

The Vetrun

NO. 163 APRIL, 1986

W.A. VETERANS A.C.

Registered for posting as a periodical category B publication No. WBH0370

PATRON: *W.J. Hughes*

PRESIDENT: *Leo Hassam (272 5556)* HON. SECRETARY: *Sandi Walton (339 2988) **

TREASURER: *Rob Farrell (459 4055)* EDITOR: *Basil Worner (387 9702W)*

*Phone calls before 8.30pm please.

ANNUAL GENERAL MEETING, 30/3/86

Despite a clash with Easter holidays, members supported our club very strongly with an excellent attendance.

PRESIDENT'S REPORT

The President, in his report, spoke on the following:

- * the 20% growth in membership;
- * The support of all members;
- * the work of the committee;
- * the punctual start of events in 1985.

Club rooms:

He outlined progress in investigating rooms for our club: at this stage, 3 committees from Perth City Council are inspecting our submission. If this is approved "in principle", the Committee will then be in a position to cost the concept and take this to members for their consideration.

TREASURER'S REPORT

The final report will be presented at a special meeting. The President presented the Treasurer's report for the period 6/3/85 to 6/3/86 which is presented in this issue.

SECRETARY'S REPORT

The Secretary reported on race organization and social events as per the constitution.

MATTERS ARISING FROM 1985

1. Club rooms (see above)
2. Chest numbers - The President reported that the Committee had deferred this because of problems associated with changes of personnel in age groups.

ELECTION OF COMMITTEE

The meeting elected the Club administration for 1986/87 and the results are recorded on page 2 for future reference.

The meeting decided to elect the editor as a member of the Committee and this is shown in the list.

Members should note that there were no nominations for Equipment Control Officer. This position is vacant so that any member who wishes to know what this position entails could ring the President on 272 5556.

CLUB ADMINISTRATION, 1986/87

PATRON : BILL HUGHES

C O M M I T T E E

LEO HASSAM	St Mark's College 8 Young Street BEDFORD 6053	272 5556 (President)
JACKI GREENFIELD	33 Cagney Way LESMURDIE 6076	291 9104 (Vice President)
SANDI WALTON	9/12 Elvira Street PALMYRA 6167	339 2988 (Secretary)
	(Telephone calls before 8.30 pm Please)	
ROB FARRELL	15 Tremlett Street THORNLIE 6108	459 4055 (Treasurer)
BRIAN DANBY	Pinnaroo Memorial Park Whitford Avenue PADBURY 6025	401 4956
BOB SAMMELLS	5 McInness Court GREENWOOD 6024	447 2418 (Race Director)
KATH PENTON	PO Box 9 CLOVERDALE 6105	277 5011 (W) 328 1507 (Publicity)
BASIL WORNER	92 York Street SUBIACO 6008	387 9702 (W) (Editor)
	: : : : : : : :	
HANDICAPPER		
KEITH FORDEN	52A Mayflower Crescent CRAGIE 6025	401 4373

EQUIPMENT OFFICER

VACANT

CLUB HANDICAP CHAMPIONSHIP

The President presented the Patron's Trophy to Ray Lawrence who won the 1985/86 championship.

"ATHLETE OF THE MEET"

A select committee nominated John Cochrane as the outstanding athlete of our Track and Field Championships for creating an Australian record in the M50 shot put with a heave of 12.94m, breaking the previous best by nearly half a metre. John, recently joined from Albany, is a former state champion. Well done John!

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STATEMENT OF RECEIPTS AND PAYMENTS FOR THE PERIOD 6TH MARCH 1985 TO 6TH MARCH 1986
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Receipts

Subscriptions	\$3,655.00
Sportswear and badges	936.80
State Championships	692.00
Sundry Events	796.51
Xmas Dinner	1,681.20
Quiz Night	764.80
Donnelly River Weekend	431.00
Wellington Mills Weekend	536.30
Equipment Grants	552.00
Time Trials	522.00
Interest Received	<u>342.04</u>
	10,909.65

Less Payments

Sportswear and badges	\$1,051.60
Sports Equipment	809.09
Newsletter	398.00
State Championships	61.68
Postage, Stationary and Phone	271.29
Booking the Xmas Dinner 1986	100.00
Fees	155.20
Sundry Events	282.52
Rent Tracks - Time Trials	330.00
Repairs Equipment	316.60
Booking Fees long weekends	190.00
Advances expenses	600.00
Magazines	99.24
Donney Park weekend	415.00
Jorgensen Park Catering	100.00
Xmas Dinner	1,958.00
Sundries	131.03
Cool Drinks	<u>118.80</u>

7,388.05

NET SURPLUS FOR THE YEAR

3,521.60

BANK BALANCE 6TH MARCH, 1986

2,225.20

SAVINGS INVESTMENT ACCOUNT 6TH MARCH 1986

5,009.19

APRIL RUNS

APRIL 6	"The Mad Mile" Mills Park, Beckenham, 8.00 am.	1 mile.
APRIL 13	Bridges Run McCallum Park, 8.00 am.	10k
APRIL 20	Fun Run (marathon Club) McCallum Park, 8.30 am.	10k
APRIL 27	"Darlington Dash" Old railway station, Darlington 8.00 a.m.	16k 8k.

NEW MEMBERS:

A warm welcome to:

STANLEY JONES

30 Townsend Street
ARMADALE 6112
DOB 12/8/25

Ph: 399 3296
DOJ 10/3/86

JEFF VAN GENT

13 Kelsell Crescent
COMO 6152
DOB 10/7/30

Ph: 450 6427
DOJ 10/3/86

RICHARD HARRIS

30 Cosmelia Way
PARKWOOD 6155

Ph: 323 4387 W
Ph: 457 6102 H

DOB 1/12/36
DOJ 10/3/86

BRIAN GALE

54 Glenwood Way
BALCATT

Ph: 349 8860 H
Ph: 387 9315 W

DOB 18/1/45
DOJ 10/3/86

HAPPY BIRTHDAY

Alicia Ansell	turns	42	remains	W40	22
Bill Chapman	"	62	"	M60	19
Doreen Dow	"	43	"	M40	14
Jim de Gruchy	"	60	becomes	M60	14
David Hough	"	54	remains	M50	18
Tom Jones	"	93	"	M90	11
Bob Johnstone	"	44	"	M40	12
Maurice Johnston	"	49	"	M45	09
Dave Jones	"	60	becomes	M60	12
Rosemary Langford	"	36	remains	W35	19
Hamish McGlashan	"	49	"	M45	16
Jim McLean	"	55	becomes	M55	19
Gloria Sutherland	"	41	remains	W40	18
Maurice Smith	"	52	"	M50	26
Charlie Spare	"	46	"	M46	19

cont...

HAPPY BIRTHDAY cont...

Jill Chambers	turns	37	remains	W55	10
Doreen Dow	"	43	"	W40	14
Robert Scanlan	"	43	"	M40	24
Joe Stickle	"	48	"	M45	19
Mary McGinnis	"	45	becomes	W45	02
Bary Madsen	"	40	"	M40	24
Vincent Caruso	"	40	"	M40	21
Pat Spencer	"	44	"	W45	16
Jill Bower	"	48	remains	W45	03
Joe Gold	"	42	"	M40	09
Jenny Willers	"	38	"	W35	19

HANDICAP CHAMPIONSHIPS 1985/86

The competition has now finished for this year, the last event being the "Shoalwater 10". In all, we had 148 competed at least one event. June Strachan was the only member to run in all eleven events whilst 34 completed only 1 run. Most members in the top placings ran in 8 or 9 events and the scores were very close.

The ladies figured prominently in the earlier events but dropped down the placings in the second half of the year. June Finishing the best closely followed by Jill Langdon.

The overall winner was Ray Lawrence on 226 pts, closely followed by Don Caplin 231, Cliff Bould 241, John Russell 242 and Selby Munsie 250.

The rules were: Points equal to placing on handicap for each event. For non participation in event, it was 1 point more than the last finisher, ie if you missed the Perry Lakes Handicap, you would have been credited with 21 points. If you missed the 3 Parks and Heirisson Island Run, 81 points.

Next year's events start with the "Mad Mile" which will be a sealed handicap; "Walliston Wallop" 10km; Women's Run; and the "Andy Wright Memorial Run".

HANDICAP CHAMPIONSHIPS 1985/86

Psn.	Name	Pts.	No. of Events	Psn.	Name	Pts.	No. of Events
1	R. Lawrence	226	8	23	M. Robinson	376	6
2	D. Caplin	231	8	24	M. Acreman	384	8
3	Cliff Bould	241	9	25=	J. Pellier	386	6
4	J. Russell	242	9	25=	F. McLinden	386	5
5	S. Munsie	250	9	27	Joe Yates	387	4*
6	Rob Shand	253	7	28	B. Danby	389	3
7	E. Moyle	262	10	29=	J. Greenfield	393	5
8	D. Horsley	280	7	29=	B. Aldrich	393	6
9	A. Pomery	283	8	31	J. Stickle	396	3
10=	M. Moyle	284	9	32=	Bob Norton	398	4
10=	M. Johnston	284	8	32	G. Noordyk	398	4
12	Bob Sammells	290	10	34	I. McGibbon	400	4
13	D. Roberts	334	6	35=	Bill Monks	401	4
14	D. Strachan	351	10	35=	S. Walton	401	5
15	D. Moffett	352	6	37	Bob Farrell	402	8
16	J. Strachan	354	11	38=	K. Johnson	403	6
17	J. Langdon	364	6	38=	Bob Hayres	403	4
18=	G. Thornton	365	8	40	C. Bell	406	3
18=	A. Jenkins	365	6	41	V. Beaumont	407	3
20	J. Maddison	367	6	42	D. Crowther	410	5
21	J. Bell	368	4	43	N. Berry	414	5
22	M. Forden	376	5				

Psn.	Name	Pts.	No. of Events	Psn.	Name	Pts.	No. of Events
44=	J. Chambers	420	3	109	P. Douglas	529	1
44=	E. O'Dea	420	6	110=	J. Langford	530	1
44=	K. Whistler	420	3	110=	K. Mitchell	530	2
44=	F. Usher	420	5	110=	B. Foley	530	1
48	A. Tyson	424	5	110=	D. Phillip	530	1
49	K. Penton	425	5	114	A. Chambers	533	3
50	M. Kahn	427	5	115=	K. Snowden	534	1
51	P. Farrell	428	10	115=	D. Whittam	534	3
52=	J. Tovato	431	4	115=	K. Vaalsta	534	1
52=	Bill Hughes	431	5	118=	J. McLean	535	4
54	S. Cross	439	9	118=	B. Hardy	535	1
55	A. Aldrich	441	6	120	P. Le Breton	535	1
56	P. Jones	443	4	121	J. Stone	539	3
57	D. Hough	444	5	122=	J. Spencer	540	1
58	H. McGlashen	445	4	122=	P. Cowley	540	1
59=	B. Godwin	450	4	124	A. Croxford	542	1
59=	S. Barrie	450	2	125	R. Maddison	543	3
61	John Pellier	451	6	126	M. Shead	544	1
62=	Pat Hayden	453	5	127	D. Wilmott	545	1
62=	G. Peet	453	2	128	J. Willers	546	3
64	J. Barnes	455	4	129=	B. Harwood	547	1
65=	Ted Costello	458	2	129=	H. Kirkman	547	1
65=	F. Smith	458	5	131	H. Pritchard	548	1
67=	B. Worner	460	5	132=	D. Jones	551	3
67=	L. Hassam	460	6	132=	S. Sanders	551	2
69	P. Sanders	463	3	134=	R. Davis	552	2
70=	T. Speechley	465	4	134=	A. Ansell	552	1
70=	M. Warren	465	5	134=	G. Sutherland	552	1
72	L. Butcher	466	4	137=	J. Bennington	555	1
73	B. Thomsett	471	3	137=	G. Innes	555	1
74	B. Evans	472	3	139	E. Crowther	556	1
75=	P. Davies	481	3	140=	B. Godwin	558	2
75=	A. Wood	481	2	140=	D. Hoye	558	1
77	M. Tapper	482	2	140=	M. Pritchard	558	1
78=	K. Forden	483	4	143	A. Deanus	560	1
78=	B. Carse	483	2	144=	A. Stone	561	2
80	C. Cole	485	5	144=	J. Smith	561	2
81	Ted Maslen	487	2	146	M. Wood	563	1
82	Aub Davie	488	2	147	P. Spencer	564	1
83	Bill Mitchell	490	5	148	B. Healy	566	1
84	M. Warren	492	3				
85=	I. Sutherland	496	5				
85=	K. Martin	496	2				
87	T. Kirwen	498	1				
88	K. Noordyk	499	2				
89=	H. Whyte	500	2				
89=	A. Leggett	500	2				
91=	F. Haggart	502	4				
91=	F. Deanus	502	1				
93	Val Tyson	503	4				
94	S. Lockwood	506	3				
95	P. Martin	507	1				
96	T. Vaalsta	508	1				
97=	M. Smith	510	2				
97=	B. Harrison	510	1				
97=	A. Acreman	510	4				
100	J. Slinger	515	2				
102	B. Slinger	519	3				
103=	R. Whalen	520	2				
103=	Terry Tate	520	2				
105	R. Briggs	521	1				
106	S. Maslen	522	2				
107	Dave Carr	525	2				
108	J. Whittam	527	4				

* Congratulations to Ray on his fine win and also to the runner-up, Don Caplin, for an exceptional performance.

* Thanks to "Mr Reliability", Jeff Whittam, for maintaining the results throughout the year and keeping them up to "Vetrun"

* Thanks also to Jeff for his summary of the year's competition and statistics - no mean feat.

* Thanks to the doer of the thankless! Handicapper Bob Sammells not only has the Handicapper's scarred back, but also has the added charm of knowing that his name is rarely spelled correctly in this newsletter!

* Good luck Keith Forden for 1986!

1986 CHAMPIONSHIPS - SOME REFLECTIONS

ATHLETICS

- * The Committee's campaign to encourage all members to be in our championship week-end was effective; some 150 entries were taken. This was a substantial increase on 1985's 110.
 - * Members seemed to be unanimous that McGillivray was "the best" for our event.
 - * Country members again supported the championships, with big contingents from Bunbury and Albany.
 - * The media covered the event comprehensively - before, during and after.
John Cochrane (Albany) said: "What other sporting event would attract the three TV stations?"
 - * We were again treated to some fine performances in the 5K and 10K events, despite the heat. (The scheduling of these events must be changed to a more temperate time - either very early or "at twilight". Your views are welcome).
 - * Bob Fergie, Dick Horley, Bob Sammells, Maurice Johnston and their helpers kept the programme running smoothly on the track.
 - * Off the track, Duncan Strachan, Kath Mitchell, Jackie Greenfield and their helpers ensured that administration, results and catering were faultless.
 - * The venue looked good. Thanks to groundsmen Chris and David, and to Duncan Strachan and Vic Beaumont for their preparation.
 - * Fine performances were put up by:

* Jack Cochrane	M50	Shot Put	12.94	Aust. Record
* Eileen Hindle	W35	10 Firsts		
* Barrie Kernaghan	M45	4 firsts		
* Bob Fergie	M50	High Jump	1.45	State Record
* John Gilmour	M65	800M	2.36	State Record
 - * While our oldest member, Tom Jones (93) rightly attracted a lot of attention, we may have overlooked the efforts of one of our "juniors": Johann Sanders, a mere M80! Johann completed a 1500 (10:23); a 3000 walk (25:00) and a 5000 walk (44:58). Well done!
- Finally, thanks to all participants and supporters for making it a memorable weekend (See "Letterbox").
- * Do you have any comments, reflections or suggestions on 1986? If so, please send them to:

"Vetrun"
92 York Street
SUBIACO WA 6008

STATE VETERANS CHAMPIONSHIPS — at McGillivray Oval —
MEN — 100m — 35yrs: B. Cornish 12.8. 40yrs: M. Holland 12.4. 65yrs: B. Kernaghan 12.0. 50yrs: D. Carr 13.8. 55yrs: D. Moffatt 13.5. 60yrs: A. Tyson 15.2. 70yrs: G. Boakes 19.00. 90yrs: T. Jones 29.00. 400m — 35yrs: J. Molloy 55.0. 40yrs: K. Gilbert 58.0. 45yrs: B. Kernaghan 54.0. 50yrs: D. Carr. 55yrs: D. Moffatt 1.02. 60yrs: A. Tyson 1.09. 80yrs: 38.55yrs: J. Molloy 2.03. 40yrs: K. Gilbert 2.08. 45yrs: B. Kernaghan 2.10. 50yrs: E. Maslen 2.13. 55yrs: D. Moffatt 2.20. 60yrs: D. Strachan 3.02. 65yrs: J. Gilmour 2.36 (rec). 70yrs: D. Horsley 3.11. 1500m — 35yrs: J. Molloy 4.18. 40yrs: J. Langford 4.19. 45yrs: D. Caplin 4.30. 50yrs: E. Maslen 4.37. 55yrs: M. Moyle 5.37. 60yrs: A. Tyson 5.36. 65yrs: J. Gilmour 5.22. 80yrs: J. Sanders 10.23. 5000m — 35yrs: B. Danby 17.02. 40yrs: F. Smith 16.17. 45yrs: H. Stoffers 16.27. 50yrs: E. Maslen 18.07. 55yrs: M. Moyle 19.58. 60yrs: D. Strachan 22.43. 65yrs: J. Gilmour 18.35. 70yrs: C. Boukis 22.59. 10,000m — 35yrs: B. Danby 35.45. 40yrs: F. Smith 34.22. 45yrs: H. Stoffers 34.13. 50yrs: G. Innes 38.17. 55yrs: R. Brice 39.40. 60yrs: G. Noordyke 49.11. 65yrs: J. Gilmour 38.17. 70yrs: C. Bouid 49.14. 110m Hurdles — 35yrs: B. Cornish 20.8. 400m Hurdles — 35yrs: J. Molloy 58.7. 40yrs: B. Kernaghan 1.21. 50yrs: E. Costello 1.12. 1500m Walk — 70yrs: D. Horsley 11.02. 3000m Walk — 40yrs: J. Back 18.23. 40yrs: J. Turnbull 18.18. 50yrs: G. Audley 15.59. 55yrs: P. Davies 17.59. 70yrs: D. Horsley 18.38. 80yrs: J. Sanders 25.55. 5000m Walk — 45yrs: J. Turnbull 32.11. 50yrs: G. Audley 25.56. 55yrs: P. Davies 30.21. 60yrs: T. Jones 28.42. 70yrs: J. Collins 38.08. 80yrs: J. Sanders 44.58. Long Jump — 35yrs: B. Cornish 5.33. 40yrs: B. Landers 5.01. 45yrs: B. Clive 5.41 (rec). 50yrs: W. Monks 4.72. 55yrs: R. DeGruchy 3.56. Triple Jump — 50yrs: J. Cochrane 10.25. 55yrs: F. Fay 8.37. 60yrs: G. Boake 6.19. High Jump — 35yrs: B. Cornish 1.40. 40yrs: B. Landers 1.45. 50yrs: B. Fergie 1.45 (rec). Shot Put — 35yrs: B. Madsen 9.47. 40yrs: J. Bowen 9.45. 45yrs: P. Muller 7.60. 50yrs: J. Cochrane 12.94. 55yrs: F. Fay 8.02. 60yrs: W. Chapman 10.05. 70yrs: G. Boakes 6.65. Javelin — 35yrs: B. Cornish 36.94. 40yrs: J. Bowen 41.84. 45yrs: J. Turnbull 29.58. 50yrs: B. Fergie 31.58. 55yrs: F. Fay 24.12. 60yrs: W. Chapman 20.44. 70yrs: D. Horsley 16.10. Javelin — Hammer — 45yrs: J. Turnbull 19.86. 50yrs: A. Fergie 28.46. 70yrs: D. Horsley 17.26. Discus — 35yrs: B. Cornish 28.20. 40yrs: H. Holland 32.18. 45yrs: R. Sammuels 15.82.

WOMEN — 100m — 30yrs: P. Dawson 13.3. 35yrs: E. Hindle 13.1. 40yrs: J. Johnson 14.2. 45yrs: D. Whittam 14.2. 50yrs: P. Carr 15.7. 55yrs: L. Butcher 17.3. 60yrs: J. Strachan 19.6. 65yrs: P. Head 25.2. 200m — 30yrs: P. Dawson 27.09. 35yrs: E. Hindle 27.04. 400m — 30yrs: P. Dawson 1.04. 35yrs: E. Hindle 1.04. 40yrs: J. Johnston 1.09. 45yrs: D. Whittam 1.15. 50yrs: P. Carr 1.24. 55yrs: L. Butcher 1.26. 65yrs: 57. 800m — 30yrs: T. Kirwan 2.28. 35yrs: C. Bell 2.28. 40yrs: M. Forden 2.41. 50yrs: P. Carr 3.12. 55yrs: L. Butcher 3.22. 65yrs: P. Head 4.04. 1500m — 30yrs: T. Kirwan 5.08. 35yrs: C. Bell 5.13. 40yrs: M. Forden 5.34. 45yrs: J. Pellier 5.59. 65yrs: P. Head 8.56. 5000m — 30yrs: J. Sanders 25.17. 35yrs: J. Chambers 18.49. 40yrs: D. Dow 24.06. 45yrs: S. Maslen 31.47. 55yrs: L. Butcher 31.47. 10,000m — 30yrs: S. Sanders 53.27. 35yrs: J. Chambers 40.27. 40yrs: D. Dow 50.45. 45yrs: S. Maslen 1.03.50. Long Jump — 30yrs: P. Dawson 4.45. 35yrs: E. Hindle 5.00. 40yrs: J. Johnson 4.29. 45yrs: D. Whittam 3.77. 50yrs: T. Manley 2.94. 80m Hurdles — 40yrs: J. Fletcher 15.4. 100m Hurdles — 35yrs: E. Hindle 15.6. 400m Hurdles — 30yrs: J. Sanger 1.23. 35yrs: E. Hindle 1.16. 1500m Walk — 35yrs: J. Langdon 9.44. 40yrs: J. Fletcher 9.04. 45yrs: J. Beaumont 10.56. 55yrs: L. Butcher 9.24. 60yrs: V. Tyson 9.58. 65yrs: P. Head 11.02. 70yrs: D. Horsley 11.02. 3000m Walk — 35yrs: B. Salter 17.47. 40yrs: J. Stone 19.05. 45yrs: S. Cross 22.08. 55yrs: L. Butcher 19.43. 60yrs: V. Tyson 20.29. 65yrs: P. Head 22.27. 5000m Walk — 40yrs: J. Stone 33.03. 45yrs: S. Cross 38.11. High Jump — 35yrs: E. Hindle 1.45. 40yrs: E. Mercer 1.27. 50yrs: T. Manley 1.15. Javelin — 30yrs: B. Wilson 19.39. 35yrs: E. Hindle 20.38. 40yrs: J. Fletcher 23.86. 45yrs: D. Whittam 22.80. 65yrs: P. Head 9.94. Discus — 30yrs: B. Wilson 18.14. 35yrs: E. Hindle 19.18. 40yrs: J. Fletcher 22.21. 45yrs: D. Whittam 18.01. 65yrs: P. Head 11.21. Shot Put — 50yrs: B. Wilson 7.54. 35yrs: E. Hindle 7.17. 40yrs: L. Jenkins 6.68. 45yrs: D. Whittam 7.47. 65yrs: P. Head 4.79. Hammer — 45yrs: J. Pellier 2.58.

RESULTS

SHOALWATER 10

23 FEBRUARY 1986

POSITION	NAME	AGE GROUP	CLOCK TIME	HANDICAP	ADJUSTED TIME	POSITION
1	JIM LANGFORD	M 40	30.47	35.00	- 4.13	5th
2	DON CAPLIN	M 45	34.28	36.00	- 1.32	17th
3	DAVE CARR	M 50	35.57	40.30	- 4.33	4th
4	JOE YATES	M 40	35.58	38.30	- 2.32	12th
5	DEREK CROWTHER	M 40	36.33	38.00	- 1.27	18th
6	JILL CHAMBERS	W 35	36.36	39.30	- 2.54	10th
7	BOB SAMELL	M 45	36.58	38.00	- 1.02	20th
8	ARNOLD JENKINS	M 40	37.31	40.00	- 2.29	13th
9	ROB SHAND	M 50	37.58	42.00	- 4.02	6th
1	JIM BARNES	M 40	38.40	43.30	- 4.50	3rd
2	BARRY EVANS	M 55	38.45	40.30	- 1.45	16th
3	TERRY TATE	M 50	39.05	43.00	- 3.55	7th
4	TONY SPEECHLEY	M 40	40.58	41.00	- 0.02	24th
5	MAURICE JOHNSON		41.02	39.00	+ 2.02	27th
6	DENNIS WILMOTT	M 55	41.07	43.30	- 2.27	14th
7	FRANK SMITH	M 40	41.08	35.00	+ 6.08	32nd
8	JOHN PELLIER	M 45	42.14	40.30	+ 1.44	26th
9	GRAHAM THORNTON	M 45	42.54			Late starter
1	BILL MITCHELL	M 56	43.19	43.00	+ 0.19	25th
2	CLIFF BOULD	M 65	44.25	49.30	- 5.05	2nd
3	SELBY MUNSIE	M 50	44.42	48.00	- 3.18	9th
4	ROBERT FARRELL	M 45	45.44	46.00	- 0.16	23rd
5	ERNIE MOYLE	M 60	46.21	49.00	- 2.39	11th
6	JOHN BENNINGTON	M 45	47.08	45.00	+ 2.08	28th
7	JOHN RUSSELL	M 50	48.29	52.00	- 3.31	8th
8	PHYLLIS FARRELL	W 40	49.10	46.30	+ 2.40	29th
9	ALAN CHAMBERS	M 45	49.20	50.00	- 0.40	22nd
0	ROBERT DAVIS		49.38	40.00	+ 9.38	33rd
0	JOHN MADDISON	M 45	38.03	40.00	- 1.57	15th
1	BRIAN ALDRICH	M 55	43.37	45.00	- 1.23	19th
1	JIM MCLEAN	M 50	49.55	46.30	+ 3.25	30th
2	LEO HASSAM	M 55	49.55	45.00	+ 4.55	31st
3	DUNCAN STRACHAN	M 60	49.55	49.00	+ 0.55	26th
4	ALLISON ALDRICH	W 40	54.28	66.00	- 11.32	1st
5	JUNE STRACHAN	W 60	58.07	59.00	- 0.53	21st
6	MARGARET WARREN		104.52			Late starter
7	MORRIS WARREN		104.53			Late starter

RESULTS

	NAME	AGE GROUP	CLOCK TIME				
1	ALAN POMERY	M 50	20.15	9	KATHY MITCHELL	W 45	29.06
2	ALAN TYSON	M 60	20.25	0	SHIRLEY CROSS	W 45	31.04
3	V BEAUMONT	M 55	21.56	1	FRANK USHER	M 60	32.01
4	JOANNE PEARCE	W 35	24.55	2	ENID CROWTHER		32.01
5	EILEEN TATE	W 45	25.38	3	S MITHCELL		32.55
6	PAT CARR	W 50	27.09	4	JEFF WHITTAM	M 50	33.01
7	ROSA DAVIS	W 40	27.50	5	DOROTHY WHITTAM	W 45	33.03
8	JO STONE	W 40	28.48	6	SUSAN HILL	W 40	33.03
				7	VAL TYSON	W 60	33.46

PREDICTED MARATHON TIMES

10,000 m. Best Time	Maximum Possible Marathon Time	Realistic Marathon Time
27:00	2:05:00	2:08:30
27:30	2:07:30	2:11:30
28:00	2:10:00	2:14:00
28:30	2:12:30	2:16:30
28:45	2:13:45	2:18:30
29:00	2:15:00	2:19:30
29:30	2:17:30	2:21:30
30:00	2:20:00	2:25:00
30:30	2:22:30	2:28:30
31:00	2:25:00	2:30:30
31:30	2:27:30	2:33:00
32:00	2:30:00	2:36:00
32:30	2:32:30	2:40:00
33:00	2:35:00	2:43:00
33:30	2:37:30	2:46:00
34:00	2:40:00	2:49:00
35:00	2:45:00	2:55:00
36:00	2:50:00	3:00:00
37:00	2:55:00	3:07:00
38:00	3:00:00	3:15:00
39:00	3:05:00	3:20:00
40:00	3:10:00	3:25:00
42:30	3:22:30	3:42:30
45:00	3:35:00	4:00:00
47:30	3:47:30	4:20:00
50:00	4:00:00	4:40:00

(Thanks to Keith Forden for finding these)



LETTERBOX

Box 222
Dampier
W.A.

Dear Basil,

Thought this might be of interest:

There have no doubt been many strange gatherings at the Whim Creek Hotel in the 100 years that this hostelry has been serving to hot and dusty travellers.

None stranger, perhaps, than the Magnificent Seven who met there on Sunday 12th January 1986.

This select group was made up of 7 runners from Port Hedland, Karratha and Dampier (although one had a leg in plaster and another appeared to be a nicotine addict), the occasion being the Inaugural Meeting of the Pilbara Running Association.

The need for ushc an association has become increasingly apparent over recent years, due to the steadily increasing numbers of runners and the proliferation of organized races in North West towns.

The aims and objectives of the Pilbara Running Association are:-

- (1) To promote and foster distance running in the North West of Western Australia.
- (2) To act as a co-ordinating body for members (clubs, and individuals in areas where no clubs exist) and to provide a forum for the exchange of information and ideas.
- (3) To represent the interests of all members in relation to distance running in the Pilbara.
- (4) To do all such other things as may be necessary and conducive to the objects of the Association.

Yours sincerely,

STAN LATCHFORD

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Dear Duncan

As I am no good at speech-making, I would like you to thank the President, the Committee and all the W.A. Veteran Athletes for their good wishes and for the very lovely rose bowl they gave me to commemorate my entrance into the M 70 age group.

Phyl joins me in sending our thanks and appreciation. It will be one of our most treasured possessions - and it certainly is the most beautiful of them. Perhaps our thanks could be printed in the next Veteran Newsletter so that none of the "Vets" will miss out.

Yours sincerely

Cliff Bould

23 Moir Street
PERTH 6000

18 March 1986

Dear Duncan

A big thank you to you and all who helped you with the organisation and running (excuse pun) of a superb Veterans' State Championships weekend.

This has been my first season as a member of the Veterans and I am only sorry I didn't join sooner as from day one I have been overwhelmed by the friendly, welcoming attitude of all members.

Best wishes.

Trish Kirwan

Frank McCaffrey
289 Arden Street
COOGEE BEACH NSW 2034

March 20

Dear Basil

Brief note to thank you for continuing to send me issues of your excellent newsheet.

I wish to advise of an address change shown above.

We'd like to feature one of your Vets. in our People column if you can think of someone. Just a brief mention with a photo. Check on previous issues of our mag.

Thank you again.

Sincerely

Frank McCaffrey

STOP PRESS

* Australian Veterans Championships.

We do not have official results but Brian Danby was an early return - with a silver medal.

Brian was second in the 3K steeplechase (M35), running 10:23.3.

Brian also ran a 10K in 35:11.0, a 1500M in 4:24.8 and a 10K cross country in 33:58.

However, his best run was a fine 16:18 for the 5K, a P.B.

We also heard that Shirley Cross recorded a PB in her walk, Dave Clive made the final of the 200M, and John Gilmour won his 5K, 10K, 1500M and cross country.