



The Vetrun

No. 145, OCTOBER 1984



W.A. VETERANS' A.C.

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

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NEWSLETTER EDITOR: Jeff Whittam, 387 6438

PRESIDENT: Barrie Slinger 386 7727

TREASURER: Frank McLinden, 387 1152

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

COMMITTEE MEETING.

STATE CROSS COUNTRY CHAMPS. Kings Park. 9th September 1984.

The committee would like to apologise to all entrants for this event, for the late start. The marking of the course took far longer than had been anticipated, we will in future try to get major events such as this off at the advertised time. (Results etc. later in the newsletter).

SUNDOWN RUN. 18th November. Entry forms for this event are attached to this issue of the newsletter, if you require more entry forms see any member of the committee. Try and get a friend to enter, the distance is three laps of approx 2.9km each you can do 1, 2 or 3 laps total distance is 8.8km. Prizes will be on the usual 'draw' rather than on placings. This year the proceeds are being donated to the Disabled Sports association, so help to make this a record year for entries.

DONNELLY RIVER WEEKEND. A total of 62 members and their families have booked to go this year. The format will be the same as previously. There will be a 'Casserole Night' on the Saturday night, ladies or men bring a casserole with enough for your group, these are then put out on the table for everyone to share, everyone seems to have a different recipe as very seldom are dishes duplicated. Sunday night is 'Barbecue night' at this you eat your own food. THE RUNS. (nothing to do with the food). Sat Willow Springs Run. 10 or 20km. Sunday Swamp Gully Handicap Run 7.5 or 17km. Monday Tin Mine Run 10 or 20km. There will be a picnic each day for those who wish, Saturday by the dam followed by a soccer or footy match depending on your persuasion or what shaped ball is available. Sunday One Tree Eridge, Morris Warren has arranged a walk along the 'Biblical Track' which goes through this area. Monday will be at Ballingup on the way home. For those who have not been before you will require to take with you KFS and crockery, in case there is not enough in the houses, Mattresses and pillows are on the beds but you will need the rest of your bed linen, or sleeping bags. If you have an electric frypan or radiator these can come in very usefull early in the morning when everyone is trying to cook breakfast or before the fires are lit. On the Saturday and Sunday evenings after the meal there will be games in the hall. You haven't lived till you have played progresive table tennis and strip snap. For those who may not wish to run if you have a bike take it along, if you have the room, as there are some nice rides around the settlement. Sandy Walton is taking along her 'Pritikin' wine, or so rumour has it.

TO GET THERE:- First find your way to Bridgetown. Take the Nannup road (right over the bridge) for 4km, almost to the top of a big hill, turn left at the sign 'Donnelly River Holiday Village' follow this road for 23km and you are at the camp.

For those arriving early, after 5pm the keys will be placed in the locks of the front doors of the cottages we have booked, Cottages numbers 27, 28, 29 and 30. Before this time you will have to call at the caretakers cottage to pick up the keys. It has been suggested that for the Casserole

night that dishes be put in aluminium containers to help facilitate storage and also to fit them better into the oven for heating.

NEW MEMBERS RUN. Each month there will be a "New Members Run" This will be held after the committee meeting. This will be so that new members who are passed at the meeting can be introduced to club members, and so members can make a special effort to make them welcome and see that they do not run by themselves and perhaps offer them a drink after the run if you have brought a thermos along with you. Would members please try to remember to wear their name badges as this is a big help to new members who do not usually know very many people to start with.

NEW MEMBERS.

Arnold Jenkins. 56, Phoenix Road, Hamilton Hill. 6163. 418 4178 M40 1st May 1944.
 Lawrence R Connell, 43, Irvine Street, Peppermint Grove. 6011. 422 5977 M35 2nd April 1946.
 Bernard Godwin, 162, Victoria Street, Mosman Park. 6012. 383 3138 M45
 Barbara Godwin, " " " " " " " W40
 Bernard 8th September 1937. Barbara 19th December 1939.
 Kathleen M Penton, 42, York Street, North Perth. 6006. 328 1507 W40 15th Dec 41
 Winston Hough, 48, Bernier Road, Shelley. 6155. 457 2382 M40 12th Feb 1941
 Janette Hough, " " " " " " " W40 18th Aug 1943

We have had notification from John Gilmour that the new Cannington Track is to be officially opened on the 28th October 1984. Early (7am) in the morning will be the John Gilmour 10,000m at approx 10.30am there will be a 100m event open to all ages, the Official Opening will take place at 2.30pm and this will be followed by a 1 mile event at 3pm this will also be open to all age groups. John had managed to obtain trophies for both the 100m and the mile for age groups in 10 year intervals, ie W35, W45, W55, M40, M50, and M60. If you are not intending running he would be very grateful if you could help officiate. (It is hoped to run the Thursday evening events following the time trials at this venue as a lead up to the Veterans Track and Field Champs next year).

RACE DIRECTORS. If your name is down on the programme as race director (hands up all those who have not looked to see) what this entails is:- To mark the course where this is required, this is only necessary a few times each year. Get in the entries, get the registration sheets from the trailer the week before. Collate the results and do a short write-up on the event and let the editor have the write-up and results for publication in the NEXT newsletter. It is not necessary to type up the write-up and results, just put the positions down on the registration sheets.

CLUB TIME TRIALS. These will commence on the 11th October at 5.30pm with a 5000m event. Please try and be early so that the events can start on time as we do not want to finish in the dark. The three events in October will all start at 5.30pm. The rest of the events from the 1st November will commence at 6pm. There will be a full list of the weekly events at the end of the newsletter. Please look to see if your name is down for officiating, remember that if it is this does not mean that you cannot compete, but you are responsible for getting names down and organising timekeepers, lapscorers etc. Brian Danby has all the paperwork in the trailer. If you are not sure how to grade the runners for the various heats don't hesitate to ask someone who runs that particular distance or who has officiated before. On the nights of the shorter events, if sufficient numbers are interested in running a middle distance event, between 3 and 6km, this can be put on after the shorter runs, this is NOT the responsibility of those officiating for the night, but is to be organised by those wanting the event.

14th OCTOBER 1984. 'RABBITS' HALF MARATHON CHAMPS. (Sealed Handicap). Start at 8am SHARP. also there will be a 8km OR 5miles Handicap.
RACE DIRECTOR..ME. REGISTRAR..Mary McGinnis. MARSHALLS..Hendry. Water Tables..Hendry. B.Y.O..Sponges. Tea and Biscuits will be served after the events by Hendry. There will be a 50c entry fee for both events. Please stay on after the runs for a B.Y.O. Barbecue and get together.
"If you don't get a P.B. you still get a prize".

The course is marked every kilometre. Measured and authenticated by "Milli-metre" Pellier. (The measurers verdict if FINAL, no correspondence will be entered into,)

Venue:- HERNE HILL SCHOOL. to get there turn east into LENNARD STREET cross the railway and turn left into RAILWAY PARADE, the school is on the corner of ARGYLE STREET. You cannot cross the railway at Argyle Street.

THE MIDPARK TRACKS RUN down on the programme as the 23rd October should read the 28th October.

24 HOUR RELAY UPDATE. LADIES are requested to bring along a plate for a social gathering after the run, perhaps the men should bring along the Champagne??

ATHLETICS MISCELLANY

One of the greatest exponents of the standing jumps was Ray Ewry (1873 - 1937) of the U.S.A. He had polio as a boy and had been confined to a wheelchair. He took up a daily programme of calisthenics and jumping to strengthen his legs and later started competitive athletics. In his prime he stood 6'1" and weighed 162 lb.

The standing jumps were contested at the Olympic Games only between 1900 and 1912. Ewry competed in all of the events between 1900 and 1908 and won them all. He became the winner of most individual gold medals, eight, in Olympic Track and Field history. If the Intercalated Games of 1906 are included, the total rises to ten.

His winning performances were:

Standing Events:	High Jump	Broad Jump	Hop, Step and Jump
1900, Paris	5'5 $\frac{1}{4}$ " WR	10'6 $\frac{1}{2}$ "	34'8 $\frac{1}{2}$ "
1904, St Louis	4'11"	11'4 $\frac{1}{4}$ " WR	34'7 $\frac{1}{4}$ "
1906, Athens	5'1 $\frac{1}{2}$ "	10'10"	No event
1908, London	5'2"	10'11 $\frac{1}{4}$ "	No event

WR = World Record

The standing jumps were regularly contested at A.A.U. Championships, I believe, and it would be of interest to learn how many titles Ewry won. His best standing broad jump was 11'6" in New York City on August 4, 1906. Two other PB's that we know of are

3 successive standing jumps backward 35'8 $\frac{3}{4}$ " NYC, September 7, 1903
(indoors)

Standing jump backwards 9'3".

It seems a pity to me that the standing jumps were discontinued as the natural jumpers, those with plenty of spring, have had to give way to the sprinters in the long jump and the floppers in the high. It also seems to me that the standing jumps are ideally suited to veteran athletes; the risk of hamstring injuries would be greatly reduced by the absence of the run-up. Committee: is it worth adding the standing long and triple jumps to the Summer Programme on an experimental basis? May we also have a "knee-jerk" reaction from you on this, please?

Bob Sammells.

DEFINITIONS: SHIN SPLINTS. A mysterious leg ailment that flares up when it's too hot, too cold or when you just want a good excuse to avoid jogging.

12 EVENT CLUB CHAMPIONSHIPS. PROGRESSIVE RESULTS AFTER FOUR EVENTS:-

	HALF. MAR.	Club CCCh	Mill Pt Rd	MARA THON	PROG TOT.	
Don Caplin	842	1050	1050	2896	3838	1
Jill Chambers	899	1076	937	746	3658	2
Brian Danby	789	916	871	655	3231	3
Graham Thornton	752	911	798	735	3196	4
Morris Warren	673	770	757	691	2891	5
John Pellier	640	818	702	651	2811	6
Bill Monks	508	867	768	545	2688	7
Dave Branson	654	781	663	568	2666	8
Barrie Slinger	662	535	751	696	2644	9
Dick Horsley	-	1225	1225	-	2450	10
Bob Sammells	701	896	661	-	2258	11
Barrie Evans	640	816	777	-	2233	12
Dalton Moffett	600	866	727	-	2193	13
Joan Slinger	500	598	527	505	2130	14
Mike Khan	653	711	741	-	2105	15
Fraser Deanus	813	-	814	419	2046	16
Frank Smith	959	-	-	1020	1979	17
Margery Forden	497	761	702	-	1960	18
Lorna Butcher	536	769	629	-	1934	19
Aub Davie	317	631	528	383	1859	20
Maurice Smith	927	-	-	889	1816	21
Bob Harrison	863	-	-	825	1688	22
Frank McLinden	720	896	-	-	1616	23
Bob Bryce	764	-	-	818	1582	24
Kevin Martin	-	830	749	-	1579	25
George Innes	778	-	785	-	1563	26
Jim Barnes	-	784	740	-	1524	27
Keijo Vaalsta	-	811	692	-	1473	28
Andy Wright	382	631	427	20	1460	29
Dave Hough	-	20	780	623	1423	30
Vincent Caruso	505	-	-	674	1179	31
Tricia Spain	-	-	623	492	1115	32
Dave Roberts	496	4	617	-	1113	33
Cliff Bould	490	-	586	-	1076	34
Dennis Wlmott	-	-	589	444	1033	35
Hank Stoffers	1020	-	-	-	1020	36
Bill Highes	398	-	-	596	994	37
Kevin Anderson	-	981	-	-	981	38
Rob Shand	-	959	-	-	959	39
George Peet	418	-	529	-	947	40
Merv Moyle	440	-	494	-	934	41
Colin Leman	-	-	868	-	868	42
Ted Maslin	-	-	865	-	865	43
Jim Greenfield	546	-	-	307	853	44
Bob Farrell	263	361	222	-	846	45
Derek Crowther	842	-	-	-	842	46
Frank Usher	190	255	372	20	837	47
John Maddison	-	-	835	-	835	48
John Smith	231	351	238	-	820	49
Alicia Ansell	-	-	-	778	778	50
Arthur Leggett	-	775	631	-	1406	51*
Joe Stickles	-	773	-	-	773	52=
Barrie Robinson	-	-	-	773	773	52=
Sandy Walton	251	505	-	-	756	54
Tuula Vaalsta	-	-	747	-	747	55
Stephen Barrie	742	-	-	-	742	56
George Audley	-	-	-	738	738	57
Cheryl Amies	715	-	-	-	715	58
Hamish McGlashen	-	-	694	-	694	59
Charlie Spare	-	-	-	690	690	60
Brian Foley	-	-	-	681	681	61
Margaret Harman	-	-	-	658	658	62

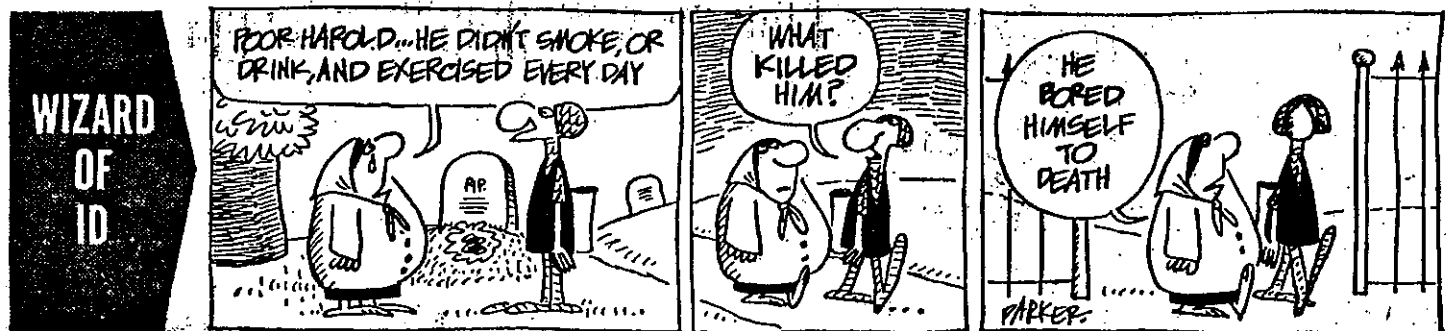


YOU NEED AN
INCENTIVE
TO RUN FAST

12 Event Champs Cont.

Peter Davies	-	604	-	-	604	63
Mary Robinson	20	314	261	-	595	64
Ken Snowden	593	-	-	433	1062	35*
Bruce Hollier	-	-	-	569	569	66
Terry Tate	560	-	-	-	560	67
Alan Pomery	-	-	556	-	556	68
Duncan Phillips	-	527	-	-	527	69=
Elza O'Dea	20	-	507	-	527	69=
Mel Shead	501	-	-	-	501	70
June Strachan	-	-	496	-	494	72
Stan Latchford	-	-	-	483	483	73
Bob Norton	435	-	-	-	435	74
Joan Pellier	-	431	-	-	431	75
Vic Beaumont	-	-	421	-	421	76
Mitch Loly	-	-	417	-	417	77
Rod Marston	397	-	-	-	397	78
Ernie Moyle	167	39	189	-	395	79
Duncan Strachan	391	-	-	-	391	80
Stan Lockwood	-	-	374	-	374	81
Margaret Warren	-	180	189	-	369	82
Gerry Noordyk	366	-	-	-	366	83
Kirt Johnson	-	-	363	-	363	84
Erica Mercer	361	-	-	-	361	85
Ron Strauch	353	-	-	-	353	86
Bob Hayres	-	-	-	350	350	87
Keith Forden	22	313	-	-	335	88
Allen Tyson	324	-	-	-	324	89
Jo Stone	-	-	314	-	314	90
Ann Deanus	306	-	-	-	306	91
Tony Denham	-	-	296	-	296	92
Ken Whistler	-	238	20	20	278	93
Joe Froudish	-	-	-	275	275	94
Kath Noordyk	272	-	-	-	272	95
John Bissett	-	-	269	-	269	96
Nora Berry	-	191	-	-	191	97
Barrie Thomsett	188	-	-	-	188	99*
Sheila Maslen	-	-	189	-	189	98*
Carole Cole	-	-	161	-	161	100
Phyllis Farrell	160	-	-	-	160	101
Fred Hagger	125	-	-	20	145	102
Selby Munsie	-	-	139	-	139	103
Dorothy Whittam	-	20	20	-	40	104=
Alan Chambers	-	20	20	-	40	104=
Val Prescott	-	20	-	-	20	106=
Bev Whistler	-	20	-	-	20	106=
Bernard Godwin	20	-	-	-	20	106=

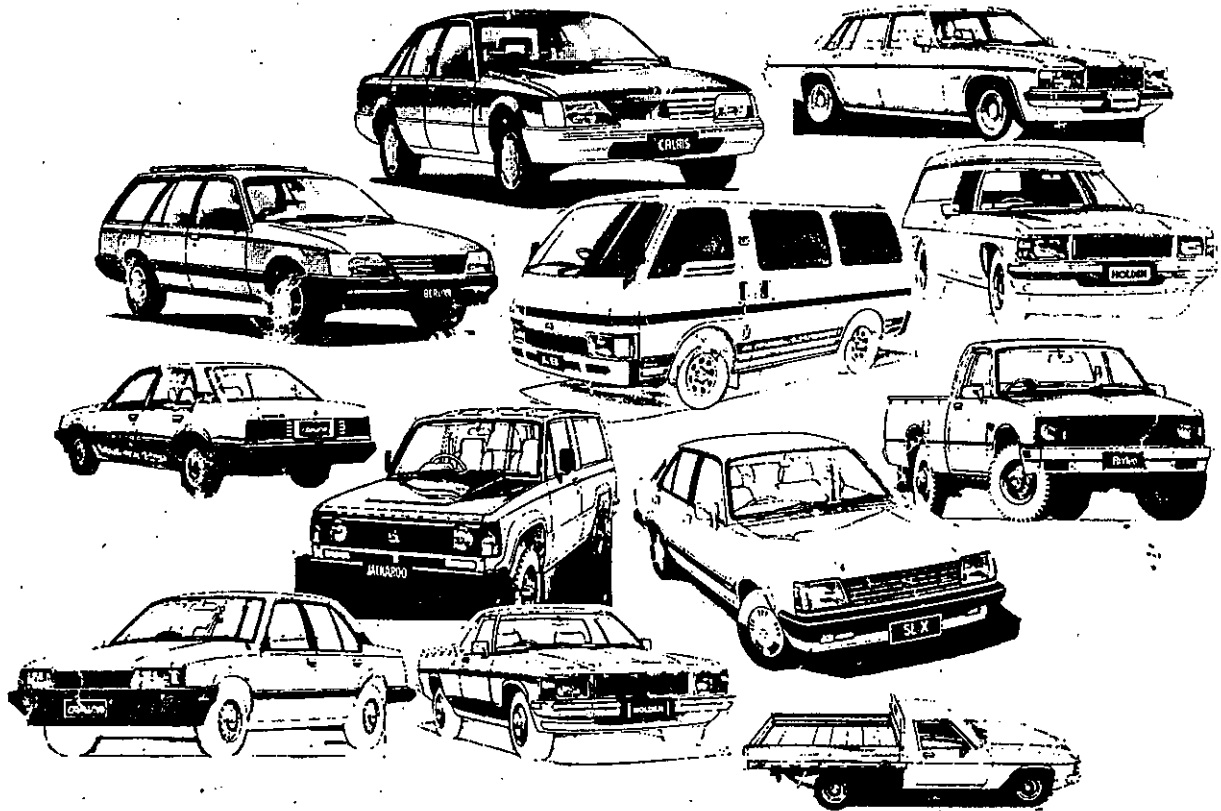
* Denotes out of position in list. Its good to see so many members have competed so far. Do not forget that positions can change quite drastically in this type of event.



24 HOUR RELAY. Training for this race is going well with a big group of girls coming along to the Belmont track each Saturday morning at 8am ready and eager to get their instructions from Don Caplin for the mornings session. There are also some of the men coming along to help with pacing etc. The ladies teams are being sponsored by Lance Gibbons Holden, who has issued both teams with T/shirts and has given \$100 towards trophies. If you are thinking of getting another car why not go down to Gosnells and see what he has on offer? Who knows you may get a far better deal than you bargained on, don't forget to mention the Vets and the 24 hour relay.

SEE US.

Real team spirit, presenting a real spirited team...



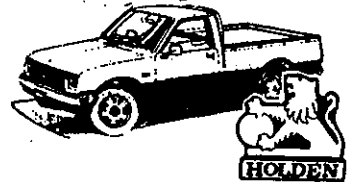
COME IN AND CHECK OUT OUR TEAM

NEW CARS

*STATESMAN*COMMODORE*CAMIRA*GEMINI*COMMERCIALS*

USED CARS

PLUS TOP QUALITY RELIABLE GMH WORKSHOP TESTED
& GUARANTEED USED CARS.



Lance Gibbons  **Holden** **PHONE:**
2325 ALBANY HIGHWAY, GOSNELLS. 398 2211

14 071

CHANGE OF PROGRAMME. The relay run on the 21st October which was scheduled to be run on the Dave Jones Course at McCallum Park has been changed to the Belmont Athletic Track where the 24hour relay is being held. There is a large oval/park at the side of the track and this may be used, it is hoped as many members as possible will attend and stay and give the ladies some encouragement in THEIR relay.

DUTY ROSTER FOR THE 24 HOUR RELAY:-

TIME ON	LADIES OVER 35 TEAM	LADIES OVER 40 TEAM
2.00 - 4.00 PM	ALAN POMERY DICK HORSLEY	BARRIE SLINGER ALLEN TYSON
4.00 - 6.00 PM	SUE LEMAN COLIN LEMAN	DEREK CROWTHER EILEEN HINDLE
6.00 - 8.00 PM	CHARLIE SPARE ROSS HOLLAND	ANDY WRIGHT KATH HOLLAND
8.00 - 10.00 PM	JEFF WHITTAM BOB HAYRES	DUNCAN STRACHAN BOB SAMMELLS
10.00 - 12.00 PM	BOB FERGIE BILL MONKS	ANDY WRIGHT BRIAN DANBY
12.00 - 2.00 AM	BASIL WORNOR LEO HASSAM	JEFF WHITTAM BOB SAMMELLS
2.00 - 4.00 AM	BRIAN DANBY PETER DAVIES	DUNCAN STRACHAN BARRIE SLINGER
4.00 - 6.00 AM	BOB FARRELL JIM BARNES	JEFF WHITTAM BOB SAMMELLS
6.00 - 8.00 AM	DICK HORSLEY MAURICE JOHNSTON	BILL MONKS BOB FERGIE
8.00 - 10.00 AM	DICK HORSLEY KEITH FORDEN	THELMA MANLEY EILEEN HINDLE
10.00 - 12.00 AM	MIKE BERRY VAL PRESCOTT	THELMA MANLEY NORA BERRY
12.00 - 2.00 PM	SUE LEMAN COLIN LEMAN	BARRIE SLINGER NORA BERRY

OFFICIALS.

If anyone is unable to meet their commitment, please notify BOB FERGIE on 447 6898 as soon as possible. If you could nominate a replacement this would be appreciated.

Each station consist of two officials one a timekeeper/recorder the other calling lap times. Each pair to decide between themselves which job they prefer, beforehand if possible.

The first set of officials should report to their station no later than 1.45pm. Other officials should report 5 minutes before their due time to enable the takeover to be carried out on time.

OFFICIALS ON DUTY:-

ALAN POMERY	2 - 4.00pm		
DICK HORSLEY	2 - 4.00pm.	6 - 8.00am.	8 - 10.00am
BARRIE SLINGER	2 - 4.00pm.	2 - 4.00am.	12 - 2.00pm
ALLEN TYSON	2 - 4.00pm		
KEITH FORDEN	8 - 10.00am		
DEREK CROWTHER	4 - 6.00pm		
EILEEN HINDLE	4 - 6.00pm.	8 - 10.00am	
CHARLIE SPARE	6 - 8.00pm		
ROSS HOLLAND	6 - 8.00pm		
KATH HOLLAND	6 - 8.00pm		
ANDY WRIGHT	6 - 8.00pm.	10 - 12.00pm	
JEFF WHITTAM	8 - 10.00pm.	12 - 2.00am.	4 - 6.00am
BOB HAYRES	8 - 10.00pm		
DUNCAN STRACHAN	8 - 10.00pm.	2 - 4.00am	
BOB SAMMELLS	8 - 10.00pm.	12 - 2.00am.	4 - 6.00am
BOB FERGIE	10 - 12.00pm.	6 - 8.00am	
BILL MONKS	10 - 12.00pm.	6 - 8.00am	
BRIAN DANBY	10 - 12.00pm.	2 - 4.00am	
BASIL WORNOR	12 - 2.00am		
LEO HASSAM	12 - 2.00am		
PETER DAVIES	2 - 4.00am		
BOB FARRELL	4 - 6.00am		
JIM BARNES	4 - 6.00am		
MAURICE JOHNSTON	6 - 8.00am		
THELMA MANLEY	8 - 10.00am.	10 - 12.00am	

OFFICIALS ON DUTY. cont.

MIKE BERRY	10 - 12.00am	
NORA BERRY	10 - 12.00am.	12 - 2.00pm
VAL PRESCOTT	10 - 12.00am	
SUE LEMAN	4 - 6.00pm.	12 - 2.00pm
COLIN LEMAN	4 - 6.00pm.	12 - 2.00pm

ANYONE WILLING TO HELP ON THE KITCHEN ROSTER WOULD THEY PLEASE LET MARGARET WARREN KNOW ON 344 3320 AS SOON AS POSSIBLE, SO SHE CAN COMPLETE THE ROSTER.

FUN RUN. On the morning of the 18th November (day of our Sundown Fun Run) Jim Barnes is organising a fun run for the Thornlie Shopping Centre, the proceeds of which will go to charity. The course will start and finish at the shopping centre and will go out and follow a similar course to the Strachan and the Mitchells run before returning to the finish at the Centre.

Please keep the Sundown Run as the priority run but run both events by all means. If you do not intend running please go along and help officiate as the club is helping organise the event with Jim. There should be some good prizes and I hope to send out entry forms with the next newsletter.

A.A.W.A. RESULTS. I have received results of two relay races that the club had teams in they are the York - Toodyay and the Fremantle - Perth.

In the York-Toodyay The club team won 'B' grade and finished 4th overall. There was some good running by all members of the team and particularly so by Kevin Anderson who ran the longest leg of the event, as he was suffering from a bout of flu at the time. An excellent performance a credit to all those who took part. Tuula Vaalsta was the only lady member in the team.

In the Fremantle - Perth once again the clubs registered members performed magnificently, this time finishing 2nd in 'B' grade and in 7th place overall. In this event two club section records were broken the first by Don Caplin in the second leg, he did 9min 40sec to take 13 seconds off the old record and on the last leg Colin Lemman took 1sec off the previous record.

RESULTS:-

YORK - TOODYAYFREMANTLE - PERTH

Don Caplin	11.3km	38.36		Frank Smith	3.5km	11.25	
Joe Trovato	8.0km	31.09	1.09.45	Don Caplin	3.0km	9.40	21.05
Brian Foley	8.7km	34.19	1.44.04	Brian Foley	1.0km	3.30	24.35
John Pellier	4.8km	19.49	2.03.53	Maurice Johnston	2.0km	7.10	31.45
Maurice Johnston	6.0km	24.08	2.28.01	Kevin Anderson	3.0km	10.51	42.36
Kevin Anderson	16.4km	66.21	3.34.22	John Pellier	2.0km	8.02	50.38
Tuula Vaalsta	4.7km	17.40	3.52.02	Colin Lemman	2.0km	6.52	57.30
Keijo Vaalsta	7.2km	28.06	4.20.08				

MARATHON TIMES: Here are the first lot of best marathon times by members of the club. If YOUR name is not amongst them it is because you have not given it to Brian Danby (401 4956) There must be some M50s and some ladies who have completed marathons surely??? Let Brian know your best times in each age group that you have finished a marathon in.

M35.

COLIN LEMAN	2.36.53	1983
Brian Danby	2.50.10	1983

M40.

Don Caplin	2.37.20	?
Jim Barnes	2.43.23	1983
Barrie Slinger	2.58.59	1984
Jeff Whittam	3.15.19	1979

M45.

Don Caplin	2.44.48	1984
Rob Shand	2.52.07	1979
John Pellier	2.57.50	1983
Bill Monks	2.59.47	1982
Morris Warren	3.01.55	1984
Jeff Whittam	3.33.45	1979

M55.

John Gilmour	2.38.19	1978
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M60.

John Gilmour	2.41.30	1980
Duncan Strachan	3.19.45	1983

DEFINITIONS:- MARATHON: A 42.2km race widely believed to provide "permanent insurance" against heart attacks to those who finish. Unfortunately, there's no guarantee that you won't drop dead from any number of other ailments while trying to finish.

DANBY'S PINNAROO RUN. 26th August 1984. 11.4km or 5.7km

The fourth running of "Danby's Pinnaroo Run" took place on the 26th August in warm sunny conditions. Don Caplin set a course record of 41.56 ahead of invitation runner Jim Brown from the marathon club, who finished in a fast 42.08. 1st lady home was Judy Marsland, another invitation runner, in 52.43 followed by Margery Forden in 54.46 and Joan Pellier ran a goog race to finish 3rd lady with a time of 54.53. Records were set by Margery Forden W40 and Don Caplin M45. My thanks to Keith Forden, Dick Horsley and Wally Cross for help.

RESULTS:- 11.4km

Don Caplin	M45	41.56*	Ian Sutherland	M40	54.53
Jim Brown	inv	42.08	Jan Van Den Driesen	inv	55.26
Derek Crowther	M40	43.37	Kirt Johnson	M55	56.20
Brian Danby	M35	44.28	Dave Hough	M50	59.04
Jeff Joyce	inv	44.45	Andy Wright	M60	59.12
Bob Sammeals	M45	46.04	Lorna Butcher	W50	59.12
Bill Monks	M45	46.04	Phyllis Farrell	W35	60.24
Jim Barnes	M40	46.39	Sandy Walton	W35	60.41
Rob Shand	M50	46.44	Pat Hayden	W45	63.58
Morris Warren	M45	47.04	Kath Penton	W40	64.08
John Pellier	M40	47.17	Ken Whistler	M50	66.40
Mitch Loly	M40	48.25	Dorothy Whittam	W45	68.08
Dalton Moffett	M50	48.25			
Basil Worner	M50	50.34	5.7km		
George Peet	M50	51.52	Denys Butcher	M55	26.05
Judy Marsland	inv	52.43	Enid Crowther	W40	30.04
Paul Hughes	M55	53.25	Margaret Warren	W45	30.59
Margery Forden	W40	54.46*	Gloria Sutherland	W35	31.37
Bob Farrell	M40	54.49	Shirley Cross	W45	33.07
Joan Pellier	W40	54.53	Frank Usher walked around the course as he is sidelined with a calf injury.		

CLIFF BOULD TROPHY. 2nd September 1984. 10.4km

A fine cool morning greeted the sixty or so runners for the annual Cliff Bould Trophy race. The clouds that gathered during the race managed to hold onto their rain until after the run and social that followed. Our thanks to all those who officiated for the run, the ladies who worked out the results and those on the start and finish. and Andy for once again working out some very good handicaps.

RESULTS:-	age group	clock time	psn	H/cap	adjusted time
1. Carole Cole	W40	54.07	48	7.30	61.37
2. Ernie Moyle	M55	51.57	43	10.15	62.12
3.= Bob Sammells	M45	41.04	11	21.15	62.19
3.= Rob Shand	M50	41.19	12	21.00	62.19
5. Bill Monks	M45	40.14	9	22.15	62.59
6. Basil Worner	M50	42.31	15	20.00	62.31
7. Alan Acreman	M45	42.32	16	20.00	62.32
8. Joe Stickles	M45	42.45	20	20.00	62.45
9. Bob Harrison	M40	38.17	4	24.30	62.47
10. Ted Maslen	M45	38.48	5	24.00	62.48
11. Colin Leman	M35	37.51	3	25.00	62.51
12. Dennis Wilmott	M50	44.23	28	18.30	62.53
13. Dalton Moffett	M50	42.37	18	20.45	63.22
14. Tuula Vaalsta	W45	48.12*	35	15.15	63.27
15. Keijo Vaalsta	M45	42.36	17	21.00	63.36
16. Ken Snowden	M40	42.25	14	21.15	63.40
17.= Joan Slinger	W40	48.44*	36	15.00	63.44
17.= Dave Roberts	M40	43.29	22	20.15	63.44
19. Mary Robinson	W45	56.16	50	7.30	63.46
20. Joan Pellier	W40	51.18	42	12.30	63.48
21. Gerry Noordyk	M60	50.28	38	13.30	63.58
22. Maurice Johnston	M45	43.59	25	20.00	63.59
23. Don Caplin	M45	37.08*	1	27.00	64.08
24. Merv Moyle	M55	46.11	30	18.00	64.11
25.= Frank Smith	M40	37.14	2	27.00	64.14
25.= Bob Norton	M45	40.59	10	23.15	64.14
27. Mel Shead	M40	44.16	27	20.00	64.16

CLIFF BOULD TROPHY RESULTS.

cont. 10

28.	Barrie Slinger	M40	41.47	13	22.30	64.17
29.	Sandy Walton	W35	52.18	44	12.00	64.18
30.=	Jo Stone	W35	53.22	47	11.00	64.22
30.=	Brian Danby	M35	39.37	6	24.45	64.22
32.	Aub Davie	M45	46.23	31	18.00	64.23
33.	John Pellier	M40	43.49	24	20.45	64.34
34.	Morris Warren	M45	42.42	19	22.00	64.42
35.	Keith Forden	M45	50.52	41	14.00	64.52
35.=	Sheila Maslen	W45	59.22	54	5.30	64.52
37.	Alan Pomery	M50	47.09	32	17.45	64.54
39.	Dorothy Whittam	W45	62.23	55	2.45	65.085
38.	Elza O'Dea	W45	54.34	49	10.30	65.04
40.=	Andy Wright	M60	52.18	46	13.00	65.18
40.=	Stan Lockwood	M50	47.33	33	17.45	65.18
42.=	Kirt Johnson	M55	52.18	45	13.30	65.48
42.=	Barrie Thomsett	M40	50.48	40	15.00	65.48
44.	Phyllis Farrell	W35	53.22	47	11.00	65.50
45.	Jim Barnes	M40	43.44	23	22.15	65.59
46.	Graham Thornton	M40	43.23	21	23.30	66.53
47.	Ian Sutherland	M40	49.54	37	17.00	66.54
48.	Derek Cowlan	M50	50.42	39	16.30	67.12
49.	Ken Whistler	M50	58.49	53	9.00	67.49
50.	June Strachan	W55	67.04	55=	2.00	69.04
	Phillip Northern	inv	39.56	7		
	Arnold Jenkins	inv	39.59	8		
	Mark Pomery	inv	45.47	29		
	Jeanette Tomlinson	inv	67.04	55#		

5.2km.

1.	Derek Crowther	M40	18.59	7.	Dick Horsley	M70	24.42
2.	Kevin Anderson	M40	19.44	8.	Ron Torkildsen	M50	25.50
3.	Lindsey Snowden	inv	20.29	9.	Lorna Butcher	W50	26.05
4.	Bryan Hardy	M40	22.27	10.	Enid Crowther	W40	26.44
5.	Margery Forden	W40	23.34	11.	Shirley Cross	W45	32.18
6.	Don Waters	inv	23.47				

Three records were broken this year, Joan Slinger in the W40, Tuula Vaalsta in the W45 and Don Caplin in the M45.

VETERANS STATE CROSS COUNTRY CHAMPS. KINGS PARK. 9th September 1984.

Although the event was again held in Kings Park, this year a different course was used. This came about with new cycle paths being laid on a number of tracks that were used on last years course. The organisers apologise for the late start, this was to enable the runners to enjoy the cloudburst that occurred during the event rather than at the social and barbecue that followed. Thanks to all those that marked the course, marshalled and officiated at the start and finish. First three finishers in the mens race were Jim Langford in 35.00, Don Caplin 37.12 and Colin Leman 37.25. In the ladies race the first three were Cheryl Amies 47.04, Tuula Vaalsta 47.54 and Margery Forden 51.27.

RESULTS:- (in age groups)

<u>W30.</u>			<u>W45.</u>			<u>M35.</u>		
Cheryl Bell	58.21	50	Tuula Vaalsta	47.54	35	Colin Leman	37.25	3
<u>W35.</u>			<u>W50.</u>			<u>M40.</u>		
Cheryl Amies	47.04	31	Elza O'Dea	56.29	46	Brian Danby	39.34	6
Sandy Walton	52.10	39	Mary Robinson	56.41	47	John Bell	45.06	27
Jo Stone	54.41	42=	Dorothy Whittam	60.43	52			
Phyllis Farrell	59.05	51	Shirley Cross	65.53	54=	Jim Langford	35.00	1
<u>W40.</u>			<u>W55.</u>			<u>M40.</u>		
Margery Forden	51.27	37	Lorna Butcher	55.18	44	Derek Crowther	38.31	4
Joan Pellier	51.46	38	Jeanette Tomlinson	62.53	53	Kevin Anderson	39.46	7
Enid Crowther	54.41	42				Graham Thornton	39.51	8
Carole Cole	56.16	45	June Strachan	65.53	54=	Harry White	40.26	10
Kath Penton	57.22	48				Mitch Loly	43.08	19
MARILYN Acreman	57.31	49				John Pellier	43.14	21
						Dave Roberts	43.22	22
						Bob Farrell	53.16	41

VETS CROSS COUNTRY CHAMPS RESULTS cont.

<u>M45.</u>			<u>M50.</u>			<u>M55.</u>		
Don Caplin	37.12	2	Rob Shand	41.01	12	Merv Moyle	46.46	30
Ted Maslen	39.27	5	Dalton Moffett	42.33	15	Peter Davies	47.49	33
Bill Monks	39.51	9	Keijo Vaalsta	42.38	17	Keith Perroux	43.48	24=
Bob Norton	40.44	11	Dave Hough	43.10	20	(Canberra Visitor)		
Bob Sammells	41.29	13	Bruce Hollier	43.54	25	<u>M60.</u>		
Alan Acreman	42.36	16	Basil Worner	45.24	28	Theo Orr	41.39	14
Joe Stickles	43.03	18	Stan Lockwood	47.13	32	(Victorian Visitor)		
Morris Warren	43.48	24=	Vic Beaumont	47.51	34	<u>M65.</u>		
Aub Davie	46.14	29	Ken Whistler	52.39	40	Arthur Leggett	51.22	36
			Frank McLinden	44.36	26			

HILL TRACKS RUN. Perry Lakes and Reabold Hill. 16th September 1984.

After the storms and rain of the previous four days the weather excelled for this run. 47 runners set out around the lake bound for Reabold hill and the first of the two walking sections on this course. At the end of the big lap Brian Danby came through the finish area first, where Andy Wright was calling the split times. At the finish Brian won closely followed by Derek Crowther, who was almost sent on another small lap by Jeff Whittam who had not seen him pass the first time through, with Jim Barnes third. First lady to finish was Margery Forden with Kath Noordyk and Joan Slinger 2nd and 3rd. An enjoyable barbecue followed and members sat around and watched the riders in the Australian Road Cycling Champs pass around the perimeter of the hockey field on their way to climb Reabold Hill on the road each lap.

Several records were broken and Val Tyson set an inaugural record for W60 of 61.10, not bad for a first run for almost three months. Elza O'Dea set a new W45 record of 43.11 whilst Margery Forden broke the W40 record with a 37.54. On the mens side Dalton Moffett broke the M50 record for the third time with 36.04 and the 'everyyoung' Merv Moyle set, According to the records, yet another M55 record of 36.04. He set his first M55 record in March 1978. Is there something you haven't told us Merv??? You Peter Fan you. Whatever it is you are getting faster each time.

Thanks to Erian Danby and Bill Monks for flagging the course (some still tried to go wrong) and Bill for seeing everyone safely across Perry Drive, also Andy, Duncan and Jeff at the finish.

RESULTS:- (In age groups.)

<u>W60.</u>			<u>M60:</u>			<u>M40.</u>		
Val Tyson	61.10	47*	Gerry Noordyk	38.03	19	Derek Crowther	32.51	2
<u>W55.</u>			Frank Usher	42.23	32	Jim Barnes	33.17	3
June Strachan	48.23	45	<u>M55.</u>			Barry Harwood	33.46	4
<u>W50.</u>			Merv Moyle	36.04	14*	Dave Roberts	34.36	7
Jeanette Tomlinson	46.52	42	Peter Davies	37.45	17	Bryan Hardy	37.22	16
<u>W45.</u>			Kirt Johnson	40.48	21	Bob Farrell	40.57	22
Elza O'Dea	43.11	35*	Ernie Moyle	41.53	31	Barrie Slinger	41.40	27
Pat Hayden	43.47	37	Allen Tyson	45.09	40	<u>M35.</u>		
Margaret Warren	47.40	43	<u>M50.</u>			Brian Danby	32.18	1
Dorothy Whittam	47.59	44	Dalton Moffett	34.07	5*	John Bell	34.47	8
<u>W40.</u>			Basil Worner	35.33	12	Malcolm Sergeant	36.52	15
Margery Forden	37.54	18*	Frank McLinden	35.18	10	Adrian Noordyk	40.43	20
Joan Slinger	41.37	26	Alan Pomery	35.51	13	George Panayotou	43.39	36
Enid Crowther	41.44	29	Selby Munsie	41.25	25			
Joan Pellier	41.53	30	Leo Hassam	45.06	39			
Carole Cole	42.45	33	<u>M45.</u>					
Marilyn Acreman	45.09	41	Hamish McGlashen					
<u>W35.</u>				34.15	6=			
Kath Noordyk	40.57	23	Bob Sammells	34.15	6=			
Sandy Walton	41.41	28	Joe Stickles	35.16	9			
Phyllis Farrell	43.03	34	Wes Carter	35.22	11			
<u>W30.</u>								
Cheryl Bell	44.30	38						

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Bruce Buchanan	Turns 54	remains	M50 11	Dave Roberts	turns 42	remains	M40 27
Wes Carter	" 47	"	M45 13	George Peet	" 51	"	M50 19
Phyllis Farrell	" 40	becomes	W40 13	Graham Thornton	" 44	"	M40 08
Ron Jones	" 50	"	M50 17	Ron Torkildsen	" 52	"	M50 26
Garnett Morgan	" 60	"	M60 06	Brian Landers	" 43	"	M40 18
John Pellier	" 45	"	M45 22	Nicolas Gurr	" 40	becomes	M40 07
Ian Sutherland	" 45	"	M45 27				

CLUB RECORD RUNS FOR OCTOBER.

MID PARK TRACKS RUN. W30 G Sutherland 38.44; W35 J Slinger 37.18; W40 -; W45 N Berry 46.31; W50 L Butcher 38.38; W55 V Tyson 48.49; M35 H Kirkman 26.10; M40 D Caplin 26.47; M45 M Smith 26.44; M50 D Butcher 30.12; M55 A Tyson 29.46; M60 P Llorens 42.02:

TIME TRIALS PROGRAMME 1984.

<u>DATE</u>	<u>TRACK</u>	<u>FIELD</u>	<u>OFFICIATING.</u>
11th October	3000m	-	Jeff & Dorothy Whittam
18th October	MILE	SHOT	Bob Fergie / Andy Wright
25th October	800m	LONG JUMP	Brian Danby / Bill Monks
1st November	200m	HAMMER	Bob Sammells / Joan Pellier
8th November	1500m WALK	DISCUS	Dick Horsley / Allen Tyson
15th November	5000m	-	Lorna Butcher / John Pellier
22nd November	400m	Triple Jump	Margaret & Morris Warren
29th November	1500m	Javelin	Barrie & Joan Slinger
6th December	100m	2km WALK	Frank McLinden/Jan Fletcher
13th December	10,000m	-	Jeff Whittam/

Maurice Johnston

If you cannot officiate on the night you are rostered please find someone to take your place. Anyone interested in running a middle distance event (3km - to 6km non points scoring) these will be put on as required. Runners to find their own officials. It is not the job of those officiating on the night.

THE IRISH STRIKE BACK: John Bull worked for a London manufacturer of sports appliances and one day the boss explained that the firms branch in Ireland was overloaded with orders. He then talked John into a temporary transfer.

To his great satisfaction John soon grew to like his new workmates and the unexpected pleasures of Ballygoon.

After six months he was completely adapted to the Irish way of life, so that, when his boss asked him to work through the weekend, to meet an urgent order for 80metre hurdles, he was only too pleased to help out.

The only trouble was that on the Monday morning they could not get them through the factory doors!!

FROM THE VICTORIAN VETS NEWSLETTER:WHAT IS CRICKET?

submitted (but not written) by Stan Miskin

Cricket is quite simple. You have two sides, ours and theirs, one out in the field, and one in. Each man in the side that's in, goes out and when he is out, he comes in, and the next man goes in, until he is out. Then when they have all been in and are all out, the side that's been in goes out and tries to get out, those coming in. Sometimes you get men still in and not out. Then when both sides have been in and out including not outs, that's the end of the game. It's really very simple.
