

# The Vetrin

NO.179 AUGUST 1987

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

PRESIDENT: BASIL WORNER 387 9756 (W)    TREASURER: ROB FARRELL 459 4056  
EDITOR: BRIAN ALDRICH 332 6179 (H)    SECRETARY: SANDI WALTON 339 2986  
(MESSAGES) 325 5849



### NEW MEMBERS ORIENTATION MEETING 12th AUGUST -

PERRY LAKES 5.30 p.m.

A reminder to new members and those Club members who have already contacted Sandi, that this programme announced last month will deal with several interesting aspects of running/walking as well as detailing the opportunities offered by the Club to enable you to enjoy veteran athletics.

### QUIZ NIGHT 28th AUGUST - PERRY LAKES RUGBY CLUB ROOM 7.30 p.m.

A reminder that tables for 6 are available at \$4.00 per head. Tickets from Committee members. Bring your friends and relatives along!

### LIBRARY BOOKS

The Committee is concerned at the number of library books still outstanding. If you are holding on to one, please return it to Alan Tyson as soon as possible.

### PEOPLES MARATHON 9/8/87 - AFTER MARATHON SOCIAL

June and Duncan Strachan extend a welcome to the runners, helpers and other members of the Vets to the after marathon social to be held at their home, 8 Jacobsen Way, Thornlie, commencing at twelve noon.

Tea, coffee and light refreshments will be available.

Please bring your own drinks and BBQ. Two BBQ sites will be available. If weather inclement, BBQs will be set up in carport. Meals can be eaten under the patio and other socialising enjoyed in the lounge/dining room.

Please bring folding chairs.



## AUSTRALIAN VETERANS TRACK AND FIELD CHAMPIONSHIPS 1989

Please note that the W.A. Veterans Athletic Club will be hosting this in Easter, 1989.

This event requires a long lead-in time and the Committee has already taken preliminary planning steps. We have applied for Perry Lakes Stadium and are now inviting interested members to attend a "Steering Committee" meeting at :-

Perry Lakes Stadium  
(Conference Room)  
Wednesday September 2nd - 7.30 p.m.

This will be a preliminary meeting to :-

- \* draw up a time-frame
- \* take steps to form an Organizing Committee
- \* consider key areas e.g. :
  - . facilities/amenities
  - . finance
  - . organization:
    - officials
    - equipment
    - first aid
    - training
  - . marketing:
    - promotion
    - advertising
    - programme
    - merchandising
  - . media
  - . hospitality/functions
  - . transport
  - . conduct of programme

This time may not be convenient for all interested people to attend the meeting of the Steering Committee but it is obviously difficult to arrive at a "common time". Please do not hesitate to contact Basil Worner [387 9756 (W)] if you want further information.

## WORLD VETERAN GAMES REPORT

Computer Buffs - can you help ?

Ray Callaghan, the Competition Director (P.O. Box 282 Essendon 3040) invites any computer oriented person within our Club to assist with the operation of the computer centre during the games. Their system runs on an I.B.M. compatible with a 10 megabyte hard disk. It uses the D base 111 + commercial software. It will help in conducting the games, as well as evaluating the package, if any of our members are able to assist in this way on a voluntary basis. It is hoped that a national system will evolve from this, leading to the possibility of an interchange of information at no more cost than that of printing and discs.



WALLISTON WALLOP OPEN HANDICAP 10 KM 19/04/87

The weather was a bit chilly but clear as our club ran its hilliest road event of the year. We enjoyed the warm hospitality of Rose and Maurice Johnston afterwards and Joy Sanger proved her versatility by distinguishing one 'Chateau Plonk' from another in a wine tasting competition (...and in my thirst they gave me vinegar to drink... Psalm 69:21)!!!

10 KM

Pos.	Name	Age Group	Clock Time	Handicap	Adjusted Time	Comments
1.	D. Muir	M 40	64.38	27m	37.38	First Male
2.	G. Thornton	M 45	64.48	25m 15s	39.33	
3.	S. Mitchell	Vis	64.55	-	-	
4.	J. Barnes	M 40	65.06	25m 45s	39.21	
5.	T. Savin	M 40	65.48	28m 30s	37.18	
6.	W. Welyky	M 35	66.05	21m	45.05	
7.	B. Carse	M 45	66.07	29m 30s	36.37	
8.	J. Cunningham	M 45	66.15	22m	44.15	
9.	D. Hough	M 55	66.20	23m	43.20	
10.	T. Costello	M 50	66.21	23m 45s	42.36	
11.	B. Evans	M 55	66.23	22m 0s	44.23	
12.	D. Hoye	M 45	66.30	27m 30s	39.00	
13.	D. Moffett	M 55	66.31	21m 30s	45.01	
14.	M. Moyle	M 60	66.34	19m 45s	46.49	
15.	M. Traynor	M 45	66.38	17m 30s	49.08	
16.	J. Greenfield	M 40	66.48	23m	43.48	
17.	A. Sim	M 35	66.52	18m 45s	48.07	
18.	D. Roberts	M 40	67.19	24m 30s	42.49	
19.	B. Hardy	M 40	67.57	21m	46.57	
20.	D. Carr	M 50	68.16	25m 30s	42.46	
21.	R. Harris	M 50	68.19	21m 30s	46.49	
22.	A. Jenkins	M 40	68.26	24m 15s	44.11	
23.	J. McInnes	M 45	68.33	22m	46.33	
24.	S. Bowler	M 60	68.58	2m 15s	66.43	
25.	J. Pellier	M 45	69.02	23m 45s	45.17	
26.	M. Warren	M 45	69.22	22m	47.22	
27.	W. Crellin	M 45	69.24	18m 45s	50.39	
28.	M. Forden	W 45	69.28	18m 45s	50.43	First Female
29.	S. Hicks	M 60	69.50	12m	57.50	
30.	D. Caplin	M 45	70.01	27m 30s	42.31	
31.	B. Farrell	M 45	70.26	15m 30s	54.56	
32.	M. Warren	W 50	70.40	8m 45s	61.55	
33.	J. Yates	M 40	71.14	25m 45s	45.29	
34.	M. Johnston	M 50	71.51	23m	48.51	
35.	L. Butcher	W 55	72.04	11m	61.04	
36.	P. Jones	M 50	72.05	17m 30s	54.35	
37.	B. Aldrich	M 55	72.05	21m	51.05	
38.	J. Willers	W 35	72.51	15m 30s	57.21	
39.	J. Pellier	W 45	73.01	17m 30s	55.31	
40.	S. Walton	W 40	73.25	15m 30s	57.55	
41.	D. Strachan	M 65	73.27	15m 30s	57.57	
42.	P. Farrell	W 40	74.53	13m 15s	61.38	
43.	M. Stone	W 40	78.06	Start Clock	78.06	
44.	J. Sanger	W 35	78.06	14m 45s	63.21	
45.	J. Whittam	M 50	78.06	Start Clock	78.06	
46.	B. Danby	W 35	78.26	29m 30s	48.56	
47.	P. Weston	W 50	80.20	13m 15s	67.05	

5 KM

Pos.	Name	Age Group	Clock Time	Comments
1	K. Forden	M45	22.42	First Male
2	A. Pomery	M55	23.47	
3	V. Beaumont	M55	24.08	
4	S. Lupton	Vis	25.38	
5	R. Welyky	Vis	25.38	
6	K. Johnson	M55	27.22	
7	P. Carr	W55	28.40	
8	J. Strachan	W60	33.45	
9	M. Robinson	W50	33.45	
10	K. Crellin	V15	35.05	
11	B. Buchanan	V15	35.54	
12	J. Beaumont	W50	41.09	

## LAKE MONGER (RRC) - RESULTS 17/5/87 10km

This popular flat, 3-lap run in the new Road Racing Championship series took place on a fine cool morning with a light but chilly breeze that heralded winter. The 79 participants included 4 race-walkers and 7 visitors. Many thanks to those who braved the chill and helped with the organisation.

<u>Age Group</u>	<u>Name</u>	<u>Clock Time</u>	<u>Age Group</u>	<u>Name</u>	<u>Clock Time</u>
W30	T. Brockwell	36.19	W40	J. Brown	65.22
W30	T. Carman	44.17	W40	M. Stone (walk)	70.39
W35	J. Pearce	45.56	W45	T. Vaalsta	46.52
W35	I. Stephens	49.08	W45	K. Crellin	57.31
W35	M. Webb	52.54	W45	S. Maslen	60.39
W35	P. Newby	54.47	W50	E. O'Dea	50.21
W35	J. Langdon	59.23	W50	M. Warren	51.15
W35	J. Sanger (walk)	1.30.01	W50	P. Weston	57.35
W40	P. MacLiver	44.22	W50	M. Robinson	60.38
W40	M. Pritchard	50.08	W55	L. Butcher	53.15
W40	P. Farrell	51.09	W55	N. Berry	59.22
W40	B. Buchanan	61.33	W60	J. Strachan	53.58
M35	D. Scott	34.53	M50	R. Attwell	41.34
M35	J. Lindsay	45.51	M50	R. Harris	41.37
M40	J. Presley	35.16	M50	D. Branson	41.54
M40	J. Barnes	37.11	M50	J. Curtis	43.46
M40	B. Foley	38.02	M50	R. Routledge	44.04
M40	D. Roberts	38.18	M50	J. Russell	45.36
M40	A. Croxford	38.41	M50	K. Vaalsta	45.54
M40	M. Khan	39.54	M50	M. Johnson	47.37
M40	S. Hoskins (walk)	1.10.42	M50	A. Stone	58.33
M45	F. Smith	34.43	M55	D. Hough	38.39
M45	D. Caplin	35.54	M55	F. McLinden	39.49
M45	G. Thornton	36.03	M55	D. Moffett	40.11
M45	J. Travato	37.49	M55	A. Pomery	41.51
M45	J. Cunningham	38.35	M55	K. Johnson	47.37
M45	R. Matzke	41.11	M55	L. Hassam	54.00
M45	M. Faunge	41.21	M55	S. Munsey	54.01
M45	M. Warren	41.35	M60	M. Moyle	42.53
M45	M. Traynor	43.30	M60	S. Hicks	48.18
M45	B. Crellin	43.58	M60	G. Foley	48.39
M45	R. Farrell	46.00	M60	D. Drayson	50.17
M45	M. Fermor	47.55	M60	F. Usher	51.10
M45	A. Chambers	50.52	M60	D. Jones	53.16
M50	D. Carr	38.14	M65	D. Strachan	45.59
M50	G. Schaefer	38.50	M75	J. Collins (walk)	1.30.01
M50	R. Sammells	40.16			

Visitors

P. Odan	35.00	J. Cavill	49.36
R. Raymen	36.45	A. Teeuw	55.29
B. Munyard	41.02	K. O'Connor	55.45
B. Roche	47.23		

JORGENSON PARK CROSS COUNTRY - RESULTS 12/7/87 8.6 km
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Alan Pomery reports :-

A field of 60 runners faced the starter on an overcast winters day. Tom Savin was first across the line followed by Frank Smith. First lady to finish was Margery Forden.

Club members then retired to the Jorgenson Park Learning Centre where they did not have to be taught to eat!

Many thanks to Lorna Butcher and Sandi Walton for their hard work in the kitchen and many thanks to all those other members who helped make the day so successful.

Age Group	Name	Clock Time	Age Group	Name	Clock Time
W30	M. Lowes	49.46	W45	M. Forden	42.56*
W35	M. Oksis	49.21	W50	P. Weston	49.31
W35	J. Langdon	49.36	W50	M. Warren	50.43
W40	P. MacLiver	43.28	W50	M. Robinson	57.33
W40	S. Walton	47.26	W50	D. Whittam	59.15
W40	G. Sutherland	50.58	W55	L. Butcher	52.37
W40	J. Johnson	51.44	W55	N. Berry	60.24
W40	R. Davis	55.37	W60	J. Strachan	54.42
W40	M. Stone	57.21			
M35	B. Danby	33.23	M45	I. Sutherland	45.14
M35	J. Lindsay	-	M45	M. Fermor	46.47
M35	A. Sim	43.15	M45	B. MacLiver	50.18
M40	T. Savin	31.39**	M45	B. Davis	51.11
M40	B. Power	33.07	M50	J. Spencer	38.20
M40	C. Leman	33.38	M50	R. Routledge	41.40
M40	B. Foley	36.17	M50	M. Johnston	45.12
M40	R. Pettman	38.18	M50	B. Joyce	51.49
M40	J. Yates	38.25	M50	A. Stone	58.49
M40	T. Speechley	41.00	M55	D. Moffatt	37.23
M45	F. Smith	32.57	M55	D. Hough	38.40
M45	D. Caplin	34.00	M55	K. Johnston	45.36
M45	D. Hoye	34.06	M55	V. Beaumont	47.07
M45	G. Thornton	34.36	M55	D. Phillip	.
M45	B. Harwood	37.07	M60	E. Moyle	50.56
M45	K. Martin	38.39	M60	F. Usher	51.35
M45	M. Warren	38.52	M60	S. Bowler	56.38
M45	J. Pellier	39.00	M65	D. Strachan	43.10
M45	B. Crellin	40.36	VIS	G. Dehment	35.44
M45	K. Forden	41.50	VIS	L. Stone	54.58

\* First lady

\*\* First man

(Two times omitted - sorry, tape over-printed)

#### Bunbury Marathon/Half Marathon.

Jim Barnes, working towards his 100th Maraton, completed in 2 hrs. 50 mins.57 secs. Dennis Miller ran it in 3 hrs. 24 mins 22secs and Irene Stephens completed the run in 4 hrs 11 mins 41 secs.

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AUSTRALIAN ASSOCIATION OF VETERANS ATHLETIC CLUBS (AAVAC)



ANNUAL MEETING

During the Australian Championships in Sydney in April, there was a meeting of State delegates.

Bob Sammells, Leo Hassam and Basil Worner attended on behalf of the W.A. Veterans Club.

The minutes of this meeting arrived only recently.

We have extracted the issues which we believe will interest our members, in particular the question of

- . increased fees to the Australian Association
- . change to the Women's pentathlon.

World and Australian records

Recognition only to members of a registered Vets club.

Incorporation of the Australian Veterans Association

This is proceeding and should be completed this year.

Hand-timed events

It was agreed that all future hand-timed events be rounded to the nearest 1/10th and that all past hand-timed events be rounded.

Women's Pentathlon

There is a move to standardize men's and women's events.

The W.A. Committee requests input from women who have a view on this.

Contact: Basil Worner 387 9756.

Capitation - Fees

The W.A. Club pays a fee of 50 cents per member to the Australian Veterans Association. There is a move to increase this to \$2.00 per member. The W.A. Committee is requesting further information.

Australian Veterans Marathon Championship

It was pointed out that W.A. is always at a disadvantage because the venue is always Canberra. We requested consideration be given to rotating the venue.

New Australian Constitution

This is necessary to meet the needs of the incorporation process. State delegates' fares to be based on an equalizing system as per December, 1986.

Australian competitors

According to the World Veterans constitution competitors need not be members of the Australian Association of Veterans' Athletics Clubs.

Delegates to the Australian Association

It was suggested that delegates from States be appointed on a long-term basis to ensure continuity at national level.

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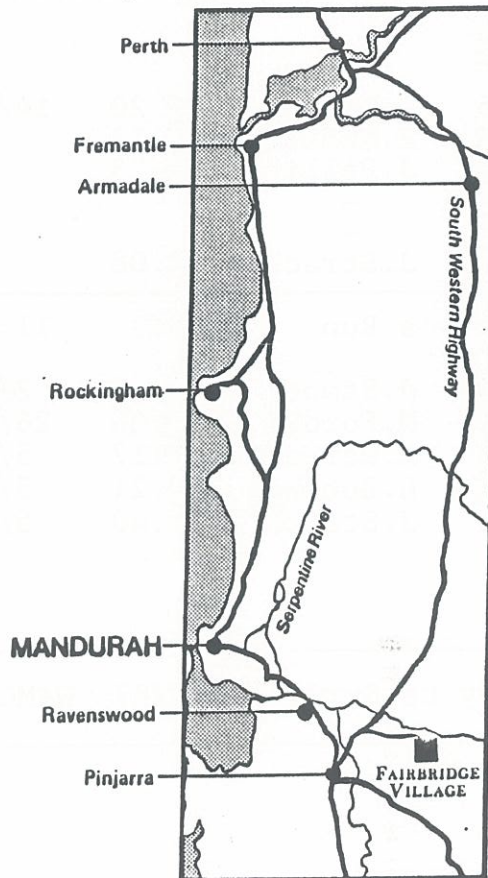
This August Issue is out early as Editor Brian and his wife Alison are off to Europe for the month. (On his return, Brian, (M55) if he hasn't put on too much weight, will continue in pursuit of the Silver Fox, Merv Moyle (M60) with about as much chance of catching him as the cat has of catching tweetie-pie). Correspondence will be dealt with when the Editor returns in the first week of September.

**VETS LONG WEEKEND - FAIRBRIDGE**  
**Friday 25th to Monday 28th**  
**September**

Fairbridge Village, Pinjarra nestles near foothills in a magnificent rural setting. It has barbecues, tennis courts, and a large, grassed oval. It is ideal for bush-walks and there will be arranged runs. Accommodation is in 4 cottages and you will need to supply your own bed linen/sleeping bags plus food.

The arrangements cater for a maximum of 60 people so please complete and mail the slip below as soon as possible to Sandi with your cheque.

Take the South West Highway from Armadale, passing through Byford. Then, after passing through North Dandalup, cross over the South Dandalup River bridge. The entrance to Fairbridge Village is 1 km past the bridge on your left, and the village is 1½ km from the highway.



**VETS LONG WEEK-END - SEPTEMBER 25th, 26th, 27th & 28th**

**FAIRBRIDGE VILLAGE**

I (we) will be attending the Fairbridge Long Week-End and enclose \$        herewith, (\$15.00 per person).

Please return this slip to

Sandi Walton  
 9/12 Elvira Street  
 PALMYRA 6157

**(Before September 10, 1987)**

Name: \_\_\_\_\_

**RUNS AND RECORDS - AUGUST 1987**

Mussel Pool 2/8/87 New Run

Croxfords Climb 16/8/87 12KM or 8KM  
(No records for 12KM)



8KM

W35	L.Trott	46.20	14/9/86				
W40	P.McLIVER	43.38	"	M40	J.Yates	31.36	14/9/86
W45	J.Pellier	39.23	"	M45	B.Sammells	32.47	"
W50	-			M50	-		
W55	-			M55	K.Johnson	40.48	"
W60	J.Strachan	50.08	"	M60	D.Strachan	38.13	"

Danby's Run 23/8/87 11.6KM (But Course changed)

W35	J.Stone	58.20	2/11/80	M35	C.Leman	43.15	25/ 8/85
W40	M.Forden	54.46	26/ 8/84	M40	D.Caplin	43.33	2/11/80
W45	M.Warren	60.17	5/ 9/82	M45	D.Caplin	41.56	26/ 8/84
W50	L.Butcher	57.21	5/ 9/82	M50	D.Carr	45.44	5/ 9/81
W55	J.Strachan	77.40	5/ 9/82	M55	A.Tyson	49.21	13/ 9/81
				M60	A.Wright	53.18	5/ 9/82
				M65	R.Horsley	57.44	13/ 9/81

City to Surf 30/8/87 WAMC

世界最大马拉松大会

“Runner's World is on the Move!”  
as from:— 13th JULY, 1987.

we will be located at:—

**5 FITZGERALD STREET, PERTH**



Effective from the 13th July will also be our New Telephone Number

**227 7281**

世界最大马拉松大会



ALAN MERRETT

Following the write-up on Alan in your last issue, I thought it would be appropriate to give a few personal details of his other activities. Our friendship began when we met in 1947. He was new on the athletic scene but certainly made his mark that year and for the next 10 years as detailed in the Vetrun (July) article.

Veterans Club members might be interested to learn Alan, besides being one of Australia's leading distance runners, was a tower of strength in administrative and other spheres - he was Captain and later President of the YMCA Athletic Club (& Life Member); was the recipient of the Langsford Award for outstanding service in YMCA Youthwork; President of the Scarborough Badminton Club; an Official at the Commonwealth Games in 1962, and at National & State Championships for many years. He was a member of the W.A. Veterans Club since its first year -1974 - and helped a great deal in our formative years.

Gwen and I had the privilege of attending the wedding of Alan and June in April 1953 in the Salvation Army Church. Their lifetime membership of the Church has been a great consolation to June in recent months. They were also accomplished dancers and attended many local functions in that capacity; during Veterans Club dinners they were always amongst the first on the dance floor.

In recent years they managed to travel extensively, showing a keen interest in the cultures and people of the countries they visited.

Farewell to Alan Merrètt, a fine athlete, worthy citizen and devoted husband and father.

Dick Horsley.

KEITH McDONALD

It was sad to hear of Keith McDonald's death during July.

For those members who did not know Keith, and that would be the majority as his time with the Vets was relatively short and over the first few years of the club.

Keith had been involved in running in his youth and was a member of the Canning Athletic Club.

Never a top athlete although he had a go, he did have the satisfaction of competing on the Leederville Oval track at the same time an up and coming youngster named Herb Elliott was burning up the grass.

Our first elected President in 1974 Keith was very keen to see the Vets succeed and did his best to participate in all club activities which in those days were attacked with a great deal of enthusiasm and not a lot of style. However from the efforts of a handful at McCallum Park on Sunday mornings has sprung the very successful and active Veterans Club of today.

It was a personal family decision Keith made in 1976 that took him away from the club.

He would like to have been around to see the great club of today which many enjoy.

Those of us who remember the happy friendly guy K McDonald, know he has in a small way contributed to the history of the Club.

R.I.P.

WAFFLE

-READERS LETTERS CONTINUED.....  
PROPOSED A.G.M. ALTERATION

"Joggotherapy" is an American neologism for a form of psychotherapeutic treatment supplied by a group of American Psychoanalysts for miserable, unhappy or neurotic clients. Together they jog around the parks of Los Angeles expressing their innermost feelings of conflict, guilt or anger to an all powerful therapist who presumably makes wise and impartial responses and then sends them all a handsome bill.

Not for a moment would I endorse such a system in this stress free part of the world but I believe the underlying principal is valid and a gentle eight kilometer run in the late afternoon followed by light refreshments would be much more conducive to a successful A.G.M. than the present system of trying to keep in the shade whilst impatiently wondering if it is going to be too hot for a subsequent run. I would favour the proposed change.

John Spencer

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John and Joan Pellier have moved to 432 Discovery Drive, Thornlie and their 'phone number is now 459 7782..

A VERY HAPPY BIRTHDAY TO OUR "AUGUST" MEMBERS  
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01-08-46	O'BRIEN	: Geoff	turns	41	remains	M40
05-08-47	LANGDON	: Jill	"	40	becomes	W40
05-08-34	WHITTAM	: Jeffrey	"	53	remains	M50
07-08-37	VAALSTA	: Tuula	"	50	becomes	W50
08-08-41	CARSE	: Albert	"	46	remains	M45
08-08-48	DANBY	: Brian	"	39	"	M35
08-08-35	MASLEN	: E.N. Ted	"	52	"	M50
12-08-44	LANGFORD	: James	"	43	"	M40
12-08-25	JONES	: Stanely	"	62	"	M60
13-08-39	ROBINSON	: Barrie	"	48	"	M45
13-08-46	TRIPP	: Tony	"	41	"	M40
15-08-27	HUGHES	: William J	"	60	becomes	M60
15-08-49	NEWBY	: Phillipa M	"	38	remains	W35
15-08-47	TAPPER	: Maxine	"	40	becomes	W40
17-08-42	STONE	: Margaret	"	45	"	W45
17-08-43	WALDHUNTER	: Glenys	"	44	remains	W40
21-08-35	AUDLEY	: George	"	52	"	M50
21-08-36	BROWN	: Raymond W	"	51	"	M50
21-08-41	BENSON	: David	"	46	"	M45
21-08-43	MARTIN	: Keith Edwin	"	44	"	M40
26-08-29	DAVIES	: Peter	"	58	"	M55
28-08-37	MARTIN	: Kevin	"	50	becomes	M50
28-08-41	WOOD	: Anthony	"	46	remains	M45
29-08-37	RICHARDS	: Norman	"	50	becomes	M50
30-08-12	BAUMANN	: Betty	"	75	becomes	W75
31-08-41	TRAYNOR	: Michael J	"	46	remains	M45

New Members:-

					D.o.b.	D.o.j
Paul Hughes	26 Hays Tce.	Mosman Park	6012	Ph.384 5737	17-5-52	29.6
Susan Hughes	"	"	"	384 5737	17-12-50	"
David Huxley	18 Broadhurst Crescent,	Bateman		310 1914	26-12-39	6.7
Doreen Huxley	"	"		"	14- 5-41	6.7
William Thompson	4 Ramshaw Street,	Scarborough		341 3523	12-11-40	11.7

CLIFF BOULD HANDICAP 28/6/87

It was pleasing to see on a cold and dismal winters morning, 81 of my fellow club mates turn up to take part in the annual Cliff Bould Handicap. The skies looked ominous as the runners set off toward the Causeway, from McCallum Park, where John Madison had agreed to defend to the death our runners from the ever present speeding cyclists!! No injuries were reported, so thank you John! With a choice of one or two laps, only 13 members chose not to compete for the trophy, perhaps those were the ones who did not get to bed before ten the night before! Dave Carr and June Strachan ran superbly to break their age group records, Dave by 43 seconds, a record which Alan Tyson had held since 1981. June took 13.06 minutes off the W60 record, what a performance!! The trophy was won by Sydney Bowler M60 with Jock Campbell a close runner up. Well, the rain held off while we had cups of tea and coffee, thank you Lorna, Bev Thornton went home to find a cure for frostbite, thank you Bev for taking the names, and Stuart and Brian packed the trailer ready for another day, thanks fellas!! Look forward to seeing you all next year, if not before, and of course last but not least, thank you to our friend, Cliff Bould.

Sandi Walton

RESULTS

<u>Name</u>		<u>Clock Time</u>	<u>Handicap</u>	<u>Adjusted Time</u>
<u>1 LAP</u>				
B.Worner	M55	23.52		
K.Johnson	M55	24.27		
M.Forden	W45	24.52		
J.Russell	M50	25.05		
P.Jones	M50	25.26		
K.Forden	M45	27.00		
S.King	VIS	(27.47)		
R.McLiver	M45	27.52		
B.Joyce	M50	28.05		
K.Penton	W45	29.36		
G.Sutherland	W40	29.54		
D.Huxley	VIS	(30.59)		
<u>2 LAPS</u>				
S.Bowler	M60	54.15	27.00	27.15
J.Campbell	M50	46.34	16.45	29.49
K.Gilbert	M45	39.19	7.15	32.04
J.Strachan	W60	59.12	27.00	32.12
M.Johnson	M50	53.12	21.00	32.12
B.Power	M40	38.47	6.30	32.17
D.Moffett	M55	43.23	11.00	32.23
H.Kirkman	M45	37.02	4.15	32.47
R.Sammells	M50	41.03	8.15	32.48
R.Shand	M55	42.10	9.15	32.55
T.Savin	M40	37.13	4.15	32.58
P.McLiver	W40	48.32	15.30	33.02
D.Strachan	M65	49.50	16.45	33.05
J.Cunningham	M45	41.22	9.15	33.07
M.Moyle	M60	46.37	13.30	33.07
J.Lindsey	M35	47.46	14.30	33.16
J.Spencer	M50	43.50	10.30	33.20
M.Faunge	M45	44.59	11.30	33.29
R.Matzke	M45	44.36	11.00	33.36
B.Harwood	M45	41.51	8.15	33.36

2 LAPS

<u>Name</u>		<u>Clock Time</u>	<u>Handicap</u>	<u>Adjusted Time</u>
P.Airey	M50	44.08	10.30	33.38
D.Carr	M55	40.57	7.15	33.42
K.Martin	M45	43.30	9.45	33.45
S.Hicks	M60	53.32	19.45	33.47
G.Thornton	M45	40.04	6.15	33.49
P.Martin	M45	42.26	8.30	33.56
J.Langdon	W35	56.04	22.00	34.04
M.Kahn	M40	43.05	9.00	34.05
A.Jenkins	M40	42.25	8.15	34.10
J.Slinger	W45	52.03	17.45	34.18
J.Pellier	M45	43.03	8.45	34.18
D.Philip	M50	47.23	13.00	34.23
R.Lawrence	M55	49.05	14.30	34.35
P.Carr	W55	59.50	25.00	34.50
B.Buchanan	W40	65.15	30.15	35.00
A.Aldrich	W40	53.54	18.45	35.09
R.Farrell	M45	52.06	16.45	35.21
P.Farrell	W40	56.25	21.00	35.25
C.Bould	M70	56.21	18.45	35.36
J.Foley	M60	54.26	18.45	35.41
D.Caplin	M45	40.57	5.15	35.42
A.Leggett	M65	54.31	18.45	35.46
B.Crellin	M45	49.43	13.30	36.13
F.Usher	M60	58.14	22.00	36.14
B.Aldrich	M55	47.47	11.30	36.17
B.Danby	M35	40.50	4.30	36.20
L.Butcher	W55	57.23	21.00	36.23
P.Weston	W50	68.27	22.00	36.27
K.Crellin	W45	63.27	27.00	36.27
J.Peirce	W35	53.12	16.45	36.27
B.Slinger	M45	47.04	10.30	36.34
A.Tyson	M60	48.27	11.30	36.57
E.Moyle	M60	57.05	19.45	37.20
C.Cole	W45	63.21	26.00	37.21
L.Hassam	M55	59.53	22.00	37.53
E.O'Dea	W50	67.58	19.30	38.28
M.Robinson	W50	65.45	27.00	38.45
J.Willers	W35	55.52	16.45	39.07
K.Whistler	M50	54.07	14.30	39.37
R.Raymen	M40	39.51	-	39.51
A.Sim	M35	51.58	12.00	39.58
T.Speechley	M40	53.12	9.15	54.57
B.Munyard	M40	44.36	-	44.36
M.Warren	W50	68.49	22.00	46.49
M.Warren	M45	59.12	11.00	48.12
G.Schaefer	M50	58.50	9.15	49.35
M.Loly	M45	50.13	-	50.13
W.McKinnon	VIS	60.17		

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COLLIE MARATHON

Richard Harris reports that Veteran runners did well in this inaugural event, staged in late June, with the first two men and the first woman all being over 40 years.

The race winner was John Pressley (M40) in 2 h.38 m.45 s. with Hank Stoffers (M45) second in 2 h.39 m.03 s. Joanne Collins (W40) had originally intended to run a half marathon but was persuaded to do the full course which she completed in 3 h.15 m.49 s. (Joanne did do her half marathon two weeks later when she ran the Perth Half Marathon in 1 h.31 m.48 s.)

The Collie Marathon was a very well-organised run over a hard but interesting course. The word is that veterans will be back in force next year.



JUMP JUMBLE by N.O. JUMP

Firstly the following is not intended to be an expert's guide to the Olympics but just odd notes from a self-taught mediocre novice-veteran. The last few years have brought a marked growth of interest in those technically difficult long and triple jump events with our ladies showing remarkable ability to master what, in the past, was a male prerogative so far as the triple was concerned.

For various reasons I came into athletics late in life, partly to convince my descendants that there could be some life in the old dog. Being, by nature, averse to the dedication required for distance work and ignorant of the skills needed for field events, I settled for the jumps as they, so I thought, didn't require too much running. So I bought, begged and borrowed many instruction books which in some respects produced confusion as some were based upon the writer's personal preferences and I did find from statistics that the world beaters settled for individual preferences for their distances in the hop step and jump phases. Our lawn and the local park were used for training but I soon found out the need for a sandpit. The final landing on grass is a painful process and should be avoided at all costs or injury will follow as surely as night follows day. Heel cups are a must for both training and competition.

Since those early days I've learned a thing or two as the result of trial and error. Unless some kind soul can video you in flight you have no idea of your action, only your distance, so that comment from an experienced jumper can be very useful. The experts state that the hop step and jump ratios depend upon whether you use the "Flat Speed" technique or the "Bounding" one. The former one involves a comparatively lower height at take-off, producing around 35%-30%-35% for the three phases. With "Bounding" the hop is higher and the aim is approx 38%-29%-32%. In the first years my own ratio was 5-6-8 which both puzzled and annoyed me until I swapped from Flat to Bounding which increased both the hop and total distances. So it's as well to try both.

Too much importance cannot be attached to the run-up and take-off. Obviously, the younger you are the better you are able to cope with a long run-up. The guide books suggested 40 metres plus, which may suit champions but is too tiring for the aged so, at the time of my first State Championships, I had settled for 32. It was a hot day and I only managed 4 jumps and exhaustion. Later on I paid more attention to sprinting, on the lines of the 60m indoor events, with a flying start and running into top speed as quickly as possible. As the result of experiment I could get away with a 20m run-up and found it easy to cope with the 6 jumps required in the limited time available at events. In addition, the previous no-jump trouble disappeared and I hit the board automatically without looking downwards.

To maintain direction and body control it is wise to fix your vision on a distant headhigh marker, such as the bough of a tree or a window, up to the hop and step stages. This applies equally to the long jump, but however you end up, make sure it's in a sandpit !!