



# The Vetrun



No. 191 . AUGUST 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

YOU CAN ALWAYS BETTER YOUR BEST.

### PRESIDENT'S CORNER.

1. The annual quiz night is the only major fund raising activity conducted by the club. I appeal to all members to get behind the committee by supporting this great night. Prizes are generally donated by members so please approach your local merchants or friends for donations. (Time and date later in this newsletter, I hope).

2. The State Veterans Marathon Championship will be run in conjunction with the Perth Peoples Marathon. Placegetters in each age group will receive a Club Certificate and the winners will receive a special commemorative medal also. The W.A. Marathon Club has kindly donated \$250.00 worth of sponsorship money to help pay for Trophies and Medallions.

3. Rob and Peggy MacLiver are currently holidaying in the USA, I am green with envy.

4. The strength of the Club obviously lies with it's members, two of these members have decided to assist the club by raising funds. Fred Hagger has donated two lovely dolls Knitted by his wife Ivy.

Morris "Hot Dogs" Warren has been busy with his stand at club events and has been keeping Jim Barnes busy with his sausage orders.

The committee is extremely grateful to both these thoughtful people.

5. Morris was again to the fore in staging the 50km Road Racing Championships: These have now concluded and results will be coming through shortly. Well done to all participants and congratulations to all winners.

6. Both the Kings Park and Reabold Hill cross country events proved to be popular. Not too many got lost at Kings Park this year despite assurances by the race director. What did he really say at the start? I heard something about doing it backwards and blindfolded? Oh Well!!!

7. I don't always get a chance to talk to New Members at club runs. Don't be bashful about approaching me, I am the one with all the badges hanging off me and always looking cool, calm and collected.

8. Best wishes to Jim Barnes and Brian Aldrich who will be off shortly to Iceland. Jim will run in the Reykjavic Marathon and Brian will run the Half Marathon. Brrr. (Let me have reports for the N/L please Ed) Keith.

WANTED. The club has need for a tent for our start/finishing line at events. Somewhere among our members there may be a kindly donor. The tent would need to have three sides and a roof, but no floor and be 8 x 6 (2450 x 1850) approx. We would put our club name and of course the sponsors name on it. Please contact Keith Forden 409 6693.

COMMITTEE MEETING. As a trial this summer we will be putting on a training night for field events at Perry Lakes Stadium. The suggested format is training first and finishing off the night with a points competition (one event or possibly two). Also this year there will be a change in the time trials competition for the Patrons Trophies. Each event will be held TWICE, once at McGillivray and one at Coker Park, with the

best time to count in the competition. The full programme will be printed before the start of the season so that those who have holidays during the season will be able to decide which events they have to do before they go away, it will also enable those who cannot make it to one of the venues to complete the full programme. Possibly the field events could be done at Perry Lakes on the training nights. Would you let any of the committee know your opinions.

LIFE MEMBERS BADGES. It has been suggested that members who are given Life Memberships be presented with a small badge or stick pin with the words Life Member and possibly the year they are made life members and also the club badge. The exact design is yet to be decided, again would you let the committee know your views.

OCEANIA CHAMPIONSHIPS. Which were to have been held in June this year and were cancelled have now been revived and will be held in Noumea from 28th Oct - 1st Nov. If you are interested in going use the entry form that was published in the March 1988 issue of the Veteran Athlete.

#### PRE - VETERANS.

The question of the status of Pre - Veterans in our club is raised quite regularly. To find the answer to this question we need go no further than our Club Constitution. The following is an extract of the relevant section.

#### NAME:

1. The name of this body shall be the W.A. Veterans Athletic Club and it shall hereafter be referred to as the "Club".

#### OBJECTS:

The objects of the Club shall be to encourage and promote veteran athletics and general fitness of its members for men 40 years and over and women 35 years and over and to provide training and competition within the area of jurisdiction of the Athletic Association of W.A. (hereinafter abbreviated to AAWA). The Club shall provide similar facilities for pre-veteran men 35-39 and women 30-35 years. Veterans and Pre-Veterans shall be considered members. the committee may accept associate members.

I hope this will clear up some of the doubts that people have had about the status of our pre-veterans. It is interesting to note what is intended in the near future by reading an extract from the proposed constitution of the Australian Association of Veteran's Athletic Clubs Ltd, our parent body.

#### NAME.

The name of the company is the Australian Association of Veteran's Athletic Clubs Limited (the Association).

#### OBJECTS.

The objects for which the Association is established are all or any of the following:-

To improve the physical, mental and social well-being of the citizens of the Commonwealth of Australia through the encouragement and promotion of athletics for persons over thirty (30) years old and the proper regulation of such activities.

The committee welcomes comments on this subject.

Dick Horsley has received a letter from Don Stone. At the moment he is in Switzerland, by the sound of it he is doing an in-depth study of the coffee and cake shops, as well as helping his daughter find an apartment. While he was in England he went to watch some old mates compete in a Winter League 10km walk and was requested, inveigled, conned into competing with them "as we are one short for the team" and in spite of having no gear or shoes with him a full uniform including shoes appeared in about two seconds. He managed to finish in under the hour, but for the next week he could hardly walk he was so stiff. He sends his regards and best wishes to all club members. There is a vague possibility that he may pay a visit during the summer as he has "lost his tan"????

PERTH - ALBANY ULTRA MARATHON. Alan Croxford who is running in the race is seeking assistance, either with help in crewing or by sponsoring him. Anyone who can help in either area can get in touch with Alan by ringing him on 344 8659. The race starts in Perth on the 29th September 1988.

Is it really worth it?

Crossing over Fremantle Traffic Bridge, doing a sharp turn down to the river's edge, passing a sign which read "Half Way", knowing you are feeling good; knowing your daughter is leap-frogging your progress in her car because you're her dad; knowing you are 5 minutes ahead of the schedule planned to conquer The Marathon in 3hrs 50mins in order to qualify for a Master's Certificate.

Is it really worth it?

The long back along Preston Point Rd knowing two chaps, who regularly thrash you in club events, are up ahead and they are aware of your proximity; the gradual whittling down of the gap between, running a while with them, then gradually drawing away.

Is it really worth it?

The long hill in Kintail Rd where I passed men who were walking only to be passed by them when I was walking. Nobody speaking to the other. Each man locked in his own struggle with The Marathon.

Glancing at my watch as I grabbed a plastic cup of water at the 35km point to see that I was 10 minutes ahead of schedule and realising, because of this stupidity, I was beaten.

Oh; the dull ache of that realisation!

I simply had a retreating feeling of letting go and felt I wasn't capable of further physical effort.

Is it really worth it?

Where does it come from? This gathering up of inner strength which makes a man rise above the smallness of himself.

Perchance it is the mental discipline acquired during training. Perchance it is the pre-race knowledge that you are going to reach this stage of physical and emotional exhaustion.

I do know that the mind is no longer with the body. It gradually takes over and demands the body extend itself beyond its accepted limits because the spiritual unity which makes the man has dedicated itself to attaining a pre-determined goal.

Give up now --- and you fail!

Is it really worth it?

Soft-grey the day when I arose  
To don my silken running clothes  
And pull my track-suit on:  
Then knelt upon the dew-soaked lawn,  
My face towards the reddening dawn,  
And asked for strength to run The Marathon.  
To run The Marathon.

Come, Runners all! Come gather nigh!

You sense this challenge? So do I!

Let all doubts now be gone!

Embrace this moments magic spell.

Behold! We live and all is well!

We'll run this Marathon!

We'll run this Marathon!

Langley Park was all hustle and bustle with the organisers setting up the area for such an event; over 600 people bunching up on the road waiting the starter's gun; the sprightly steps of the first few kilometres, the sight of runners stretching from the old brewery, around the water's edge and back beyond to The Narrows Bridge; the blue of the sky; the River Swan in placid, reflective mood; the City of Perth in the background; my city -- my country -- my Cup of Joy runneth over.

Is it really worth it?

People manning the drinking and sponge stations had been asked to 'dress up' and impart a carnival atmosphere to the event.

The first sponge station was manned by my family. There were my two daughters wearing dressing-gowns with plastic curlers in their hair and displaying a sign reading:- "The things some fathers will do just to get their children out of bed in the morning."

My grandchildren were there, too. Not my children but my children's children --- part of my life which has been handed on and will be here when I am no more.

"Come on, Pop," calls No.1 Grandson in a deep adolescent voice  
"You can do it!"

The mind started reasoning. 7Kms to go and 45mins to do it in. That's a little over 6 minutes a Kilometre. Come on! You regularly run 20 Kms at 5 minutes a Kilometre! Come on!

I made it to The Narrows Bridge by jogging, walking, staggering and, at one stage, crying a little.

Walking over The Narrows Bridge I realised <sup>TIME</sup> was running out. I doubted if I was physically capable of finishing, let alone finishing in 3hrs 50mins.

Just past the ramp on the Perth side of the bridge, on the edge of the pathway leading through the gardens, was a little sign quoting:- "40Kms."

Ah well; it was a good try. Only 12 minutes to go.

12 minutes!

Come on! Walk one hundred paces, jog one hundred paces! Count ten paces for every finger and thumb! 1-2-3-4- that's it! Lift yourself!

By the time I reached the Barrack Street jetties I had built my jog up to 400 paces without walking.

"Dad! You all right?" It was my daughter's anxious voice.

"Yeah, I'm O.K."

A deep adolescent voice sounded in my ear:- "Come on, Pop, you can do it. I'll run the rest of the way with you. We'll make it."

"You bet we will, mate."

We did!

I rounded the sweeping, flag-bedecked curve in Langley Park with a blurred vision of friends and colleagues leaning over the rope and calling my name, the P.A. system announcing my arrival and the big digital clock displaying figures reading 3hrs 49mins 30secs. Success requires no apologies -- failure permits no alibis!

Is it really worth it?

I walked the streets of Perth for weeks afterwards knowing I was not an ordinary run-of-the-mill person.

I had run a Marathon and for the rest of my life I shall know

I once reached for the stars and, for one brief moment, I held one in my hand.

Yours in Running,

*Arthur Legg*.....

#### NATIONAL 89 - NEWS UPDATE #3

There was no progress report in the last Vetrun as no significant milestones had been reached. The position has now changed.

Venues. The Perth City Council has approved the Courses for the Road Walks and the Cross Country. So spectators on Easter Monday will now have plenty to choose from as these events will be staged in the Perry Lakes/Bold Park area, while the Pentathlons will be held in the nearby stadium.

Dick Horsley has designed the Course for the 20K and 10K Walks. Dick has brought his many years experience as athlete and official to the Walks and competitors will be assured of a fair, but testing Course.

Brian Foley has done a similar job for the Cross Country runners. Limestone, grass and earthen tracks comprise the hilly section of the Course with grassland on the flat. It should be a great event.

Sponsorship. The R & I Bank was a major sponsor of our 1982 Championships and they have agreed to sponsor these ones as well. They will again be presenting Athlete of the Meet trophies, one each for the outstanding man and woman.

Programme. Bob Fergie has drafted a programme for Committee consideration. This may be finalised by the end of July. As in our non-sexist State Championships, the full range of events has been programmed for men and women, including those previous male preserves, the Pole Vault, Hammer, Triple Jump and Steeplechase.

Clothing. Although advised in earlier Newsletters, it is stressed that the State uniform MUST be worn by competitors. More uniforms and commemorative tops will be available in the near future.

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

Ronald G Spencer	467, North Beach Road, Gwelup. 6018.	4480324	23/Nov/39
Robyn L Holmes	27, Stubbs Terrace, Daglish. 6008.	3812759	24/Mar/49
Colleen Milbourne	3, Cromer Place, Lynwood. 6155.	4586162	14/Feb/48
Peter Hill	22, Ecko Road, Kelmscott. 6111.	3904342	28/Mar/48
Judith Hill	" " " " " "	"	24/May/48
John Devenport	90, Victoria Street, Mosman Park. 6012	3833426	17/Dec/52
David j Bryant	24, Pawlett Way, Karrinyup. 6018.	4479559	29/May/45
Carol F Clarke	R.M.B.201, Geraldton. 6530.		21/May/45
Brian Jones	3, Lismore Court, Duncraig. 6023.	4475906	14/Jan/28
Ann Leiseboer	6a, Marlow Street, Wembley. 6014.		14/Aug/43
John W Leiseboer	" " " " " " Associate Memb.		22/Sep/56

CHANGE OF ADDRESS. Bob Sammells, 4, Legana Ave, Kingsley, 6026. 3092293

A VERY HAPPY BIRTHDAY TO OUR "AUGUST" MEMBERS  
 =====

01-AUG-46	O'BRIEN	: Geoff	turns	42	remains	M40
05-AUG-47	LANGDON	: Jill	"	41	"	W40
05-AUG-34	WHITTAM	: Jeffrey	"	54	"	M50
07-AUG-37	VAALSTA	: Tuula	"	51	"	W50
08-AUG-41	CARSE	: Albert	"	47	"	M45
08-AUG-48	DANBY	: Brian	"	40	becomes	M40
08-AUG-35	MASLEN	: E.N. Ted	"	53	remains	M50
10-AUG-48	BURWOOD	: Chirs	"	40	becomes	M40
11-AUG-46	BOYD	: Gillian R	"	42	remains	W40
12-AUG-44	LANGFORD	: James	"	44	"	M40
12-AUG-25	JONES	: Stanely	"	63	"	M60
13-AUG-39	ROBINSON	: Barrie	"	49	"	M45
13-AUG-46	TRIPP	: Tony	"	42	"	M40
15-AUG-27	HUGHES	: William J	"	61	"	M60
15-AUG-49	NEWBY	: Phillipa M	"	39	"	W35
15-AUG-47	TAPPER	: Maxine	"	41	"	W40
17-AUG-42	STONE	: Margaret	"	46	"	W45
17-AUG-43	WALDHUNTER	: Glenys	"	45	becomes	W45
18-AUG-43	HOUGH	: Jan	"	45	"	W45
19-AUG-35	TURNER	: Cedric (Shorty)	"	53	remains	M50
21-AUG-35	AUDLEY	: George	"	53	"	M50
21-AUG-36	BROWN	: Raymond W	"	52	"	M50
21-AUG-41	BENSON	: David	"	47	"	M45
21-AUG-43	MARTIN	: Keith Edwin	"	45	becomes	M45
22-AUG-49	WALL	: Martin E	"	39	remains	M35
26-AUG-29	DAVIES	: Peter	"	59	remains	M55
28-AUG-37	MARTIN	: Kevin	"	51	"	M50
29-AUG-37	RICHARDS	: Norman	"	51	"	M50
30-AUG-12	BAUMANN	: Betty	"	76	"	W75
31-AUG-41	TRAYNOR	: Michael J	"	47	"	M45
19 Aug 32	FRY	TIT	"	56	"	W55
14 Aug 43	LEISEBOER	ANNA	"	45	Becomes	W45

RMB 9210  
 Lwr Denmark Road,  
 Albany.

Dear Jeff,

Will you pass on my thanks to all the Vets and walking judges who gave up their time to help in the 24hour. Walking the 24hour was the hardest event I have ever completed, I found that walking the 100miles on grass was harder than the Sydney to Melbourne.

I am now back in the 200km a week lark with a marathon on a Wednesday and two marathons on a Saturday - hard on shoes isn't it?

Regards

George.

(George Audley)

In two years with the Vets I had not as yet managed a 1st place for my age group, and was not likely to with Allen Tyson and Merv Moyle competing.

I decided to try the Collie Half Marathon and with neither Allen or Merv in the race, that should have been my big opportunity. But as Rob Shand noted in his report of the Collie Marathon Day, I celebrated my 65th birthday that very day and so became ONE DAY TOO OLD, moving up into John Gilmour's age group; and everyone knows what the result will be if John runs! and he did! with his usual excellent time.

So being TOO YOUNG to win an older age group place is fair enough, but to be just ONE DAY TOO OLD after two years of running was hard to take, especially as I improved on my previous best time by almost FOUR MINUTES.

Maybe there is a moral to my hard luck story, perhaps a more experienced or enlightened Vet could put me wise if there is? I have the next five years to work out a solution, when my 70th birthday falls on a SATURDAY, the day BEFORE most events.

Derek Drayson.

5, Rae Place,  
Leeming.

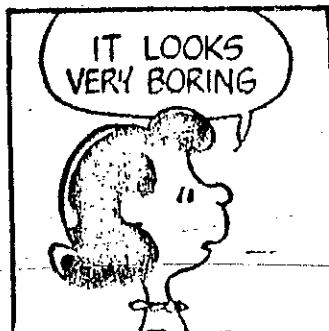
Dear Jeff,

I have had a question put to me which I thought may be of interest to club members. Who was the club's First Treasurer? So I looked up my copies of the newsletters and found it was Tony Morton. I thought it might be a good idea if you published the Office Bearers of the club in past years. I believe it would be of interest to new members.

I have copies of all the Club Newsletters since they were first published, my collection may be of interest to the club in years to come.

John Gilmour.

year	Patron	President	V/President	Secretary	Treasurer
1974	-	Keith McDonald	John Gilmour David Carr Jack Collins	Cliff Bould	Cliff Bould/ Tony Morton
1975	-	Keith McDonald	as above	Cliff Bould/ Dick Horsley	Tony Morton
1976	Bill Hughes	Keith McDonald	John Gilmour David Carr Dick Horsley	Rob Shand	Jack Collins
1977	Bill Hughes	Bob Hayres	as above	Rob Shand	Jack Collins
1978	Bill Hughes	Bob Hayres	as above	Rob Shand	Bob Sammells
1979	Bill Hughes	David Carr	John Gilmour Dick Horsley Bob Hayres	Rob Shand/ Bob Fergie	Bob Sammells
1980	Bill Hughes	David Carr	Dick Horsley	Rob Shand	Bob Sammells
1981	Bill Hughes	Bob Sammells	Barrie Slinger	Dorothy Whittam Val Prescott	Roger Walsh Bob Fergie
1982	Bill Hughes	Bob Sammells	Barrie Slinger	as above	Colin Leman
1983	Bill Hughes	Barrie Slinger	Don Stone	Fraser Deanus	Colin Leman
1984	Bill Hughes	Barrie Slinger	Dick Horsley	Duncan Strachan	Frank McLinden
1985	Bill Hughes	Leo Hassam	Lorna Butcher	Duncan Strachan	Frank McLinden
1986	Bill Hughes	Leo Hassam	Jacki Greenfield	Sandi Walton	Rob Farrell
1987	Bill Hughes	Basil Worner	Keith Forden	Sandi Walton	Rob Farrell
1988	Bill Hughes	Keith Forden	Sandi Hodgé	Rob Davies	Ernie Moyle



McCallum - University 15km R.R.C. 26th June 1988.

A Fine cool day drew a big Field for the 15km second leg of the Road Racing Championships and the supporting 8km run. In all we had 110 finishers, including three intrepid walkers, who set off early and timed themselves. We also had a mystery runner in 78th place.

First across the line in the 8km event was John Leiseboer a visitor running by invitation. First club member was Peter Roberts in 30.59, first lady was Gillian Roberts in 35.51. Bert Carse won the 15km run by a big margin, in the very good time 52.09. First lady was Marge Forden in 67.33.

Thanks to our super efficient helpers - Bev Thornton, Maureen Pomery, Maurice Johnston - everything went smoothly at the finishing line. Thanks also to Chris Brockwell who measured and marked the course at 1km intervals.

After the run the Hendry Morris Catering Service did a fine job of feeding the hungry hordes, Haute Cuisine at its best.

I hope everyone had a good day.

Don Caplin.

RESULTS:- 8km.

1.	John Leiseboer	Vis	30.17	12.	Victor Beaumont	M55	43.28
2.	Peter Roberts	M40	30.59	13.	Carol Cole	W45	43.57
3.	Brian Foley	M40	31.16	14.	Margaret Warren	W50	44.15
4.	Joe Stickles	M50	31.48	15.	Jan Johnson	W40	44.38
5.	Jim Barnes	M45	43.30	16.	Patricai Carr	W55	46.12
6.	Serge Toussaint	M40	35.38	17.	June Strachan	W60	46.16
7.	Gillian Roberts	W40	35.51	18.	Karen Crellin	W45	46.38
8.	Joanne Pearce	W35	38.22	19.	Ron Spencer	M45	46.40
9.	Bill Hughes	M60	42.20	20.	Wendy Jones	Vis	47.07
10.	Keith Forden	M45	42.51	21.	Beverley Milling	Vis	49.41
11.	Duncan Strachan	M65	43.07	22.	Barbara Buchanan	W40	51.22
				23.	Dick Horsley	M75	62.16
				24.	Patricia Weston	W50	62.17

WALKERS.

Val Tyson	W65	70.11
Pat Miller	W50	70.12
Mary Robinson	W50	70.12

15km.

1.	Bert Carse	M45	52.09	33.	Denis Miller	M45	66.50
2.	Peter Priest	Vis	54.43	34.	Mike Traynor	M45	66.54
3.	Bob Schickert	M45	54.46	35.	Alan Pomery	M55	67.08
4.	Frank Smith	M45	54.54	36.	Mike Faunge	M50	67.28
5.	Paul Hughes	M35	55.17	37.	Margery Forden	W45	67.33*
6.	Maurice Smith	M50	55.19	38.	Tony Speechley	M40	68.48
7.	John Gilmour	M65	56.09	39.	Merv Moyle	M60	69.41
8.	Colin Leman	M40	57.49	40.	Micheal Watts	M50	70.19
9.	Paul Martin	M45	58.57	41.	Jill Shugar	W45	71.05
10.	Graham Thornton	M45	59.01	42.	Morris Warren	M50	71.24
11.	Derek Hoye	M45	59.30	43.	Derek Drayson	M65	71.27
12.	Bruce Wilson	M40	59.34	44.	Norman Miller	M55	71.31
13.	Dave Roberts	M45	60.02	45.	Peggy MacLiver	W40	71.40
14.	Dave Houghe	M55	60.22	46.	Ronald Potter	M45	71.52
15.	Bob Sammells	M50	60.27	47.	Rob Shand	M55	71.53
16.	Kevin Martin	M50	60.46	48.	Margaret Birks	W40	72.25
17.	John Maddison	M50	60.48	49.	Allen Tyson	M60	73.59
18.	Frank McLinden	M55	61.33	50.	Rob Farrell	M45	74.10
19.	Dave Carr	M55	61.44	51.	Linda Rhodes	W40	75.19
20.	John Pellier	M45	61.49	52.	Dave Bryant	M40	75.24
21.	George Schaffer	M55	62.00	53.	Ann Turner	W50	75.39
22.	Rod Stewart	M45	62.52	54.	Stewart Hicks	M65	75.40
23.	Dalton Moffett	M55	63.05	55.	Cliff Bould	M70	75.41
24.	Jim Greenfield	M40	63.10	56.	John Russell	M55	76.16
25.	Bill Crellin	M50	63.26	57.	Sandi Hodge	W40	76.17
26.	Larry Brown	M40	63.36	58.	Alison Aldrich	W45	76.39
27.	Mike Khan	M40	63.47	59.	Fred Hagger	M60	77.10
28.	Brian Aldrich	M55	63.51	60.	Ernie Moyle	M60	77.11
29.	Bevan Byrne	M50	65.09	61.	Kath Penton	W45	77.27
30.	Peter Airey	M50	65.20	62.	Mike Fermor	M45	78.02
31.	Brian Paxman	M55	66.13	63.	Joan Pellier	W45	78.32
32.	John Curtis	M50	66.26	64.	Ray Lawrence	M60	78.33

65. Kirt Johnson	M55	79.36	75. Sid Bowler	M65	89.13
66. Patrick Sheerin	M55	79.37	76. Jackie Greenfield	W40	91.11
67. Basil Worner	M55	81.00	77. Gaby Ralph	Vis	91.11
68. Gerry Foley	M60	81.27	78. Sheila Maslen	W50	91.16
69. Phyllis Farrell	W40	82.12	79. Frank Hansford-Miller	M70	100.45
70. Leo Hassam	M55	82.13	<u>WALKERS.</u>		
71. Lorna Butcher	W55	85.43	Jeff Whittam	M50	1.50.51
72. Jill Langdon	W40	85.44	Ann Leiseboer	W45	1.54.25
73. John Goldsmith	M60	88.13	Jack Collins	M75	1.54.29
74. Frank Usher	M60	88.56			

KINGS PARK CROSS COUNTRY. 19th June 1988

The rain held off making conditions this morning good for running. No shortage of volunteers and I thank and name:- Maureen Pomery, Bev Thornton, Sue Jones, Ann Smith, Kirt Johnson, Merv Moyle, Paul Jones and Joan and Barrie Slinger.

Bert Carse was first home, closely followed by Don Caplin and Frank Smith.

Margery Forden "as usual" was the first lady home.

Ray Lawrence.

RESULTS.

<u>W35.</u>		<u>W45.</u>		<u>W50.</u>	
Sue Hughes	43.16	Margery Forden	38.04	Ann Turner	42.00
Maggie Webb	43.58	Kath Penton	38.08	Mary Robinson	49.12
<u>W40.</u>		Joan Slinger	43.01	Dorothy Whittam	52.25
Gill Roberts	38.13	Wilma Vincent	45.18	<u>W55.</u>	
Peggy MacLiver	38.33	Jackie Greenfield	46.08	Patricia Carr	43.47
Margaret Binks	40.25	Carol Cole	48.46	Lorna Butcher	43.55
Sandi Hidge	43.03	Jill Shugar	69.17	<u>W60.</u>	
Jenny Willers	43.48			June Strachan	46.03
Jill Langdon	43.56			<u>W65.</u>	
				Val Tyson	69.17
<u>M30.</u>		Barrie Slinger	36.03	Alan Pomery	38.11
Jihn Leiseboer	30.59	Merv Jones	39.44	Dennis Wilmott	40.03
<u>M35.</u>		Barrie Thomsett	42.33	John Russell	40.05
John Ferris	30.36	<u>M50.</u>		Norm Miller	40.22
<u>M40.</u>		Maurice Smith	30.39	Patrick Sheerin	41.56
Colin Leman	31.34	Ted Maslen	31.05	Kirt Johnson	41.57
Peter Roberts	32.59	Kevin Martin	32.40	Leo Hassam	43.21
Arnold Jenkins	34.02	Joe Stickles	33.10	<u>M60.</u>	
Laurie Brown	34.43	John Maddison	33.28	Brian Jones	33.56
Angus Sim	37.36	Ted Costello	33.41	Allen Tyson	39.41
Ron Potter	37.59	Peter Airey	34.00	Merv Moyle	41.24
Mike Farmer	42.14	Bevan Byrne	34.03	Garnett Morgan	42.47
<u>M45.</u>		Jhon Spencer	34.10	Ernie Moyle	42.55
Bert Carse	29.48	Mike Watts	35.12	Fred Hagger	43.12
Don Caplin	30.11	John Curtis	35.24	John Goldsmith	45.57
Frank Smith	30.13	Shorty Turner	53.33	Dave Jones	52.31
Dave Roberts	32.19	<u>M55.</u>		Jim Huggins	52.32
Paul Martin	32.25	Dave Hough	32.53	<u>M65.</u>	
Graham Thornton	32.39	Dalton Moffett	33.54	Duncan Strachan	43.33
Rod Stewart	32.54	Basil Worner	33.58	Sid Bowler	49.42
Bryan Hardy	32.57	Dave Carr	35.11	<u>M70.</u>	
Micheal Traynor	35.24	Brian Paxman	35.13	Cliff Bould	43.05
<u>Visitors.</u>					
Warren Gee	30.29	Davis Ryder	37.47	David Bryant	41.23
Jeremy Cariss	32.17	John Devenport	37.53	Stuart Lupton	42.29
Greg Dowding	32.38	Richard Anderson	37.55	Jeanette Fiverious	43.16
Brian Coply	34.52	Tim Zapper	40.23	Ron Spencer	45.41
<u>10km Walk.</u>					
Ann Leiseboer	74.55	Jack Collins	74.55	Jaqui Beaumont	75.55



# Hard Training Can Counteract Effects of Aging

Marc Bloom, former editor of *The Runner* magazine, writes on health, fitness and sports.

By MARC BLOOM

**F**IFTEEN years after runners took their first baby steps toward improved health and fitness, the running movement is on the brink of catching a compelling second wind. Runners over 40, average joggers and top-notch competitors are discovering new opportunities in the masters age group, and learning that as midlife athletes they are able to repel the limitations associated with growing older.

People in their 40's, 50's, 60's and beyond can enjoy running and, more significantly, continue to meet the rigorous demands of training and competition. By their numerous examples — and through research results that are starting to materialize — those in the vanguard of the "gray striders" phenomenon are dispelling long-held notions of aging.

According to various estimates, the median age of America's 10 million runners will soon hit 40. The New York Road Runners Club, 25,000 strong, says its membership is increasing primarily in its 40-and-up age group. More than half the 8,000 entrants in this year's Boston Marathon will be 40 or older, and that's an event with strict qualifying standards. While most road-racing fields are not increasing in number, masters divisions are swelling.

Bill Rodgers and Frank Shorter have turned 40 and are still running's chief role models. While their times have slowed a little since their salad days, they can still run near the front of any 10-kilometer pack.

Shorter was one of the star attractions at recent Panasonic Millrose Games. He ran in a masters mile race in which he placed third in 4 minutes 21 seconds. Jim Ryun, now 40, and Peter Snell, 49, competed as well, showing, at the least, that past greats still have what it takes to push to the limit. Indeed, there is excitement over the possibility of a 40-year-old man breaking the 4-minute-mile barrier soon.

But how much can you push yourself once you reach 40? How do the body and mind adapt to stress? How does getting older affect the strength, speed, endurance and drive of the competitive runner? Can distance runners really run as fast at 40 or 50 as they did at 20 or 30?

I'm a test case myself. I am 41. I've been running virtually all of my adult life and refuse to make concessions to age. I'm convinced my best running lies ahead. I feel strong and durable, but have at least one inhibiting problem: flexibility.

When I was 17 and a member of a high school track team, I could palm the floor from a standing position. When I was 30, I could just about touch the ground with my fingertips. Now I'm lucky to reach my ankles.

This tightening — in the calves, hamstrings

and buttocks — has contributed to muscle soreness and back pain and made it difficult for me to develop my speed. Jogging presents no problem, especially since I rarely venture longer than 10 miles anymore. But, in another sense, jogging is the problem, because a slow, heel-hitting gait tightens the posterior.

Like most recreational runners, I've run mostly at a "conversational" pace all these years. Now, I'd like to run fast and, like Frank Shorter, try the mile. Shorter feels he can run 4:10. I feel I can run 5:10.

To run 5:10, I cannot rely on training at a leisurely 7:10- or 8:10-mile pace. I have to do speed work, consisting of 8 to 10 400-meter sprints in 70 to 75 seconds, at least once a week. Whenever I try that my tight legs prevent the loose and easy stride that facilitates such running and the stress of the workout makes my legs ache for days.

Yet, speed tugs at my soul. The midlife runner tends to take stock and search for new thrills. It can be a rude awakening.

I do the requisite stretching exercises, but nothing seems to work. When I sprint, I'm like an LP record spinning on the wrong speed.

Even Peter Snell knows the feeling. Pushing 50, it was half a lifetime ago that the three-time Olympic gold medalist from New Zealand last did speedwork. Preparing for the Millrose mile, he ran the necessary 400's, but found them hard on his system.

Snell, an exercise physiologist now living in Dallas, commented, "The difficulty comes from asking muscle fibers to perform in a way that they haven't been asked in years." In other words, use it or lose it. It is training emphasis, not age per se, that most affects speed.

Had I been training all along for the mile, and not 10-k's and marathons, I'd be fast, but probably lack endurance. Frank Shorter has both? At his elite level, the best runners have a complete menu of talents.

But what they may not have enough of is collagen. Collagen fibers in the connective tissue affect the elasticity of tendons and ligaments. As we age, said Snell, we lose collagen and an increased stiffening sets in, diminishing flexibility.

Shorter may not be aware of this, but I certainly am. In my 20's, when I would occasionally knock off some sprint, my body would readily adapt to the longer, quicker stride. Now, speedwork is like dancing on eggshells. Injury risks are high. "You have to be so careful," Snell said.

In his research, Snell has found a negligible reduction in his own cardiovascular fitness over the years. His maximal oxygen uptake level — or, max VO<sub>2</sub>, a standard measurement of aerobic power — is 68, compared with 72 when he was breaking world records. This 6 percent loss is similar to results found in other studies of runners who have continued to train beyond their peak years.

In fact, in a recent study by Dr. Michael Pollock, director of the Center for Exercise Science at the University of Florida, runners 50 and older who had not only continued run-

## Racers Can Keep Their Times Down As Years Go By

Recreational runners who compete in road races can look forward to high-quality performances if they train with intensity as they get older.

Studies have found that life style, not age, predicts performance, and that the competitive runner over 40 years old who trains vigorously will lose only 4 percent of aerobic capacity per decade. The runners who simply jog in their later years will lose 10 percent per decade.

The performance results can be dramatic. The high-intensity runner capable of a 38-minute 10-kilometer race at age 40 could run 39:31 at 50 and 41:05 at 60. The low-intensity runner could drop to 41:51 at 50 and 46:06 by age 60.

The 40-year-old running 45 minutes who maintained intensity would still be capable of a very respectable 50:40 at age 70. The less active runner could drop to 60:08 by age 70.

ning but had also maintained training intensity were found to have no drop in aerobic capacity.

In the 1970's, Pollock tested 25 competitive male runners age 40 to 72. He looked at them all again 10 years later. The 11 men, averaging 62 years of age, who had not changed their training frequency or intensity during that period, had not lost any fitness. The others, who had cut back on intensity, were less fit. Also, the few men who had maintained weight training showed no loss of muscle mass.

"The results were significant," said Pollock, "because they showed that life style, not age, affected running capacity." Pollock said that the adult who takes up running could conceivably maintain performance levels until age 60 or so. Previously, it was believed running performance, regardless of training emphasis, began to deteriorate around 35 or 40.



A.A.W.A. WINTER SEASON.

With two thirds of the winter Road and Cross Country season completed the Veteran's teams are performing well. Our mens teams are leading the competition in both the 'B' and 'D' grades, while the women started well and are now conserving their energies for the final events.

We have six more events to contest and need all the members to compete in order to continue the good performance. These events are:-

July 31st 15km Road Shelley Pts. Sept 3rd Karrinyup C.C. Relays.  
 August 6th Road Handicaps Kewdale. Sept 11th York - Toodyay Relay.  
 August 14th 10km Road Perry Lakes Pts. Sept 18th Marathon Herne Hill.  
 August 21st Fremantle - Perth Relay.

RESULTS.

29th May.	10km C.C. Harvey.	6th June	12km C.C. Jorgensen Park.		
E Maslen	44.39	R Raymen	48.13	E Maslen	52.44
K Gilbert	47.41	D Hoye	49.38	M Rhodes	53.10
M Rhodes	49.19	B Foley	50.06		
18th June	Hale School				
3km hcap	psn	8km hcap	psn	10km hcap	psn
R Stewart	11.50 7	D Reid	29.00 2	E Maslen	41.44 11
		A Jenkins	34.17 3	D Hoye	42.13 12
		B Foley	33.41 4		
25th June	15km C.C. Kings Park.				
D Reid	56.51 8	D Hoye	61.33 14	B Foley	63.36 16
				A Jenkins	76.49 18
2nd July.	Lake Monger Handicaps				
3km.		6km.			
R Stewart	12.25 4	M Rhodes	26.50 2		
P Carr	17.57 11	D Carr	27.10 14		
9th July	Wanneroo Handicaps.	5km.			
R Stewart	18.49 2	B Oliver	20.53 9	P Carr	27.01 13
E Hindle	22.11 3	M Rhodes	19.10 11	B Kernaghan	23.02 17
10km.					
B Foley	37.56 1	B Wilson	38.22 6	D Carr	41.19 10
D Hoye	38.50 4	J Malloy	39.06 9		

We also organised the George Skeels Memorial Handicap event during the School childrens Championships where Val Prescott joined the ranks of competitors, and our relay teams took first place in 'B' and 'D' grades on July 17th at Darlington. The teams were bolstered by fine performances from Bert Carse, David Reid and the Association Starter, Bruce Wilson, who joined the event after starting it.

The relays on July 23rd during the heavy rain, were not so well attended and we took second places in our grades, coercing Mike Bailey of University to make up our numbers.

Brian Foley.

CLONTARF CROSS COUNTRY

14/8/88

Venue Clontarf Boys' Home, Manning Road (see map) - just east of Kent St.  
 Go in through the main drive, turn right at the statue then left onto the playing fields.

Course A 4km circuit, no hills, but there may be a water crossing--  
please wear old shoes!

The runs will be either 4kms or 8kms. (If you want to run 12kms, you are welcome to do so)

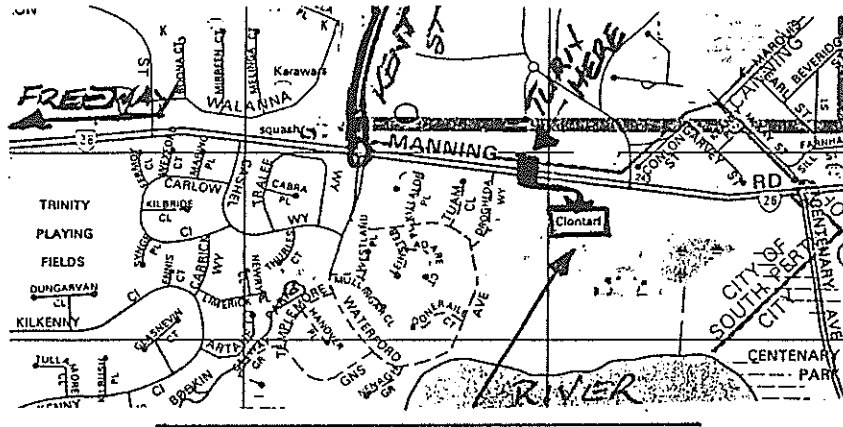
Time 8.0am start

"Afters"

BBQ will be available

It's not a listed "morning tea", but we will be able to provide you with a "cuppa"

There's ample room for a picnic day - plenty of space for games and please feel free to engage in aquatic activities afterwards! Last year the Stomes brought their canoe and made it a biathlon!



RUGBY BOLD CROSS COUNTRY HANDICAPS. 10th July 1988.

5km.									
Peter Roberts	M40	22.53			Patricia Miller	W50	36.32		
Gill Roberts	W40	27.23			Wendy Jones	Vis	37.12		
Basil Worner	M55	29.57			Patricia Weston	W50	38.20		
Vic Beaumont	M55	30.23			Margaret Warren	W50	38.21		
Garnett Morgan	M60	31.28			Christine Easton	Vis	38.38		
Patricia Carr	W55	33.05			Alan Stone	M55	38.59		
Jan Johnson	W40	34.14			Dorothy Whittam	W50	39.37		
Derek Drayson	M65	36.11			Jaqui Jenkins	W40	41.31		
Frank Usher	M60	36.29							
10km.									
Ric Steele	vis	38.20			Barrie Slinger	M45	50.43	21.00	71.43 40
Frank Smith	M45	38.47	28.32	67.19 16	Morris Warren	M50	50.45	21.30	72.15 44
Don Caplin	M45	39.06	27.00	66.06 9	Alan Buckley	M35	50.46	20.30	71.16 38
Bob Schickert	M45	39.14	25.45	64.59 3	Peggy MacLiver	W40	50.58	17.30	68.28 22
Robert Raymen	M45	40.05	25.45	65.50 7	Richard Prince	vis	51.40		
John Ferris	M35	40.15	27.30	67.45 19	Alison Aldrich	W45	52.03	12.45	64.48 2
John Leiseboer	M30	41.28			Margaret Birks	W40	52.45	18.30	71.15 37
Mike Rhodes	M40	42.10	22.00	64.10 1	Linda Rhodes	W40	53.23	17.00	70.23 28
Ian Thomsett	vis	42.19			Stewart Hicks	M65	54.06	12.15	66.21 10
Dave Carr	M55	42.47	24.45	67.32 17	Jim Norden	M45	54.18	17.00	71.18 36
Greg Dowding	vis	43.44			Norm Miller	M55	54.22	20.00	74.22 46
John Maddison	M45	43.48	24.45	68.33 23	David Baxter	M35	54.26	16.00	70.26 29
Frank McLinden	M55	43.54	24.45	68.39 25	Ann Turner	W50	54.54	12.00	66.54 15
Bryan Hardy	M45	44.16	21.00	65.16 5	Ray Lawrence	M60	55.39	15.30	71.09 36
Rod Stewart	M45	44.24	16.30	70.54 33	John Russell	M55	56.42	15.30	72.12 43
John Spencer	M50	44.36	22.00	66.36 12	Patrick Sheerin	M55	56.43	10.00	66.43 14
Rob Shand	M55	44.47	23.00	67.47 20	Joan Slinger	W45	56.44	14.15	70.59 31
Peter Airey	M50	44.51	21.00	65.51 8	Rob Farrell	M45	56.56	11.00	67.56 21
Peter Sanders	M40	45.39	25.45	71.24 39	Alan Pomery	M55	56.58	21.00	77.58 48
Micheal Watts	M50	46.12	24.00	70.12 26	Barrie Thomsett	M45	57.02	13.15	70.17 27
Merv Moyle	M60	46.48	18.45	65.33 6	Jill Langdon	W40	57.45	13.15	71.00 34
Bevan Byrne	M50	46.49	24.00	70.49 31	Fred Hagger	M60	57.49	8.45	66.34 11
Arnold Jenkins	M40	47.43	23.00	70.43 30	Duncan Strachan	M65	57.56	14.15	72.11 42
John Devenport	vis	48.35			Phyllis Farrell	W40	58.29	13.30	71.59 41
Margery Forden	W45	48.37	18.00	66.37 13	Sandi Hodge	W40	59.01	14.15	73.16 45
Merv Jones	M45	48.39	19.00	67.39 18	Carol Cole	W45	59.43	5.30	65.13 4
Matthew Slinger	Vis	49.46			June Strachan	W60	63.07	5.30	68.37 24
Keith Forden	M45	50.37	20.15	70.52 32	Jenny Willers	W40	64.47	14.15	79.02 49
David Bright	M40	50.38	20.30	71.08 36	Ron Spencer	M45	66.38	8.30	75.08 47
WALKERS .6km									
Boy Sanger	W35	38.52			Jack Collins	M75	38.52		
					Val Tyson	W65	55.00		

HERNE HILL 25km. (3rd Leg of R.R.C.) 17th July 1988.

A very big thank you to our ladies who assisted and helped make this R.R.C. event run smoothly, Pat Carr, Pat Miller, Jaqui Beaumont, Maggie Webb looking after the drink stations and Margaret Warren and Clara Costello doing the 12.5 km turn. Maureen Pomery doing timekeeping and recording. THANK YOU.

Conditions at 8am were cold, Squally, wet and generally rough, but this did not stop John Gilmour setting a world record for M65 of 1.38.49. Well done John. Margery Forden set a good pace to win the ladies section followed by Sandi Hodge, Joan Pellier and Phyllis Farrell all finishing within 1½min of each other, good running.

Chris Brockwell ran the fastest time and earns a special vote of thanks for measuring and marking the course. 30 runners finished the 25km and 14 the 10km. It was good to see Don Caplin and Derek Hoye racing the comeback trail again.  
Morris Warren.

RESULTS:- 10km.

1. Don Caplin	M45	37.45	8. Ron Potter	M45	48.09	<u>16km.</u>
2. Derek Hoye	M45	38.06	9. Kevin Martin	M50	49.12	Duncan Strachan
3. Mike Khan	M40	40.55	10. Vic Beaumont	M55	49.15	M65 1.40.54
4. Bevan Byrne	M50	41.57	11. Ann Turner	M50	49.26	<u>20km.</u>
5. John Devenport	Vis	44.42	12. Alan Pomery	M55	49.30	Kirt Johnson
6. Angus Sim	M40	47.05	13. *June Strachan	W60	62.04	M55 1.40.19
7. Keith Forden	M45	47.34	14. Jim Huggins	M40	65.19	<u>8km.</u>
<u>15km.</u>						John Goldsmith
Jill Langdon	W40	86.14	Lorna Butcher	W55	86.14	M60 48.00

25km.

1. Mark Chapman	vis	1.30.04	17. John Curtis	M50	1.54.01
2. Chris Brockwell	M35	1.31.42	18. Brian Aldrich	M55	1.56.16
3. Bob Schickert	M45	1.36.48	19. Margery Forden	W45	1.51.53
4. Jim Barnes	M40	1.37.18	20. Robert Boggs	M40	1.58.59
5. Bob Harrison	vis	1.38.26	21. Dave Hough	M55	2.01.50
6. John Gilmour	M65	1.38.49	22. Derek Drayson	M65	2.04.39
7. Ted Costello	M50	1.39.27	23. Rob Farrell	M45	2.08.20
8. * David Carr	M55	1.42.43	24. Stewart Hicks	M65	2.10.21
9. John Pellier	M45	1.44.14	25. Sandi Hodge	W40	2.11.26
10. John Marsden	M40	1.44.34	26. Joan Pellier	W45	2.11.48
11. Frank McLinden	M55	1.45.14	27. Phyllis Farrell	W40	2.12.59
12. Paul Martin	M45	1.45.19	28. Mike Fermor	M45	2.19.34
13. Wayne Pantall	M35	1.45.47	29. Norm Miller	M55	2.21.38
14. Jim Greenfield	M45	1.49.30	30. Frank Usher	M60	2.34.45
15. Micheal Watts	M50	1.51.24			
16. Brian Paxman	M55	1.52.48			

REPORT ON THE ROAD RACING CHAMPIONSHIPS.

EVENT 1. Jim Barnes Run. 10km. 12th June. A flat course out and back with quite a strong wind to the finish. 59 finishers.

EVENT 2. Don Caplins McCallum-University-McCallum. 15km. 26th June. A flat course out and back. A superb morning for running. 79 finishers.

EVENT 3. Morris Warrens Herne Hill 25km. 17th July. A flat course out and back the weather was very squally but John Gilmour still set a new world record for M65 of 1hr 38min 49sec. 30 Finishers.

Sixteen runners completed all three events. Results are as follows:-

	10km	15km	25km	Average per 1 km over 50km.
W40 Phyllis Farrell	53.15	82.12	2.12.59	5.22
W45 Margery Forden	44.08	67.33	1.57.53	4.35
M40 Jim Greenfield	42.04	63.10	1.49.30	4.21
M45 Bob Schickert	37.22	54.46	1.36.48	3.25
Paul Martin	39.12	58.57	1.45.19	4.03
John Pellier	43.11	61.45	1.44.14	4.11
Rob Farrell	49.07	74.10	2.08.20	5.01
M50 Mike Watts	44.05	70.19	1.51.24	4.30
M55 Dave Carr	47.09	61.44	1.42.43	4.13
Brian Aldrich	42.40	63.51	1.52.48	4.23
Brian Paxman	46.06	66.13	1.52.48	4.30

M55	Dave Hough	43.50	60.22	2.01.50	4.31
M60	Frank Usher	57.34	88.56	2.34.45	6.01
M65	John Gilmour	37.50	56.09	1.38.49	3.51
	Derek Drayson	47.59	71.27	2.04.39	4.52
	Stewart Hicks	52.02	75.40	2.10.21	5.09

This is the second year that the Road Racing Championships have been held over 50km. Only sixteen completed the three events. The first year nineteen managed to complete all three events. Next year we hope that more runners will try to compete in ALL the events, there is a possibility that the 25km event will be moved to McCallum and going out towards the Mount Henry Bridge. Thanks to all the runners who took part, especially those who did all three events  
Morris Warren.

*12 Months To Go*

## Countdown to Eugene



## Gilmour Sets Half-Marathon Mark

Australia's John Gilmour, 69, recorded an astonishing M65-69 world-best 1:20:35 for the half-marathon at Bunbury, W. Australia, May 1. In a field of 211 starters, he was first master over the age of 45. First 40+ were Bob Argyle (1:15:33) and Marjorie Forde (W40, 1:36:37).

## World Games Entry Form in This Issue

The official entry form for the VIII World Veterans Championships is published in the four middle pages of this issue for easy access or pull-out.

The event will be held in the cities of Eugene and Springfield, Oregon, from Thursday, July 27 to Sunday, August 6, 1989. More than 4000 athletes from over 50 nations are expected to attend. Competition will be held in five-year age groups, beginning at age 40 for men and age 35 for women.

It's the first time the prestigious event has ever been held in the U.S.A. There are no qualifying standards; anyone who meets the age requirement is eligible to participate.

Barbara Kousky, Executive Secretary of the Championships, journeyed to Verona, Italy last month to promote the event at the European Veterans Athletics Championships.

Tour packages to be offered to competitors include: white water rafting, a winery trip, Oregon coast trips, tours of the lava caves and Western Town. Other options include Mt. St. Helens, Ashland, and local city tours.

Many foreign entrants are expected to compete in the U.S. TAC National Masters Track and Field Championships in San Diego, one week before the World Championships, and then explore the beauty of the California coast, en route to Oregon. □

*NATIONAL MASTERS NEWS. JULY 88*

## WOMEN ARE IN FACT VETERANS AT 35

by CLEM GREEN, Vice-President, Long Distance Running, WAVA

In the February issue of "The Veteran Athlete" Sarah Cawkwell advocates Women's Veteran status be raised to 40, the same as men, in her article "Why the Preferential Treatment?"

WAVA is one of the least male-chauvinistic organizations in the world, and the decision should be made by the women members of WAVA affiliates.

WAVA is a complex organization, with members of many cultures and ethnic groups. Opinions vary from one affiliate to another, with social factors playing a large role. One can believe that career-oriented and highly competitive women would seek the change to 40 for the sake of sex equality, and because they felt they were being patronized by entering at a lower age. I believe, however, that this is a minority opinion in our Association.

WAVA's entry age of 35 for women was based on two factors, still valid in some countries but perhaps not in the sophisticated cultures of England and the USA:

1) Women athletes reach athletic maturity about five years younger than men, and begin to lose peak performance five years earlier. To delay entry into the inviting veteran ranks for five years could be frustrating; interest

could wane and total withdrawal could result.

2) Since the average marital age-gap is about five years, both partners could travel and compete together. A survey of affiliates was taken 15 years ago, and equal readiness to participate at these ages was manifested by both men and women.

WAVA welcomes suggestions. The final decision will be made by a General Assembly in the future, after the Women's Committee has prepared its final report. Women's Delegate Bridget Cushen is fair minded and could send an open circular to the women's membership of all WAVA affiliates for discussion and a vote on the matter. Since not all affiliates can send their women representatives to the World Games, a postal vote is allowed for WAVA Committees. Whatever decision the women make, the men should surely agree with them.

**THE DOLLS RAFFLE.** The winning ticket was "E57" and was held by David Forden, Keith and Margerys son. David didn't even know he had any tickets in the raffle as Keith had bought them for him without letting him know, Davids girlfriend is reported to be delighted with them though.

**QUIZ NIGHT.** The quiz night will be held on the 14th October at the Rugby Club-rooms at Perry Lakes. Tables of SIX. Starting at 7.30pm. with the first question at 7.30pm SHARP. Come along and have a really good night out and don't forget that the proceeds go to help the club. If you would like to donate a prize please do so, any member of the committee will be only to pleased to take them before the night. Start getting your tables together NOW.

## \$1.5m athletics centre for Craigie

The Wanneroo City Council has approved in principle a proposed athletics centre for the Craigie open space reserve.

Construction costs have been estimated at \$1,511,960, and may be partly covered by the Department of Sport and Recreation, the Lotteries Commission and other government bodies.

Plans for the centre include: a \$500,000 synthetic track, a 600 seat stadium, and a 200 bay car park.

The council has proposed that construction should begin within three years, and payment made over the next two years.

Plans for the centre date back to May 1984, when the council endorsed the concept of an athletics centre within the reserve. But it was not until the Kingsway Little Athletics Centre made a submission in February 1987, that further planning occurred.

Wanneroo councillor

Colin Edwards applauded the proposal, saying that athletic clubs and schools in Wanneroo presently travelled too far to comparable facilities.

"It is pleasing to note that a complementary winter sport, such as hockey, lacrosse, or soccer, might be catered for," Cr Edwards said.



The Australian meat industry is enjoying a high profile at present thanks largely to the amazing effort of runner Mr George Audley (above).

Mr Audley, 52, finished a creditable 13th in the gruelling Sydney-Melbourne ultra-marathon of 1016 km.

A slicer at Metro Meat Ltd, Albany, W.A., he crossed the finishing line fighting fit ... and hungry.

After receiving his sponsorship cheque from AUS-MEAT area manager, Mr Harry Ratcliffe, he devoured a steak sandwich before declaring himself a starter on next March.

After the run Mr Audley wrote to AUS-MEAT with his plans. On May 28 he was joining the 160 km/24 hour walk in Perth.

On September 28 he will set out on Australia's second longest run, the Perth to Albany marathon of 410 km.

And on November 14-20 you will find him in the Colac, Victoria six day race. Last year he finished sixth, after covering 800 miles.

S. C. T.

## Donnelly River — a getaway you can afford

UPDATE\*\*LONG WEEKEND\*\*UPDATE

DONNELLY RIVER HOLIDAY VILLAGE  
Friday/Monday 23/26th Sept.

Bookings are now being taken for this great weekend. Make your reservation now by returning the form below as soon as possible to Sandi with full payment.

CLOSING DATE: 7 SEPTEMBER

Cost is only \$18.00 per person for the entire weekend (accommodation only). Compare this price with that mentioned in the item opposite!

There will be a B-B-Q night and a casserole night so come prepared!

As I mentioned in earlier articles on this subject, numbers will be limited. I suggest that you get your booking form to us as soon as possible to avoid being disappointed.

BUSH RUNS\*\*

BUSH WALKS\*\*

\*\*HAPPY HOUR\*\*

\*AND MORE BUSH RUNS\*

\*\*\*SOCIAL\*\*\*

FUN FUN FUN FUN FUN FUN

Rob Davis

Rest, relaxation and enjoyment, with the warmth of log fires, superb food and the surrounding splendour of the magnificent karri country.

It sounds the ideal getaway from it all, and you can do just that for the unbelievably low price of \$100.

That \$100 is for four full nights accommodation at the Donnelly River Holiday Village and is a special offer open at any time when school holidays are not in progress.

Normally it would cost \$240.

For families not tied to school holidays or for those who want time away from it all in the peace and quiet of one of WA's most beautiful environments, the Donnelly River Holiday Village provides the answer.

Your stay is from Monday afternoon/evening right through to the Friday morning and includes a special programme of activities.

There is a "Happy Hour" on Monday night, a night at the "flicks", bush walks through the karri forests and a tour of the Old Donnelly Mill. Or else you can just relax and do your own thing.

Twenty minutes from Manjimup and Bridgetown and about a three-and-a-half hour drive from Perth, Donnelly River is an old Bunnings Mill town. Now it is the ideal setting for those

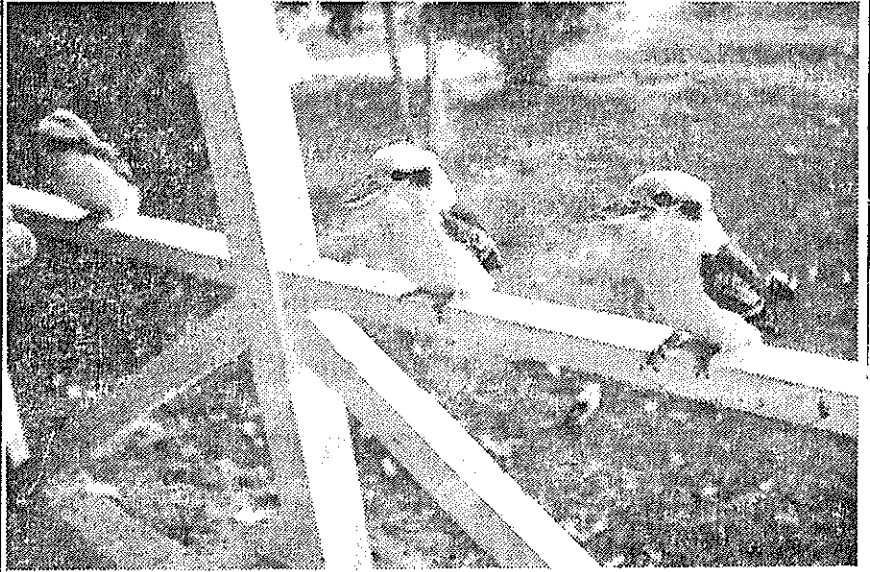
who want a break from the city, in the heart of the karri forest.

There are 38 cottages at the Village. All are self-contained with wood stoves and open fires and many can sleep up to eight people.

Meals are available at a fine a la carte restaurant and there is a local general store for all your other needs.

Feed the kookaburras, see the kangaroos at close hand, and enjoy the nature all around, for just that \$100.

Further information or bookings can be made by telephoning Sue on (09) 383 2094.



Kookaburras wait expectantly for tasty tidbits on the cottage verandah rails at the Donnelly River Holiday Village.

### DONNELLY RIVER LONG WEEKND BOOKING FORM

Friday 23rd September to Monday 26th September

NAME: \_\_\_\_\_ (please print)

TELEPHONE NUMBER \_\_\_\_\_

NUMBER OF PEOPLE ATTENDING IN YOUR PARTY \_ \_ @ \$18.00 each = \$ \_\_\_\_\_

Return to: \_\_\_\_\_ (amount enclosed)

Sandi Hodge  
9/12-14 Elvira St.  
Palmyra 6157