



The Vetrun



No. 151 APRIL, 1985

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

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SECRETARY: Duncan Strachan, 459 3859
NEWSLETTER EDITOR: Basil Worner, 387 4400

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HAPPINESS IS NOT HAVING WHAT YOU WANT, BUT WANTING WHAT YOU HAVE.

A.G.M. A full report will be published in the next newsletter, however a list of the officebearers is published below for members information.

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AUDITOR:	RAY LAWRENCE.	

COMMITTEE MEETING.

EATON WEEKEND. Numbers were slightly down this year because of the short notice, but a great weekend was had by all that attended. An inovation this year was the 'Hash House' run organised by Don Mason, where Maurice Johnston kept finding himself way out in front, but on the wrong course and Margaret Warren would keep finding herself in the lead.

SEPTEMBER WEEKEND. Donnelly River is once again the venue for this popular weekend. Duncan will be taking names of those interested in going later on in the year.

CLUB SINGLETs. For those who have not already got one they are available from the treasurer.

NEW MEMBERS: It is with pleasure we record the names of new members.

We are delighted to have you with us and look forward to meeting you in friendly competition and social running.

Susan Sanders. 21, Lucca Street, Churchlands. 6018. 445 2673. 29 Aug 53.
Bronwyn Salter. 12, Currajong Crescent, Craigie. 6025. 401 0899

28 Dec 47.

Jill Bower. 55, Castletown Quays, Esperance. 6450. 090 712 510. 3 APR 38

Ronald Bateman, 215, Brookdale Street, Floreat Park. 6014. 387 1698.

10 Feb 22.

COUNTRY MEMBER.

Carmelita Drummond. Lot 21, Robinson Road, Albany. 6330. 098 411 522

23 May 42.



VETERANS ATHLETICS ASSOCIATION OF TASMANIA

G.P.O. BOX 890, HOBART, TASMANIA 7001.

All State Secretaries
Veterans Athletics.

23rd February 1985

Would you please ensure that your Editors receive the following.

The 1985 Australian Veteran Athletic Championships are well and truly running. In excess of 300 competitors from All States and N.Z. have entered.

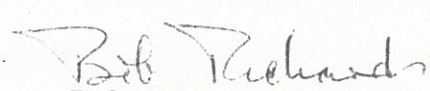
The Road Walks, as previously stated, are being held at Seven Mile Beach on a flat 10km course. Drink stations provided at 5Km points. A.A.U. Judges will be in attendance for both track and road walks. Transport to the Venue will be provided.

The Pentathlon appears to be heavily booked, especially by the ladies. Arrangements are well in hand for this event which will be held at The Domain Athletic Centre some 10 minutes walk from the City Centre.

The Cross Country has had its problems, with part of the original course being claimed for a housing sub-division. But our new course in the same locale has turned out to be better in all respects, faster, flatter and much more interesting. Runners pass a central spectator area which is also the start and finish, three times. Also runners have opportunity to spy on those in front and behind as the course turns on itself via different tracks. Transport provided to The Lea.

The Championships will be officially opened by H.M. Governor to Tasmania, Sir James Plimsoll, at 2.00p.m. Saturday 6th April 1985, at the Domain Athletic Centre.

The Annual General Dinner is being held at the new Convention Centre at Wrest Point Hotel-Casino. A run to the tables for a flutter adds to the excitement. We have arranged a 4 course sit down meal, no queueing, with pre dinner drink and savouries. A choice of menu of course. An eight piece band regularly employed by The Casino will no doubt set the toes tapping very early on in the evening. So if you have not indicated your attendance at The Veterans Function of the Year we will accept late entries up to and including Friday 6th April 1985. P.S. A maximum of 600 persons can be accommodated without having to intrude upon the dance floor. We feel the price is reasonable especially with the penalty rates that are incurred during Easter weekend.


Yours in sport. Bob Richards. Secretary V.A.A.T.

ATHLETICS MISCELLANY

The 1912 Olympic gold medallist in the Pentathlon and Decathlon events was Jim Thorpe, one of the greatest athletes of all time. Indeed, his overall performance in the Decathlon was not surpassed until Bob Mathias came onto the scene in the 1948 Games. Yet Thorpe called R. P. Williams "the fastest sprinter who ever lived". Further, Williams out-performed Thorpe in 19 track and field events. Who was this man Williams?

I had asked this question as a boy on seeing in Ripley's Believe It Or Not! a reference to an R. P. Williams who had made a running high kick of 10'3". Some 30 years later I found the answer in David P. Willoughby's The Super Athletes.

Richard Perry Williams was born in Cornwall, England, on April 21, 1874. He emigrated to the U.S.A. and in 1899 became a college coach in track and gymnastics. This sufficed to make him a professional athlete in the eyes of the A.A.U. and as a result his performances were never granted official recognition.

In 1900 he was tested by Dr Dudley Sargent of Harvard, an anthropometrist. Williams was then 69.1" tall and 141 lbs in weight. Sargent had developed a test of jumping ability that consisted of a standing vertical jump. William's "Sargent Jump" was 34.9"; the crown of Williams head reached 8'8" above the floor. He also did a standing jump off one foot with a kick and reached a height of 9'6" and the running high kick of 10'3" referred to earlier. Both of these are the best on record.

In 1902 he met the strong-man Eugen Sandow and determined to become as strong as possible. Several years systematic weight-training increased his body-weight to 160 lbs and the strength gained enabled him to improve upon many of his performances.

The sheer variety of events in which Williams excelled is almost as stunning as his performances in them.

Running. From 1904 - 1906 he recorded

20 yards	2.2 secs	135 yards	12.2 secs
50 yards	5.0 secs	220 yards	20.4 secs
60 yards	6.0 secs	400 m	46.6 secs
100 yards	9.0 secs	1 Mile	4m 25.0 secs
100 m	9.8 secs		

Circled the bases (Baseball) 120 yards in 12.0 secs.

Willoughby effectively proves the 20 yard time to be a fiction and doubts the 50 yard time too. The 100 yards was run on June 2, 1906 and according to Willoughby's source was "on a truly measured track against 5 absolutely perfect watches". (The watches of the period were timed in fifths of a second.) All performances were much better than the best amateur records of the day and the 100m time remains better than the current world record.

He repeated 9 seconds flat for the 100 yards in 1908 and again in 1910 when aged 36 years.

Jumping. In addition to the performances given above, he also did:

standing jump backwards with weights	13'3"
standing broad jump with weights	15'4"
long jump	26'0½"

As an amateur in 1897 he cleared a height of 4'6" on ice while wearing ice skates. (In 1910, a world record of 4'3" was claimed by a John Quinn.)

<u>Throws.</u>	Shot Putt (16 lbs)	47'9"
	Shot Putt (14 lbs)	57'3"
	Discus	142'9"
	Baseball	415'3"

Decathlon. 8930 points (using IAAF tables current in the mid-1960's) for a Decathlon completed in 1912.

Gymnastics. Chinning the bar 48 times
Dipping on the parallel bars 55 times

Handball. 14,657 games of one-wall handball (whatever that may be) between 1895 and 1943 without losing a single game.

Willoughby attempts to rate performers at different sports and events according to the individual's height, body-weight, performance and year of performance by adjusting to 1965 equivalents. He rates Williams as the best sprinter of all time and the best Shot Putter of all time.

Richard Perry Williams died in 1966 aged 92.

Could he really have run the 100 yards in 9 seconds flat?

Bob Sammells.

The lucky winner of two birthdays this year is 'Mary McGinnis', who did NOT have a birthday in February, as published in the newsletter, but will have one THIS MONTH, so she has not got two years older. Sorry about that Mary. Ed.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Alicia Ansell turns 41 remains W40 22	Charlie Spare turns 46 remains M45 19
Bill Chapman " 61 " M60 19	Jill Chambers " 36 " W35 10
Doreen Dow " 41 " W40 14	Doreen Dow " 42 " W40 14
Reg De Gruchy " 59 " M55 14	Robert Scanlan " 42 " M40 24
Dave Hough " 53 " M50 18	Joe Stickles " 47 " M45 19
Tom Jones " 92 " M90 11	MARY MCGINNIS " 45 " W45 02
Bob Johnstone " 43 " M40 12	Lawrence Connell " 39 " M35 02
Maurice Johnston " 48 " M45 09	Barry Madsen " 39 " M35 2
Dave Jones " 59 " M55 12	Vincent Caruso " 39 " M35 21
Rosemary Langford " 35 becomes W35 19	Pat Spencer " 44 " W40 16
Hamish McGlashen " 48 remains M45 16	Jill Bower " 47 " W45 03
Jim McLean " 54 " M50 19	
Gloria Sutherland " 40 becomes W40 18	
Maurice Smith " 51 remains M50 26	

CLUB RECORD RUNS FOR APRIL:

MAD MILE: W35 S Walton 6.58.5; W40 J Slinger 6.26.0; W45 M Warren 6.57.0; W50 L Butcher 6.27.0; W55 J Strachan 7.23.0; M35 C Leman 4.37.9; M40 D Caplin 4.31.7; M45 D Caplin 4.48.2; M50 D Moffett 5.12.0; M55 A Tyson 5.42.0; M60 D Strachan 5.54.0; M70 D Horsley 6.13.0;
Darlington Dash: W30 L Docksey 76.56; W40 J Pellier 70.22; W50 L Butcher 77.51; M35 C Leman 56.55; M40 K Snowden 63.00; M45 G Peet 68.55; M50 D Hough 67.31;
No results from last time this event was run when the 8km run was incorporated.

Congratulations to Jill Pearton on her marriage to Clive Langdon on Saturday 2nd March. We wish them both much happiness. Jill's Change of name & address is:- Jill Langdon. 2, Bracken Court, Duncraig. 6023. Tel: 448 6364.

ANYONE INTERESTED IN HELPING COACH YOUNGSTERS?

We have received a request from the Belmay Primary School Running Club, for someone to help coach the youngsters. The school is in Sydenham Street, Clove erdale, if you think you can help, (don't forget they are future veterans), ring John Milburn on 279 9414 for details.

The run presented a few problems before it got on it's sweaty way. A few days before, we found out The Ridge to Bridge Fun Run (a Fun Run of a mere 21 Ks or just 12.7 Ks for Novices and Aged Runners) was to be held the same morning. We get three Runs a year in Rockingham and Two have to be the same day! Then Host, Dennis Wilmott, was called in to work and couldn't attend.

A quarter of an hour before the advertised start no markers had arrived so leaving the Sec. busily organising Timekeepers etc.. My wife and I tore off to paint arrows around the course. This meant a delayed start and it was getting hotter and hotter.

35 Runners began the Race, the more sensible doing the 6 K. course, and I am pleased to say everyone got back to the Finish. No one got lost or collapsed.

The best part came afterwards when most runners enjoyed a dip in the ocean and then partook of the goodies offered by Dennis' wife Jean and her helpers.

I would like to thank the ladies who make a Run possible by Time-keeping, marshalling and looking after the drink, the Secretary and President for their help and all the Runners for coming along at the peak of the heatwave.

TERRY TATE.

I would like to chip in and thank Terry for organising everything in my absence. This is the Fourth year we have held this Race and he has been a tower of strength each year. Suggestions have been made that the entire course be run along the scenic Arcadia Drive, so cutting out the Point Peron sector. With the blessing of the Committee, Terry and I intend to do this next year, and make the Run exactly 10 K.

DENNIS WILMOTT

RESULTS 24.2.85

11.1K.			6K		
Position	Name	Time.	Position	Name	Time
1	Frazer Deamus	43.36	1	Derek Crowther	23.56 +
2	Mike Khan	43.59	2	Maurice Johnson	25.18 +
3	Don Caplin	45.22	3	Arnold Jenkins	26.13
4	Barry Evans	46.35	4	Bryan Hardy	29.07
5	James Ramsay Inv.	46.40	5	Joan Pellier	29.21 +
6	Alan Tysen	49.41	6	Peter Davies	29.41 +
7	Barry Slinger	50.37	7	Keith Fordham	31.36
8	Stan Lockwood	50.54	8	Marjory Fordham	33.30
9	Terry Tate	51.49	9	Joan Slinger	33.30
10	John Pellier	52.35	10	Saudi Walton	35.15 +
11	Duncan Strachan	55.10	11	Leo Hassan	35.16 +
12	Bob Farrell	55.10	12	Phyllis Farrell	36.32
13	Frank Usher	61.11	13	Anne Deamus	37.51
			14	Geoff Whittam	38.55
			15	June Strachan	38.55 +
			16	Jo Stone	48.17
			17	Jill Perton	48.35
Scenic Route along the coast.					
18	Dorothy Whittam	54.14			
19	Val Tyson	54.14			

+ RECORD

'AROUND THE HOUSES' (Lorna's Run). 17th March 1985.

Because of the trapped, hot air, between the buildings on the first part of the race, some wondered if the start next year should be 7am, but there would then be protests from the other half plus it would be better if everyone turned up at 7.45am so the start could be prompt!

Keeping eyes and binoculars on the south mole no-one dared to miss the turn round the lighthouse and even at that stage we could see Frank Smith in front followed by invitation runner John Pressley, a lead he held at the finish.

Stephen Barrie ran well to finish in third place.

Two women ran in the longer race with Tuula Vaalsta coming in in front of Phyllis Farrell, the rest choosing to battle it out in the 6.4km race.

Joan Pellier once again running well to take 1st place with Sandi Walton not far behind. First man over the line was Barry Harwood closely followed by Dalton Moffett and Basil Worner.

Thank you to all those who helped as the run would not be possible without you. Allen & Val Tyson, Jill Langdon, Jackie Greenfield, Kath Penton, Cliff Bould, Dorothy Whittam, Avril Yates, Ian Sutherland, Wally Cross, Kiat Johnson and B. Thornton. 12 records were broken or set.

RESULTS. 15.6km.

Lorna Butcher (L.V.P.)

Frank Smith	M40	53.03*	Arnold Jenkins	M40	66.17
Stephen Barrie	M45	57.18*	Jim Greenfield	M40	66.24
Bob Harrison	M40	57.30	Bob Sammells	M45	67.22
Brian Danby	M35	59.21	Harry Pritchard	M40	68.02
Don Caplin	M45	60.13	Maurice Johnston	M45	68.27
Jim Barnes	M40	60.27	Bob Farrell	M45	69.51
Frank McLinden	M50	62.17	Rod Marston	M40	69.57
Derek Crowther	M40	62.39	Duncan Strachan	M60	70.13*
Barry Evans	M55	62.40*	Allen Tyson	M60	70.45
Graham Thornton	M40	62.43	Tuula Vaalsta	W45 1stF	70.58
Keijo Vaalsta	M50	62.46	Stan Lockwood	M55	73.20
Joe Yates	M40	63.50	Bernard Godwin	M45	75.53
Bill Monks	M45	64.04	Phyllis Farrell	W40	77.51
Mike Khan	M40	64.11	Selbye Munsie	M50	78.41
Dave Roberts	M40	64.21	Brian Aldrich	M50	79.32
John Pellier	M45	65.48	Gerry Noordyk	M60	80.31
Ted Costello	M45	66.17	Ernie Moyle	M55	81.53
			Barrie Thomsett	M40	87.03

INVITATION RUNNERS:

J. Presley		53.58	F. Crawley		65.35
J. Ferris		57.43	J. Booth		68.10
J. Hanczakowski		58.17	R. Harris		70.06
B. Argyle		58.24	K. Alexander		85.19
T. Maris		63.04	J. McMahon		85.56
J. Ramsay		64.55	D. O'Donnell		90.50

6.4km.

Barrie Harwood	M40	23.55*	Leo Hassam	M50	32.27
Dalton Moffett	M50	24.36*	Margaret Warren	W45	33.07
Basil Worner	M50	24.36*	Gloria Sutherland	W40	35.39
John Spencer	M45	25.00*	Alison Aldrich	W40	35.41
David Benson	M40	27.23	Barbara Godwin	W45	36.10
Brian Hardy	M40	27.55	June Strachan	W55	36.31*
Joan Pellier	1st F W45	29.06*	Shirley Cross	W45	37.40
Sandi Walton	W35	29.43*	Jo Stone	W40	37.52
Dick Horsley	M70	30.39	Pat Spencer	W40	38.15
Marilyn Acreman	W45	23.25	Carole Cole	W40	38.15
			Mary Pritchard	W40	38.22
Invitation Runner:			Jeff Whittam	M50	38.22
M Stone	F	45.51	Alan Stone	M50	41.22

The following completed 13km but no times were taken:-
Frank Usher; Colin Leman; Fred Hagger; George Peet; Frank Steere;

12 EVENT CLUB CHAMPIONSHIPS.

PROGRESSIVE RESULTS 7

	HALF MAR.	Club CCCh	Mill Pt Rd	MARA THON	STAT CCCh	C.F. BCAP	LEMAN RUN	W/C Chal	TBP	Tot Pts
2	842	1050	1050	2696	918	1050	954	968	962	5080
*1	899	1076	937	746	-	-	-	1001	-	4659
	789	916	871	655	726	851	777	845	-	4272
	752	911	798	735	729	-	-	-	-	3925
	673	770	757	691	522	716	685	513	719	3653
	640	818	702	651	526	619	789	-	749	3709
	508	867	768	545	759	864	-	676	-	3934
	654	781	663	568	-	-	-	-	-	3666
	662	535	751	696	-	741	1050	639	592	3900
1	-	1225	1225	-	-	1414	20	-	1665	5993
	701	896	661	-	661	814	788	700	754	3953
	640	816	777	-	-	-	771	-	-	3004
	600	866	727	-	637	761	774	751	717	3730
	500	598	527	505	-	629	-	468	-	2759
	653	711	741	-	-	-	757	583	740	2875
	813	-	814	419	-	-	-	829	-	2875
3	959	-	-	1020	-	994	1020	1020	1020	5074
	497	761	702	-	338	775	-	669	448	3404
*3	536	769	629	-	332	698	-	584	842	3522
	317	631	528	-	376	495	-	-	677	2714
	927	-	-	889	-	-	-	-	-	1816
	863	-	-	825	-	951	995	832	972	4613
	720	896	-	-	514	-	831	821	813	4081
	764	-	-	818	-	-	-	-	822	2404
	-	830	749	-	-	-	-	-	-	1578
	778	-	785	-	-	-	-	-	897	2460
	-	784	740	-	-	624	789	801	777	3891
	-	811	692	-	-	722	-	802	803	3830
	382	631	427	20	632	340	-	4	-	1800
	-	20	780	623	600	-	-	843	839	3685
	505	-	-	674	-	-	707	767	690	2713
	-	-	623	492	-	-	-	-	-	1115
	496	4	617	-	518	639	-	-	626	2896
	490	-	586	-	-	-	1014	528	932	3550
	-	-	589	444	-	655	-	439	-	2127
	1020	-	-	-	-	-	-	-	-	1020
	398	-	-	596	-	-	-	-	-	994
	-	981	-	-	734	950	-	821	-	3486
	-	959	-	-	729	840	-	-	-	2528
	418	-	529	-	-	-	580	-	500	2027
	440	-	494	-	444	607	581	183	834	2960
	-	-	868	-	855	957	-	-	-	2680
	-	-	865	-	783	920	-	-	-	2568
	546	-	-	307	-	-	655	-	657	2165
	263	361	222	-	20	-	481	585	496	2186
	842	-	-	-	809	1020	905	-	850	4426
	190	255	372	20	-	-	20	-	250	1087
	-	-	835	-	-	-	-	-	-	835
	231	351	238	-	-	-	-	-	-	820
	-	-	-	778	-	-	-	-	-	778
	-	775	631	-	418	-	-	-	-	1824
	-	773	-	-	533	-	-	-	-	1306
	-	-	-	773	-	-	-	-	-	773
	251	505	-	-	220	340	495	486	367	2193
*2	-	-	747	-	651	761	-	859	836	3854
	742	-	-	-	-	-	-	-	-	742
	-	-	-	738	-	-	-	-	-	738
	715	-	-	-	526	-	-	755	-	1996
	-	-	694	-	-	-	-	679	-	1373
	-	-	-	690	-	490	-	-	-	690
	-	-	-	681	-	-	-	-	-	681
	-	-	-	658	-	-	-	-	-	658

12 Event Champs Cont.

8

Peter Davies	-	604	-	-	381	-	478	-	-	1463
Mary Robinson	20	314	261	-	125	277	840	137	576	2128
Ken Snowden	593	-	-	433	-	703	-	-	-	1729
Bruce Hollier	-	-	-	569	556	-	-	-	-	1125
Terry Tate	560	-	-	-	-	-	-	-	-	560
Alan Pomery	-	-	556	-	-	489	-	494	773	2312
Duncan Phillips	-	527	-	-	-	-	-	-	-	527
Elza O'Dea	20	-	507	-	136	-	-	-	-	527
Mel Shead	501	-	-	-	-	380	-	508	586	2117
June Strachan	-	-	-	-	-	440	-	-	-	941
Stan Latchford	-	-	496	-	20	20	700	350	586	2152
Bob Norton	435	-	-	483	-	-	-	-	-	483
Joan Pellier	-	-	-	-	700	819	708	-	592	3348
Vic Beaumont	-	431	-	-	320	475	459	722	-	2781
Mitch Loly	-	-	421	-	319	-	534	443	828	2545
Rod Marston	397	-	417	-	532	-	647	737	-	2333
Ernie Moyle	167	-	-	-	-	-	-	-	-	645
Duncan Strachan	391	39	189	-	-	261	290	-	-	946
Stan Lockwood	-	-	-	-	-	-	681	748	633	2453
Margaret Warren	-	180	189	-	357	465	-	596	636	2401
Gerry Noordyk	366	-	-	-	-	-	818	251	588	2026
Kirt Johnson	-	-	363	-	-	450	-	-	-	603
Erica Mercer	361	-	-	-	-	240	-	-	-	361
Ron Strauch	353	-	-	-	-	-	-	-	-	353
Bob Hayres	-	-	-	350	-	-	-	-	-	350
Keith Forden	22	313	-	-	-	-	-	67	416	818
Allen Tysoh	324	-	-	-	-	-	-	646	581	1777
Jo Stone	-	-	314	-	70	226	-	-	-	1409
Ann Deanus	306	-	-	-	-	276	749	-	-	554
Tony Denham	-	-	296	-	-	-	-	248	-	296
Ken Whistler	-	238	20	20	40	20	-	30	281	609
Joe Froudish	-	-	-	275	-	-	-	-	-	275
Kath Noordyk	272	-	-	-	-	-	-	-	-	272
John Bissett	-	-	269	-	-	-	-	-	-	269
Nora Berry	-	191	-	-	-	-	-	-	-	191
Barrie Thomsett	188	-	-	-	-	-	-	-	-	191
Sheila Maslen	-	-	189	-	-	200	398	234	218	1238
Carole Cole	-	-	161	-	49	90	-	-	-	279
Phyllis Farrell	160	-	-	-	20	306	-	231	514	1261
Fred Hagger	125	-	-	20	-	276	569	443	747	2195
Selby Munsie	-	-	139	-	-	-	621	-	162	9
Dorothy Whittam	-	20	20	-	20	-	180	208	20	547
Alan Chambers	-	20	20	-	-	20	595	-	342	997
Val Prescott	-	20	-	-	-	-	-	-	-	40
Bev Whistler	-	20	-	-	-	-	-	-	-	20
Bernard Godwin	20	-	-	-	-	-	-	-	-	20
Basil Worner	-	-	-	-	-	-	783	-	-	803
Alan Acreman	-	-	-	-	466	767	-	-	936	2169
Harry White	-	-	-	-	594	726	-	-	-	1320
John Bell	-	-	-	-	694	-	-	-	-	694
Jim Langford	-	-	-	-	394	-	700	769	728	2954
Cheryl Bell	-	-	-	-	1020	-	-	-	-	1020
Shirley Cross	-	-	-	-	20	-	-	-	-	20
Jeanette Tomlinson	-	-	-	-	20	20	425	97	461	1023
Maurice Johnston	-	-	-	-	20	-	-	250	668	938
Ian Sutherland	-	-	-	-	-	639	746	765	531	2681
Derek Cowlan	-	-	-	-	-	244	-	-	258	502
Ron Torkildsen	-	-	-	-	-	276	-	-	512	788
Enid Crowther	-	-	-	-	-	268	-	-	-	268
John Gilmour	-	-	-	-	-	315	789	-	-	1104
Arnold Jenkins	-	-	-	-	-	-	1329	-	-	1329
Dave Roberts	-	-	-	-	-	-	759	557	-	1316
Dave Carr	-	-	-	-	-	-	766	-	-	766
Kath Penton	-	-	-	-	-	-	589	-	1042	1631
Ray Lawrence	-	-	-	-	-	-	711	-	-	711
	-	-	-	-	-	-	233	432	-	665

12 Event Champs Cont.

Pat Hayden			71	-	-	71
Marilyn Acreman			934	-	-	934
Barbara Godwin			722	-	-	722
Pat Carr			713	-	743	1456
Jeff Whittam			20	-	183	203
Bob Norton	529	-	-	-	-	529
John Bell	363	-	-	-	-	363
Rod Marston	248	-	-	-	-	248
Stanley Green	768	-	-	-	-	768
Tony Butler			365	561		926
Jon Dartnell			413	721		1134
Paul Jones			609	509		1118
Joe Yates			540	662		1202
Ted Costello			767	-		767
Peter Sanders			834	879		1713
Hugh Kirkman			890	1020		1910
Barry Evans				868		868
Barry Harwood				996		996
John Spencer				878		878
Brian Hanks				870		870
John Bennington				725		725
Bryan Hardy				643		643
Winston Hough				612		612
Brian Aldrich				468		468
Dave Benson				334		334
Pat Spencer				512		512
Gloria Sutherland				200		200
Val Tyson				150		150
Alison Aldrich				20		20

The winners were, Women Jill Chambers 4659pts; Tuula Vaalsta 3854pts; Lorna Butcher 3404pts; Men Dick Horsley 5993; Don Caplin 5080; Frank Smith 5074pts: In all 156 members completed at least one event. Some members are no doubt confused that the series was called the "12 event Champs" and there are only nine events listed, this is because some of the events had a choice of distance to compete over. We hope that you enjoyed this type of contest. Next year there may be a variation on the theme. Let the new committee have your views on this or any other different type of event. Our thanks to Bob Fergie for working out a points scoring system and to Brian Canby for working out the points for each event.

AND NOW FOR SOMETHING COMPLETELY DIFFERENT. (Plug for orienteering from the ex editor) The O.A.W.A. Will be holding "Runners Courses" with 2 of the normal events one on the 28th April at Rocky Pool, the end of Morrison Road. and one at Lake Leschenaultia on the 9th June. The courses will be along tracks, no bush bashing, so if you fancy something different after the Vets run come along. Start time is anywhere between 9.30 - 12 noon. On the 21st July at Radnor, between Kalamunda and Mundaring at a place called 'The Dell' there will be a wayfarers event which is another way of saying scenic walk, same times apply. See Jeff or Bryan Hardy for more details.

"EXTRA MARATHON ON CALENDAR" At the South West Regional Games which will be held 21 -29 September at Bunbury there will be an open Marathon and Half Marathon to start at 8am on the 29th September. This is the only event that is open to Non Regional competitors. Details are available from the DYSR Bunbury ask for Mr Brian Lloyd. There will be more details published later for those who can wait.

CORRECTIONS. In the West Coast Challenge Gerry Noordyk was listed as Jack Noordyk (visitor) in 38.58, this gave Gerry 558 points towards the '12 event champs and he finished up with 1374 not 816 as in the results. Also in the 12 event Dick Horsley should have been credited with 464 points not 20 in the 'Leman's Run'. His points total was correct in the results.

RESULTS OF TIME TRIALS: February 1985.

<u>100m.</u>		<u>400m.</u>		<u>5000m.</u>	
David Clive	12.29	Don Caplin	64.75	Don Caplin	18:07
John Pellier	14.52	Allen Tyson	70.79*	Barrie Slinger	18.48
Joe Yates	14.83			Ted Costello	18.51
Allen Tyson	15.57	2km Walk.		Maurice Johnston	18.56
Margery Forden	15.84	Shirley Cross	15.22	John Pellier	19.19
				Joe Yates	20.40
				Allen Tyson	21.28
				Joan Pellier	22.10

28th February 1985.

<u>2km Walk.</u>					
Dick Horsley	11.34.4	Lorna Butcher	12.34.1	Val Tyson	13.32.9
Jeff Whittam	12.17.1	Jo Stone	12.55.6	Jack Collins	14.30.5

<u>Hammer.</u>					
Bob Fergie	37.12	Jeff Whittam	20.24	Dick Horsley	16.70
Alan Stone	21.34	Brian Hardy	19.90		

<u>Javelin.</u>					
Alan Stone	31.94	Bob Fergie	29.52	Jeff Whittam	20.12
Jeff Bowen	30.98	Bryan Hardy	27.96		

<u>200M.</u>		<u>800m.</u>		<u>1500m.</u>
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Arnold Jenkins	29.16	Don Caplin	2.16.7	Don Caplin	4.31.6
Ted Costello	29.49	Arnold Jenkins	2.22.1	Brian Danby	4.48.0 & 4.54.2
Bill Monks	29.65	Brian Danby	2.23.6	Brian Foley	4.51.0
Fraser Deanus	30.60	Ted Costello	2.24.2	Maurice Johnston	4.59.6
Frank McLinden	30.77	Bill Monks	2.25.7	Arnold Jenkins	5.01.4
Val Prescott	31.16	Bob Sammells	2.30.3	Bob Sammells	5.03.5
Allen Tyson	31.70	Fraser Deanus	2.30.6	Fraser Deanus	5.09.0
Alan Stone	34.13	Frank McLinden	2.35.1	Frank McLinden	5.14.0
Val Tyson	46.23	Keith Forden	2.46.2	Ted Costello	5.20.0
		Cliff Bould	3.22.4	Bill Monks	5.23.0
				Keith Forden	5.41.0
				Allen Tyson	5.47.1
				Sandi Walton	6.15.6
				Cliff Bould	6.45.6

7th March 1985.

<u>100m.</u>		<u>200m.</u>		<u>3km Walk.</u>	
Dalton Moffett	13.40	David Clive	25.24	Dick Horsley	17.05
Alan Stone	15.29	Dalton Moffett	29.52	Enid Crowther	19.39
Margery Forden	15.53	Allen Tyson	31.69	Jo Stone	19.39
Shirley Cross	17.21	Margery Forden	33.94	Val Tyson	21.05
June Strachan	18.27	Alan Stone	35.45	Shirley Cross	22.01
Val Tyson	19.88				

<u>10km.</u>					
Frank Smith	34.09	Frank McLinden	37.59	Barrie Slinger	39.41
Bob Harrison	35.08	Bob Bryce	38.44	Keijo Vaalsta	40.03
Don Caplin	35.50	Brian Foley	38.30	Joan Pellier	42.11
Brian Danby	36.26	Bob Sammells	38.44	Allen Tyson	42.48
Fraser Deanus	37.08	Ted Costello	38.55	Brian Aldrich	46.13
John Pellier	37.36	Maurice Johnston	39.06	Cliff Bould	47.49

Derek Crowther did 23.22 for 16 laps.

<u>5km.</u>					
Tuula Vaalsta	22.00	Lorna Butcher	24.12	Alison Aldrich	31.13
Sandi Walton	23.28				

14th March 1985.

<u>Javelin. 600g</u>		<u>Shot.</u>		<u>2000m Walk.</u>	
Bryan Hardy	29.30	Jeff Bowen	9.36	Dick Horsley	11.23
Dick Horsley	16.20	Bryan Hardy	7.54	Jeff Whittam	12.09
Dorothy Whittam	17.00	Dick Horsley	7.53	Lorna Butcher	12.11*
Jack Collins	10.86	Dorothy Whittam	7.37	Jo Stone	12.15*
		Jeff Whittam	6.95	Enid Crowther	12.39
				Dorothy Whittam	13.56
				Jack Collins	14.22
				Alison Aldrich	15.29

Time Trial results cont.

200m.

Dalton Moffett	28.38	Bryan Hardy	30.15	Brian Aldrich	35.76
Ted Costello	28.38	Allen Tyson	31.35	Tuula Vaalsta	38.58

400m.

Brian Danby	63.20	John Pellier	69.00	Tuula Vaalsta	83.60
Ted Costello	63.40	Bryan Hardy	74.70		
Dalton Moffett	65.90	Brian Aldrich	81.18		

1 Mile.

Don Caplin	4.51.8	Ted Costello	5.37	Joan Pellier	6.19
Brian Foley	5.03.0	Frank McLinden	5.39	Brian Aldrich	6.31
Brian Danby	5.08	Dalton Moffett	5.39.1	Tuula Vaalsta	6.38
Bill Monks	5.22	Keith Forden	5.42	Sandi Walton	6.44
Bob Sammells	5.24	Keijo Vaalsta	5.43	Alison Aldrich	8.02
Maurice Johnston	5.31	Joe Yates	5.53		
John Pellier	5.33	Allen Tyson	6.14		

21st March 1985.

1500m.

Don Caplin	4.27.8	Sandi Walton	6.02.0	Dick Horsley	8.24.4
Brian Foley	4.33.6	Brian Aldrich	6.02.0	John Pellier	8.41.8
Keijo Vaalsta	5.19.0	Sheila Maslen	7.10.0	Jeff Whittam	8.42.5
Joe Yates	5.25.0			Lorna Butcher	8.58.0
Keith Forden	5.30.0			Jo Stone	9.00.0
Frank McLinden	5.34.0			Enid Crowther	9.20.0
Ted Costello	5.34.0			Allen Tyson	10.01.0
Joan Pellier	5.46.0			Dorothy Whittam	10.02.0
Tuula Vaalsta	5.56.0			Val Tyson	10.12.0
Margery Forden	5.57.0			Jack Collins	10.35.0

1500m Walk.

CLUB PENTATHLON

17th FEBRUARY 1985

NAME	AGE	LONG JUMP		100m		SHOT		DISCUS		1500		TOTAL	RACE
		GRADE	DIST	PTS	TIME	PTS	DIST	PTS	DIST	PTS	TIME		
B. HARDY	M40	4-01	204	14-7	360	7-49	158	19-48	242	5-49	436	1400	6
J. WHITTAM	M50	3-03	65	14-2	20	6-99	158	21-02	296	6-56	124	663	8
W. MONKS	M45	4-24	456	14-9	420	6-17	43	14-51	68	5-19	646	1633	5
A. STONE	M50	3-95	525	16-1	280	10-73	682	31-70	670	7-41	20	2177	2
A. FERBIE	M45	4-26	460	14-6	480	9-01	441	24-40	414	6-57	58	1853	4
M. MOYLE	M55	3-60	550	14-8	640	6-77	267	16-00	240	5-26	246	1943	3
A. DAVID	M45	3-66	224	15-00	400	6-56	98	15-09	88	5-33	562	1372	7
D. HORSLEY	M70	2-73	642	-	-	7-10	516	22-52	701	6-47	838	2697	1
J. BENNINGTON	M45	3-73	252	17-9	20	6-57	99	14-76	77	-	-	448	9
D. WHITTAM	W45	3-89	1230	14-7	760	7-17	571	18-00	455	7-28	292	3308	1
S. CROSS	W45	-	-	18-4	20	-	-	-	-	7-02	448	468	2
M. ROBINSON	W45	-	-	-	-	-	-	-	-	7-38	232	232	3

RESULTS OF A.A.W.A. at Perry Lakes. (State Championships).

Eileen Hindle competed in the Long Jump and the Heptathlon, winning the long jump and finishing 2nd in the heptathlon. Her results are as follows:-
Long Jump: 5.68m (New W35 record)
Heptathlon: 100m Hurdles 14.5; Shot Putt 7.15m; High Jump 1.49m (W35 record); 200m 25.7; Long Jump 5.29m; Javelin 20.50m; 800m 2.43:
TOTAL POINTS: 4383.

Barrie Kernaghan competed in the 400m Hurdles setting a new M40 record in 62.6 and Dave Carr competed in the 800m finishing in a time of 2.14.6

Throughout the summer season several members of the club have given their time to officiate each Saturday in association events. The club would like to thank them for their work they have put in on behalf of the club. They are:- Beris Johnson Joint Chief Recorder; Ross Holland Field Referee; Charlie Spare Chief Track Umpire; Dick Horsley Chief Walk Judge; Thelma Manley Chief High Jump Judge; and Val Prescott Club Registrar:



DEFINITIONS: PAIN TOLERANCE. A capability necessary for even beginning runners. Successful distance runners rank second in pain tolerance behind Hindus who walk on hot coals, and just ahead of Hindus who sleep on beds of nails.

RUNNER'S KNEE: An updated version of the old "Shrapnel in the knee" excuse.

From the West Australian 26th March 1985.

Another record to Gilmour

WA's evergreen distance running star, John Gilmour, continued his reputation as a world-class athlete with a record-shattering performance in Sydney on Sunday. Gilmour (65), won the over-65 section of the National Panasonic half-marathon championship in convincing style. In the process, he slashed 16min. 56sec. from the over-65 record, with a time of 1hr 21min. 31sec. The previous re-

cord was set in 1983 by NSW's Bill Pease. His time also bettered the record for the 60-65 years division, set by NSW's George McGrath last year of 1.22.51. Gilmour, who returned to Perth last night, used the race as a lead-up to an overseas trip in June when he will contest the world veterans' 10km and 25km titles

A note of thanks from the ex editor. I would like to thank all those who have made life for me as editor an easy and pleasurable task during my tenure.

Especially my thanks go to Bob Sammells for his articles, which, apart from being of great interest, came all nicely typed out so all I had to do was stick them into the photocopier. Also to our 'Overseas correspondents' who kept sending in articles and news items whilst they were overseas running or holidaying. The 'Newshounds' who kept me supplied with results and items of general interest. Last but not least 'Geo' for his original cartoons.

Better not forget this last one, to 'Postwoman' Dorothy for making sure they got posted. I hope you will give the new editor the support you gave me.

THANKS. Jeff.

Runs For APRIL/MAY			
7 April 85	MAD MILE	1mile	Mills Park Beckenham 8am Bob Sammell
14 April 85	BRIDGES RUN NOMINATED TIME	10km	McCallum Park 8am Dorothy Whittan
21 April 85	BRIDGES FUN RUN	10km	McCallum Park 8.30am WAMC
28 April 85	DARLINGTON DASH	16km	Old Railway John Maddison
5 May 85	WALLISTON WALLOP	8km 10km	Station 14, Caladenia Road, Maurice
12 May 85	WOMEN'S RUN	5km 7.1km	Walliston. 9am BBQ Johnston Jill
19 May 85	GUESS THE DISTANCE		McCallum Park 8am Langdon Frank Usher
26 May 85	Jo-Anne's Jolly Jaunt	7.2km	Rocky Pool JFNP Pechy Road Swan View Derek Walker

Below is a Poem by Joe Shepherd who was a member until his death. The poem was written in 1973.

THE RUNNER'S PLEA

Lord give me power to cover ground
 To say a word without a sound
 To keep my health and will to run
 And meet my failures with a pun.
 With this in mind I'll stand the test
 And always give my very best.

... Joe Shepherd.

HAVE YOUR FLEXIBILITY TESTED FOR FREE!

Long distance runners who run many miles on hard surfaces expose certain parts of their bodies to abnormal stress. Research scientists have shown that each time the heel hits the ground the force may reach 3 times the body weight.

Two of the areas most frequently affected by these stresses are the calf and its associated tendon; and the lower back.

Abnormal stress on the calf muscle causes excessive fatigue and tightening of the muscle. These factors put increased tension on the tendon attached to the calf muscle which, in turn, reduces flexibility around the ankle joint. This may subsequently produce foot and ankle problems.

Running posture and the force generated each time the foot strikes the ground also affect the lower spine and back. Initially, the symptoms are as described for the calf muscles: stiffness/ache. Eventually the hips and hamstrings are also affected with the result that back, hip and leg flexibility are reduced. This lack of flexibility is known to be one of the major causes of lower back pain.

The aim of the present project is to measure ankle leg, hip and back flexibility of runners who regularly train over long distances. This will allow us to develop norms and standards and to provide you, as a runner, with the most accurate training advice possible.

Three tests will be carried out. It will take a total of five minutes to complete these tests.

You will also be asked to fill out a brief questionnaire dealing with your regular training programme.

All of this information will be kept strictly confidential. However, we will use your information, together with that of others who are tested, to formulate anonymous statistical data.

We will also provide you with accurate flexibility training advice relevant to the tests performed on the day.

Testing sessions will be held at the Fitness Testing Laboratory at Perry Lakes Stadium, Wembley. Four dates have been set aside:

Monday 15th April	3.30 - 5.00 pm	Monday 22nd April	3.30 - 5.00 pm
	7.00 - 8.30 pm		7.00 - 8.30 pm
Tuesday 16th April	7.00 - 8.30 pm	Tuesday 23rd April	7.00 - 8.30 pm
Wednesday 17th April	9.00 -10.30 am	Wednesday 24th April	9.00 -10.30 am

Please ring Julie Gaines or Chris Hemstrom on 387 4400 during working hours to book a time to be tested during any of the sessions mentioned above.

Thank you for your assistance.

CHRIS HEMSTROM
SPORT CONSULTANT - DEPARTMENT FOR YOUTH, SPORT AND RECREATION