# The Vetrun

No. 187 April 1988

# W.A. VETERANS' A.C.

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

PATRON: W.J. (Bill) Hughes SECRETARY: Rob Davis 3374413 NEWSLETTER EDITOR: Jeff Whittam 3876438 PRESIDENT: Keith Forden 4096693 TREASURER: Ernie Moyle 4504747

The most difficult thing to know in life is yourself.

Hi! This is your new Newsletter Editor signing on, some of the older members may remember me from when I did the newsletter before, newer members may not know me at all. You soon will though, even if its only because of the speeling mistakes.

This newsletter is an interim one dealing only with the results of the State Track & Field Champs and the Annual General Meeting,

plus one or two other urgent things.

Jeff Whittam.

Because of the motion agreed to at the A.G.M. concerning the hot weather start times the programme printing will be delayed, not for long though. In the meanwhile here is the next few club runs.

24th April. WALLISTON WALLOP. 10km/5km 14, Caladenia Rd Walliston Start 9am. Race Director Maurice Johnston. This is a handicap event. There is an entry fee but morning tea is provided, there is also a B.Y.O. BBQ.

1st May.

SUTHERLANDS RUN. 8.4km 17, Millington St. Ardross.

Start. 9am. Race Director Ian Sutherland. This is a Heap event. There is an entry fee but morning tea is provided, There is also a B.Y.O. BBQ.

DARLINGTON DASH. 16km/8km Old Railway Station, Darlington Rart 8am

ton Road, Darlington. Race Director John Maddison. This is an event with a special Wife and Husband team prize. This does not stop you running if you are not in this category though. There is a B.Y.O. BBQ afterwards.

MURDOCH CROSS COUNTRY. 10km/5km Murdoch University Sport

15th May. MURDOCH CROSS COUNTRY. 10km/5km Murdoch University Sport Ground off Windelya Road (off South St and Farrington Rd)

Start 8am

22nd May.

ANDY WRIGHT MEMORIAL HANDICAP. Carine Reserve, Corner Beach Road & Okley Road. 10km. (4laps of 2½km)

Start 8am. There is an entry fee but morning tea is provided

29th May.

CLUB HALF MARATHON CHAMPIONSHIP. McCallum Park. 21.1km

Start 8am. RACE DIRECTOR. Bob Sammells. There is an entry fee but morning tea is provided. There will also be a shorter run organised on a different course.

I would appreciate it if race organisers would let me have a copy of the results as soon as possible after the event, preferably typed (with the same spacing as this article) and with a short write-up of the event. If you cannot get it typed let me have it written out.

Anyone who would like to write an article for the newsletter is most welcome to do so, especially if you are going overseas or interstate. If you have any suggestions on improving the newsletter please let me know. The CLOSING DATE FOR COPY is the 25th of the month. This will enable me to get the Newsletter out by the begining of the next month.

The President declared the meeting open at 7.05 pm

#### PRESENT 1.

As per attendance book

#### APOLOGIES 2.

As per attendance book

MINUTES OF MEETING HELD McCALLUM PARK MARCH 22nd 1987 3.

Taken as read and confirmed as correct D. Strachan seconded K. Johnson.

#### BUSINESS ARISING 4.

- a. Suggestion of provisional programme being printed in Vetrun. accomplished.
- b. Slow finishers to be given more consideration at races, accomplished.
- c. Quiz night to be held. accomplished.

#### 5. PRESIDENTS REPORT

Moved H. Kirkman seconded D. Horsley report be See file. accepted, carried.

D. Carr gave brief report on progress of Nationals 1989. B. Worner expressed appreciation of excellent attendance at recent Extra Ordinary meeting.

#### SECRETARYS REPORT 6.

Moved B. Danby seconded P. Jones report be accepted, carried.

#### TREASURERS REPORT 7.

D. Horsley offered thanks for a very comprehensive report. Moved P. Jones seconded L. Butcher report be accepted, carried.

#### 8. WINNERS OF PATRONS TROPHY

presented by R. Shand Keith Martin Men presented by C. Bould Joy Sanger Women

#### WINNER OF REG BRIGGS TROPHY 9.

presented by D. Horsley. M. Forden

#### WINNER OF HANDICAP TROPHY 9A.

presented by K. Forden. D. Moffett

#### ELECTION OF OFFICE BEARERS 10.

Elected K. Forden Proposed P. Jones seconded C. Bould President:

S. Hodge Proposed P. Jones seconded C. Bould Vice President:

S. Hodge defeated B. Foley 42 votes to 19

Secretary: R. Davis proposed V. Tyson seconded P. Carr

Treasurer: E. Moyle proposed R. Farrell seconded S. Hodge

Committee members: L. Butcher proposed P. Martin seconded B. Foley

B. Foley proposed L. Butcher seconded R. Farrell P. Martin proposed V. Beaumone seconded B. Aldric

J. Johnson proposed D. Whittam seconded D. Caplir

Editor Vetrun: J. Whittam proposed A. Stone seconded M. Stone

# 11. ELECTION OF OFFICIALS

Auditor: R. Lawrence

Statistician: R. Sammellss proposed D. Horsley seconded J. Whittam

Handicapper: J. Madison proposed Joan Pellier seconded B. Danby

Librarian: V. Beaumont proposed R. Farrell seconded R. Davis

Registrar: B. Foley and V Prescott to continue

Equipment Officer: V. Beaumont proposed R. Farrell seconded

D. Strachan.

Vote of thanks to be registered for S. Hoskins by D. Horsley. Vote of thanks to Committee by K. Forden.

# 12. <u>NOMINATIONS FOR LIFE MEMBERSHIP</u>

R. Sammells; and J. Whittam

Proposed C. Bould seconded D. Strachan, presented by D. Horsley.

HONORARY MEMBERSHIF: E. Strickland

J. Sanders

A. Leggett

# 13. OTHER BUSINESS

- a. Possibility of change to start times according to the season:
  B. Slinger proposed B. Danby seconded, earlier starting times in Summer, later in winter, the decision to be left to the discretion of the Committee. Motion defeated.
  R. Farrell proposed G. Thornton seconded, Summer times only be adjusted at the discretion of the Committee, carried.
- b. Date of Annual dinner: Members felt a change would be beneficial, left to the discretion of the Committee.
- c. Continuance of Library: D. Strachan proposed P. Martin seconded Committee to take control of same with the elected Librarian in charge for a period of 12 months and report back at the next AGM. Carried.
- d. Ultra Runners Club: T. Tripp thanked the Vets Club for their support during the year and advised the date of the next 24 hr. This will be 28 and 29 May 1988. Also the Perth to Albany will be around 29.9.88, crews are required.
- e. Honorarium for Secretary: John Pellier requested that this be brought to the attention of future Secretaries.
- f. A. Pomery requested that this year's Club Half Marathon be held without a lesser distance over the same course. R. Sammells, as race director has undertaken to attend to.
- g. B. Slinger proposed seconded D. Strachan seconded that all State Championship events be held at the same venue over the same weekend for all members. Carried.
- h. R. Farrell proposed D. Strachan seconded that next years State Champs be held over the Easter weekend, motion defeated.
- i. R. Sammells requested that Race Directors be responsible for collection of fees at Sunday races.
- j. Clubrooms: M. Fermor asked forprogress report. B. Worner gave brief report based on Committee discussions during year. (See Committee minutes) Further follow up to be made by Committee.
- k. Club Equipment: D. Strachan proposed B. Danby seconded, all types of Club equipment will not in future be issued for personal use. Carried.

The President declared the meeting closed at 9.35pm.

# 1. SUNDAY RUNS

The committee agreed that we should aim at starting our runs promptly on the scheduled time. This was usually achieved by calling members to the line about ten minutes before, thus getting our announcements out of the way.

We were not so successful in keeping to the year's programme. For a number of reasons, one or two changes were made and we soon had a domino effect.

This was disappointing in view of the many hours which went into the planning. We suggest that the programme remains unchanged. If a member is unable to host a run, then it has proved better to have a substitute organize the run so that the Club programme does not continue to suffer the effect of one alteration, perhaps even a quite justifiable one.

Thanks to the Race Directors on the day, especially to those who hosted "Home Runs", which are such a feature of our Club.

# 2. SOCIAL

The committee organized a camp at Eaton and another at Fairbridge. The former was well-attended and successful. The Fairbridge fixture was cancelled because of lack of numbers.

The Club dinner at Sereaglio Park was reasonably well-attended but required considerable promotion. It became evident that this function, close to Christmas and clashing with the World Games, was not popular and the committee, at one stage, was in two minds whether to proceed.

The problem is now one of expense in providing a dinner-dance at that time of year.

It is evident that most members appear to be satisfied with the "cup of tea and biscuit" after our runs as the focal point of our social life.

Members will need to consider whether they require other social functions and at what level.

Three functions were held during the year :

"Orientation" evening for new members
World Games film evening at the Raffles
An evening with Bob De La Motte and the Comrades
Marathon.

In 1986, two thirds of our new members attended the social and orientation evening. In 1987, we had about 12. It was considered interesting and useful and worth pursuing with a better promotion. Our thanks to the Committee and others who helped, including Dick Horsley and Don Caplin.

David Carr organized the World Athletics Cup evening which attracted about 20 members.

Bob Sammells arranged for Bob De La Motte to show a video and talk about the famous Comrades Marathon. This was a disappointing turn-up to what was a fascinating evening.

# 3. TRACK AND FIELD

The Club continued to offer twilight meets before and after Christmas and concluded the season with its state championship.

Numbers at the twilight meet were slightly down on the previous year. The World Games affected our normal schedule and our attempt to provide a proper lead-in to these Games was not entirely successful. The honour system of track fees worked satisfactorily.

There was a serious difficulty in rpoviding equipment, though on only one occasion were we unable to stage a throwing event. It is suggested that, next year, specific throwing events be scheduled for each of the two venues and that we negotiate with the two clubs to store the throwing equipment with them. This would also make the programming tighter,

# State Championships

These attracted about the same number as in 1987. The twilight 10k proved to be a success and the organizers of the 1990 meet could well consider moving the Sunday programme to Saturday and making the 5K run a twilight event also. The past four years have given us temperatures which are becoming dangerous for sustained running and a slot in a cooler time of day is also likely to give our distance runners a chnace to perform at their best.

Our thanks to all members who supported this Club event, especially our country contingent. Thanks also to the groups who ran the following areas so efficiently: registration and results, catering, officials, technical equipment.

It is appropriate to make special mention of Colin Leman who provided not only his expertise but also his computer over the two days.

# Liaison and Conpetition - Athletics Association

Our Club again organized the "George Skeels " Cross Country run for the Association and some 20 of our members took part in the winter cross country season finishing second in the C Grade. Our thanks to Brian Foley who was our faithful liaison and co-ordinator of the winter season.

Our thanks to Club members who assisted in the recent senior Australian Championships, led by Dick Horsley , Charlie Spare and Bruce Wilson

# 4 WORLD GAMES

Congratulations to all our members who participated in this event. While we were successful in winning 23 medals, all members came away well-satisfied with either PBs, state records or just "good efforts".

Special congratulations to World Record breakers Pat Carr, Dorothy Whittam and Eileen Hindle and Australian record breaker David, Carr who brought great credit on our Club.

# 5. AUSTRALIAN CHAMPIONSHIPS,

Towards the end of 1987, the Committee invited David Carr to chair a Championship Organizing Committee. This is a sub-committee of the Club Committee and was set up at this stage to ensure that the normal Club administration would not be interrupted by this event

The Organizing Committee has met three times and assigned portfolios. It has prepared a promotion leaflet which has been distributed at the Australian Championships in Brisbane in Easter, 1988.

The Organizing Committee will be seeking assistance from many members in specific areas over the next year to ensure that our championship will be efficient and pleasant.

# 6. SAFETY

The Committee became aware of the increased numbers in our club and the potential risks in some runs. An effort was made to remind members about safety and courtesy and also to provide marshalls in critical places.

Members should be aware that, under the law, we have a duty of care to other citizens using public facilities and the in-coming Committee may need to consider whether some of our runs have now become "unsafe" when used as <u>racing</u> courses. In particular, the Bridges course, at certain times, has a notable hazard at the Barrack Street jetty.

# 7. FUND-RAISING

The committee organized a quiz night held at the Rugby Rooms. This raised \$850 and our thanks to Barrie Slinger and his team of helpers for a fruitful and profitable evening.

Our special thanks also to those who provided prizes for the function.

8. AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS - INCORPORATION

This became an issue in March when the move to incorporate involved also a suggestion for a substantial change in the administration of the national body.

The Committee felt that the situation called for an extra-ordinary general meeting. This was held on March 28 and passed the following resolutions:

- i. That the W.A.V.A.C. agree to the incorporation of the national body but making only those changes to the constitution which are legally necessary for incorporation.
- ii. That, while the W.A.V.A.C. supports incorporation in principle, it requests a delay before our endorsement of the proposed constitution.
- iii. That the W.A.V.A.C. requires clarification and reasons for any changes in the constitution of A.A.V.A.C. before it considers the proposed constitution.
- This meeting was well-attended and the members are to be congratulated for their interest and for their thoughtful approach to this issue. The situation was potentially divisive butthe discussion indicated that members were prepared to hear all aspects of the case before taking any drastic action.

# 9: CLUB HELPERS

The following are a vital part of our Club and the Committee and members thank them for their time and effort during the year:

Equipment : Stuart Hoskins

Library : Allan Tyson, Maurice Warren

Auditor : Ray Laurence Handicapper : Keith Forden

Computer

Registrar: Phyllis Farrell

Registrars : Val Prescott, Brian Foley

Statistician: Dick Horsley

Our special mention to Dick Horsley who has been carrying the job of statistician for many years and is now retiring. This is a big task and one which we appreciate when it is well done.

We do not have a title for those who take the results at the end of our Sunday runs. There are many members who do this, but they will not mind if we single out Maureen Pomery and Bev Thornton who are now almost fixtures at the result table - and patient too!

We thank all these members and all who contribute to the running of our club.

Special thanks to all members of the Committee who kept the business of the Club going

Keith Forden (Vice-president): Keith made a major push to ensure that our technical equipment and safety equipment was stocked up. Members will notice that now, at all fixtures, the safety equipment is present and in view. Keith also initiated an interesting survey of needs which the Committee acted on in planning the 1988/89 programme.

Sandi Hodge (Secretary) : Sandi kept the machine running and also led the move for week-end camps and the annual dinner.

Rob Farrell (Treasurer): The "Voice" was invaluable at our runs as well as running a "tight Book" and having the ability to see problems before they cam.

Lorna Butcher: Lorna attended to our regular social functions after our runs and was the person responsible for organizing catering at functions like Jacobsen Park and the state championships.

Brian Aldrich: Brian was our editor - a full-time job in itself. We appreciate Brian and Alison's hospitality in allowing us to use their rooms in town for our monthly meetings. This was a big help.

Barrie Slinger: Barrie was assistant Race Director and also staged another successul quiz night to swell the club funds.

Paul Martin: Paul came into the committee with a background in publication and graphic art and found himself as Race Director! He has, however, contributed in both areas and we are grateful for his assuming the RD job so well.

Brian Foley: Brian took on the track and field management, culminating in the state championships. This was especially onerous as he had taken part in the World Games. He was also our link-man with the Athletic Association.

Members may be interested in the tasks performed by Committee people, However, this outline's only the main areas and does not take into account the little crises managed by the Committee from time to time.

This was a particularly difficult year with members taking part in events which took them away for a considerable time. Our thanks to all for their constant efforts for our Club.

# 11. GENERAL

On behalf of the Committee, I thank sincerely all members who have participated in our Club activities in any way. This is what has developed the spirit of fellowship which is a feature of our Club and has made this another great year.

Basil Worner, April 6th, 1988

# RECOMMENDATIONS

- If Race Directors are unable to hold their run, they invite another member, with ample warning, to host their run to avoid disruption to the Club programme.
- Committee negotiate with The U.W.A. Athletics Club and with Canning Districts Club to store specific throwing equipment so that these events can be programmed at these venues.
- 3. The Race Director for the 1990 state championships consider moving the 5k run to an evening slot on the programme.
- 4. The Committee carefully consider whether our courses are safe for <u>racing</u>, as opposed to "running" and make any necessary modifications or eliminations.

# A NOTE FROM THE TREASURER.

WOULD ALL MEMBERS PLEASE NOTE THAT ANNUAL SUBSCRIPTIONS ARE NOW DUE.

AT THE END OF THIS NEWSLETTER YOU WILL FIND A MEMBERSHIP RENEWAL FORM. PLEASE COMPLETE AND RETURN TO THE TREASURER ALONG WITH THE APPROPRIATE AMOUNT.

THANK YOU.

W.A.V.A.C.

# SECRETARYS REPORT FOR 1987/88

Tag.

## MIA

The Aim of this report is to cover the activities of the Club as laid down in the Constitution.

# SOCIAL EVENTS

Jorgensen Park: This event continues to be a popular one on the Calendar despite the sometimes adverse weather conditions. A more than ample lunch was provided by Club members and the kitchen was manned by an ever willing group of members and their spoudes, too many to mention.

Home runs: A total of eight home runs were listed on the 1987/88 Calendar and I feel that these people who open up their homes to sometimes up to 100 Club members deserve a mention. Despite increasing numbers it is hoped that we can continue to take advantage of the generosity of these members, as these are surely some of the events that help make our Club unique.

Long weekends: Fairbridge in September, unfortunately this had to be cancelled due to lack of support. Eaton in March, once again a pleasant weekend on the banks of the Collie River. Forty eight members and their families attended for the reasonable charge of \$12 each for the three days. Thanks to M. Stoffers for assisting with final arrangements and to H. Stoffers and the Bunbury Runners Club for marking and conducting our runs. An additional feature this year was the Eaton Veterans Games under the control of the Warrens and the Davis's, a successful afternoon enjoyed by all, perhaps again next year. Eaton Scout Camp and Donnelly River Cottages have been booked for March and September next year.

Quiz night: With Barrie Slinger conducting the evening the Quiz night was held on 28th August 1987 at Perry Lakes Rugby Clubrooms. All prizes came in the form of donations raised by Club members and 8 people donated their ticket money to the cause knowing they could not attend. \$863 was raised from entry fees and raffles. Many thanks to all who contributed to the success of the evening.

Christmas Dinner: Held at Sereaglio Park Kelmscott in 1987 on 12th December at a cost of \$25 per head. It has been suggested by the Committee that our Annual dinner need not necessarily be held during the festive season, but at a time more convenient to the majority of members, This would perhaps encourage more attendance, only 90 Members were at Sereaglio Park.

## STATE CHAMPIONSHIPS 1987

This was held for the first time over two weekends, as a result of the apparent success, the same will be applied to 1988. A tremendous team of helpers led by people like B. Sammells, B. Fergie and D. Horsley ensured smooth running of all events. John Cochrane once again won the 'Athlete of the Meet' trophy.

# **ADMINISTRATION**

The Club programme for 1988/89 has been prepared and is ready to go to the printers under the direction of the new Committee. Our thanks go to all members who have offered their services in conducting our Sunday events.

Our Club numbers increased at a slightly slower rate in 1987 so together with my first year's experience as Secretary the workload was somewhat lighter. My thanks to Phyliss Farrell for the invaluable information she provided on the computer print out lists each month.

So, here endeth my two years as Club Secretary, I have enjoyed the challenge but could not have carried out the duties without the support and assistance of the Committee and Club members. In particular my personal thanks to Bob Farrell, we worked as a team for two years.

I would like to wish my successor lots of luck and offer my total support and assistance for as long as is needed.

# TREASURERS REPORT 87-88

# 1987 -88 EXPENDITURE

1,583.30	Singelets & Badges	340.00
353.00	Sports Equipment	877.75
1,427.68	State Championships	501.86
857.71	News Letter	1,115.45
2,630.00	Xmas Dinner	2,822.00
450.00	Donations	49.85
320.38	Sundry Events	78,42
440.00	Track Hire - Time Trials	500.00
285.68	Name Badges	352.75
555.88	Programme 87-88	586.00
100.00	Equipment Repairs	-
105.00	Fees - Athletic Association - Veterans VAAC	426.00
<u>-</u>	Jorgensen Park	218.00
_	Donnelly River Weekend	240.00
-	Eaton Weekend	344.00
241.20	York Weekend	<del>-</del>
<u></u>	First Aid Course	285,00
	/: , Club Championships 89	1,000.00
_	Trailer Licence	44.23
Man.	Magazines	419.53
350.00	Booking Deposit	_
712.14	Postage, Telephones etc.	1,723.34
307.00	New Barbeque	<del></del>
342.00	Air Fares	_
193.30	Flowers	-
404.15	Sundries	140.10
11,658.42		12,064.28
(1,283.38)	Excess of Receipts over Expenditure	3,271.86
		10 Table 10
	BANK BALANCES - R&I BANK PERTH	
1,871.16	Cheque A/C	103.96
5,009.19	Saving Investment A/C	4,093.01
6,880.35		4,196.97
(1,283.38)	Add Excess of Receipts over Expenditure	3,271.86
5,596.97	Total Bank Funds to 27/3/88	7,468.83
	Represented by	
103,96	Cheque A/C	2,806.22
5,493.01	Savings Investment A/C	4,662.61
5,596.97		\$ 7,468.83

Jall.

# W.A. VETERANS ATHLETIC CLUB

Statement of receipts for the period 20/2/87 to 27/3/88.

4,332.00	Subscriptions	5,133.50
509.00	Sports Wear	610.00
634.50	State Championships	1,833.89
393.80	Sundry Events	_
486.15	Time Trials	543.45
_	Quiz Night	863.00
2,380.00	Xmas Dinner	2,575.00
_	Eaton Weekend	867.00
	Jorgensen Park	259.00
378.00	York Weekend	-
618.24	Bank Interest	686.08
_	Savings Investment A/C	1,400.00
349.80	Visitors Fees	390.22
_	Members Association Affiliation Fee	es 96.00
293.55	Sundries	79.00
10,375.04		15,336.14

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	Associates Mile at a time of 4mins 30.09sec.	Barber & Associ	won the D.W. n Sunday 3rd	John Molloy won the D.W. Coker Park on Sunday 3rd			2930	HOLLAND	×	<del>;</del>	Z A
	3rd in the Open Triple	in gaining 3rd i t jump of 11.53m.	ccessful in excellent j	Hindle was successful Jump with an excellent			0.14 0.04 0.04 0.04 0.04 0.04	NDSTIM	ות ש	ħj ⊨⊷	Σ ω ທ
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5.12.57 37.58.00	1st 1500m 1st 10,000m	2.42.00 18.10.37	<u>1</u> N	1st 800m 1st 5,000m	John Gilmour. M65	20	2565 1907	RICHARDS MONKS	ωZ	N F	MSO
10.18 22.??	2nd Shot 3rd Hammer	36.16 32.95		1st Javelin 3rd Discus	Alan Stone. K55	हा	3010 2306 2101	GARE STEWART CALNAN	त्र क	wNH	골 4 이
72.52	1st 10,000m Walk 2nd 2,00m Steeple Chase	34.18 37.00	00m Walk m 2.	1st 5,000m 2nd 800m	Val Tyson. W65 Allen Tyson.			ALODES AUNTINS	<b>3</b> > :	<b>4ω</b> l	
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29.77	t 200m t Triple Jump	4000	dun		Dorothy Whittam.				ON	PENTATHLON	m M Z
79.22	4th 10,000m Walk	37.12	Walk	4th 5,000m	Shirley Cross.		8.47		Ţ	<b></b>	<u>د</u> ال
66.17	3rd 10,000m Walk	31.14	Walk	3rd 5,000m	Margaret Stone.		e.76	WHITTAM	D	<del>}</del> -	EGO
19.50.01	3rd 5,000m	42.37.14	Ħ	3rd 10,000m	Maxine Santich.	<u> 31</u>	မ်ာ န	HOLLLAND	×	4-4	E A
5.67 67	1st 400m hurales 1st Long Jump 2nd Pentathlon	1 1 2 3 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	e Jump	1st 200m Hu 1st 200m 1st Triple 3rd 100m	W35	***************************************	9.67 8.53	JOHNSON	ٿ ٽ	N	. W40
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	3 PASTER 1988.	BRISBAME	)  -	ACK & FIELD SHAMES.	MACIONAL TRACK & FIELD			·	JUMP		FICT

# W.A. VETERANS ATHLETIC CLUB TRACK AND FIELD CHAMPIONSHIPS 11th/12th/19th/20th MARCH 1988

# EVENT STATISTICS

AGE	EVENTS WITH ENTRIES	ONLY 1		NO. OF MEMBERS	EVENTS ENTERED	
M35	16	11	15	9	34	21
M40	20	3	10	17	90	67
M45	16	-	10	21	80	60
M50	21	5	16	17	78	58
M55	15	6	11	11	47	34
M60	18	8	17	8	51	31
M65	1	1	. 1	1	1	1
M70	7	5	7	3	9	8
M75	7	6	7	2	9	8
MBO	4	4	4	1	4	2
TOTAL MEN	125	49 (34	1%) 98 (78%	90	403	290
M30	13	9	13	5	23	18
W35	18	8	17.	5	35	34
W40	16	7	16	9	38	26
W45	18	9	16	7	34 -	31
W50	13	13	13	3	15	12
W55	14	13	14	2	16	13
W60	4	4	4	2	4	4
W65	13	9	13	2	18	17
W70	<del></del>		_		-	
W75	3	3	3	1	3	3
TOTAL WOMEN	112	75 (67	%) 109 (97%)	36	186	158
GRAND TOTAL	237		%) 207 (87%)	126	589	448