

The Vetrin

No. 155 AUGUST, 1985

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

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FROM THE COMMITTEE...

ANDY WRIGHT MEMORIAL RUN:

Thank you to all members who participated in this club event and, in particular, to Bob Sammells who kept close contact with Andy's family to put it together. (See page 6).

QUIZ NIGHT:

Jackie Greenfield is still waiting for donations of prizes. You can reach her on 293 4174 at 4 Brook Street, Kalamunda, 6076.

Have you made up your table of 6 yet? Quizmaster Barrie Slinger says, "There is something for everyon-", so don't miss our big fundraiser for 1985.

Tickets available from the Committee at the next run.

And if you can't come, what about a ticket anyhow?

ATHLETIC ASSOCIATION OF W.A. LIAISON

Brian Foley has agreed to be the club delegate to the association.

VETERANS SUNDOWN RUN

The committee considered the way this event was being run recently and agreed that it could be open to all ages.

INVESTIGATION ~ CLUBROOMS

In May, a delegation from the committee met with an official of the Perth City Council. (Cont.)

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The aim of the meeting was to find out whether the club could establish some kind of centre at McCallum Park. In particular, the delegation asked whether the club could add to the existing toilets/showers.

The Council official stated that:

- * the site appears suitable for extension;
- * a proposal to Council is necessary;
- * the proposal should contain a management plan;
- * Council would be unlikely to provide funds.

The Committee agreed to prepare some ideas for a clubroom and get an estimate of costs.

At that stage, the Committee would then call a general meeting to see if members wished to proceed.

* * * * *



LETTERBOX

We had a letter from Sandi Walton, recovering from her Rome Marathon in Norfolk England. Amongst other things, Sandi said:

"Dear Bas,

Absolutely delightful to hear from you and I did enjoy my copy of the Vetrin. Many thanks. Sorry we couldn't get any more results to you than we did, but it really was difficult to keep track of everyone's race, mainly because of the distance between the 4 stadiums. Plus the lack of adequate transport between same.

I didn't like Rome too much, even though I had a really good tour of the local beauty spots while running the marathon! What a hot day it was, no breeze or wind in the city streets, lots of twists and turns and of course, the cobble stones. John Gilmour apparently does not remember the last 3k especially coming into the Stadium. I think the heat affected everyone that day.

Would you please convey my sincere thanks to one and all for my telegram and their good wishes also. I have had two easy weeks since the marathon, 8k the first week, and 26k last week. I can't manage more than ½ hour so far each morning. I have bought a racing bike in preparation for our trip in September, and I am going out on that each day.

Sandi and Bob

* * * * *

MESSAGE FROM PAT

Pat Clohessy, former champion athlete and now a leading marathon coach, was guest speaker at the Broadlands Marathon Seminar in May. Pat met and spoke with many of our vets during his stay here and made a lot of friends with his earnest, unassuming approach. Pat wished to be remembered to all his vet friends and sent this message for those running the marathon on August 4 :

"Congratulations to all Veteran Club members who have trained for this international event. I believe that there are many overseas runners participating in this marathon so this should be a little incentive to you.

Do the best you can on the day. Don't be too concerned about what time you are going to run. Remember that it is an achievement for anyone to finish a marathon, so be satisfied with that and be proud of your effort.

I'll be thinking of you on August 4. Good luck and good running!"

Pat Clohessy

News Desk



RECORD ROUND UP

We missed some records from the 5 km and 10 km cross country held on June 9. We should have shown:

5 K:

M.70	Dick Horsley	28.47
W.35	Jo Stone	33.05

10 K:

W.55	June Strachan	68.18
W.30	Sheryl Bell	59.07
M.60	Allen Tyson	53.17

24 HOUR RELAY REVISITED:

David Rae ("Footnotes" - Tasmanian newsletter) writes:

"Who can remember the thrill, the joy and the excitement of Saturday, 5th November, 1983 - the day our men over 40 beat the World Record for the 24 hour relay? Our joy was short lived - 35 days to be exact - when W.A. exceeded our record by about 10 km.

I must admit I didn't feel sad about losing this record, after all records are made so they can be broken. I think the excitement of that day will long live in my memory and also of those who took part.

Since W.A. beat our record, I have always thought that the Tassie Vets should give the relay one more go. But with the Nationals coming to Tasmania, runners getting injured or slower, it really looked a long shot that we would ever get a team good enough to nudge that record set by W.A. After all, if your sums don't add up on paper it's a waste of time trying it on the track".

He went on:

"To beat the W.A. record, we need a team of 10 runners who will be 40 or over and the team must average 5m 20s per 4 laps (1600m) of the track. Each runner will have about 48 minutes rest and then out to the track he must go again. He will be expected to do this about 28 times. You must now be scratching your head wondering what 10 runners would be mad enough to attempt such a task".

Good to see that our fellow Vets want to keep this prestigious record circulating in Australia.

As David said: "Records are made so they can be broken".

Perhaps he might easily have said: "Records are made to be attacked!"

Record-setters consciously put themselves on the line by setting new standards and virtually inviting others to displace their marks.

24 HOUR RELAY REVISITED - contd.

That is one reason why we set records, catalogue them, muse over them and argue incessantly about them.

They are not just a subtle form of ego-trip. They are a challenge for us to extend ourselves and our fellow athletes: "Man's reach should exceed his grasp, or what is heaven for?"

Good luck, Tassie!

** HAPPY BIRTHDAY** TO:

Brian Donley	turns 37	remains M35	08	George Audley	turns 50	becomes M50	21
Jan Hough	" 42	" W40	18	Bill Hughes	" 58	remains M55	15
Jim Langford	" 41	" M40	12	Barbara Leach	" 41	" W40	25
Ted Maslen	" 50	becomes M50	08	Jill Pearton	" 38	" W35	05
Barrie Robinson	" 46	remains M45	13	Maxine Tapper	" 38	" W35	15
Jeff Whittam	" 51	" M50	05	Rod Cox	" 42	" M40	17
Kevin Marten	" 48	" M45	28	Tuula Valsta	" 44	" W45	07
David Benson	" 44	" M40	22	Glenys Waldhuter	" 42	" W40	17
Peter Davies	" 56	" M55	26	Walter Anderson	" 43	" M40	20
William Grocott	" 48	" M45	01	Susan Sanders	" 32	" W30	00
Margaret Stone	" 43	" W40	17	Norm Richards	" 48	" M45	29

WELCOME TO NEW MEMBERS:

Phillip Thomas Douglas
28 Armitage Way
HILLARYS 6025

Michael John Faunge
Unit 4, 66 McDonald Street
COMO 6152

Joe Gold
67 Shannon Road
DIANELLA 6062 (rejoined)

RUNNING DOWN INFORMATION ON SHOES

Vol. 5, No.3 of the Journal "High Technology" (March 1985) has an article on "Running Shoe Technology".

For those who want to look at, perhaps, a different angle on your feet, we believe this journal is available at most Newsagents.



Running Shoes: Once known as "tennis shoes". In modern usage any of a variety of inordinately expensive sneakers.

Rob Farrell produced this little guide for marathon runners who want to prepare their splits in advance. If your mathematics is shaky, you may find this table useful. Thanks Rob.

TARGET
TIME

H M 3 14	H M 3 16	H M 3 20	H M 3 30	H M 3 40	H M 3 50	H M 4 00	H M 4 10
1K m s 4 : 36	1K m s 4 : 40	1K m s 4 : 46	1K m s 5 : 00	1K m s 5 : 14	1K s s 5 : 28	1K m s 5 : 42	1K m s 5 : 57
5K m s 23 : 00	5K s s 23 : 20	5K m s 23 : 50	5K m s 25 : 00	5K m s 26 : 10	5K m s 27 : 20	5K m s 28 : 30	5K m s 29 : 45
10K m s 46 : 00	10K m s 46 : 40	10K m s 47 : 40	10K m s 50 : 00	10K m s 52 : 20	10K m s 54 : 40	10K m s 57 : 00	10K m s 59 : 30
15K H M 1 : 09	15K H M 1 : 10	15K H M 1:11:30	15K H M 1 : 15	15K H M 1:18:30	15K H M 1 : 22	15K H M 1:25:30	15K H M 1:29:15
20K H M 1 : 32	20K H M 1:33:20	20K H M 1:35:20	20K H M 1 : 40	20K H M 1:44:40	20K H M 1:49:20	20K H M 1 : 54	20K H M 1 : 59
21K H M 1 : 37	21K H M 1 : 38	21K H M 1 : 40	21K H M 1 : 45	21K H M 1 : 50	21K H M 1 : 55	21K H M 2 : 00	21K H M 2 : 05
25K H M 1 : 55	25K H M 1:56:20	25K H M 1:59:10	25K H M 2 : 05	25K H M 2:10:50	25K H M 2:16:40	25K H M 2:22:30	25K H M 2:28:45
30K H M 2 : 18	30K H M 2:19:40	30K H M 2 : 23	30K H M 2 : 30	30K H M 2 : 37	30K H M 2 : 44	30K H M 2 : 51	30K H M 2:58:30
35K H M 2 : 41	35K H M 2 : 43	35K H M 2:46:50	35K H M 2 : 55	35K H M 3 :03:10	35K H M 3:11:10	35K H M 3:19:30	35K H M 3:28:15
40K H M 3 : 04	40K H M 3:06:20	40K H M 3:10:40	40K H M 3 : 20	40K H M 3:29:20	40K H M 3:38:30	40K H M 3 : 48	40K H M 3 : 58
42.2K H M 3 : 14	42.2K H M 3 : 16	42.2K H M 3 : 20	42.2K H M 3 : 30	42.2K H M 3 : 40	42.2K H M 3 : 50	42.2K H M 4 : 00	42.2K H M 4 : 10



RESULTS

JO-ANNE'S JOLLY JAUNT - 7.2km - John Forrest National Park - May 26, 1985

The first rain for some while washed out both the hopes of the course-markers and the marks themselves. June and Duncan Strachan, who, with Bob Sammels had marked the course with salt the previous afternoon, found that no trace remained when they arrived at Rocky Pool on Sunday morning. Duncan promptly decided to forego his run and set off to mark the course again.

In one respect the overnight rain turned out to be a blessing disguise as it resulted in a firmer surface on parts of this quite hazardous course. All 16 starters (yes, 16 - where was everyone?) got safely around and, thanks to Duncan, none went astray. Finally, justice was done in the race when the first man and woman to finish also won on handicap, setting records in the process!

Results:

			<u>Actual</u>	<u>H'cap</u>	<u>Adjust</u>
1.	Tuula Vaalsta	W45	*34m 56s	39m 00s	4m 04s-
2.	June Strachan	W55	53m 43s	52m 00s	1m 43s+
3.	Shirley Cross	W45	48m 17s	45m 30s	2m 47s+
4.	Alison Aldrich	W40	54m 36s	50m 00s	4m 36s+
5.	Pat Carr	W50	53m 43s	49m 00s	4m 43s+
6.	Mary Robinson	W45	53m 45s	45m 00s	8m 45s+
1.	Keijo Vaalsta	M50	*30m 09s	34m 00s	4m 04s-
2.	Mike Khan	M40	33m 42s	33m 00s	42s+
3.	Bob Sammels	M45	33m 20s	32m 30s	50s+
4.	Mitch Loly	M40	34m 39s	33m 30s	1m 09s+
5.	Aub Davie	M45	37m 42s	36m 00s	1m 42s+
6.	Brian Aldrich	M50	39m 51s	38m 00s	1m 51s+
7.	David Carr	M50	33m 34s	31m 30s	2m 04s+
8.	Ian Sutherland	M40	41m 41s	35m 30s	6m 11s+
9.	Alan Tyson	M60	44m 00s	35m 30s	8m 30s+
10.	John Russell	M50	50m 57s	36m 00s	14m 57s+

ANDY WRIGHT MEMORIAL RUN - Carine - 10k - July 7, 1985

This was quite a day for the Club. It was the guest of Anna and Paul Cosford, their daughter Helena and husband John Sparks.

Anna and Paul had donated perpetual trophies in memory of Anna's father and this was the inaugural competition for them. June Strachan and Leo Hassam were the first worthy winners and were delighted to receive their trophies from Anna.

Their generosity did not end there. They provided all the refreshments for the past-race social and even tidied up the hall afterwards. What can we say other than a heart-felt 'thank you'.

As to the race itself, a fine Western Australian winter's day meant excellent conditions for the 10k course. Members will recall that this was Andy's substitute course last year when the original became suitable only for fish and water fowl. Substitute or not, it was flat and fast and was enjoyed by everyone. Mention must be made of John Sparks. Though not a runner, he had trained for this occasion and is to be congratulated on completing the distance in 47m 32s.

Yes, it was quite a day; Andy would have enjoyed it.

Bob Sammels

ANDY WRIGHT MEMORIAL RUN

7

<u>Name</u>	<u>Age</u>	<u>Clock Time</u>	<u>H'Cap</u>	<u>Adjusted Time</u>
June Strachan	W60	61:43	6.00	55.43
Alison Aldrich	W40	62:00	5.00	57.00
Mary Robinson	W45	63:52	11.30	52.22
Leo Hassam	M55	63:54	13.00	50.54
Nora Berry	W45	63:56	6.00	57.56
Pat Hayden	W45	63:59	16.00	47.59
Jenny Chamberlain	W35	64:07	17.00	47.07
Stan Lockwood	M55	64:35	18.00	46.35
Arthur Leggett	M60	65:09	16.00	49.09
John Sparks	Visitor	65:32	18.00	47.32
Marilyn Acreman	W40	65:33	16.00	49.33
Aub Davie	M45	66:09	24.00	42.09
Margaret Warren	W45	66:24	14.00	52.24
Brian Danby	M35	66:26	31.00	35.26
Joe Yates	M40	66:27	28.30	37.57
Dave Hough	M50	66:45	28.30	38.15
Merv Hoyle	M55	67:03	23.00	44.03
Alan Tyson	M60	67:05	23.00	44.05
Basil Worner	M50	67:10	26.00	41.10
Morris Johnston	M45	67:18	28.30	38.48
John Maddison	M45	67:24	?	
Graham Thornton	M40	67:32	30.00	37.32
Dick Horsley	M70	67:42	16.00	51.42
Jim Barnes	M40	67:46	31.00	36.46
Ian Sutherland	M45	67:46	20.00	47.46
Judy Marsland	Visitor	67:55	25.00	42.55
Ray Lawrence	M55	68:00	20.00	48.00
Carole Cole	W40	68:03	16.00	52.03
Barry Evans	M55	68"14	20.00	39.14
Jerry Noordyk	M60	68:15	21.00	48.15
Adrian Noordyk	Visitor	68:16	20.00	48.16
Derek Crowther	M40	68:35	31.00	37.35
Arnold Jenkins	M40	68:38	30.30	38.08
Brian Aldrich	M50	68:42	21.30	47.12
Don Caplin	M45	68:42	32.30	36.12
Ian McGibbon	M40	68:42	32.00	36.42
Alan Acreman	M45	68:49	26.00	42.49
Kirt Johnson	M55	69:04	22.00	47.04
John Russell	M50	69:10	18.00	51.10
Dalton Moffett	M50	69:23	29.00	40.23
Joan Pellier	W45	69:33	21.30	48.03
Selby Munsie	M50	69:47	20.00	49.47
Ken Whistler	M50	70:30	18.00	52.30
Dorothy Whittam	W45	70:40	6.00	64.40
Ernie Moyle	M55	70:44	19.30	51.14
Jill Langdon	W35	71:04	15.30	55.34
Frank Smith	M40	71:05	33.30	37.35
George Innes	M50	71:05	33.30	37.35
Enid Crowther	W40	71:17	17.00	54.17
Rob Shand	M50	71:28	28.00	43.28
Frank Usher	M60	71:47	17.00	54.47
Shirley Cross	W45	72:38	12.00	60.38
Jim Greenfield	M40	72:39	28.30	44.09
Dave Roberts	M40	72:46	29.30	43.16
Frank McLinden	M50	72:46	29.30	43.16
Duncan Strachan	M60	74:49	23.00	51.49

ANDY WRIGHT MEMORIAL RUN - contd

	<u>Age</u>	<u>Clock Time</u>	<u>H'Cap</u>	<u>Adjusted Time</u>
Alan Pomery	M50	74:49	23.00	51.49
Jeff Whittam	M50	76:29	23.00	53.29
John Pellier	M45	77:48	29.30	48.18
Jim Manley	M45	1 lap		34.08
Ruby Maddison	W45	2 laps		39.36
Val Tyson	W60	2 laps		39.36
Barrie Thomsett	M40	4 laps		49.11
Peter Davies	M55	4 laps		66.07
*****				(walked)

SUTHERLAND RUN (8.4K) - July 21, 1985

The Gods were once again kind to us on 21 July. A beautiful still, cool day - just right for running and inbibing! Does President Leo have a direct line to influential people?

Great to see a good turnout for the run, even though we had competition from the Marathon Club 10 miler. And good to see those who ran with the Marathon Club turn up afterwards to help make the day successful.

The handicap start saw the field well spread out in the early stages. Keith Forden had to dally a while at the start, so complained bitterly about his handicap. This wee problem only made him go faster on the day.

Gradually the backmarkers caught up resulting in the usual interesting finishing results.

Ruby Maddison and Val Tyson took their minds off the pain by conducting a Mr. Best Legs competition on all men who overtook them. John Maddison is disappointed with the result and is in full training for next year.

Marshals on the course included Royal Mountie Bob Johnstone (on John Spencer's bike:, and many thanks to them for getting all safely across Canning Highway.

First lady home was Kath "just out for a jog" Penton followed in by Margery Forden.

Alan Pomery was first man home, and Dick Horsley second.

Many thanks to our helpers at the finishing line Bev. Pomeroy, Maureen Thornton and Wally Cross, who are real professionals at the job.

Look forward to your company again next year.

IAN & GLORIA SUTHERLAND

BEST LEGS COMPETITION:

Alan Tyson
Duncan Strachan - equal 1st (by a hair)

SUTHERLANDS RUN:

<u>NAME:</u>	<u>Age</u>	<u>Clock Time</u>	<u>H'Cap</u>	<u>Adjusted Time</u>	<u>Position</u>
Alan Pomeroy	M50	41:47	5.00	36.47	13
Kath Penton	M40	44:04	1.15	42.49	32
Dick Horsley	M70	46:41	5.15	41.26	25
Ray Lawrence	M55	47:17	8.30	38.47	19
Ernie Moyle	M55	47:22	6.00	41.22	24
Duncan Phillip	M50	47:37	10.45	36.52	14
Margery Forden	W40	47:41	10.00	37.41	16
John Russell	M50	47:51	5.45	42.06	27
Brian Aldrich	M50	47:57	9.15	38.42	18
Maurice Smith	M50	48:04	17.45	30.19	1
Dalton Moffett	M50	48:18	15.00	33.18	3
John Maddison	M45	48:22	16.30	31.52	2
Rob Shand	M50	49:09	12.30	36.39	12
Merv Moyle	M55	49:27	1.45	37.42	17
Selby Munsie	M50	49:33	6.45	42.48	31
John Spencer	M45	49:34	15.00	34.34	5
Cliff Bould	M65	49:42	7.30	42.12	28

SUTHERLANDS RUN - contd

Graham Thornton	M40	49:54	15.15	33.39	4
Leo Hassam	M55	49:59	6.30	43.29	33
Tony Speechley	M40	50:00	14.00	36.00	8
Bob Hayres	M50	50:01	14.00	36.01	9
Alison Aldrich	W40	50:11	1.00	49.11	37
Kirt Johnson	M55	50:11	9.15	40.56	22
Bill Hughes	M55	50:20	7.45	42.35	30
Duncan Strachan	M60	50:38	9.30	41.08	23
Bob Farrell	M45	50:38	9.30	41.08	23
John Tick (Inv)	M35	50:53	14.15	36.38	11
Phil Douglas	M35	50:53	14.15	36.38	11
Phyllis Farrell	W40	51:04	6.30	44.34	34
Allen Tyson	M60	51:21	11.45	39.36	21
Bob Norton	M45	51:21	15.30	35.51	7
Bob Sammells	M45	51:27	16.00	35.27	6
Shirley Cross	W45	51:32	1.15	50.17	39
Keith Forden	M45	52:15	15.15	37.00	15
Barrie Slinger	M45	52:23	16.15	36.08	10
Paul Jones	M45	52:31	13.30	39.01	20
Jill Langdon	W35	52:48	2.45	50.03	38
June Strachan	W60	52:59	2.30	50.29	41
Elza O'Dea	W45	53:25	11.00	42.25	29
Carol Cole	W40	53:27	5.00	48.27	36
Pat Spencer	W40	53:27	5.30	47.57	40
Paula Grauer (Inv)	W40	53:42	3.15	50.27	40
Colin Watts (Inv)	M30	55:31	13.30	42.01	26
Ruby Maddison	W45	108:00	00	108.00	42
Val Tyson	W60	108:00	00	108.00	42

AUGUST RUNS & RECORDSYANCHEP PICNIC RUN - AUGUST 11, 1985 - 9.30 a.m.

W35	Jo Stone	53.10
W40	Marg Forden	42.05
W45	Dorothy Whittam	63.00

M35	Colin Leman	37.46
40	Derek Crowther	39.15
45	Don Caplin	38.56
50	Dave Hough	46.54
55	Ernie Moyle	53.19

DANBY'S RUN = Pinnaroo Memorial Park - August 25,

W35	Jo Stone	58.20
40	Marg Forden	54.46
45	Marg Warren	60.27
50	Lorna Butcher	57.21
55	June Strachan	77.40

M35	Frank Smith	43.20
40	Don Caplin	43.33
45	Don Caplin	41.56
50	David Carr	45.44
55	Allen Tyson	49.21
60	Andy Wright	53.18
65	Dick Horsley	57.44



"VETPOWER"

WORLD VETERANS CHAMPIONSHIPS - ROME JUNE 22 - 30, 1985 : : : By Dick Horsley

Reports on the above events had been filtering back in small numbers, until Dave and Pat Carr arrived with a voluminous list of results of heats, semi-finals and finals of practically every event.

Allen Tyson and I compiled a list of performances by club members and a few former members, and trust we have not missed any.

Our team of nine who took part performed very well and were a credit to our club.

Particular mention must be made of:

- * Joan Gilmour (3 golds and a silver including 2 world bests)
- * Kath Holland (2 golds and 1 silver - including a win in the 400, an event in which she has been unbeaten in international competition since she first toured overseas in 1977)
- * Eileen Hindle who won a silver in the hurdles and was 5th in the Pentathlon.

Congratulations to all those who took part, and commiserations to Kath Penton who made the trip but was unable to compete because of injury and illness; best wishes for a speedy recovery.

RESULTS WORLD VETERANS CHAMPIONSHIPS, ROME, 1985

JOHN GILMOUR (M65)

10,000m Road (England) 1st
Rome:
 10,000m - 36m 39s 1st
 5,000m - 17m 25:30 (WR) 1st
 1,500m - 4m 49:16 (WR) 1st
Marathon 3hr 10min. 2nd
 (heatwave)

KATH HOLLAND

100 m - 13.33 (HT) 13.25 (SF)
 13.42 (F) 2nd
 200 m - 28.02 (S/F) 27.35
 (Fin) 1st
 400 m - 62.53 (S/F) 60.66
 (Fin) 1st

EILEEN HINDLE (W35)

100 m - 12.96 (2nd Heat)
 100 m hurdles 14.87 (Ht)
 14.71 (F) 2nd
 Pentathlon 3461.4 pts. 5th
 Long Jump - 5m 24 4th

BARRIE KERNAGHAN (M45)

Reached Finals in 3 Events
 100 - 11.87 (2nd Ht) 11.82
 (S/F) F?
 200 - 24.95 (1st Ht)
 24.13 (S/F) 23? F?
 400 - 54.00 (1st Ht)
 53.13 (F) 6th

DAVID CARR (M50)

100 - 13.8 (5th Heat)
 400 - 58.37 (3rd Heat)
 800 - 2m 13 (Heat)

VAL PRESCOTT (40)

100 - 15.27 (3rd - Semi F)
 200 - 31.67 (Ht) 31.81 (S/F)
 400 - 71.59 (4th PB) 73.34 (2nd S/F)
 Discus 16.78m (17th)

SANDI WALTON (W35)

Marathon - 4 hours 16 min.
 (Heatwave)

KATH PENTON

Injured - unable to compete

FORMER MEMBERS:

ART BRIFFA (M55)

5,000 - 20.08 (14th Sect.3)
 (51st overall)

DON STONE (M55 - Israel)

5,000 m Walk - 27.51:2 (7th)
 20 km Walk - 1.53:19 (4th)

GEORGE CAVILL (M60) (Vic)

5,000m Walk - 30 mins. 10 secs.

LORNA BUTCHER (W55)

100 m - 17.2 (2nd Heat)
 1500m - 6.45:12 6th
 5000m Walk - 33.11:10 5th

PAT CARR (W50)

100m - 15.54 (5th Heat)
 200m - 32.30 (6th Heat)
 400m - 74.55 (PB) (3rd Heat)

John Gilmour also won his age group (M65) in the 10,000 meters road championships in England, just two weeks before the Rome events.

Thanks to Dick and Allen for this summary of results.

Information about the Games, the athletes and the organization is circulating slowly and we hope to bring you first-hand knowledge over later issues.

However, we know that the Marathon was run in fearsome heat and that the five miles of cobblestones were crippling. We also heard that the Italian motorists were unimpressed by police attempts to keep the road clear for runners. It was so bad that our supporters linked arms across the road and virtually defied the motorists to run them down!

Did you also hear that John Gilmour almost missed out on the 1500 because he was told : "There are no heats"?

John was sitting in the stand watching the races when he realised that some of the competitors were pretty familiar.

Right. There were heats!

John made a quick dash to the start, engaged the enemy head-on, attacked the event in T-shirt and flatties and, of course, qualified for the final!

Anyone for a course in public relations!

We also heard that the bus ride to and from training was a combination of anaerobic effort, a sauna and upper-body weight training as one swung endlessly from a grimy strap for forty minutes.

Some of our athletes said they would have liked a course in Karate before tackling these buses!

And what about the on-track organization?

Well, we believe the lap-counters in one 10k race said it all - in Roman fashion!

While a bevy of determined runners were rolling out lap after lap, two Romans in true Latin style, were concentrating on lips, not laps!

WORLD MASTERS' GAMES

The inaugural World Masters' Games will take place from August 7.- 25, 1985 in Toronto, Canada.

The Games cater for participants in 22 sports from 57 countries.

What are the aims of these Games?

The organizers have identified 8 reasons:

- * Promote "Sport for Life".
- * Provide long-term goals for continuing motivation in sport.
- * Offer broadly based participation in a multi-sport event, rather than a narrowly selected elite competition only.
- * Encourage mature people from all around the world to take part in sport regardless of age, sex, race or religion.
- * Be open to either amateur or professional sports people.
- * Encourage women to consider life-long competition in sport.
- * Provide inspiration by example, to the youth of the world, by showing that sports competition at a high level can and does continue throughout life.
- * Bring together, once every four years, in a different city around the world, mature sports people who aspire to real athletic competition and continued fitness.

Who is responsible for administering the Games?

The World Masters Sports Foundation is a not-for-profit organization working through an International Board of Governors. which will oversee the general conduct of the Games and protect its philosophy and guard its principles.

Link

They are the link between the host city's Organizing Committee and the International Federations of each of the 22 sports.

The Board of Governors come from Toronto, Caracas, Tel Aviv, Guatemala City, Melbourne, Copenhagen and Beijing.

The present president is Dr Maureen O'Brien an expatriate Australian living in Toronto.

Many veterans throughout the world will be watching this festival of veteran sport with some interest.

Cultural

As well as providing an opportunity to compete in sport, the Games are intended to offer social, cultural and scientific forums for visitors.

In Toronto, athletes will have a choice of seminars on physiology and wine-tasting.

As at June, 15, nearly 7,500 athletes had registered for the Games.

As we would expect, the majority are from Canada (3,596), and the U.S. (2,226).

Australia

The next biggest contingent is Australia (310) with Germany (126) and Japan (140) also figuring.

The most popular sports are swimming (23% of registration) Athletics (10.9%) and, of course, ice hockey with 14%.

Rowing (6%) and Cycling (5%) are the only others which figure significantly.

Australians will be watching the press closely in the first week of the Games.

Opposition

Brisbane will be putting in a strong bid to host the next ones in 1989. However, they will have well-organized opposition, we believe, from Stockholm and Tokyo.

W.A. veterans will be interested to know that our Government vied with Brisbane and Adelaide to take Australia's bid to Toronto in August.

Unfortunately, Brisbane carried too many guns and will be the Australian 'flagship' later this month.

Australian Games

And just to further underscore the growth of veteran sport, Australia will probably run its own series of Veterans Games from 1987.

The Confederation of Australian Sport, an organization for national sporting bodies, has invited all states to tender to host the inaugural Australian Veterans' Games in 1987.

Too much, too quickly?
Perhaps.

That is why many people will be watching Toronto very carefully. Be that as it may, veterans can take heart that their needs will be met in a way which did not seem possible even 5 years ago.

* * * * *

DID YOU KNOW?

Alan Mimoun (France) won the gold medal for the marathon in the Melbourne Olympics in 1956 at age 35.

He had won silver medals for the 10,000 metres in 1948 and 1952.

In 1968, at the age of 47, he ran a 10k in 30:47, faster than his 1948 Olympic Silver medal time when he was 27!

This raises the interesting question as to when, and how quickly, age slows us down.

Wayne Strong ("Australian Runner", Vo. 3, No.4) looks at this question in the light of these and other statistics.

"What can we make of these?", he asks.

"Probably about the same as many other statistics - interesting conversation, but don't take it all too seriously".