14.33
John Pellier	3.09.50	John Curtis	3.32.39	Mary Britchard	4.20.09
Wayne Pantall	3.13.03	Ray Atwell	3.32.50	Fred Hagger	4.37.39
George Audley	3.13.17	Alan Croxford	3.33.52	Gerald Poley	4.46.13
Brian Kennedy	3.15.59				

Apologies to anyone who has been missed and WELL DONE to all.

For the first time ever, there was a supporting Half Marathon. Again the Vets supported this event and the best performed was Bert Carse in 1.14.39.

Other runners were:-

Jim Barnes	1.21.00	Bruce Cornish	1.29.08	Arnold Jenkins	1.41.49
Don Caplin	1.23.03	John Maddison	1.29.13	Jeff Spencer	1.42.50
Brian Poley	1.24.56	Jim Greenfield	1.30.29	Ann Turner	1.53.12
Peter Sanders	1.26.13	Barry Maynard	1.31.27	Gerry Noordyk	1.58.07
Paul Martin	1.27.12	Rod Stewart	1.35.18	Lorna Butcher	2.01.23
Rob Shand	1.28.08	Kieth Field	1.39.06	Jackie Greenfield	2.14.14
John Bell	1.29.06	Merv Jones	1.41.26	Sheila Maslen	2.14.58.

CLONTARF CROSS COUNTRY.

AUGUST 14

At 7.40 a.m. on August 14, it looked as if all but 20 Vets were going to surrender to the threatening weather and enjoy the "comfort of the cot".

At 7.55 a.m. the dauntless lined up facing squarely a massive black cloud all set to disgorge its contents on "The Magnificent Seventy". However, the cloudburst was only a trickle, the water jump was only "up to the knees" (?) and all marauding horses carefully coralled. As a result, we had a genuine "cross country", with fences, walls, bush tracks, open country and, occasionally, a bit of ground water!

New member, Laurie Baker, was the first male 4k runner and Pat Miller the first lady.

Dave Reid scored an impressive win in the 8k and Trish Kirwan won in her first cross country appearance.

Dick Horsley walked over enough of the course to judge Margaret Birks the winner of the "Dirtiest Lady" prize, and Allan Tyson had no trouble in identifying Leo Hassam as the "Dirtiest Man" - no, not "Dirtiest Old Man"!

Great to see Arthur Leggett front up to this course - must have brought back memories of 1939 - 45! Gerry Foley, Ernie Moyle and Fred Hagger were also awarded "The Clontarf Star" for bravery!

It was particularly encouraging to see the big increase in the number of ladies this year, led by "Golden Girl" Val Tyson. (We thought the petites like Pat Carr and Sheila Maslen might have needed snorkels, but they got through!).

Other "rovers" who qualified for SCUBA awards were Frank Smith, Bob Harrison, Dave Carr and, of course, J.P. himself, who was seen to keep up a steady stream of words even while totally immersed!

Good to see Ian Sutherland having a run and also Bob Harrison, Elza O'Dea, Carol Cole and Mitch Loly.

Bob Schickert seemed to revel in the conditions and could well have qualified for "Dirtiest Male"! (I hope we got your time right Bob?).

We had several visitors including Tony Heppener and Warren Gee. Tony was first across the line in the 8k in 30:43 - a good run in the conditions!

Thanks to our many helpers: Allan Tyson, Frank Usher, Sue Jones, Dick Horsley, Jackie Greenfield; the flag collectors: Bob Sammells, John Maddison, Ernie Moyle; Vic and Jackie Beaumont for setting up the equipment; Leo Hassam for spending most of Saturday cutting the jungle!

But special thanks to all participants for turning up on a miserable morning and entering into the spirit of the run.

RESULTS

With rain in the early stages and a troublesome clock, we may have missed some results. Sorry if your name doesn't appear, or appears with a strange time!

4km

Laurie Baker	20:29	Christine Easton	27:54
Ian Sutherland	22:46	Dorothy Whittam	28:30
Stuart Lufton	24:18	Leo Hassam	28:45
Pat Miller	25:54	Jackie Jenkins	30:13
Fred Hagger	26:10	Val Tyson	31:16
Jackie Greenfield	27:14	Lyn Schickert	31:39
Pat Weston	27:30		

8km

Dave Reid	32:28	Hugh Kirkman	38:15
Peter Walker	33:02	Keith Forden	38:50
Don Caplin	33:16	A Noordyk	39:02
Doug Hazel	34:52	John Davenport	39:06
David Roberts	35:29	Ron Potter	40:22
Joe Trovato	35:20	Dave Carr	40:39
Bob Schickert	35:50	Frank Smith	40:39
Bob Sammells	35:52	David Bright	40:46
Michael Watts	36:22	Merv Jones	41:38
John Maddison	36:27	Maureen Roberts	41:59
Bryan Hardy	36:45	Kath Penton	42:10
Brian Jones	37:20	Kath Noordyk	42:30
Peter Roberts	37:22	Vic Beaumont	42:35
Dalton Moffett	37:30	Ray Laurence	42:40
John Dartnall	37:34	Mitch Loly	43:34
E McRae	38:10	Dave Hough	44:00
Trish Kirwan	38:15		

8km continued.....

John Pellier	44:20	Ernie Moyle	48:23
Bob Berg	44:26	Lorna Butcher	49:43
Arthur Leggett	45:02	Dave Jones	51:11
Margaret Birks	45:11	Pat Carr	51:26
Norm Miller	45:36	Jeff Whittam	52:08
Patrick Sherrin	45:55	Elza O'Dea	52:53
John Russell	46:53	Carol Cole	52:53
Linda Rhodes	47:46	G Ralph	53:45
Rob Farrell	47:55	Sheila Maslen	53:44
Gerry Foley	48:20		

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

Mick Carrick	17, Munsie Avenue, Daglish. 6008	3817448	09/Jan/42
Christine K Easton	4, Lambert Street, Alfred Cove. 6154.	3304510	09/Nov/45
John K Williams	Lot 33, Sunset Way, Stoneville. 6554.	2952733	31/Oct/35
Lawrie Baker	1a, Howard Parade, Salter Point. 6152.	4501362	07/Oct/39
Bob Berg	19, Monota Avenue, Shelley. 6155.	4574382	27/Mar/47
John M Earley,	Unit 24. 295, Harbourne Street, Glendalough. 6016.	4446488	03/Apr/49

A VERY HAPPY BIRTHDAY TO OUR "SEPTEMBER" MEMBERS

02-SEP-18	CORNISH	: Bruce R	turns	40	becomes	M40
02-SEP-31	HASSETT	: Arthur L	turns	57	remains	M55
04-SEP-31	WORNER	: Basil	"	57	"	M55
08-SEP-36	BEAUMONT	: Jacqueline	"	52	"	W50
08-SEP-37	GODWIN	: Bernard	"	51	"	M50
08-SEP-18	LEGGETT	: Arthur	"	70	becomes	M70
09-SEP-46	BIRKS	: Margaret	"	42	remains	W40
11-SEP-38	DAVIS	: Robert C	"	50	becomes	M50
11-SEP-42	VANDEN DRIESEN	: Jan	"	46	remains	M45
12-SEP-56	HOLLAND	: Cathrin	"	32	"	W30
12-SEP-47	SCOTT	: David O	"	41	"	M40
13-SEP-39	LIM-BOTT	: Janet	"	49	"	W45
14-SEP-33	KENNEDY	: Brian	"	55	becomes	M55
15-SEP-46	FITZPATRICK	: Frank	"	42	remains	M40
16-SEP-30	ALDRICH	: Brian J	"	50	"	M55
16-SEP-31	HAYRES	: Robert (Bob)	"	57	"	M55
17-SEP-44	ASHURST	: Richard F	"	44	"	M40
19-SEP-52	PANTALL	: Wayne	"	36	"	M35
24-SEP-37	WARREN	: Morris	"	51	"	M50
26-SEP-36	SPENCER	: D.J. Dr.	"	52	"	M50
29-SEP-29	LOCKWOOD	: Stanley	"	59	"	M55
29-SEP-53	SANDERS	: Susan	"	35	becomes	W35
30-SEP-35	BROWN	: Shirley A	"	53	remains	W50
30-SEP-37	CHAMBERS	: Alan	"	51	"	M50
30-SEP-23	USHER5	: Francis J	"	65	becomes	M65

PLEASE IF YOU READ ANY ARTICLES THAT YOU THINK MAY BE OF INTEREST TO OTHER CLUB MEMBERS OR HAVE ANYTHING YOU WOULD LIKE TO SAY SEND IT TO THE EDITOR ALSO RESULTS OF CLUB RUNS, TO 49, Holland Street, WEMBLEY. 6014.

VIII WORLD VETERANS CHAMPIONSHIPS

EUGENE, OREGON, USA

July 27 - August 6, 1989

If you are considering attending this world games championship in Eugene, Oregon next year, please place your name on the list attached to the notice board at club events (if you are not attending these Sunday events phone your interest to a committee member). We are interested in trying to put together some kind of package tour from W.A. and need to know the extent of interest. You are under no obligation at this stage.

****DONNELLY RIVER LONG WEEKEND UPDATE****

Friday 23rd September to Monday 26th September

This is your last chance to register for the Donnelly River long weekend! CLOSING DATE FOR REGISTRATION IS 7 SEPTEMBER, 1988. Return your rego form and money to Sandi now to ensure that you will not be disappointed.

Rob Davis

DONNELLY RIVER LONG WEEKEND BOOKING FORM

NAME: _____ (please print)

TELEPHONE NUMBER _____

NUMBER OF PEOPLE IN YOUR PARTY _____ @ \$18.00 each = \$ _____
(amount enclosed)

Return to:
Sandi Hodge
9/12-14 Elvira St.
Palmyra 6157

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.