

CITY TO SURF FUN RUN

The run will be held on Sunday Feb 23rd. Our club will run as a team. It is likely that some members will choose to join other teams (such as father-and-child) but we will be running in our club singlets and could get valuable publicity for veteran athletics.

Similar runs elsewhere have produced recruits for clubs such as ours .

AUSTRALIAN CHAMPIONSHIPS

The championships will be conducted in Adelaide during Easter. John Gilmour, Jim Smith, George Cavill and David Carr will be there. Dick Horsley might .

1000m	9.2.75	HANDICAP
HUGHES	62	min 18
COLLINS	56	21
HAYRES	51	01
MORGAN	48	42
CUMMINGS	48	23
MORRISSEY	46	50
GOLDSMITH	50	33
CAVILL	44	49 THIRD
HORSLEY	44	43
CARR	44	41
BARTRAM	40	19 FIRST
COVENTRY	41	18 SECOND
McDONALD	49	30

GOOD ATTENDANCE AT McCALLUM.

The regular Sunday Morning meeting have been well attended in spite of holidays and some very hot weather. Latest new member is Bill Hughes.

Meanwhile..AT PERRY LAKES

We are getting 3 or 4 starters in the weekly Veterans sprint. A couple of months ago we could expect 6 or 7. We can have longer events if we can provide enough starters.

1500 m 2.2. 75

CARR	4.51
BARTRAM	4.55
COVENTRY	4.57
HORSLEY	5.16
CAVILL	5.30
HAYRES	5.30
CUMMINGS	5.39
MORRISSEY	5.39
JONES	6.17
McDONALD	6.39
HUGHES	6.51

ATTRACTING THE EX-ATHLETE

Our members tend to be newcomers to athletics or men who have been athletes for a long time. It seems that there must be a large number of ex-athletes who could be interested in joining.

Alan Merrett is already on the way back. Trevor Edwards is a sprinter who had his first vet run (11.3 for 100m) last week.

Runners like these are respected among ex-athletes who could well follow them into veteran athletics.

(some back results next time)

CLIFF BOULD

Cliff is still doing the secretary's job but will have to wait a while before he can run.

WORLD RECORDS

Congratulations to Dick Horsley who walked the 1500m in 7 min 22 to establish a new world record for his age group.

John Gilmour has recently broken his own world 1500m record.

IMPROVING

George Cavill ran 5000m in 19min 52sec at Perry Lakes last week.

Garry Bartram ran 10000m in 38min 03 at Uni's twilight meeting last Wednesday evening.

THIS SUNDAY: 2000M WALK and 400M run.

W.A VETERANS ATHLETIC CLUB.

27th February 1975.

CITY TO SURF FUN RUN

14 of those 1500 runners who competed in last Sunday's fun run wore Veterans Club singlets. Most of our members ran at about the pace they register for shorter races on the flat McCallum Park course.

There is no way of working out places, but here are the times for some of our members:

<u>12000M FUN RUN</u>	Garnett Morgan	58 min	41
	Paul Morrissey	56	13
	Golin Junner	45	40
	Dave Jones	64	
	Alex Cummings	57	34
	Jack Collins	65	56
	Jim Coventry	50	
	Bob Hayres	59	27
	Keith Mc Donald	65	24
	David Carr	50	53
	Dick Horsley	53	08

George Cavill approx 51min 30.

(Gary Bartram 48min approx. John Goldsmith and Tony Morton: time not known.)

John Gilmour has a leg injury which kept him out.

Sires Produce George Cavill's son Mark won the award for first schoolboy. David Carr's daughter was first female over the line (58min 18)

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400M 16.2.75.

Cummings	70.4
Jones	86
Coventry	62.6
McDonald	78
Hayres	68
Cavill	66.2

2000M WALK 16.2.75

Cavill	12min	14
Jones	13	5
Cummings	13	43
Keop	14	14
Collins	14	15
McDonald	14	16
Hughes	15	6
Carr	15	6
Hayres	15	6

FIRST ANNUAL PICNIC AND MEETING.

SUNDAY 16th MARCH
 KINGS PARK (bottom playground with the logs
 across across the water)
 TIME: 12 NOON
 BRING families, food, eskies, drinks.

No events at McCallum that day.

This Sunday 1500M HANDICAP

and.. vets events in state championships
 at Porry Lakes.

JACK COLLINS aged 62 ran 100M in 15.1 seconds at Porry Lakes, JAN 75.

W.A. VETERANS ATHLETIC CLUB

13th March, 1975

PICNIC AND MEETING

This Sunday at Kings Park (Lower playground and lake area) we will have our annual meeting and family picnic. Bring your own everything.

Business which will be discussed:

- Financial statement.
- Office bearers.
- Programme or policy for the coming year.
- Fees for the coming year.
- Other.

3000M HANDICAP 19.3.75

Myres	11 min 50 sec	1st
Morrissey	12	19
Carr	10	42
Cavill	11	37
Bartrom	10	44
Goldsmith	12	48
Coventry	11	10
Jones	13	27
Morgan	13	14
Morton	14	16
Merrett	11	19
Korsley	11	50
Mc Donald	13	45

AT PERRY LAKES

Weekly sprint is still attracting several starters. TREVOR WILSON is unbeaten so far.

George Cavill is gradually improving his walk times.

On Saturday 22nd there will be 100m, 500M and 2000M for veterans. Can you be there?

AUSTRALIAN CHAMPIONSHIPS

John Gilmour is still having leg trouble; we hope he is fit for Easter. George will be there.

Jim Smith is driving over. Noel Goff will have the family with him; he could be the winner of more than one gold medal. David Carr has hopes of at least a place in the 44M

A great run by Bob. He had a sore foot before the race; maybe we all need one.

1500M HANDICAP 2.3.75

McDonald	5 min 56	FIRST
Carr	4	43
Bartrom	4	45
Jones	6	04
Myres	5	34
Coventry	5	06
Goldsmith	5	57
Morgan	5	51

W.A. VETERANS
ATHLETIC CLUB.

15.4.75

AUSTRALIAN CHAMPIONSHIPS

Adelaide, Easter. Some thoughts...
Near perfect organization...shows both
days... Gus Thobold at 78 is an athlete and not
an old man... The trend is towards gold medals
for ex-internationals; the Olympians do not
slow down much...S.A. doubled its veteran membership
in the months before the championships

Outstanding performances: Alby Thomas's 1500 in
3min 55.4 secs, Reg McRae's 400m in 55.0 sec
(aged 50+)

The W.A. athletes: Gilmour won 800M, 1500M,
5000 and 10000M Noel Goff won
triple jump, was second in 110M hurdles,
second in pole vault. His total was two gold and three
other medals. George Cavill won 3000 and 5000M
walks. David Carr was third in 400M. Jim Smith
sliced 27 secs from his previous best walk time.

Full results are available. We have three
copies.

We hope to borrow a film of the highlights
of the championships.

LAST SUNDAY 13.4.74

At McCallum George Cavill was first and fastest
over 3000M in 12.02. Cliff Bould did some training
and timetaking. Six members present.
lean...le...

AT Mundering over 5 miles of hills, Jim Coventry
showed them the way. Then Col Junner, President
Keith. Alex Cummings, new member EAMON MURPHY,
Dave Jones and, wearing the new Pumas, Bill Hughes
all finished.

THIS SUNDAY 20.4.74

McCallum park for "round the bridges".

OUR PROGRAMME

Anzac Day: Marathon Club at Kings Park.
Sunday 27th : McCallum.
Saturday 3rd: opening of WAAAA cross country
season at Clontarf.
Sunday 4th: Marathon Club run.

(Also the long weekend at Albany if you like)

CLINIC CORNER: Muscle injuries. Best way to avoid
muscle injury is not to run. You will note that
our less active friends seldom suffer muscle
injuries. Next week.. agonizing grimace.

Marathons club VETERANS 7500

Dick Horsley...1st
George Cavill.. 2nd
John Gilmour...3rd

12 veterans started and finished.

A.G.M.

Elections: Keith McDonald, Pres
Cliff Bould Sec. Dick Horsley,
assistant. Tony Morton, treasurer
John Gilmour, son v.p., Jack Colman
and David Carr v.p.

Dick and David: Programmes.

Fees: \$5 (includes AAA and
numbers)

Next Australian Championships will
be in Brisbane.

There are no plans for Aust cross
country championships this year.

W.A. is due to stage Aust cham-
pionships in 1977. Well...

If you are wondering why your
delegates are not reporting
proceedings from Adelaide, we can
give you a good reason. W.A.
delegates were not invited to the
meeting. An oversight.

Was the Association embarrassed?
Not at all. They met again next
day, still without telling us.

Oversights.

We forgive them.

Still....

Remember seeing the article on
stand-up starting method in VETERANS?

In Adelaide, we saw men mature
enough to know better trying to
balance like Dame Margot while
the starter, in kindness, shot
as fast as The Duke.

If old men can not balance on
four points, how the hell can they
expect to balance on two?

Hope springs eternal

W. A. VETERANS ATHLETIC CLUB

26th May 1975.

DICK HOME

Dick Horsley is now out of hospital following an operation. We hope it will not be long before we see him in training again.

THE WALKERS

George Cavill covered the Walkers' Club 20000M in 2hrs 10 min. last Saturday. Jim Smith was reported to be operating at a 1 hr 52 min pace when disqualified.

AUSTRALIAN CHAMPIONSHIPS

At a short meeting at McCallum last Sunday, we agreed that Easter would be the best time for the 1976 championships in Brisbane. We have also agreed to stage the 1977 championships in Perth. The likely time is Easter and secretary Cliff will apply for the use of Perry Lakes stadium.

South Australia doubled its veteran membership just before the 1975 championships and we can expect a similar boost in 1977.

OUR UNIFORM

Our singlets look like state singlets. They also look like University singlets, which is understandable as both the vets and the uni compete against other states (albeit in restricted company). The W.A. AAA have suggested that we use less confusing colours. We agree, and Cliff has been delegated to choose another vest.

W.A. MARATHON CLUB

Our club members have been enjoying the events staged by WAMC which offers a half distance event for oldies on all meetings. On 13th April Jim Coventry distinguished himself with a fine run over the mountains. On 17th May, 14 vets ran in the half mara. All finished.

Gilmour	73 min	54
Junner	86	21
Cavill	89	20
Coventry	93	24
Ford	98	17
McCabe	100	30
Carr	101	48
Cummings	106	56
Jones	107	08
Morgan	107	16
Hayres	111	37
McDonald	115	14
Collins	118	00

John was brilliant as usual but what of George Cavill? He will soon match Col Junner. Is it possible that he will soon be compared to John Gilmour?

3000M HANDICAP 24.5.75.

John Goldsmith took advantage of a let up in handicap and finished 14 seconds clear of the much improved Bill Hughes. Bill is going to Monaco and further for a month. We'll know how well he behaves by his times next month. Fastest time went to John Gilmour who did 10min 15 secs without much interruption to his training laps. He seemed to be lapping even faster after the race than during it.

John Horwood 16min 27

Bill Hughes 14.27 THIRD (Hell, spoils above story)

Jack Collins 14.55

Jim Keep 12.48 SECOND

Dave Jones 13.18

John Goldsmith 12.34 FIRST

Bob Hayres 12.40

Paul Morrissey 12.40

George Cavill 12.00

Jim Coventry 11.30

David Carr 11.20

John Gilmour 10.15 FASTEST

Feel you would like to read more on your hobby? Titles and prices of books on all aspects of athletics are available from david carr.

11.5.75 8000M HANDICAP (River and Mill Point Road)

Coventry 35min FIRST Carr 36.45 2nd Goldsmith 38.55, Jones 41.33 Bartram 37.25 Hayres 40.33 Collins 46.20 Hughes 50.24 McDonald 44.44 Horwood 55.10

THIS SUNDAY Be at W.A.I.T changerooms at 9 a.m. for Marathon club's 5 miler.

(John McGuire is President of WAMC. You can be a member for a couple of dollars)

WA AAA events. David And Keith have been competing in the Saturday programme and recommend it to others

Where is EAMON MURPHY.

Bring a new member along. Let's have a few new faces

Keith McDonald has an injured foot, perhaps as a result of the half mara.

Cliff Bould is jogging 2 miles each day

Many
About a quarter of the athletes at present competing in WAAAA events have been recruited by RON FORD. If only we had a dozen Ron Fords in W.A.

12 June 1975

GREAT WALK

Jim Smith showed that his preparation for Canada is well advanced when he walked the 25K in 138 min 45 seconds : last Saturday. His interval times were: 5000m in 26 min, 10000 in 53 min, 15000 in 81 min 31 secs and 20000 in 109 min 27 secs. We believe this to be the best recent performance among Australian vets.

5000M HANDICAP 8.6.75 at McCallum.

Keith McDonald finished a comfortable 14 secs in front of the field. Some good sprt was provided by the four backmarkers Gorge Cavill, Jim Coventry, David Carr and Gary Bartram. Each can claim to have beaten the other three in recent months. On this occasion each established a lead over the others at some stage in the race. David Carr took second place from Gary by one second. In nearly 1200 seconds there must be a way of cutting off one second.

	min	sec	
Keith McDonald	22	14	FIRST
David Carr	19	28	
Gary Bartram	19	29	
Jim Coventry	19	58	
John Goldsmith	22	34	
Garnet Morgan	23	25	
George Cavill	21	25	
John Horwood	28	56	

MARATHOM CLUB

Last issue stated that Jon McGuire was president. Sorry, John Gilmour is president, John Mc Guire is secretary and K Barry of 10 Juniper Way Willetton 6155 (phone 571020) will receive your two dollar Sub.

Sorry we can not print times, but the vets handicap over six miles went to David Carr. Thanks to the WAMC for a well conducted race, and the trophy. Again more vets than youngsters lined up. They included EAMON MURPHY.

UNIFORM

We are proposing black shorts with white vest and our club badge. More on this in the next issue.

PUBLICATIONS

The Veteran Athlete has been delayed. Be patient please. VETERIS of May 1975 is out. If you have not received one it is because you have not subscribed. (Post five dollars to Wal Sheppard, 148 Manning Rd Bulleen, Victoria.) This English publication is packed with ideas and information. This issue has the full Aust Championships results.

THIS SUNDAY AT McCALLUM RELAYS

On Saturday 21st June the WAAAA event is at Melville. Why not come along. The handicaps are such that you will not be outclassed. Definite starters so far are Keith and David.

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Dave Jones is now training over a distance of 16000M, largely as a result of too much book reading!

RELAY

Last Sunday's relay saw a dozen members running 3 by 1000 metres each. Notable performances came from Jack Collins with a 4 min 10 sec lap, John Herwood with 4 min 12 secs, George Cavill 3min 31 and Bob Hayres 3min 36 secs.

DICK BOUNCES BACK

After a rest in hospital Dick is back on the track and walked 8000 M in about 49 mins last Saturday. He was down at McCallum next morning to timekeep.

Jim Smith was third in the State 16000M walk championship in about 89min.

On the same programme, 4 vets did well in the State 16000M road (running) Championship.

John Gilmour 54 min 53 secs (That time will read like a misprint to many. Times and distances are accurate.)

Ron Ford finished in front of Junner (no time available)

Col Junner 62 min 45 secs approx.

George Cavill 65 Mins 11 secs.

This Sunday 22nd June.

at 9.30 a.m. At McCallum A SPRINT

10.00

Out along the river; back along Mill Point Road.

SUNDAY 29th June

BoB's Place

Meet at Bob Hayres place at 9.30 a.m.

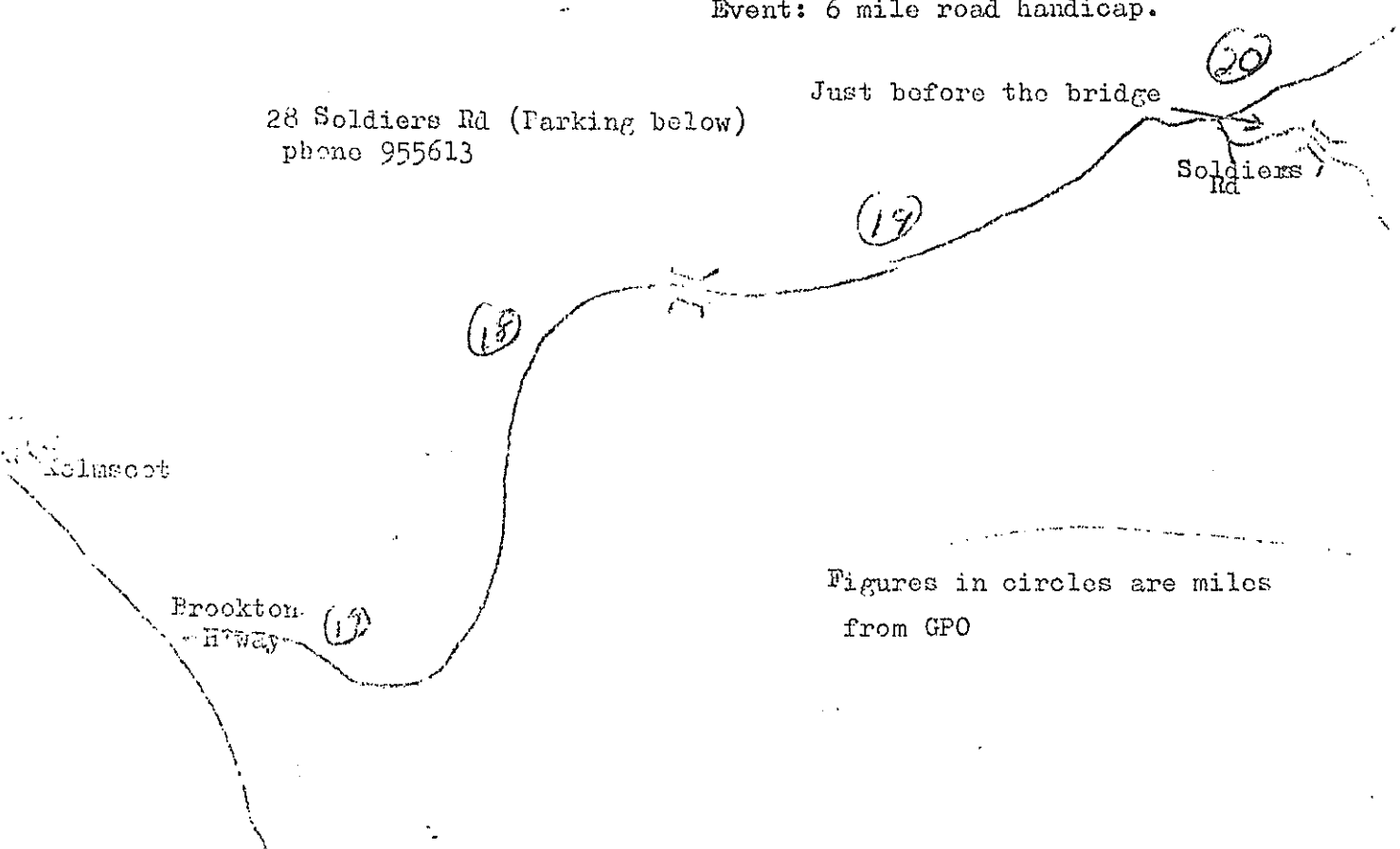
Just yourself, or you plus eskie or go the whole hog and bring the family.

Event: 6 mile road handicap.

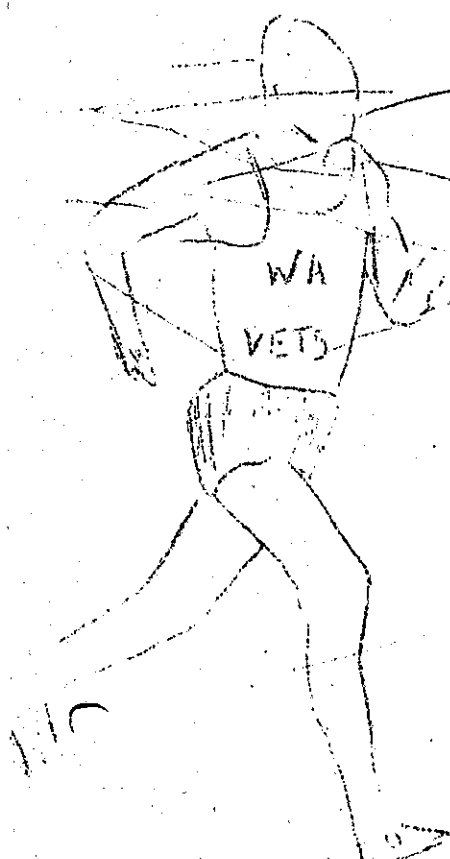
28 Soldiers Rd (Parking below)
phone 955613

Just before the bridge

Soldiers Rd



Figures in circles are miles from GPO



BOB'S PLACE

Thanks to Bob and Maureen Hayres we had a great day out last Sunday. The scenery, food, drinks and company were such that we soon forgot those big hills.

The race was over 10000M and Jim Keep was an easy winner. He is showing the benefit of his many miles of training and his patience with muscle troubles.

Jim Keep 47 min 50 FIRST. Then: David Carr 42.59
 Jim Coventry 43.10, Bob Hayres 49.19, Garnett Morgan 50.02
 Jack Collins 55.50, Dave Jones 51.16, Bill Hughes 58.54
 Keith McDonald 57.03, George Cavill 49.33

Bob has trained on this course often but had not done better than 57 mins before. So much for competition.

PLEASE KEEP SUNDAY 20th July FREE FOR A PICNIC AT KINGS PARK TO FAREWELL VETERANS LEAVING FOR TORONTO.

After some discussion over how much start he should get, John Horwood started on the same mark as Jack Collins and John Goldsmith and beat them by seconds.

400M Horwood 69 secs, Goldsmith 74 secs, Collins 76 secs

3000M HANDICAP River and Mill Pt Rd Course 22.6.75

Keith McDonald 41min 36 FIRST Then: David Carr 34.06
 Bill Hughes 45:37, Jim Coventry 34.20, Dave Jones 40.17
 Jack Collins 44.24, John Goldsmith 38.17, Garnett Morgan 42.40, John Horwood 58:34, George Cavill 44.34

There was some hot competition here. 2nd to 7th places were within 56 seconds as they came over the line.

Gilmour aside, there is a great battle for fastest time. In recent races the honour has gone to Cavill, Carr, Bartram and Coventry. Some margins have been one second, 14 secs and 12 seconds - over distances of between five and ten kblos.

GEORGE YOUNES 10k 21.6.75
 Gary Bartram 37.12 (WELL DONE)
 David Carr 39 21 Keith McD 44.56

10 K WALK 21.6.75
 Jim Smith 53 min 59 George Cavill 58.47
 Dick Horsley 59.22
 As you can see, Dick's recovery is complete.

Australian Graham Crouch
 ran a mile in 3min 57.1 this week.
 He finished NINTH.

Three men died of heart attacks at the West Perth - Swans football match last Saturday

SOUTH WEST CHAMPIONSHIPS

South West Cross Country Championships will be held next Sunday 6th July at Donnybrook. There is an event for "oldies" and we wish them well. We will have at least one rep there.

Perhaps some of our SW counterparts will visit us one Sunday. They would be very welcome.

PROGRAMME

Here are some dates to look forward to:
 Sunday 6th July. SW champ and 3000M Handicap at McCallum. Dave Jones, handicapper.
 Saturday 12th. Belmont AAC 8K Handicap
 Sunday 13th at McCallum, SPRINT at 9.30 and 5K H'cap at 10 a.m.
 Sunday 20th Picnic at Kings Park
 Saturday 26th WAAAA at Kings Park
 Wed Sept 3rd 6 p.m. 10K McGillivray
 Sun 28th Sept 9.30 a.m. 1/2 hour "
 Sun 5th Oct. Pinjarra Relay.

All recording done with Prker pens.