# The Vetrun

NO. 175 APRIL, 1987

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

PATRON: BILL HUGHES

PRESIDENT: Basil Worner 387 9756 (W) TREASURER: ROB FARREL 459 4055

EDITOR: Brian Aldrich 332 6179 (H) SECRETARY: SANDI WALTON 339 2988

(messages) 325 5849

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At the Annual General Meeting held on 22nd March the Club voted that the subscriptions and fees should henceforth be charged as follows:-

Joining Fee and Subscription \$22 single \$27 double Subscription only \$17 single \$22 double

(Those joining between October 1st and March 31st 1988 to pay \$11 single and \$13.50 double).

At the same Annual General Meeting the following were elected to office

Patron

President

Vice-President

Secretary

Treasurer Editor Vetrun

Handicapper

Committee Members

W J (Bill) Hughes

: Basil Worner

: Keith Forden

Sandi Walton

Robert Farrell

: Brian Aldrich

: Keith Forden

Lorna Butcher

Brian Foley

Paul Martin

Barrie Slinger

The meeting also recorded its appreciation for the work of the outgoing Committee and that of the Equipment Officer, Stewart Hoskins who has kindly offered us his assistance again this year.

## C: der - the 1987/88 Calendar is being printed

DATE		DISTANCE	VENUE		RACE DIRECTOR
12/4/87	MEDIBANK FUN RUN (WAMC) + VETS TRIATHLON	10KM	McCALLUM PARK	8.30am	WAMC
19/4/87	WALLISTON WALLOP *	10KM 5KM	14 CALADEMIA RD, WALLISTON	9.00am	M. JOHNSTONE VBMEH
26/4/87	BRIDGES PACK RUN	10KM	McCallum Park	8.00am	COMMITTEE
3/5/87	ANDY WRIGHT MEMORIAL RUN *	10KM	CNR BEACH/ OAKLEY RDS	8.00am	PETER DAVIES VMEH
10/5/87	SUTHERLANDS RUN *	8.4KM	17 MILLINGTON ARDROSS	9.00am	I. SUTHERLAND VBME
17/5/87	LAKE MONGER R.R.C. *	10KM	LAKE MONGER	8.00am	F. McLINDEN V.B.

KEY: - V. Visitors Fee \$1.00

B. Barbecue

M. Morning Tea

H. Handicap Event

E. Entry Fee

\* Please see maps for courses.

Walliston Wallop - the Committee reminds members that the .50¢ fee is payable by all those attending this social event and not by runners alone.

VENUE (Assembly)

Carine. 8.00 a.m. start Corner of Beach and Okley Roads,

COURSE

3 laps of a scenic 3.3k course "Little Carine park, in the Swamp"

\* Difficulty

Flat and easy

Concrete paths Surface

Hazards Should be free of hazards.

However, watch unattached dogs and walkers

DRINK STATIONS

After each lap.

but coming up Mundaring Weir Rd., Usually do not meet much traffic Hazards

DRINK STATIONS sie of road.

FACILITIES : Toilet, changing rooms, shower, morning tea laid on, BBQ facilitie FACILITIES:

Changerooms and showers

A popular club handicap run in memory of the Morning tea provided late Andy Wright.

COMMENTS:

Garine -9020 Little Carin Swamp

VENUE (Assembly)
14 Caladenia Rd., Walliston
Start: Grove Rd., Cnr. Caladenia Rd

Quiet country lanes around Bickley COURSE 10K, 1K gravel, 9K sealed road. and Kalamunda

Start: 9.00 a.m.

KALAWUNDA

Care must be taken doing the steep Road to Aldersyde Rd., going too downhill stretch from Lawnbrook Difficulty

fast one can get injured.

First 1K grave road, rest of course is sealed Surface

FIRST 2Km 2Km - 6Km 6Km - IOKm

LESMURDIE

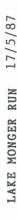
CARMEL

you must run on the right hand

COMMENTS

: Demanding course. Save your energy for the last 4K uphill - you

will need it.



Lake Monger Run, Dodd St. VENUE (Assembly)

COURSE

17 Millington Street

Ardross

COURSE

See map

VENUE (Assembly)

10/5/87

SUTHERLANDS RUN

Each lap is 3374 metres 10K = 3 laps minus 122 2 laps = 6.626 metres 10km. 2 or 3 laps

metres.

Difficulty Fast and flat. Good for checking your exact 10km time.

Surface Bitumen and some flat brick paving. Hazards Cyclists, joggers and

an abundance of bird

# DRINK STATIONS

Central Ed Comment of Co. D. T. S. P.

Toilets, Childrens playground. No BBQ's so FACILITIES:

Club BBQ's must be taken. Good parking.

COMMENTS

Run anti clockwise, keep left. Start at painted white line marked "S". Finish at "F".

IS IS LEEDER T-MONGER-4 Lake Monger START LAKE WEMBLEY Wandarra Spi Prim Sch OHNSON ST JATH ST

> Mainly bitumen, some grass. Surface

bitumen, up

Mainly flat on but good climb Wireless Hill.

\* Difficulty

Two crossings on Canning Hwy. warned by marshalls at these points. Reynolds Rd. Runners will be crossing of Riseley St., and Hazards

ANDS

DRINK STATIONS

84K

FACILITIES: Morning tea, barbecues, showers.

A pleasant run along the river front and through Wireless Hill Park. COMMENTS:



Veteran runner David Muir, age 42, of Ardross, WA, has made an interesting discovery after having 100 of his time trials over a four-year period analysed by computer. The result: he is getting slower at the rate of ten seconds per 8km each year, and the trend is the same whether it is based on his average runs or his best 20.

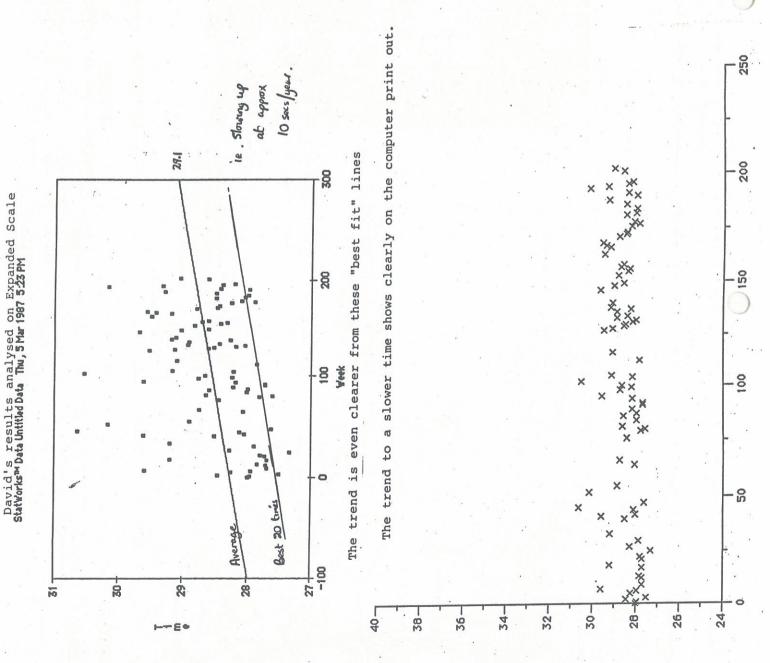
David, a lecturer in mineral chemistry at Murdoch University, came to Australia from Reading, England, in 1970. He was introduced to running when a group of his colleagues at Murdoch entered for WA's 12km City to Surf Fun Run, about 8 years ago. About the same time he was introduced to orienteering and he uses a running programme as a basis for his orienteering training.

Since then he has maintained a weekly running schedule of 50-60km, including several 8 to 10km easy runs during the week, and a 8km time trial at Point Walter on Monday nights. The time trial is a weekly feature of the WA Marathon Club's programme. A lot of veterans are also members of the W.A.M.C.

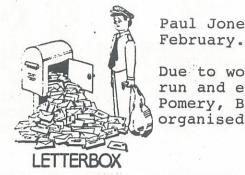
During his marathon build-up, David gradually increases his long run to a relaxed 30km. His fastest time in five marathons was a 2 hr 39 min, and his best City to Surf time was 41.36 over the 12km.

David uses the 8km time trial as his speed workout for the week. Orienteering gives him plenty of cross country and hill climbing practice. To calculate a marathon pace strategy David adds 10% to his 8km time.

He isn't strict about his diet while training, and enjoys a social drink and barbecues, although he tends not to eat much red meat. On the other hand, he always eats plenty of vegetables and fruit. He gets some useful exercise cycling to work each day, a round trip of 10km.



Paul Jones writes concerning "Around the Bridges" on 22nd



Due to work commitments he was unable to co-ordinate the run and expresses his thanks to Bob Sammells, Maureen Pomery, Bev Thornton and Jackie Greenfield for having organised it and acted as officials.

Barry Harwood writes to draw the attention of readers to the benefit of sport massage which is now enjoying a revival. Details may be obtained from Barry ph. 387 8007 or 387 6159 (9am - 3pm).

George Audley, our ultra-marathoner from Albany who has been training up to 250km per week for the Sydney to Melbourne run, writes concerning the appearance of blood in the urine of some long distance runners. One diagnosed cause of this rather alarming symptom is Haematuria which, reduced to very simple terms, arises from the banging together of the walls of an empty bladder, thus causing lesions. The remedy apparently, is not to run with a completely empty bladder. (Any member requiring further details please contact me - Ed.)

John Smith has written to us from Kobe City, Japan to say that he will be back in June. He joined a field of 12,000 in the Sasayama Marathon last month which was run in snow and ice and despite the congested course resulting in a walking pace at times ran it in 3hrs 50m. Among some of the more unusual features, this run imposed time limits on sections. If you exceed the limit at 15:25: or 35km the organisers return you by bus! John finds the Japanese nice people but as marathoners, superb. Good humour, patience and politeness prevailed.

Wembley Downs, 6019, W.A. 8th March 1987

Dear Sirs,

After having been an interested but slothful, and now M60 "spectator member", for the past few years, I now wish to tender my resignation from the Club. My good intentions on joining have not got beyond purchasing running shoes and an occasional sortie to the local reserve at a time when darkness would prevent me being recognised by the locals, and my participation in Club activities have consisted of attendance at one A.G.M. and purchase of some uncommonly good Port.

I regret that I have not been able to do better as a member and my resignation is coloured by a deep latent envy of runners that I pass in my car each day, plus nostalgic thoughts of what once was!

My resignation does not imply a loss of interest in the Club, so if I can possibly help to promote its aims and interests, I shall do so. I shall continue to watch the Club increase in strength and wish the Committee and all members good luck in their efforts.

Yours sincerely,

John McKechnie.

P.S. Please let me know if there is ever any Port going in the future!!



Frank McCaffrey Editor of the "Fun Runner" would like feature any outstanding person or event from W.A. in I magazine and would also welcome good quality black and white photographs of our successful members in action (Here is a chance for the W.A. Vets Club to enhance it image nationwide - I shall be pleased to forward your articles - Ed).

VII WORLD VETERAN GAMES - MELBOURNE - NOVEMBER 1987 Entry forms and booklet are available from our Club Secretary, Sandi Walton.

#### Shared Pedestrian/ Cycle Tracks

At the A.G.M. a member again drew our attention to the dangers of accidents on these tracks. We should try to avoid a collision and by keeping well to the left half of the track. (Unlike road running where, unless otherwise directed, we face oncoming traffic). Most experienced runners acknowledge cyclists who show consideration by warning of their approach. The shared paths of Perth, especially those around the bridges, are deservedly becoming increasingly popular with cyclists and pedestrians alike and it is important to use them harmoniously.

#### Australian Track and Field Coaches Association - W.A. Branch

Fred Smart, the 1987 Level I course co-ordinator, tells us the above organisation is holding its National Level I Coach accreditation course during May and June. Fred can be contacted in the evenings by telephone on 390 7709.

### A VERY HAPPY BIRTHDAY TO OUR "APRIL" MEMBERS

01-04-20	KENNEDY		: Peter St John	turns	67	remains	M65
02-04-40	MCGINNIS	111	: Mary	rut IIa	47		W45
03-04-38	BOWER		: Jill	44	49		W45
03-04-31	HEIJNE		: Frits	. 44	56		M55
05-04-38	FARQUHAR		: Patricia M	44	49		W45
06-04-55	CARMEN		Tina	44	32		W30
07-04-46	HILTON		Lena	84	41	44	W40
08-04-41	HAYNES		: Paul		46		M45
09-04-41	COOK		: Valerie J	44	46	88	W45
09-04-37	<b>JOHNSTON</b>		: Maurice	44	50	becomes	M50
10-04-49	CHAMBERS		: Jillian	44	38	remains	
11-04-189	2 JONES		: Thomas J	88	95	becomes	
12-04-40	GRAY		: Stuart D	84	47	remains	
12-04-42	JOHNSTONE		: Bob	84	45	becomes	M45
12-04-26	JONES		David C	88	61	remains	M60
14-04-26	DeGRUCHY		Reginald	44	61	11	M60
14-04-43	DOM		Doreen	44	44	. 44	W40
15-04-43	DAGOSTINO		James	84	44	44	M40
16-04-37	MCGLASHAN	2.0	Hamish	88	50	becomes	M50
16-04-41	SPENCER			44	46	remains	W45
18-04-35	JOHNSON			66	52	44	M50
18-04-32	HOUGH	,		44	55	becomes	M55
18-04-43	PETTMAN	1		84	44	remains	M40
18-04-45	SUTHERLAND			66	42	11	W40
19-04-24	CHAPMAN			88	63	. 44	M60
19-04-50	LANGFORD			44	37	H	W35
19-04-31	McLEAN	:		и.	56	84	M55
19-04-39	SPARE	8		88	48		M45
19-04-38	STICKLES	8	Joseph E	10	49	44	M45
19-04-48	WILLERS	8	Jenny	88	39	84	W35
20-04-42	JOHNSON	8	Barry	84	45	becomes	M45
21-04-46	CARUSO	8	Vincent	66	41	remains	M40
21-04-36	JOYCE	3	Bob	44	51	44	M50
22-04-44	ANSELL	*	Alicia	88	43	84	W40
22-04-23	BOWLER		Sydney E	88	64	44	M60
23-04-42	NORDEN		Bruce J	84	45	becomes	M45
24-04-36	CAMPBELL	8	Jock	ы.	51	remains	M50
25-04-39	CUNNINGHAM	3	John	88	48	88	M45
28-04-38	CRELLIN	8	William	44	49	86	M45
26-04-34	SMITH	ş	Maurice	44	53	88	M50
29-04-44	GOLD	8	Joseph	**	43	48	M40
30-04-44	MacLIVER	9	Peggy	86	43	н	W40
			AND THE PROPERTY OF THE PARTY O				

Bernard L Oliver	C/- Midland Caravan Pa 2 Toodyay Road 6056	rk	D.O.B. 19/11/43	D.O.J. 18/02/87
Valerie J Cook	Villa 7 81 Calais Rd Scarborough 6019	341 7274	9/04/41	15/03/87
John Cunningham	Unit 8 25 Harper St Victoria Park 6100	362 6340	25/04/39	1/03/87
Allan Martin	38 Marmion St North Perth 6006	328 7201	2/01/52	26/02/87
Dennis M Morris	65 Adelaide Circle Craigie 6025	401 4992	21/12/49	26/02/87
John Molloy	6 Lovett St Scarborough 6019	341 7580	6/03/57	26/02/87
Tom Savin	57 Wisteria Parade Edgewater 6027	405 4078	13/10/45	13/03/87
Bruce H Willson	8 Dundalk Rd Floreat Park 6014	387 5284	16/02/45	3/05/87
Gerald Foley	199 Curtin Avenue Cottesloe 6011	_	8/06/26	9/03/87

#### THE EATON WEEK-END

Down by the Collie river where the massive gum trees raise Their brown-hued, stately limbs on high, where the gentle breeze, at eventide, whispers softly as a sigh, where the stars come out as bright as lights As the night birds loft their call - Ah! That's the place for jogging, friends, And Eaton has it all!

It is not very far to Eaton.

Paul Jones had that impression as he made arrangements to have his push- bike transported there so he could ride it back.

A few experienced week-enders were there on Friday night and considerable attention was devoted to determining which end of the bunkhouse would be the quiet end. Alas! The best laid plans of mice and men etc. etc. etc.

Living became more comfortable after running water had been re-laid on to the site and Jeff Whittam, morally supported by several enthusiastic spectators, had chopped a heap of firewood for the boilers.

Fortunately the refrigerators were functioning faultlessly so important beverages such as milk, apple juice, grape juice and hop juice were cold at all times.

The days began and ended with runs of various distances ranging from 5km the first morning up to 2lkm on the last day. These were conducted on a non-competitive basis and running for the pleasure of running was the underlying theme although a certain amount of serious training was done. Indeed, no less than eight members of our club are running in The London Marathon, on May 10th, this year.

Margaret and Hank Stoffers, displaying their usual convivial attitude and desire to assist, enhanced the pleasures of the week-end's companion-ship whilst members of the Bunbury Running Club willingly laid out a Hash Run around Eaton as well as turning up in force to run the 21kms on Monday morning; thus reinforcing the friendship between our clubs.

The weather bestowed wonderful, fine days upon us and a feeling of relaxation prevailed throughout the duration of the camp.

The canoes were in constant use but the most popular past time was sitting or reclining on a grassed riverbank just yarning or combatting the effects of dehydration.

The evening's hours were charmed away in community singing; the entertainment being led, or dominated, by Messrs Pellier, Slinger and Forden purely by virtue of their vocal volume and endurance rather than their musical ability; the former strengthening and the latter weakening as the evening progressed.

The happy week-end eventually came to a close.

Paul Jones was persuaded to put his pushbike in a vehicle and accept a life back to Perth, the kitchen was cleaned, the door shut, the boiler put out, the vehicles moved off and serenity was restored to the scene.

Our thanks go to Sandi Walton for arranging an enjoyable time in which participants became better acquainted and fellowship within our friendly club considerably expanded.

. By Arthur Leggett

POS	5	NAME	AGE GROUP	TIME	HANDICAP
1		Barry Harwood 6.4km	M45	24.27	
2		Rob Shand	M50	24.42	
3		Bob Sammells	M50	27.35	
4		Ray Brown	M50	27.56	
5		Dick Blom	M50	30.00	
6		Paul Martin	M45	30.01	
7		Joan Pellier	W45	30.12	
8		Cliff Bould	M70	30.13	Record
9		Alison Aldrich	W40	30.31	Record
10		Jeremy Cariss	Visitor	32.30	
11		Jenny Withers	W35	32.51	
12		John Lindsay	M35	32.53	
13		Sandi Walton	W40	33.11	
14		Joan Slinger	W45	33.11	
15		Rob McLiver	M45	34.16	
16		Bev Thornton	W35	34.34	
17		Len Hassam	M55	34.48	
18		Patricia Carr	W55		Record
19			W40	35.43	Record
20		Margaret Muller June Strachan	W60	37.03	
21		Bob Joyce		37.11	
22		-	M50	37.29	
23		Margaret Taylor Marline Tucker	W35	38.32	
24			W35	38.54	
25		Christine Willetts	Visitor	39.10	
26		Mary Robinson	W50	39.11	
		Dorothy Whittam	W50	43.26	7
27		Chris Brockwell 15.6	M35	54.00	Record
28		Frank Smith	M45	54.15	Record
29		David Muir	M40	54.28	
30		John Pressley	M40	54.37	
31		Brian Power	M40	56.03	
32		Brian Danley	M35	57.13	
33		Jim Barnes	M40	57.17	
34		Colin Leman	M40	57.37	
35		John Gilmour	M65	58.23	Inaug. Record
36		Graham Thornton	M45	59.47	
37		Don Caplin	M45	1:0012	
38		Frank McLinden	M55	1:0013	
39		J. Molloy	M35	1:0024	
40		Joe Yates	M40	1:01:01	
41		John Bell	M40	1:01:45	
42		Dave Roberts	M40	1:01:55	
43		Arnold Jenkins	M40	1:02:20	
44		George Schaefer	M50	1:02:46	
45		Joe Trovato	M45	1:03:10	
46		John Madison	M45	1:03:17	
47		Peter Airey	M50	1:03:23	
48		Ian Fleming	Visitor	1:04:41	
49		John Pellier	M45	1:04:56	
50		Jim Greenfield	M40	1:05:39	
51		Dennis Miller	M45	1:06:04	
52		Bryan Hardy	M40	1:06:33	
53		Dalton Moffatt )Dead	M55	1:07:24	
54		Cheryl Bell )Heat	W35	1:07:24	1st F Record
55		Ted Costello	M50	1:07:57	

#### AROUND THE HOUSES - 8/3/87 Contd.

		AGE	MTME.	HANDICAP
POS	NAME	GROUP	TIME	HANDICAP
56	Alan Tyson	M5 <b>5</b>	1:07:57	
57	Alan Pomery	M55	1:00:50	
58	David Barr	M50		
59	Barrie Slinger		1:09:54	
60	M. Warren	M45	1:09:55	
61	Maurice Johnston	M45	1:09:55	
62	Brian Aldrich	M55	1:10:05	
63	John Curtin	M50	1:10:28	
64	Richard Harris	M50	1:10:43	
65	Vic Beaumont	M55	1:11:04	r =
66	Bill Crellin	M45	1:11:42	2.63
67	Angus Sim	M35	1:12:04	
68	Keith Forden	M45	1:13:11	
69	Margery Forden	W45	1:13:58	2nd F
70	Peter Wingard	Visitor	1:15:59	
71	Duncan Strachan	M60	1:17:39	
72	Peggy McLiver	W40	1:19:21	3rd F
73	John Russell	M50	1:19:50	
74	Gerry Foley	Visitor	1:20:23	
75	Jock Campbell	M50	1:21:20	
76	Frank Usher	M60	1:22:56	
77	Patricia Weston	W50	1:24:10	
	(started 1 min short)			
78	Alan Chambers	M45	1:25:07	
79	Barry Thompsett	M45	1:25:54	
80	Elza O'Dea	W50	1:26:23	Inaug. Record
81	J. Pearce	W35	1:26:36	
82	Margaret Warren	W50	1:27:03	
83	Fred Hagger	M60	1:29:06	
84	Alan Croxford	M40	1:29:07	
85	Selby Munsie	M50	1:32:27	

#### ROUND the 'HOUSES

There were more runners competing/ running than in previous years, but because of all the help received everything went smoothly. The weather was pleasant althouthe wind into the finish was trying.

The winners of the 15.6k run were C. Brockwell in 54" beating the record by 22 secs and first women home was Cheryl Bell in 1 hr 7 minutes - another record.

B. Harwood won the 6.4k run for the third time and J. Pellier was first lady.

Grateful thanks to all the helpers and hope to see you all there again next year!
J. Langdon, J. Greenfield, K. Penton, B. Worner,
B. Thornton, M. Pomery, A. Smith, R. Johnston, S. Hoskins,
S. Walton & B. Costello.

L.B.

Dick Horsley Statistician 11.3.87

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PERRY LAKES TRACK AND FIELD RESULTS FEB, 1987

STADIUM
LAKES
PERRY
PERFORMANCES
TRACK

Name	Age	100	200	400	800	1500	Mile	3 KM	5 KM		Walk 2000	Walk 3 KM	Jump Jump	Trip Jump	Shot Putt	Dis- cus	Jave- lin	Ham-
T Brockwell	W30					4.52											need	
J Sanger	W35										11.49						16.40	
A Aldrich	W40		34.75			6.36												
5 Cross	W45		34.81															
P Carr	W55					6.33												
L Butcher	W55										12.34							
D Morris	M35																45.82	
B Gale	М40					5.08												
K. Martin	M40		24.36										5.05				26.14	
D Caplin	M45					4.31		:9-41										
H Kirkman	M45							9,29										
M Johnston	M45							10.45										
7 Pellier	M45							11.58										
Carr	M50			•				10.23				-						
r Costello	M50							10.39										
	-					E 02												
B Sammells	M50		-			5.02		10.48							7.63		22.69	
J Whittam	M50 .		32.25	-				12.20		-	11.09						22.03	
A Tyson	M60		32.25					12.30		-	-							
D Jones	M60		26.31							1	Walk	Walk	Long	Trip	Shot	TÖIS-	Jave-	Ham
Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	2000	3 KM	Jump	Jump	Putt	cus	lin	mer
C Bould	M70					6.45				i i								
Baumann	M70										14.25				8.50		22.29	
A Martin			29.30															_
D Clive			25.21															_
N Richards			26.32										4.71				29.94	_
B Oliver			27.17															
B Foley	M40		•			4.33										-		-
S Mitchell								9.14										-
D Reid	W35							9.35										-
M Taylor	W35		31.75												9.41		20.40	_
J Stone	W40										11.48							
J Molloy	м35					4.21												
C Brockwell	м35							9.50										
S Hoskins	M40					5.00						T						
R Shand	M50					4.56		10.58										
M Chapman	M50					1		10.25			1 .							
M Moyle	M60					5.40					T							
E Hindle	W35		26.32		1	1					T			5.35				
	W40		27.82			1	1											
J Johnson			27.02			<del></del>		Γ	T	1	Walk	Walk	Long	Trip	Shot	TÖIS-	Jave-	Ham
Name	Age	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	2000	3 · KM	Jump	Jump	Putt	cus	lin	mer
D Whittam	W50		29.43							<u> </u>	-	-				-	21.34	-
B Danby	M35		29.28		-	4,46	-	10.13		-	-				9.38	-	34.23	
B"Wolfs	M40	-	27.27		-	-	-			-					3.30			1
J Travato	M40		-		-	-		11.20		-	-				<u> </u>	-	<b></b>	
J Pellier	M45·	-	-		-	5.21	-	13.06	-	-	-	-	-			-		-
G Thornton	M45		27.60			5.12	-	12.20		-	-	-		-		-		-
P McLinden	M55		•			5.07		10.53		-	-	-				-	-	+
	M55					5.49										-		-
B Aldrich		-																
B Aldrich B Baumann	W70														5.50	-	10.27	-

Name	Age	100	200	1 400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 3 KM	Long	Trip		DIs-	Jave-	
	Group				-	-12300	-	3 88	3 KM	TOKM	2000	3 AM	Jump	Jump	Putt	cus	lin	mer
A Aldrich	W40		_	78.21	1	-	-	-										
V Prescott	W40	-	-	-	+-	-	-	-	-	-	-	-	-	-	-	17.29	-	-
M Forden	W45	-	-	-	-	+	-	-	-	48.21	-	-	-	-	-	-	-	-
D Whittam	W50	14.09		-	+-	+-	-	-	-	-	-	-	-	8.08	-	-	-	10 lb
L Butcher	W55	17.30		-	+-	-	-			-	-	-	-	-	-	13.78	-	19.18
B Danby	M35	-		-	-	-	-	-	-	36.03	-	-	-	-			-	-
K Martin	M40	12.08	-	-	-	+	+	-	-	-	-	-	-	-	-		_	-
K Forden	M45	-		-	-	+-	-	-		44.36	-	-				-	-	-
D Carr	M50			58.69	-	-	-	-		-	-	-	-	-	-	-	-	12 1h
J Whittam	M50	-			-	-	-	-	-	-	-	-	-	-	-	18.50	-	12 1b 15.44
B Sammells	M50			-	-	-	-	-	-	-	-	-	-	-		-		
P McLinden	M55	-		_	-	-	-	-	-	38.19	_	_						
C Bould	M70				_	-				48.29								
C Baumann ·	M70															23.31		
E Hindle	W35	12.50		61.71			<u> </u>					1		10.97				
M Taylor	W40	15.04																
J Johnson	W40 .	13.02		64.25										9.52		T		
P Cart	W50	15.20		76.63										1.				
B Wolfs	M40	12.75				T												
	Age	1	200			1	1			]	Walk	Walk	Long	Trip	Shot	DIs-	Jave-	Ham-
Name	Group	100	300	400	800	1500	Mile	3 KM	5 KM	10KM	2000	3 KM	Jump	Jump	Putt	cus	lin	mer
J Travato	M40 ·									39.59						26.92		
A .Tenkins	M40	13.30					-	-	-	39.44			-			20.92		
K Martin	M40			54.93										10.94				
N Richards	M45	12.46																
	M45	20010								43.52								
M Johnston	M45							-		41.01				-	-			
J Pellier											-			-				
G Thornton	M45	13.02					-	-	-	39.09								-
D Caplin	M45					-				36.46								
D Carr	M50	13.56																
B Aldrich	M55		-			-	-	-		47.26								
A Tyson	M60					-	-		-	43.55						$\vdash$		
C Bould	M70	-	-			-												0 10
C Baumann	M70					-	<u> </u>											13.06
D Clive	-			56.40														
K Gilbert		-	-	56.81								-		-		-		
D Moffat				63.03					-				· ·					
B Oliver	-		-	66.06			-											
1 Stoffers			-							33.31								
Dechancet										33.40								
Name .	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM		Walk 2000	Walk 3 KM	Long Jump	Trip Jump				Ham-
	droup																	
S Stone										35.01								
C Brockwell	1/35									35.22								
) Reid										35.26							-	
P Smith										36.16								
M Chapman										38.04				·				
Deversaux '										38.25						_		
B Foley										38.33								
2 Reid										40.35								
M Warren										43.20								0 lb
S Walton																	8	42
K Wheeler	M40														17.84			-
N Richards	M45														19.03			
B Baumann	W70																	
M Warren						1							T		12.59	.		

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 3 KM	Long Jump	Trip Jump	Shot Putt	Dis- cus	Jave- lin	Ham-
C Holland	W30.												3.65				18.80	
T Brockwell	W30					-		.42.52		-	-							
E Hindle	W35		25.81		2.34.54								5.43				18.56	
M Taylor	W35		30.78															
J Sanger	W35											18.3						
A Aldrich	W40		33.58					3.49.0										
M Stone	W40		33.30					0.39										
	W40							7.58										
J Stone	W40		27.58															
J Johnson M Forden	W 45							2.41.2	3									
J Pellier	W 45							3.01.0	;									
S Cross	W 45		34.90				-				-	21.55						
D Whittam	W 50																18.14	
P Carr	W 55		31.99		.18.17		-										12.37	
B Baumann	W 70		-														10.48	
J Walker	M35							11.09.3	7	-	<del>                                     </del>						<b></b>	
B Danby	M 35		-	-				9.39.3	5	-	<b> </b>	-		•				
D Reid	M 35		-	-	2.20.7	-		9.48.20		-	-		-				-	
C Brockwell	M 40							9.49.19			-	<u> </u>						-
								P			Walk	TWAIR	Long	Trip	Shot	TDIS-	Jave-	Ham-
Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	2000	3 KM	Jump	Jump	Putt	cus	lin	mer
m 115 15-15-			25.03		2.16.4												25.11	
Keith Martin	M40			,	2.23.3		-	10.56.0	7		-	-	-			-	-	-
A Jenkins	M40		27.88		-	-		10.56.0			-	-					1.	1
B Oliver	M40		28.01		3.00.0	-						<b></b>						
B Foley	M'40				2.08.4	-	-				-					1		
B Gale	M 40				2.22.2	3		-			-	-		-			37.25	<b>—</b>
H Holland	M 40	<u> </u>	25.69									-	4.62			191	33.89	
B Wolfs	M 40		27.19			-	-	0 22 00				-	4.02					
D Caplin	M 45		-			-	-	9.33.98				<b> </b>				100		
T Smith	M 45						-	9.36.01			_	-	4.90					
N Richards	M 45		26.52				-	10.02		-	-	-	4.50			1	1	
G Thornton	M 45		26.91		2.56.9	1	-	10.23.4			<del>                                     </del>	-				11.44	-	1
J Pellier	M 45		-		2.30.4	10	-	10.57.3			-	-	<u> </u>				<del>                                     </del>	
M Johnston	M 45	-	-				-	10.43.9	3		-	<del>                                     </del>				-	_	-
K Gilbert	M 45	-	-		2.06.3	1	-	-			-	-	-				+	$\vdash$
Kevin Martin	M 45		-		2.28.0		-	11.41.3					-	-		-	+	-
K Torden	M 45				2.40.	5	<del> </del>	11.48.8			-					-	-	-
R Metzka	M 45.		30.14		2.46.0	04	-	12.10.6			-		<u> </u>			-		-
R Sammells	M 50		-	-		-	-	10.34.8	8		-	-	-	-	<u> </u>	-		-
D Clive	M 50		24.48															
Name	Age	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 3 KM	Long Jump	Trip Jump	Shot	Dis- cus	Jave-	Ham-
	Group																	
R Shand	M 50		-		2.24.7	10		11.09.8	-	-		-				+	20.00	-
T Castello	M 50		-		2 23 (		-	11.33		1	-	-				<del>                                     </del>	24.44	-
P McLinden	M 55	-	-	-	2,42,0		-	10.30.2	2	-	-		-			-	· · ·	-
D Moffatt	M 55		28.05	-	2,23.6		-			-	-	+				-		
D Carr	M 55	-	26,91	-	2.20.6	5	-	12.55.		+	-	-	-	-		+	-	-
A Tyson	M 60	<u> </u>		-	+	-	-	12.28.	9	+	-	-	-			-	-	-
D Jones	M 60	-	27.38	-	-	-	-	-		-	-		-			-	-	-
C Wooten	M 60	-	36.56	-	-	-	-			-	+	-	-		-	-	-	-
J Gilmer	M 65		-		-	-	-	10.14.	6			-	-	-		-	-	-
C Bould	M 70	_	-		-			13.07.	0	-	-	-		-	-	-	-	
C Baumann	M 70	-	-			-	-			-	-	-		-	-	-	20.76	-
J Collins	M 75		-		-		-			-	-	21.55		-		-	-	
		1 .	1:		2.12.3	1		9.17.99				1				1	1	
D Eltrindram	-				2.14.	1		212112		T	-	1	-	-		T	1	
D Eltrindram P Griffiths					2.15.7			9.19.7										
					T													
P Griffiths					T			9.19.7	7									

Name	Age Group	100	200	400	800	1500	2 Mile	3 KM	5 KM	10KM	Walk 2000	Walk 5 KM	Long Jump	Trip Jump	Shot	Dis- cus	Jave-	Ham- mer
C Holland	WIQ														8.18.			
T Brockwell	W30	10.05					10.29							11.53	6.75	-		-
E Hindle	W35	12.05					-				-							
J Stone	W40					-						30.59		-				
M Stone	W40											36.55		-				
J Johnson	W40	13.23											-			-		
J Pellier	W45						14.00									-		
S Cress	W45	16.30		81.22			-								7 04	-		-
D Whittam	W50						-								7.84	-		-
P Carr	W55	14.79		76.03	-										- 02			
B Baumann	W70				-		-		-						5.27		-	
C Brockwell	м35				-	-	10.33				-					-		-
B Danby	м35						10.41											-
D Reid	M35						10.58									-	-	-
B Foley	M40			57.69			11.14							-		-	-	
B Gale	M40			61.50			13.14	-			-			-			-	
M Holland	M40			·				-							10.00	-	-	-
B Watts	M40									144					9.20	-	-	-
Keith Martin	M40	12.04		55.08					14-46-					10.96				-
B Oliver	м40	12.99		74.03								,				127	Jave-	Ham-
Name	Age	100	200	400	800	1500	2 Mile	3 KM	5 KM	10KM	Walk 3 KM	Walk 5KM	Long Jump	Trip Jump	Shot Putt	Dis- cus	Jave-	mer
G Thornton	Group M45	13.02		71.02			10.55											
D Caplin	M45	12222					10.15											
P Smith	M45						10.22											-
Kevin Martin	M45			63.91			12.14											-
Ken Gilbert	M45						10.26											-
N Richards	M45	12.32		63.92			DNF					-						
M Johnston	M45						11.21				-							-
J Travato	M45						11.52											-
R Matzke	M45						12.23											_
T Castello	M50						11.28											_
B Sammells	M50						11.23											-
R Shand	M50		: .				11.18											-
D Carr	M50	12.16		58.39														-
A Stone	м50	15.02													10.45			
J Whittam	M50											31.36						_
F McLinden	M55						11.17											
B Aldrich	M55			7			13.04			1								
L Hassam	M55									1								
B Worner	M55			-							23.10					1 4		
D Moffatt	M55			63.65			12.31			1								
					<del></del>	1.	2			1	Walk	Walk	Long	Trip	Shot	Dis-	Jave- lin	Ham-
Name .	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	2000	5 KM	Jump	Jump				
L Hassam	M55_						DNF											
Wooten A Tyson	M60 M60	DNF 14.22					13.15								7.20			_
J Gilmour	M65						10.58.0	1										
						-	10.58.2	5								-		_
Bould	M70						14.22											
Baumann	M70	16.83																_
	M75	20.03					T					37.11						
7 Collins 4 Edwards	Wisitor			54.12														
P Bolt				52.78											X .			
S Walker	10			58.89	-		1											
		-					10.22		-,		1							
(Chapman		-					-		-		-	-				1	1	1

a re da

Name I	Age	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 2 KM	Long	Trip	Shot	Dis-	Jave- lin	Ham
Name	Group W30	100	200				5.04	2 114	2 111	10101	2000							
T Brockwell E Hindle	W35		25.66				3.04						5.50			19.44	19.48	
M Taylor	W35															18.10	18.88	-
J Sanger	W35											11.28						
J Stone	W40											11.25						
J Johnson	W40		27.89	64.32														
A Aldrich	W40		34.23			,												
M Forden	W45						6.20											
S Cress	W45		34.73															
D Whittam	W50															19.96	17.58	
L Butcher	W55											12.46				13.60	15.04	
P Carr	W55			-			6.59									15.10	13.18	
B Baumann	W70															10.92	10.48	
B Danby	м35						5.08											
C Brockwell	м35					- 1	5.29											
B Wolfs	M40		27.30				Street,	e de la companya del companya de la companya del companya de la co	9-							27.08	36.02	
B Oliver	M40		27.20				100	BTE										
A Jenkins	M40			62.00			5.09	No. Ye	1	-								
B Gale	M40			61.28			1	(8)										
				63.50	-	-	4.51	No.										
B Foley	M40			03.30	<u></u>		1.31			1	Walk	Walk	Long	Trip	Shot	Dis-	Jave-	Ham-
Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	TOKM	2000	2 KM	Jump	Jump		cus	lin	mer
Keith Martin	M40			56.42						ļ						19.60		
K Gilbert	M45	-				-	4.51	-		-			5.05					
K Richards	M45	-	27.83	70.70		-	5.48											
R Matzke Kevin Martin	M45			67.40	-		5.18	-										
J Pellier	M45	-		67.80	-	_	5.33								Age.			
G Thornton	M45	-	-	68.70		-	4.56	-							0543			
K Torden	M45					-	5.47	-							, mar			
	M45						4.49	-									-	
D Caplin						-	4 53	-		1								
F Smith	M45	-	-			-	4.53			<b></b>					81.5			
M Johnston	M45		-		-	-	5.27	-		-			-			20.14	21,16	
D Carr	M50			61.90		-	4.57			-	-							
T Costello	м50	-					5.19				-		-			22 50	16 24	-
J Whittam	м50					-	ļ	-			-	11.26				21.50		-
A Stone	м50					-				-	-					32 36	33.90	-
D CLive	м50		24.09			-		-								-	-	-
R Shand	м55					-	5.20	-	-	<del></del>	-					-	-	-
D Moffatt	м55		27.74	60.70			ļ .			-	-							-
B Worner	M55					-		-	-	-	-	12.07						-
D Jones	м60		27.29	69.20				<u> </u>			<u> </u>					<u> </u>	Jave-	Ham
	Age		1 200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 2000	Walk 2 KM	Long Jump	Trip Jump	Shot Putt	Dis- cus	Jave- lin	Ham
Name	Group	100	200	400		1200					†						1	1
Bould	470			·	+		703			<del> </del>						24.98	21.48	
C Baumann J Collins	M70 M75									-	-	14.19						-
D Cocliff	Visito	r					4.46			-	-	-					-	-
Eltrindiam	10						4.47			-		-	-					-
Griffith			1				4.47						-			· ·		-
Trees	10	1					4.58						-					-
		1	1		1	1	5.07											-
Crissy	1			-		-	-	-	T				1			1		1