



The Vetrun

No. 128
MAY 1983



W.A. VETERANS A.A.C.	PRESIDENT.	Barrie Slinger	386 7727
Registered for posting	SECRETARY.	Fraser Deanus	390 5892
as a periodical.	TREASURER.	Colin Leman	364 7782
Category 'B'	EDITOR.	Jeff Whittam	387 6438

The best way to make dreams come true is to wake up.
J.M. Power

COMMITTEE MEETING.

CHRONOMIX. It has been decided to buy a stand to put the clock on and also a plastic waterproof cover for use in wet weather. The time will still be visible through the plastic.

WINDCHEATERS. These have now been ordered and should be available from Barrie Slinger from about the end of the month.

AAWA REGISTRATIONS. Dorothy Whittam has elected to continue taking registrations from club members who wish to join the Association. The fees this year are:- Winter Season \$14.00. Summer Season for those who have been registered during winter a further \$11.00, for new registrations \$20.00. The winter season is from April till October and Summer season from November till March. During the winter season we hope that the association will continue as last year and hold Veterans Championships in conjunction with all State Championships.

CLUB CROSS COUNTRY CHAMPIONSHIPS AT JORGENSON PARK. KALAMUNDA. 10th July 1982. It was decided that this would be open to all veterans who are members of athletic clubs, registered or non registered, and that it would be the 2nd W.A. Veterans Cross Country Championships.

CLUB NAME BADGES. Members are asked to please wear their name badges at our events as this will help new members to get to know older members and it saves having to ask, who was that?, after you have been having an animated conversation with someone for five minutes and they have just left.

CLUB OFFICIALS. For those who didn't attend the A.G.M. the officials elected were:- President Barrie Slinger 386 7727, Secretary Fraser Deanus 390 5892 Treasurer Colin Leman 364 7782, Vice President Don Stone, Committee members Joan Pellier, Sue Leman, Bob Fergie and Brian Danby. Statistition Dick Horsley. Armourer Andy Wright. Auditor Ray Lawrence. Newsletter Editor Jeff Whittam. There will be a full report on the A.G.M. in the next issue, (I hope.)

QUIZ NIGHT

AT THE SHENTON PARK HOTEL ON 6th JULY 1983. START 7.30pm.

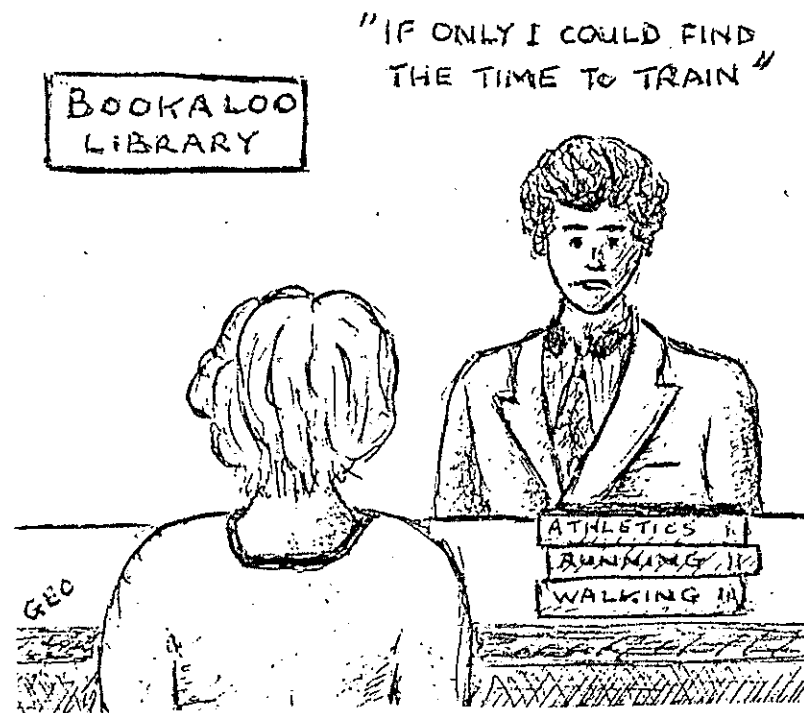
TABLES OF SIX TICKETS \$3.00 Each.

SUPER PRIZES

TICKETS ARE OBTAINABLE FROM ANY MEMBER OF THE COMMITTEE.

If anyone would like to donate a prize the committee would be very gratefull. SORRY but children are not allowed on licensed premises.

Whilst still on the subject of club officials, The club librarian is still Allen Tyson who bears no resemblance to the cartoon under here.



PROGRAMME CHANGES.

Owing to the A.A.W.A. changing their programme we have to make the following alterations to our programme

15th MAY IS NOW THE "CLIFF BOULD TROPHY" RUN.

22nd MAY IS NOW THE FREMANTLE - PERTH RELAY AND AFTER

THE RELAY RUN. THIS WILL START FROM THE CAR PARK BY THE JOHN FORREST MEMORIAL, WHERE THE RELAY FINISHES. NOT AS STATED IN THE PROGRAMME AT SAW AVE. THIS WILL ENABLE MEMBERS WHO ARE NOT RUNNING TO CHEER ON THE TEAM AND SEE THE FINISH. (LAST YEAR WE WON "C" GRADE).

REGISTERED RUNNERS PLEASE CHECK THE A.A.W.A. PROGRAMME, AS THERE HAVE BEEN QUITE A FEW ALTERATIONS TO THE PROGRAMME.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Alan Acreman	turns 46	remains M45	23	Ray Lawrence	turns 55	becomes M55	15
Denis Batterham	" 51	" M50	25	Frank McLinden	" 52	remains M50	07
Derek Cook	" 42	" M40	24	Erica Mercer	" 40	becomes W40	30
Peter Gallagher	" 42	" M40	22	Jim Martin	" 58	remains M55	06
Peter Gare	" 43	" M40	21	John McKecknie	" 57	" M55	03
John Gilmour	" 64	" M60	03	Paul Slyth	" 41	" M40	29
Glen Hall	" 35	becomes W35	17	Roger Walsh	" 40	becomes M40	30
Fred Langford	" 37	remains M35	30	Maureen Gladdle	" 42	remains W40	01
Stan Latchford	" 42	" M40	19	?	?	?	23

HAVE YOU PAID YOUR CLUB MEMBERSHIP FEES YET? IF NOT THIS WILL BE THE LAST NEWSLETTER THAT YOU WILL RECEIVE.
SEND YOUR SUBSCRIPTION NOW TO:- Colin Leman, 6, Earlston Place, Booragoon. 6154. Phone 364 7782.

During May there are three events that have been held each year. Below is a list of records for these events. I hope to publish all events where records are held at the beginning of each month so that members can see who holds what records and the times that have to be beaten, Brian Danby is keeping a record of all these events, as against the ones that Dick Horsley keeps for the club. Fraser also has a set plus maps of the courses in most cases, so would organisers or those on duty please see him for the maps and record sheets.

May 1st, "Walliston Wallop" run. 10km.

W30. Jill Pearton 50.17 W35. Joan Slinger 51.35 W40. Ann Deanus 59.32
W45. Margaret Warren 60.03 W50. Lorna Butcher 55.47 W55. Val Tyson 69.20
M35. Frank Smith 37.24 M40. Derek Hoyer 36.20 M45. Maurice Smith 38.31
M50. Allen Tyson 45.06 M55. Allen Tyson 43.29 M60. Duncan Strachan 48.41

8th May. "3 x Dave Jones" run. 6.699km.

W30. Chris Harland 34.58 W35. Dianne Turner 32.40 W40. -
W45. Nora Berry 39.06 W50. Lorna Butcher 31.41 W55. Val Tyson 41.31
M35. Hugh Kirkman 22.24 M40. Derek Hoyer 23.32 M45. Rob Shand 23.45
M50. Dennys Butcher 26.03 M55. John Gilmour 23.19 M60. Dick Horsley 28.24
M65. Dick Horsley 29.17

May 15th. "CLIFF BOULD TROPHY" Certificate Run. 10km.

W30. Glen Hall 52.36 W35. Joan Slinger 48.10 W40. Ann Deanus 53.48
W45. Margaret Warren 56.00 W50. Lorna Butcher 50.08 W55. June Strachan 59.48
M35. Hugh Kirkman 36.36 M40. Derek Hoyer 36.21 M45. Maurice Smith 38.01
M50. Bruce Buchanan 41.58 M55. Allen Tyson 41.40 M60. Ralph Godkin 44.55
M65. Dick Horsley 45.07

After the event would the organiser please fill in any new records created and return the record sheet and the map to the secretary.

CHANGE OF ADDRESS.

Colin & Sue Leman. 6, Earliston Place, Booragoon. 6154. 364 7782.
Ian Lyon. 10, Tutly Court, Bull Creek.

AUSTRALIAN VETERANS TRACK & FIELD CHAMPIONSHIPS. EASTER IN MELBOURNE.

I have just received a newspaper copy of the results from Dave Carr, here are the W.A. RESULTS:-

Long Jump. W30. Eileen Hindle 5.55m 100m. W30. Eileen Hindle 12.93
10,000m W30. Lee Docksey 42.54 100m Hurdles. Eileen Hindle 14.67
High Jump. W35. Erica Mercer 1.22m 400m. M50. Dave Carr 55.75
800m. M50. Dave Carr 2.08.8 1500m M45. Morland Smith 4.11.00 (2nd)

Apart from these results I have also been told of the following placings, for these I have no times or distances though.

Eileen Hindle W30. 1st in the Pentathlon (Inaugural record), 1st in the 200m, in new record time, 2nd in the 400m.

Dave Carr M50. 3rd in the 100m, 3rd in the 200m

Erica Mercer W35. 2nd in the long jump, 3rd in the following, 100m, 200m, 400m, 800m, 1500m.

Cliff Bould M65. 4th in the 10,000m, 4th in the 5,000m.

OVERSEAS CORRESPONDENCE. Just had a card from Anne and Frank Smith. They are having a good time, Frank has just competed in the London Marathon and finished 'about 250th' he didn't manage a personal best but didn't do too bad either 2.29.55 Anne says the weather wasn't very good for the spectators as it rained and was cold with it. On the 2nd of May they are off to Boston. where they hope it will be warmer.

Bridges Run - Nominated Time ⁴ 4.4.'83. 10.5k approx.

The weather was good. The run consisted of some forty odd runners, quite a field when one considers it was an Easter Sunday. There was a few moans that the run was some 500m longer than before. This was by design to confuse the expert members. Maurice Johnston was spotted by several people going over the course with a tape measure and stop watch counting to himself. This had been going on some days prior to the run. However, the extra distance had the desired effect, as can be seen on the result sheet. Next year the run will be some 400m shorter, or maybe not.

Thanks to Kath Mitchell for her expert help. Congratulations to Phyllis Farrell on winning the event. Her estimate was only one second out. It's good to see you looking and running well again Phyllis, keep it up. Mike Berry was so busy looking at the scenery he didn't notice Nora sneaking past him. Well done Nora.

RESULTS.

<u>Name</u>	<u>Nominated Time</u>	<u>Actual Time</u>
D. Hoye	34.50	37.18
G. Innes	38.00	37.26
R. Jones	37.25	38.26
J. Maddison	37.30	38.39
J. Barnes	36.00	38.51
J. Travato	36.00	39.06
D. Caplin	39.30	39.09
B. Danby	37.25	39.21
E. Smith	38.30	39.37
D. Hough	36.30	40.31
R. Spark	41.15	41.16
K. Martin	37.15	41.41
J. Pellier	42.10	41.58
D. Moffett	41.50	42.40
K. Vaalsta	41.00	42.44
W. Mitchell	42.15	42.45
A. Acreman	43.00	43.21
D. Roberts	43.38	43.24
G. Thornton	40.00	43.43
A. Davie	46.50	45.45
A. Tyson	43.15	45.48
B. Sammells	40.30	45.48
R. Shand	40.00	45.48
M. Johnston	38.40*	46.05
J. Chadwick	43.30	46.05
R. Farrell	55.01	46.29
R. Lawrence	46.00	46.33
A. Wright	45.40	47.42
D. Jones	46.03	49.33
T. Vaalsta	51.00	50.22
J. Nordyke	50.00	51.03
D. Stone	43.14	53.14
F. Usher	51.00	53.14
P. Farrell	55.00	55.01
J. Whittam	49.03	55.01
D. Strachan	45.15	55.01
John Pellier	53.45	55.01
E. Crowther	53.40	55.12

NAME	NOMINATED TIME	ACTUAL TIME
M. Acreman		
N. Berry	56.20	55.12
M. Berry	58.00	58.25
B. Johnson	50.00	59.55
D. Whittam	49.49	59.55
	61.15	62.05

Apologies to I. Lyon for not having recorded your finishing time.
Ann and Fraser Deanus.

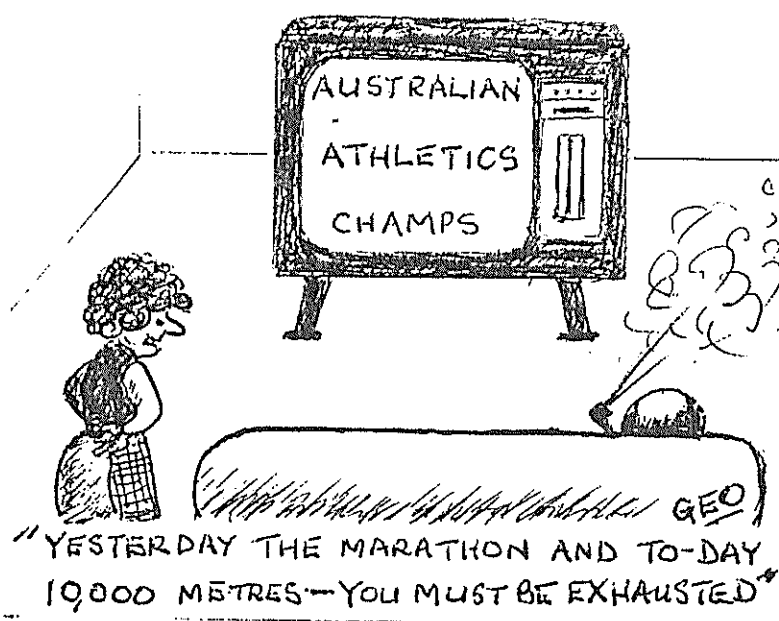
RESULTS OF 10km held 24th March 1983.

1. Brian Danby	u/c 35.47	7. Maurice Johnston	M45 39.35
2. Derek Crowther	M40 36.47	8. Allen Tyson	M55 39.59
3. Ted Costello	M45 37.39	9. Bob Hayres	M50 41.38
4. Barrie Slinger	M40 37.43	10. Alan Acreman	M45 42.04
5. Rob Shand	M50 37.54	11. Aub Davie	M45 42.59
6. Frank McLinden	M50 38.01	12. Andy Wright	M60 44.31

There were quite a few P.B.s set in this event. Sorry I missed them off of the original results.

INTERBANK FUN RUN. (unsubstantiated report). From our Foreign Correspondent. (Well I could hardly understand his accent).

Everything had gone according to plan, except the finishing funnel did not arrive until after the runners were well on their way. This eventually arrived and was duly set up, then the president was faced with his first major decision, should it be moved to avoid the runners falling into the large hole that was in the middle of it? Should the length of it be altered? Should the mouth of the funnel be facing the runners or should it be at the end for them to disperse from? Meanwhile back with the runners who were not only having to run, but also to fight their way through the massed hordes of fishermen lining the banks of the river whose carelessly cast lines were to elicit many a cry of "I've caught a large eel", only to realise he had hooked the anatomy of some poor runner on his way past. Is it true, that when one fisherman killed the fish he had just caught by hitting it on the head, that Margaret Warren asked "is that a Stunned Mullet?" Did she get the phrase from Barrie Slinger when he was teaching her how to sailboard on the Eaton weekend? Back at the finishing line the finishing chute had been erected (for the umpteenth time) and all was ready for the runners, no penalties were given to those who had hooks in their clothing or who looked like mermaids from the scales they had picked up on their way round the course. No report was given from the competitors but the officials had a 'whale' of a time.



by J. Pennington.

Modern competition started about 1720, because it was at this time when the gentry wagered on their footmen. The distances run in challenge matches was usually 4 miles. Some indication of the standards of those times may be gauged from the fact that in 1764 a footman named Foster Powell ran 50 miles in 7 hours on the Bath road. Also during the same year the mile was run in 4 minutes 30 seconds. The 2 miles in 10 minutes and the 10 miles in 57 minutes. Incidentally, watches have been quite reliable since 1730.

Organised athletics began in England in the Army and in the Public schools (for the upper crust only) in the year 1820, and by 1863 the first Athletic club became established in London, bearing the name The London A.C., the first National track and Field was in 1866. Clearly there were Veterans competing by the turn of the century. In 1931 the Veteran membership of the London A.C. was 20 strong and they therefore decided to break away and form the Veteran Athletic Club, on the 17th September 1931. No-one imagined it would take 40 years to establish a Veteran Club in Australia. First Randwick-Botany organised an Athletic meeting for the over 40 members of N.S.W. Clubs, in March 1971; and a few weeks later Al Digance in Adelaide got the message and formed a bona fide Veteran Club.

The motivation for all this began in the U.S.A., when a lawyer jogger DAVE PAIN, got himself and his dog arrested for trespassing on a Public Golf Course in San Diego. Dave, because of his legal training, had paid his green fees and therefore easily won his case for the right to jog on the Golf course. However, the attendant publicity enticed others to do the same, so the next step was to provide age group competition at the Bilbao Stadium in San Diego, 1968.

On the other side of the Globe was a 50 year old Pom, still running in inter-club at Perry Lakes Stadium, Perth. CLIFF BOULD was still receiving "Athletics weekly" from the U.K. and he saw some brief report about a U.S. Masters championship. Cliff, determined that he was going to prove that he was the best distance man of his age, got in touch with Dave Pain and was invited to San Diego. So, in 1968, an "Australian" won the U.S. Masters 2 miles, 3 miles and 6 miles. Meanwhile, another veteran from Sydney, FRANK McCAFFERY, had been put in touch with the Association of Veteran Long Distance Runners of Germany, and a little earlier, in 1968, ran in the World Veteran Marathon.

In Melbourne there was a veteran miler, WAL SHEPPARD, who was still holding his own at inter-club; and in Canberra there was myself, still able to place well up in the cross-country scene. In 1969 and 1970 Cliff was joined at the U.S. Masters by Wal, Col Junner and John Gilmour (latter two of Perth).

In 1971 the heads were put together to try and reach other Veterans, and Jack Pennington was encouraged to produce the "Veteran Athlete". In 1971 the circulation ran to 60 and by issue number 32, in 1977, it reached 560. (Jack was already the correspondent for the West German magazine for Veterans called "Condition" and also the U.S.A.'s "Track and Field News").

Editorial policy is well defined by the front cover, which shows Herb Elliot chasing Percy Cerutti up the famous Portsea sand hill. The message is that Granddad can and should set an example to his grandchildren.

VETERAN ATHLETICS - BORN 1931 (cont'd)

In 1972 the West Germans, because of the influx of Veterans to watch the Munich Olympics, decided to go a step further and promote an International Track and Field meeting at Cologne. This resulted in teams being picked from the U.S.A. and Australia, and the British not to be left out, decided to put on the first International at Crystal Palace London prior to the Olympics. These two meetings brought many ex-champions out of the woodwork, and even 80 year olds contested not only the sprints but the marathon. There were 200 Americans, 100 Australians, 50 British and about 100 from Continental Europe. The meeting in Cologne was labelled The World Best Veteran Championships and it was in 10-year age groups.

By 1975 the NEW sport had become so popular that it could be held in 5-year groupings, and 2,000 competed in Toronto. Most also competed in the U.S. Masters at White Plains, New York. The Toronto meeting was the largest track and field Championship ever held (larger than the Olympics which cater only for one age group). Veterans now have the dual problem of unrestricted entries in about ten age groups. In 1977 at Goteborg, 2,600 competed at three venues; one of the tracks was a dirt motor cycle speedway. There are larger problems than the Olympics and it also includes the political ones such as South Africa. Veterans from that country have been able to compete as Americans. Also a number of well-known professionals turned up with amateur accreditation and won Gold medals. Of course, anyone of the right age deserves their Gold medals but it may well cause a split into two camps, so that there may well be an Open and an Amateur World Championships and never the twain shall meet. But my assessment is that the oldies in their maturity will clearly declare for Open competition - they are now stronger and have more in common than the traditional amateur hierarchy of the I.A.A.F. The Moscow Olympics may well be the last of the closed shop sham-amateur Games. But it may well be that Goteborg was the last of the Nationalistic sham-amateur Veteran Championships.

Hopefully the next spectacular will be held in Hanover in 1979, and if you are over forty and a serious competitor you will be eligible - I say hopefully because, as I've pointed out earlier, Australia is usually 40 years behind.

Yet, in the Veteran scene, we have been very quick to follow the lead given by Dave Pain of San Diego, largely due to those mentioned in this history.

With the Fun Run scene growing and here to stay, Veteran athletics will gain recruits. To retire at 30 will be a thing of the past - there is no age at which one retires, most of us expect to die with spikes on.

HERE IS SOMETHING FROM AN OLD ISSUE OF VETERAN ATHLETE WHICH SHOULD BE OF INTEREST TO ALL VETERAN ATHLETES.

Sri Chinmoy Triathlon - Adelaide - 13 March 1983

Triathlon fever is gradually taking hold in Australia. This combination event which features back-to-back competition in swimming, cycling, and running has been popular in the U.S.A. for several years, particularly on the west coast. All of the Australian events so far have been contested in the eastern states. Major competitions have become annual affairs at Adelaide, Melbourne, Gold Coast, and Cairns. Australis's most successful triathlete to date is Greg Reddan, a 36 year old pre-vet from Brisbane. In the grueling Hawaii Ironman Triathlon (2.4 mile swim, 112 mile cycle, 26.2 mile run) of 1982 he placed 7th in a field of nearly 500 competitors. Reddan was undefeated in Australian competition until this years Adelaide event where he was runner up to Rowan Phillips, a young Victorian cyclist who covered the distance (1.6 km swim, 55 km cycle, 21.1 km run) in 3 hours 11 minutes. The women's event was won by Robyn Brown of Adelaide in 3 hours 46 minutes. Gerry Allen represented the W.A. Vet's A.A.C. and won a third place trophy in the 40-50 year age division with a time of 3 hours 55 minutes.

This was the biggest triathlon to be held so far in Australia with 225 entrants, twice the number of competitors in the previous race. The event attracted triathletes from all states except Tasmania and ages ranged from 18 to 58. The last finisher took approximately 6 hours to complete the course.

By Gerry Allen

A.A.W.A. SCRATCH RACES AT PERRY LAKES. 16th April 1983.

<u>2km.</u>		<u>4km.</u>	
Eileen Hindle	7.58	Don Caplin	13.53
<u>3km.</u>		Graham Thornton	15.38
Ted Maslen	30.00	John David	17.09
Ed Smith	31.08	Margaret Harman	17.43
Stephen Barrie	31.16	Jeff Whittam	17.55
Keijo Vaalsta	34.27	Tuula Vaalsta	19.15
Gillian Chambers	35.25	Kath Holland	21.07
		Sheila Maslen	22.36

BUNBURY MARATHON & ½ MARATHON. 24th APRIL 1983.

On the night before the event the Bunbury Club organised a Carbohydrate loading dinner which all who attended agreed was a terrific meal. They also had an after the event lunch. The weather for the race was perfect, all competitors who finished the event were presented with an engraved glass, those in the marathon received one that had a handle and those in the half marathon received one without a handle. Inscribed on the glass was the runner emblem with laurel wreath and the recipients name and time. There were 147 starters for the two events. The results are:-

MARATHON.

1. Peter Ritson		2.28.40	34) Morris Warren	M45	3.06.44
4. Hank Stoffers	M40	2.31.40	34) Barrie Slinger	M40	3.06.44
18. Jim Barnes	M40	2.55.36	47. Tim Fry	?	3.25.03
21. Gerry Allen	M40	2.57.07	48. Duncan Strachan	M60	3.27.24
22. John Pellier	M40	2.57.50	53. Dennis Wilmott	M50	3.38.21
28. Fraser Deanus	M40	3.00.01			
31. Frank McLinden	M50	3.03.34			

56 finishers.

HALF MARATHON.

1. Ian Murray		1.11.29	41. Doreen Dow	W40	1.38.20
9. Brian Danby	u/c	1.19.32	48. Erica Mercer	W35	1.41.51
14. Bruce Hollier	M50	1.24.07	50. Joan Slinger	W40	1.44.23
15. Rob Shand	M50	1.24.34	53. Ann Deanus	W40	1.46.10
18. Graham Thornton	M40	1.25.18	56. Joan Pellier	W40	1.50.43
19. Mike Kahn	M35	1.25.44	59. Margaret Warren	W45	1.55.09
26. Mel Shead	M35	1.28.35	63. Phyllis Head	W60	2.04.44
27. Bob Hayres	M50	1.29.26	65. Val Lishman	M50	2.16.39
30. Bill Mitchell	M45	1.33.10	66. June Strachan	W55	2.43.12
31. Cheryl Amies	W35	1.33.29			
36. Allen Tyson	M55	1.35.38			

66 finishers.

The hard luck story of the day must be Fraser Deanus's just failing to beat the 3 hour mark. The biggest fiddle of the day was Morris Warren's declaration that the clock was wrong and that his watch was right, even if he didn't start it till 20 minutes into the race. Sounds like everyone had a great weekend.

2 x CLIFF BOULD SEALED HANDICAP. 10.4km 24th April 1983.

Full Name		H/cap time	H/cap	Act. time	Acc. psn.
1. Bob Sammells	M45	54.32	13.15	41.17	3
2. Wes Carter	M45	55.17	13.00	42.17	4
3. Hamish McGlashen	M45	55.18	12.30	42.48	5
4. Dalton Moffett	M50	56.09	12.30	43.39	7
5. Mick Carrick	M40	56.19	11.00	44.19	8
6. Dave Carr	M50	56.45	15.30	41.15	2
7. Dave Hough	M50	56.48	13.15	43.33	6
8. Bruce Buchanan	M50	57.13	12.30	44.43	9
9. Andy Wright	M60	57.54	9.45	45.09	13
10. Ray Lawrence	M50	57.48	8.45	49.13	14
11. George Peet	M45	58.03	12.30	45.33	10
12. Hugh Kirkman	M40	58.06	19.00	39.06	1
13. Aub Davie	M45	58.13	10.45	47.28	11
14. Merv Moyle	M55	58.17	10.15	48.02	12
15. Ernest Moyle	M55	60.28	6.00	54.28	16
16. Frank Usher	M55	61.16	7.30	53.46	15
17. Peter Williams	M40	64.46	00.00	64.46	17
18. Maurice Johnston	M45	21.19	5.2km		
19. Maxine Tapper	W35	27.15	"		
20. Pat Carr	W50	30.55	"		
21. Judy Forbes	W30	30.57	"		
22. Ron Torkildsen	M50	W/drew			

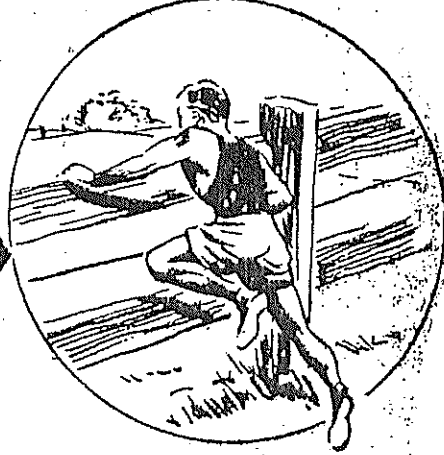
The event was organised by Jill Pearton and Dick Horsley.

I was given this article for inclusion in the newsletter, about two of our members, John Gilmour and Allan Merrett. Both are now somewhat older. I am sorry about the reproduction but it is the best I could get it.

SPORTS NOVELS, NOVEMBER, 1944

JOHNNY GILMOUR

EX-P.O.W.



Now CROSS-COUNTRY STAR

BY JOE GALLI

JOHNNY GILMOUR, West Australian cross-country runner, didn't win the National 10,000 metres championship race at Melbourne on August 28, but he certainly endeared himself to all those in the know as the gamest athlete of this year—or any year.

It is doubtful if you have even heard of Gilmour, so his story is worth telling.

If you had thought about the Australian cross-country title race before it was run, you probably expected the winner to come from Allan Merrett (W.A.)—if so, you were correct—Mark Shilston (Victoria), or Don Campbell (N.S.W.).

Gilmour filled twelfth place in a field of 32, but has earned for himself an honorable place in the annals of Australian athletics—because he did it in the face of an incredible handicap.

For Johnny Gilmour, an ex-prisoner of war in Japan, is losing his eyesight, and so bad is it at present that he cannot recognise a friend more than five or six feet away!

It was, then, a meritorious feat for him to finish twelfth in an Australian championship. The more so as the race was run over a stiff course that included ten fences, rough, stony country, and some nasty slopes.

At one of the fences Gilmour missed the warning passed on to him by an opposing runner, and ran slapping into it, cutting his legs on the barbed wire.

JOHN GILMOUR was taken prisoner at Singapore in those dark, depressing days of February, 1942, when the whole world seemed to be crashing down about our ears.

His unit, the Fourth Machine-gun Battalion, was in action for only a week, yet it suffered the heaviest casualties of the Malayan campaign—680 men killed out of 1000!

Along with his friend, who told me this story in the comfort of a Collins Street office on a sunny spring afternoon, Gilmour then only 17 years of



age) was later taken aboard a Japanese "hell ship," battered down in a fetid hold and, one month later, arrived at Kobe in the Japanese home islands.

He spent four weeks under the most horrible conditions (about which we have read so much) on a voyage that normally occupied seven days!

The voyage had to be extended because of the proximity of U.S. submarines, but fortunately for the prisoners only one (unsuccessful) attack was made on the ship.

Gilmour spent the rest of the war in the Kobe prison camp, and it was his unfortunate lot to be savagely beaten on several occasions—a not-uncommon occurrence, of course.

But through it all Johnny never ceased to talk about running (which he had participated in before joining up) and runners. It was his great love, and to buck him up his comrades expressed confidence in his ability to succeed when hostility ceased and they could all return home.

It often happened that Gilmour was attached to a gang whose job it was to unload whips at the Kobe docks, and he always made a point of being first through when the wharf gates were unlocked.

Johnny always managed to be at the head of the line and, Jap soldiers or not, he would sprint through the opened gate. He usually got a few cuffs or thwacks with a baton for his trouble, but it never did discourage his display of energy.

This desire to be first, springing as it did (I suppose) from his competitive zeal, which, in turn, came from his pre-war running days, nearly cost Gilmour his life.

At war's end the prisoners were shipped by the Americans to the island of Okinawa, where three special planes were detailed to fly Gilmour's particular group on to Australia.

The planes were to leave the airstrip at 3-minute intervals, and for once Johnny missed out on being first.

"He just wasn't fast enough in the line-up on this momentous occasion (excitement, perhaps), which was as well, for the leading plane crashed into the sea with a total loss of passengers and crew. Told of the tragedy later by his mates, Gilmour thankfully replied: "I guess I was meant to see home again, after all."

WHEN Johnny came home he was virtually only "skin and bone." Weighing little more than 8st., he wasn't much above half his normal, pre-enlistment weight.

Determined, he refused to accept his disabilities as other than a temporary inconvenience, and soon set about rebuilding his strength in order to again take part in athletics with his old club, Mt. Hawthorn Harriers, of Perth.

In a remarkably short time, considering his physical condition (which seems to have been worse than that of most of his fellow ex-prisoners) Gilmour was filling places in Western Australian distance races, and in August, 1946, he was selected to represent that State in the Australian cross-country championship at Brisbane.

Returning to Perth after that eventful race, he captured the State 10-miles road title in 61 min. 30 sec.

Heartened by these successes, Gilmour was runner-up in three State championships during the following winter (1947)—to Allan Merrett in the 10,000 metres cross-country, and veteran George Morley in the 10 and 15 miles road events.

For his performance in placing in all the winter season races in 1947 he was awarded the aggregate trophy for the highest number of points scored.

Not a bad performance for a fellow who was almost a physical wreck 18 months or so earlier!

Gilmour earned his second "Black Swan" blazer by running third to Merrett and Morley (who won the Australian cross-country title in 1939) in the 5 miles and 10,000 metres championships earlier this year. His time in the latter event was 36 min. 6 sec.

5ft. 6in. tall and 24 years of age, Johnny is married and has one child. Because of his defective eyesight, which precludes him from most forms of work, he was given a suitable position in the Perth Repatriation Hospital.

There he is happy. He has that adaptive nature of taking what comes with a smile, and, equally important, an understanding wife.

It is really amazing when you consider it carefully that Gilmour can run across country at all. Try it out yourself sometime in the dark (for that is virtually how John must race), and see if you can come out of it minus a wrenched ankle or knee!

But somehow Johnny gets over his disability, though it is my guess that sheer grit and determination are the vital factors in his triumph.

WINNER of the 1948 Australian cross-country title, Allan Merrett (W.A.), revealed good form and intelligent race tactics to score comfortably over Mark Shilston in 34 min. 41 sec.

Merrett's margin over the Victorian at the time was 40 yards, with Ken Miller, rising N.S.W. runner, 10 yards away third. The issue was in doubt after the West Aussie broke away 11 miles from home, fourth and fifth places went to

Don Campbell and Jack Schwede, both of N.S.W., while George Morley was sixth.

An indication of the evenness of the leading runners can be gleaned from the fact that only 15 sec. covered the first six to finish.

ALLAN MERRETT, a slight, but neatly built, dark-haired, brown-eyed youth of 26, is 5ft. 6in. tall and weighs 110lb. in racing trim. An electrician in the Perth Central Fire Station, he is single, and has been running in open company for only two years.

Merrett's introduction to Athletics came through his fondness for swimming. As a member of the City of Perth Life Saving Club, he competed in an unusual marathon event, which involved swimming a half-mile in the sea, running along the beach for two miles, followed by a similar distance over sandhills, then back to the sea and finishing along the beach.

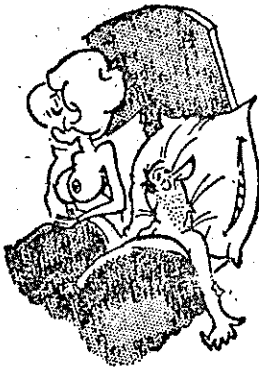
It was a true test of endurance, and because of his easy victory Merrett

was urged to join an athletic club. He heeded the advice, becoming a member of Y.M.C.A.C., and during the past twelve months has won six Western Australian championships, the latest being the 10 miles road event in the record time of 56min. 30sec.

VICTORIA'S star, Mark Shilston, of Coburg Harriers, is exactly the same build as Merrett, but he is four years older, has blue eyes and fair hair. Formerly a footballer (Australian Rules), he quit the game after being kicked twice in the one match.

Shilston followed up the national championship race by annexing the Victorian 10 miles title at Flemington Racecourse, his time being 58min. 58sec.

Last year Mark established a State 10 miles track record of 54min. 28.2 sec., and an Australian one-hour record of 10 miles 1723 yards, 2ft. 6in., at Frankston on the day of the marathon championship.



"The time has come to choose, Arthur. Jogging or me."

Is this Rob Shands "All Downhill" course when run in an anti-clockwise direction? Or for the hardier souls an "All Uphill" course when run in a clockwise direction?

