



# The Vetrun

No. 143, AUGUST 184



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

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

PATRON: W. J. (Bill) Hughes

PRESIDENT: Barrie Slinger 386 7727

SECRETARY: Duncan Strachan, 459 3859

TREASURER: Frank McLinden, 387 1152

NEWSLETTER EDITOR: Jeff Whittam, 387 6438

THE ONLY WAY TO GET RID OF TEMPTATION IS TO YIELD TO IT. LB.

### COMMITTEE MEETING.

DONNELLY WEEKEND. 29/30th September & 1st October 1984 NOT 6 - 8th

October as in last newsletter. If you are going let the secretary have your name and the number in your party NOW, along with a \$5 deposit for each member. Places are going fast.

ALTERATION TO PROGRAMME. In the last newsletter we gave the 19th August as the day of the City to Surf Fun Run. THIS IS WRONG. it is being held at the end of September. on the 19th there will be a 3 x Dave Jones run at McCallum Park. Please make a note in your programme.

CLUB NAME BADGES. Would members please wear them to club runs, if you have not got one a new one can be ordered from the secretary for a small fee. They do help members to get to know one another, especially new members.

YANCHEP PICNIC RUN. 12th August 1984. Meet outside the Yanchep Inn at 9.30am. Don't forget there is an entry fee of \$2.00 per car into all National Parks.

NEW MEMBERS. We welcome the following new members to the club:-

BRYAN HARDY 20, Mildmay Street, Balga. 6061. 342 7692 M40 26th May 43.

Peter Elgar Muller 4, Trelion Place, Rivervale. 6103. 3611504 M45  
2nd January 39.

Robert Leslie Norton 16, Wittenoom Road, Maida Vale. 6057. 454 5601  
M45 22nd June 39.

Joseph Edward Stickles 37, Rosher Road, Lockridge. 6054. 279 6923  
M45 19th April 38.

Stanley Eric Green, 10, David Street, Albany. 6330. 098 41 3239  
M70 9th July 1914.

GEORGE SKEELS MEMORIAL CROSS COUNTRY RACE. Perry lakes 7th July 1984.

Twentyfive members turned up on the day to help marshal the course and to take entries. Dick Horsley had the rostering of marshals well in hand and Lorna Butcher had organised the taking of entries, along with the other ladies present. Several members also assisted in the marshalling of the Schools Champs, Keijo Vaalsta being stuck on the corner of a very cold and windswept Stevenson Avenue for about four hours.

This is an event that the club organises for the A.W.A.A. each year at the end of the first day of the Schools Cross Country Champs. It is run on a sealed handicap and is open to all ages from Juveniles up, of both sexes. The winners on handicap were:- 1st Richard Titelius; 2nd Tony Heppener; 3rd Mal Pach: Fastest was Martin Asmussen in 17.45 for the 5km. Thank you to all members who helped.

If anyone has an article that they would like published in the newsletter which they think would be of interest to other members would you please let me have it by the 25th of the month. Also would organisers

of club runs let me have the results as soon as possible after the event, with a short write up. If any records have been broken would you mention this in the write up. Thank Ed. (helps me not to miss them off the records).

#### ATHLETICS MISCELLANY

Mexico City, Mexico, October 18, 1968. Robert Beaman (USA) jumped 29' 2½" to record the longest leap in the 20th century to date.

Chester Race Course, England, May 8, 1854. John Howard (England) jumped 29' 7" to record the longest leap in modern times and possibly the longest leap ever.

This rather stunning performance by Howard was accounted for by his use of weights and a take-off block 4" above ground level; he was also one of the best broad jumpers of his time. Howard used dumb-bells of up to 5 lbs, one in each hand, to propel himself through the air and consistently cleared 27' in competition in 1853 and 1854. Also in 1854 at the Copenhagen Ground, Newton Heath, near Manchester, he won 300 pounds sterling by leaping a full-size billiard table lengthways.

He claimed the title of World's Champion "sprint runner and jumper". Certainly for 10 years he offered "to give any man in the world 3ft. at a fair run leap" but his challenge was never accepted.

Jumping with weights was common in the 19th century and the beginning of the 20th. It is also known to date back to Greece in the 6th century BC. In the Olympic and Pythian Games, at least, the standing and running broad jumps were performed with dumb-bell shaped jumping-weights (Greek: halteres) from 2 to 6 lbs in weight. Some prodigious distances were recorded but none can be reliably converted to present measures. This being so, it is reasonable to assume that none exceeded 30'.

The use of weights provided extra momentum for the jumper and so allowed greater distances to be cleared. The running broad jump technique was to take a few springy steps and to raise the weights at arms-length to shoulder height on take-off. They were then thrust backwards and released during flight. A similar technique would have been used in the standing jump. They were also used in the high jump but apparently gave little advantage.

In the next newsletter I shall detail some other weight-assisted performances taken from David P. Willoughby's excellent book *The Super Athletes*. In the meantime I would be interested to learn more of the techniques from anyone who may have witnessed or experienced this intriguing aspect of jumping.

Bob Sammells.

And a letter from Bobs parents:-

Dear Jeff,  
Please may we ask that our pleasure in receiving such a warm, friendly welcome from the members we were privileged to meet at your Sunday morning runs and other times during our recent holiday be brought to their notice. Meeting such friendly folk played no small part in making for happy memories of a very enjoyable holiday.  
All success to the VETS from a couple of non-runners.  
Yours sincerely,  
Lucy and Ted Sammells

CLIFF BOULD TO REPRESENT BRITAIN AT THE EUROPEAN VETERANS TRACK & FIELD CHAMPS.

Cliff has been selected to compete for Britain at these Championships, which are to be held at Brighton, England. From the 20th to 25th August 1984.

He will be competing in the 65--69 age group and will compete in the 5km and 10km events.

Cliff expects that both events will have large fields that may require they be split into two races for each event if this is so, as happened at Gothenberg, the winners are decided on the fastest times from each race.

Cliff will be racing against quite a few friends both from England and the continent. He has been going quite well in recent weeks but would like to see a bit more edge to his speed. In the recent Bridges Mill Point Road run, he said he felt to be running well during the race and finished strongly but was a little disappointed with his time of 47.11.

I am sure all members of the club wish him all the best for both races and that both he and his wife Phyllis have a terrific holiday. They leave for England on the 15th August and return about the 15th October.

ON THE INJURED LIST. Country member Phyllis Head had an accident in training recently when she fell and broke her jaw. We hope that you are soon back into training and talking. (I would hate to have that sort of accident and not be able to tell anyone about it.)

SYDNEY MARATHON. In the last newsletter I said that four club members took part, in fact there were five. Denys Bitcher also ran and finished in 517 place with a time of 3.18.13sec John Maddison finished in 361st position. Frank Smith was also the 2nd Veteran to finish.

CLUB HALF MARATHON CHAMPS. 24th June 1984.

Ninetyone runners turned up for this event, this must be a club record. The was sunny but cool, ideal conditions some would say.

The race was won in grand style by Hank Stoffers, good one Hank. The ladies event was also won by a good strong run from Jill Chambers, have a look at her time, also in the ladies race some good efforts from Cheryl Amies, Barbara Leach, (good to see you out enjoying your running again Barbara) and also a good effort from Sandy Walton, one to watch.

In the mens race some good runs from messrs. Sammells, Slinger, McLinden and Warren. Also Jim Greenfield, a good improver.

Many thanks to the Lemans for a very well organised event and a special thanks to all the helpers, who are always around when needed.

Fraser Deanus.

AGE GROUP WINNERS.

<u>W35</u>	Jill Chambers	1.23.54*	<u>M45</u>	Don Caplin	1.15.48
	Cheryl Amies	1.30.02		George Innes	1.21.16
	Barbara Leach	1.37.26		Stephen Barrie	1.22.16
<u>W40</u>	Joan Slinger	1.39.42*	<u>M50</u>	Maurice Smith	1.17.39*
	Margery Forden	1.39.49		Bob Bryce	1.22.52
	Erica Mercer	1.44.21		Frank McLinden	1.24.31
<u>W45</u>	Elza O'Dea	1.59.32*	<u>M55</u>	Merv Moyle	1.35.52
	Mary Robinson	1.59.36		Bill Hughes	1.37.17
<u>W50</u>	Lorna Butcher	1.46.05*		Allen Tyson	1.39.45
<u>M35</u>	Brian Danby	1.20.54	<u>M60</u>	Duncan Strachan	1.40.51
	Mike Khan	1.23.45		Andy Wright	1.41.09
	Vincent Caruso	1.28.45		Gerry Noordyk	1.41.41
<u>M40</u>	Hank Stoffers	1.12.11*	<u>M65</u>	Cliff Bould	1.42.32*
	Frank Smith	1.14.13			
	Bob Harrison	1.17.26			

\* Denotes new record.

Congratulations to all the record breakers, in the M50 group all three place getters broke the old record and in the W35 and W40 the second placegetter also broke the old record. In a few of the other categories winners came very close to breaking the old records.

Full list of finishers on the next page.

## Club Half Marathon Results:-

Hank Stoffers	M40	1.12.11	Bob Braid	inv	1.30.29
Frank Smith	M40	1.14.13	Bob Norton	M45	1.32.42
Don Caplin	M45	1.15.48	Rod Marston	M40	1.32.59
Brian Marsland	inv	1.15.54	Alan Martin	inv	1.33.56
Chris Benn	inv	1.16.35	George Peet	M50	1.34.37
Bob Harrison	M40	1.17.26	Adrian Delange	inv	1.34.54
Maurice Smith	M50	1.17.39	Ron Strauch	M45	1.35.27
Derek Crowther	M40	1.18.08	Merv Moyle	M55	1.35.52
Fraser Deanus	M40	1.20.45	Aub Davie	M45	1.36.38
Brian Danby	M35	1.20.54	Bill Hughes	M55	1.37.17
Graham Thornton	M40	1.21.07	Barbara Leach	W35	1.37.26
George Innes	M45	1.21.16	Bob Farrell	M40	1.37.27
Micheal Archer	inv	1.21.36	Judy Marsland	inv	1.38.48
Stephen Barrie	M45	1.22.16	John Smith	M40	1.38.48
Bob Bryce	M50	1.22.52	Joan Slinger	W40	1.39.42
Wall Welwky	inv	1.23.19	Allen Tyson	M55	1.39.45
Alan Croxford	inv	1.23.40	Margery Forden	W40	1.39.49
Mike Khan	M35	1.23.45	Barrie Thomsett	M40	1.39.56
Bob Sammells	M45	1.23.49	Duncan Strachan	M60	1.40.51
Jill Chambers	W35	1.23.54	Roger Elmitt	inv	1.41.04
Barrie Slinger	M40	1.24.05	Andy Wright	M60	1.41.09
Ian McGibbon	inv	1.24.12	Gerry Noordyk	M60	1.41.41
Frank McLinden	M50	1.24.31	Adrian Noordyk	inv	1.41.49
Morris Warren	M45	1.24.44	Cliff Bould	M65	1.42.32
John Pellier	M40	1.24.51	Malcolm Sargeant	inv	1.43.42
David Branson	M45	1.25.23	Greg Leaver	inv	1.44.13
John Mellane	inv	1.25.35	Erica Mercer	W40	1.44.21
Ken Snowden	M40	1.26.25	Kath Noordyk	W35	1.44.36
Jay Travata	inv	1.26.49	Ernie Moyle	M55	1.44.58
Barrie Evans	M50	1.27.12	Sandy Walton	W35	1.45.31
Tim Fry	inv	1.27.55	Lorna Butcher	W50	1.46.05
Jim Greenfield	M40	1.28.00	Ann Deanus	W40	1.46.10
Terry Tate	M45	1.28.33	Fred Hagger	M55	1.46.23
Dalton Moffett	M50	1.28.34	Kieth Forden	M45	1.46.28
Colin Brooks	inv	1.28.40	Frank Usher	M60	1.47.33
Vincent Caruso	M35	1.28.45	Kate McAlister	inv	1.48.03
Mel Shead	M40	1.29.29	Phyllis Farrell	W35	1.48.33
Dave Roberts	M40	1.29.40	Garry Howe	inv	1.49.12
Steve Lewis	inv	1.29.54	Bernard Godwin	M45	1.52.44
Richard Spark	inv	1.29.55	Elza O'Dea	W45	1.59.32
Cheryl Amies	W35	1.30.02	Mary Robinson	W45	1.59.36
Bill Minks	M45	1.30.17	Pat Hayden	inv	2.10.11
<u>11km</u>					
Kevin Martin	M45	45.52	Patsy Reside	inv	59.06
Kiernan Tetley	inv	47.29	Enid Crowther	W40	60.03
Ian Sutherland	M40	55.10	Margaret Warren	W45	63.38
Selby Munsie	M50	57.58			

CARINE RESERVE RUN. 1st July 1984.

Forty runners participated in this open handicap run of 10km. 4 laps of the cycle track around the reserve. Distance accurate authenticated by messrs. Morris Warren & Andy Wright. A fine cool morning and only a slight breeze produced some good times on this fast course.

First home was Adrian Noordyk who was trying today. First Veteran home was Aub Davie followed by Kevin Marin and Peter Davies. First Lady was Sandy Walton followed by Lorna Butcher and Kath Noordyk. This was an open handicap and threequarters of the field finished within four minutes, the other quarter must have been enjoying the scenery.

John Bennington had the biggest handicap as the elastic in his shorts broke, this was a big letdown. A lucky draw was held after the run and was won by Brian Danby and Kath Noordyk, after much drawing to find a ladies number. These lucky winners received prizes of footwear, courtesy of Morris Warren.

All age group winners set inaugural records. (Actual times).

Many thanks to Jackie Greenfield, Heather and Alison, also Wally Cross for their assistance and to Anna Cosford, Andy Wrights daughter, for supplying the cakes enjoyed by all with tea and coffee after the run.

Andy Wright & Morris Warren.

Results:-

Men.				Ladies.			
Winner	2nd	Fastest		Winner	2nd	Fastest	
Aub Davie	Kevin Martin	Don Caplin		Sandy Walton	Lorna Butcher	Joan Slinger	
		Hcap	Actual			Hcap	Actual
		Time	Time			Time	Time
Adrian Noordyk	inv	50.25	41.25	Duncan Strachan	M60	56.05	45.05
Aub Davie	M45	53.36	44.21	Ernie Moyle	M55	56.25	48.55
Kevin Martin	M45	54.03	38.48	Adrian Delange	inv	56.49	42.19
Peter Davies	M50	54.08	43.08	Brian Danby	M35	57.00	38.30
Gerry Noordyk	M60	54.23	46.23	Joan Pellier	W40	57.17	53.17
Morris Warren	M45	54.24	39.24	Margaret Warren	W45	57.17	53.17
Carolyn Smargiassi	inv	54.31	45.31	John Bennington	inv	57.41	46.26
Hamish McGlasheh	M45	54.33	39.18	June Strachan	W55	57.59	57.59
Barrie Evans	M50	54.36	38.15	Barrie Slinger	M40	58.00	43.00
Joe Stickles	M45	54.48	39.48	Jum Greenfield	M40	58.58	44.28
Bill Monks	M45	55.03	38.33	John Bissett	M40	59.01	49.31
Sandy Walton	W35	55.06	47.36	Bryan Hardy	inv	59.26	47.26
Bob Sammells	M45	55.09	38.24	Merv Moyle	M55	61.13	49.13
Don Caplin	M45	55.27	35.27	T. Gallagher	inv	61.13	49.13
Lorna Butcher	W50	55.32	48.02	Dorothy Whittam	W45	61.40	59.40
Carol Smargiassi	inv	55.41	40.41	Stan Lockwood	M50	62.33	50.03
Kirt Johnson	M55	55.42	46.12	Jeff Whittam	M45	65.37	58.07
Kath Noordyk	W35	55.42	46.42	Ken Whistler	M50	65.37	58.07
Barrie Thomsett	M40	55.54	44.39	Bev Whistler	W45	67.23	67.23
Joan Slinger	W40	56.05	46.35				

Shirley Cross ran 5km. No time taken.

CLUB CROSS COUNTRY CHAMPIONSHIPS. JORGENSON PARK, KALAMUNDA. 8th July 1984.

A perfect morning, cool and crisp, with a clear sky and virtually no wind saw a field of 47 set off for the annual club cross country champs at Jorgenson Park. Before the start the runners were told that the first creek crossing was well marked and that the small bridge at the side was not to be used as it was in an unsafe condition, also that the swamp at the bottom of the course was dry (I LIED) this was greeted with cries of delight at the start and curses at the swamp.

Clear winner of the event was Don Caplin from Kevin Anderson, with Brian Danby third from a tiring Graham Thornton. Best run of the day was by Jill Chambers who finished in 7th place overall and smashed the W35 record by 7.07 in the process. The only other record to be broken was by Margery Forden in the W40 group who broke the previous record by 2.28. Another great run was by Val Prescott who broke her personal best for the course by 9.20. It must be the Tuesday morning speed training at Perry Lakes that has caused the improvement, well done Val we hope that this augers well for the coming track season.

After the run came the highlight of the day THE SOCIAL. A magnificent feast was laid on by the ladies and they were very well assisted by Bob Harrison and his wife Ana. They had also brought along with them their new baby, although you would not have known it was there, it was so quiet, or perhaps no noise could penetrate the wall of ladies constantly surrounding it.

Phyllis Barnes was once again 'Queen of the Kitchen', working from well before the event until "Jean Claude" finally went down in flames and the last of the hardened socialisers finally left for home.

A REALLY GREAT DAY.

RESULTS:- Men.			Ladies.		
1st	Don Caplin	33.09	1st	Jill Chambers	36.03
2nd	Kevin Anderson	33.40	2nd	Margery Forden	42.33
3rd	Brian Danby	34.43	3rd	Joan Slinger	45.16

Full results on next page:-

		6			
<u>W35</u>	Jill Chambers	36.03*	<u>W45</u>	Mary Robinson	51.40
	Sandy Walton	45.34		Margaret Warren	53.54
<u>W40</u>	Margery Forden	42.33*		Dorothy Whittam	57.12
	Joan Slinger	45.16	<u>W50</u>	Lorna Butcher	46.10
	Joan Pellier	48.03		Nora Berry	55.48
	Val Prescott	61.32			
	Bev Whistler	67.31			
<u>M35</u>	Brian Danby	34.33	<u>M50</u>	Rob Shand	35.20
	Mike Khan	37.50		Frank McLinden	36.23
<u>M40</u>	Kevin Anderson	33.48		Dalton Moffett	36.53
	Graham Thornton	34.58		Barrie Evans	37.43
	John Pellier	36.31		Peter Davies	41.15
	Jim Barnes	37.05		Duncan Phillips	42.32
	Barrie Slinger	41.14		Ken Whistler	47.21
	Bob Farrell	44.08		Dave Hough	53.18
	Alan Chambers	55.27	<u>M55</u>	Ernie Moyle	51.40
<u>M45</u>	Don Caplin	33.09	<u>M60</u>	Andy Wright	43.28
	Bob Sammells	35.43		Frank Usher	49.44
	Bill Monks	36.12	<u>M65</u>	Arthur Leggett	43.34
	Kevin Martin	36.49	<u>M70</u>	Dick Horsley	47.43
	Keijo Vaalsta	37.08	<u>INV</u>	John McGinnis	39.43
	Dave Branson	37.38		Marie McGinnis	42.11
	Joe Stickles	37.46		Jonathan Yates	42.11
	Morris Warren	37.49		Stewart ? (came with	
	Aub Davie	40.08		Jim Barnes)	42.11
	John Smith	44.48			
	Keith Forden	45.26			

JOUSTING WITH ANDY AT JORGENSON PARK.  
Sunday 8th July 1984.

Andy always gets ahead simply because he goes out too fast for a nine kilometre cross-country run. This isn't a 100 metre sprint; it is a race of attrition and the strategy was to let him burn himself out and wear him down.

Andy was 100 metres ahead as we commenced the last lap. He was climbing the upward slope as I pounded down the forward gradient to the first creek; a narrow grass covered water-course which could be jumped, if lined up correctly.

A heaving push off from the knee high grass towards more high grass a metre and a half away.

Made it! Now where is he?

He was at the top of the slope but floundering as he set off down the gravel track to the second creek crossing.

I knew he was floundering, because, when he is tired he sways from side to side as though his leading leg is going to fold under him.

"Now, take this hill easy," I told myself, "keep within your aerobics and you'll have more speed on the downward slope."

The gravel downhill track was dangerous, with ironstone knobs protruding along a course lined with spiked bushes which imparted a sadistic pleasure as I brushed them away from my face.

Pain! Everything was pain!

My lungs hurt, my shoulders ached and my legs protested at every jarring, downhill thud of my weary feet.

Andy was 50 metres ahead, ploughing along the track, thrusting bushes aside as he turned towards the creek crossing at the bottom of the valley.

A 20 metre sloop through ankle deep mud, made sloppier by hundreds of splashing \$60 running shoes.

Andy's breath was accompanied by a distressful groan every time he exhaled. I could hear it from 5 metres behind as we climbed and staggered up the valley's side.

Vetrun 143 Over the top and downwards to the next sloppy stretch, then up again to a roadway.

"Sit in behind him! He'll extend himself and at the top, you'll catch him! Keep nudging him!"

It worked!

I caught him at the top, and, breathing easily, I ran for about half a kilometre beside this swaying, groaning, gasping staggerer.

It all tied in with the book on Running Psychology which I had been studying:-

"If your ability is similar to that of the other competitor let him exert himself and get 100 metres or so ahead, then gradually reduce the lead. This is demoralising. Keep behind him of the upward slopes and he will extend himself to his maximum effort. When you catch him at the top, run beside him breathing easy. Such an action imparts a negative response. Nothing is more shattering than to be passed by an easy-running competitor when you have extended yourself to the limit."

Over the last three-quarters of a kilometre I increased the pace by compelling my rubber-like legs to flop my feet forward at a rate quicker than Andy could command his palpitating, protesting body to produce.

Gradually I drew away to a 20 metre lead.

A slight upward slope of 100 metres then 50 metres to the finish.

That 50 metres!

I had just commenced it, when I heard a noise reminding me of the horrendous rhinoceros charging at John Wayne in "Hatari".

The rock studded earth shook with the pounding! The serenity of the environment was ruptured by spasmodic, bellowing gasps, hurled into the atmosphere from pain-encrusted lungs as Andy staggered past, roaring and waving his arms haphazardly with the roll of his body:-

'As who pursues with yell and blow  
Still treads the shadow of his foe  
And forward bends his head!

The trouble is, with Andy, he hasn't read any books on Running Psychology.

*Yours in running*  
*Arthur Leggett*

SPARKES (nee Cosford):  
Helena and John are proud to  
announce the magic arrival of  
a beautiful 7lb baby girl,  
Hayley Claire at 9.27am on  
19.7.84. Both fine. Many  
thanks to our Dr Smith and  
the wonderful staff at KEMH.

The above announcement, in the West Australian of Sat. 21st July 1984, may not have elicited much excitement for most club members, but it certainly did for Andy Wright. The announcement meant that he had just become a great grandad for the first time. To celebrated he ran the 'Bridges & Mill Point Road' 10km in 47.20. Congratulations on your first great granddaughter Andy.

Comments have been heard like:- "He doesn't look old enough to be a great grandfather" etc. etc.

I have just received a cutting from the secretary, giving the results of a 6km run around Mt Clarence and Mt Adelaide at Albany, With new member Stan Green (M70) winning the handicap in a time of 36:35 which was 6min faster than he did last year. Sounds like he is starting out as he means to go on.

#### DEFINITIONS    INTERVAL TRAINING:-

A weekly schedule in which a runner works out one day and rests the other six.

CALORIES. Something you don't have to count anymore once you begin training 150 miles a week.



73 members and guests arrived to take part in this annual event. Before the event began however a special general meeting took place. This was to delete the Amateur from the Club title. This was passed unanimously and the meeting became the fastest on record, at the end we all congratulated a grinning Andy Wright on becoming a great grandfather.

The start of the race was moved half way up McCallum Park and the runner ran back down the park and around the post then up the cycle path onto the Causeway etc. The organisers say the course is now exactly 10km. (To me it felt more like 20km). I cannot say much about the race, being at the tail you don't see much, except to say the weather was good.

We had to wait to congratulate the winner as he was already doing his lap of honour, another time round the bridges.

Whilst waiting we all enjoyed tea, coffee and biscuits.

On behalf of the runners I would like to thank all those who helped. I cannot name any, not being in any condition to recognise anyone when I finished. Thank you all anyway, without your help these events could not take place.

After the event when the results were announced Barrie Slingers name was missed out, he was actually second. Sorry about that Barrie.

RESULTS: - LADIES

1st	Eiza O'Dea	58.25	Morris Warren	58.00
2nd	Margery Forden	58.30	Barrie Slinger	58.21
3rd	Dorothy Whittam	59.27	Don Caplin	59.27

FASTEST TIMES OF EACH AGE GROUP:-

1st	Eiza O'Dea	58.25	Morris Warren	58.00
2nd	Margery Forden	58.30	Barrie Slinger	58.21
3rd	Dorothy Whittam	59.27	Don Caplin	59.27

W35 Jill Chambers 38.00\*; W40 Margery Forden 44.00\*; W45 Tuula Vaalsta 44.55\*; W50 Lorna Butcher 48.58; W55 June Strachan 61.51; M35 Brian Danby 35.46; M40 Fraser Deanus 37.03; M45 Don Caplin 33.52; M50 Dave Hough 38.47; M55 Merv Moyle 44.33; M60 Andy Wright 47.20; M65 Arthur Leggett 46.26; M70 Dick Horsley 48.17; (\* Denotes Record).

1.	Morris Warren	58.00	38.30	33.50	Graham Thornton	60.49	37.19
2.	Barrie Slinger	58.21	38.06	34.	John Maddison	60.57	37.12
3.	Eiza O'Dea	58.25	48.55	35.	Colin Leman	61.19	35.49
4.	Margery Forden	58.30	44.00	36.	Andy Wright	61.20	47.20
5.	Don Caplin	58.37	33.52	=37.	Joan Slinger	61.25	46.55
6.	Keijo Vaalsta	58.50	39.35	=37.	Keith Forden	61.25	47.25
7.	Dalton Moflett	58.55	39.40	39.	Mike Khan	61.26	37.56
8.	Hamish McGlashen	59.03	39.33	40.	Merv Moyle	61.33	44.33
9.	Dennis Wilmoit	59.13	41.58	41.	Ray Lawrence	61.42	47.42
10.	Alan Pomey	59.16	42.31	42.	Selby Munzie	61.43	49.28
=10.	Vic Beaumont	59.16	44.46	43.	Bob Sammells	61.51	40.06
12.	Dave Roberts	59.20	40.20	44.	Lorna Butcher	61.58	48.58
=13.	Dorothy Whittam	59.27	56.57	=45.	Carole Cole	62.01	53.01
=13.	Ted Maslen	59.27	36.42	=45.	Mary Robinson	62.01	53.01
=15.	Jill Chambers	59.30	38.00	47.	Jim Barnes	62.02	38.17
=15.	Frank Usher	59.30	48.15	48.	Shelia Maslen	62.13	54.13
17.	Brian Danby	59.31	35.46	49.	Dick Horsley	62.17	48.17
=18.	Trisha Spain	59.34	45.19	50.	Mich Toiy	62.25	43.40
=18.	Aub Davie	59.34	42.19	51.	Stan Lockwood	62.33	45.33
=20.	Tuula Vaalsta	59.40	44.55	52.	George Innes	62.47	38.02
21.	Fraser Deanus	59.48	37.03	53.	John Smith	63.09	47.09
=22.	Bill Monks	60.04	38.19	54.	Jo Stone	63.13	49.13
=22.	Dave Branson	60.04	40.04	55.	Ernie Moyle	63.39	49.38
24.	Kevin Martin	60.08	38.38	56.	John Peller	64.00	44.00
=25.	Cliff Bould	60.11	47.11	57.	Margaret Warren	64.13	54.13
=25.	Tony Denham	60.11	46.11	58.	June Strachan	64.51	61.51
27.	Barrie Evans	60.20	38.50	59.	Ken Whistler	66.43	55.28
28.	Arthur Leggett	60.26	46.26	60.	Alan Chambers	68.26	55.26
29.	George Peet	60.28	42.58	61.	F. Drury	73.47	33.47
30.	Dave Hough	60.28	38.47	62.	Bill Norton	77.58	37.58
31.	John Bisset	60.42	46.12	63.	S. Lewis	78.52	38.52
32.	Kirt Johnson	60.44	46.44	64.	Simon Beaumont	79.22	39.22
				65.	I. Maris	79.27	39.27



66. John Rowland	-	44.35	70. Derek Cowlan	-	47.58
67. P. Burn	- inv	46.52	71. Basil Worner	- inv	48.15
68. M. Sargeant	- inv	46.57	72. L. Hassam	- inv	48.26
69. F. Wyatt	- inv	47.28	73. Ron Torkildsen	-	53.01

#### WORLD CHAMPIONSHIPS IN ROME 1985.

The secretary has received notification that the closing date, for those who wish to book accommodation, has been extended. Anyone wishing to go who has not yet booked should get in touch with the secretary as soon as possible.

#### 'AVEC UN SOURIRE'.

Whilst reading an account of a 48 hour race, recently held in Montaubon, France. I came across this snippet of information.

"During the race another runner was setting a new standard. The second lady in the race was Francoise Lamothe. Quietly and without any fuss she sailed through the 48 hours. During this time she showed no signs of strain and finished smiling with 271km. This establishes a French Record mark at a very high level and one can hardly believe that this charming lady is 61 years old."

Quite a few records were set in this race, including a world record by the winner of 420km and a veteran world record by Colin Dixon of Britain. with a distance of 385.6km

After the event quite a few of the competitors rushed off to a neighbouring village where a half marathon was being held so they could compete in that event also, with at least one finishing in the first 30.

Bob Sammells.

#### HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Brian Danby	turns 36	remains M35 08	Jeff Whittam	turns 50	becomes M50 05
George Audley	" 48	" M45 21	Rod Cox	" 41	remains M40 17
Bill Hughes	" 57	" M55 15	Kevin Martin	" 47	" M45 28
Jim Langford	" 40	becomes M40 12	Tuula Vaalsta	" 47	" W45 07
Barbara Leach	" 40	" W40 25	Glenys Waldhuter	" 41	" W40 17
Ted Maslin	" 49	remains M45 08	Peter Davies	" 55	becomes M55 26
Jill Pearton	" 37	" W35 05	Walter Anderson	" 42	remains M40 20
Maxine Tapper	" 37	" W35 15			

#### CLUB RECORD RUNS FOR AUGUST:- BRIAN DANBY'S RUN.

W35 Bob Stone 58.20; W40 Joan Slinger 60.04; W45 Margaret Warren 60.17; W50 Lorna Butcher 57.21; W55 June Strachan 77.40; M35 Frank Smith 43.20; M40 Ron Caplin 43.33; M45 Rob Shand 45.49; M50 Dave Carr 45.44; M55 Allan Tyson 49.21; M60 Andy Wright 53.18; M65 Dick Horsley 57.44:

#### LETTERS TO THE EDITOR:-

162, Rochdale Road. 6010.

Dear Sir,

Thank you for your mention of my proposed jog to Albany which has been postponed, (but not abandoned), due to a peculiar set of unforeseen circumstances - my legs!

However still on the subject of long distance runs, members might be interested in a relay race against an Albany or Buhbury team. The teams could consist of say eight runners each. Each running 50km total. The teams would leave for their destinations at the same time - Albany for Perth and vice versa, passing each other en route.

There would be lot of organising involved but I think it would be quite an experience and great fun.

Your sincerely. Trisha Spain.

P.S. Does anyone know where one can obtain a cool, shady MAGPIE PROOF hat?

SPORTS STAR AWARDS:-

Two of our country members were nominated for the Boyanup Memorial Parks Committees Sports Star Award 1983/4.

Those nominated were Cheryl Amies and Bruce Hollier. The nominees came from a variety of sports from basketball through hockey, polo-cross, lawn bowls, Squash, football and motorcross etc. as well as running of course. The winner was CHERYL AMIES. and listed amongst her achievements were:- Australind fun run 1st over 35, S.W. Half Marathon 1st lady overall, Bunbury surf to surf fun run 1st over 35, State 1500m title in record time, over 35, State 5000m title over 35, and State 10,000m title over 35. Bruce had listed in his performances 1st over 50 in S.W. half marathon, 1st over 50 in Australind fun run, 1st over 50 S.W. cross country champs as well as being a member of the winning veterans team in the Bunbury Triathlon. Congratulations to both of you.

2x DAVE JONES. 15th July 1984.

W40	Carole Cole	21.35	M40	John Bissett	19.55	M50	Alan Pomery	18.35
							Ron Torkildsen	21.21
W45	Elza O'Dea	20.44	M45	Kevin Martin	15.55			
	Mary Robinson	21.21		Bob Sammells	16.03	M65	Cliff Bould	20.13
				Aub Davies	17.41	M70	Dick Horsley	19.48

RESULTS OF A.A.W.A. EVENTS:- 14th April Lake Monger. 6km H'cap.

2nd	Tuula Vaalsta	29.40	5th	Brian Foley	23.20	6th	Keijo Vaalsta	25.14
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23rd April. Cannington. 25km.

3rd	Frank Smith	85.28	9th	John Pellier	105.46	12th	Maurice Johnston	113.00
13th	Morris Warren	113.00						

3km H'cap. 11th Sheila Maslen 15.21

8km H'cap.

2nd	Tuula Vaalsta	36.35	9th	Keijo Vaalsta	31.36	10th	Brian Foley	29.08
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28th April Wanneroo. 5km H'cap.

17th	Tuula Vaalsta	36.35	20th	Brian Foley	18.44	29th	Sheila Maslen	28.48
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<u>10km H'cap</u>	4th	Keijo Vaalsta	42.36	6th	Kevin Anderson	37.39
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<u>15km H'cap</u>	3rd	Frank Smith	53.34	4th	Stan Latchford	61.03
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6th May. W.A.I.T. 10km champs.

14th	Frank Smith	33.38	21st	Don Caplin	34.48	24th	Kevin Anderson	35.06
35th	Brian Foley	37.56	37th	Barrie Slinger	38.33	38th	John Pellier	39.03
41st	Keijo Vaalsta	39.32						

13th May Newman College. 2km H'cap.

12th	Keijo Vaalsta	8.16	29th	Sheila Maslen	11.46
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19th MAY McCallum Park 8km H'cap.

18th	Keijo Vaalsta	32.33	19th	Brian Foley	30.54	36th	Dick Horsley	47.36
	Dave Carr	31.40		J. Trovato	30.40			

26th May Kingsway Reserve. 12 x 2km relay.Vets No. 1. Team. 9th Overall.

Don Caplin	6.49	&	6.56	J. Trovato	7.41	&	7.46
John Pellier	7.32	&	7.41	Brian Foley	7.24	&	7.24
Frank Smith	7.02	&	7.00	Kevin Anderson	7.04	&	6.58

Vets No. 2 Team. 15th Overall.

Keijo Vaalsta	7.50	&	7.48	Sheila Maslen	12.06	&	11.15
Tuula Vaalsta	9.22	&	9.20	Bob Harrison	7.17	&	7.05
Morris Warren	8.15	&	8.20	Dave Carr	7.29	&	7.32

3rd June. 10km Cross Country Champs. Albany.

25th	George Audley	39.43	28th	Keijo Vaalsta	41.12
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4km Ladies Champs.

4th	Tuula Vaalsta	18.09	5th	Sheila Maslen	21.54
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9th June McCallum Park. Canning Relays. 4 x 5km. 12th Overall.

Don Caplin	17.16		Brian Foley	18.20
J. Trovato	18.55		Kevin Anderson	17.49

5km H'cap.

4th	Tuula Vaalsta	22.18	16th	Sheila Maslen	26.37
14th	Keijo Vaalsta	19.27	17th	Brian Foley	18.43