

The Vetrun

No. 159 DECEMBER, 1985

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

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NEWSLETTER EDITOR: Basil Worner, 387 9702

PRESIDENT: Leo Hassam, 272 5556

TREASURER: David Roberts, 384 5758

FROM THE COMMITTEE...

Veterans' State Championships - 1986

(See P.11)

- * Venue : McGillivray
- * Dates : March 15 and 16
- * Fee : \$1.00 each event
- * Programme : Day 1 - as for 1985
(Proposed) Day 2 - 9.00am : 10k (M35-40)
10.00am : (M50 + ladies)
- * Pentathlon : A men's and women's pentathlon will be held in conjunction with the championships.
- * Bob Fergie is working on the draft programme which will be published in the January issue of Vetrun.

Annual Dinner

- * Last call! December 7 at the Nedlands Golf Club.
- * \$15.00 (single). Buy your own drinks.
- * The Committee agreed to subsidise the evening by meeting costs of the D.J.
- * Tickets available from the Committee.

Clubrooms

Rob Shand has met with the Perth City Council to discuss extensions to the existing buildings at McCallum.

He has prepared a report and drawings which were presented to the Committee last week.

The Committee is proposing to canvass the views of members at the design stage and, of course, when the project has been costed.

At this stage, members should also be aware that Rob has identified some technical difficulties with regard to the site, which he has noted in his report.

THE PRESIDENT AND COMMITTEE WISH ALL MEMBERS
A SAFE AND HAPPY CHRISTMAS AND AN INJURY-FREE
NEW YEAR!

News Desk



WELCOME TO NEW MEMBERS

Robert Argyle D.O.B. 25.5.45
241 Heytesbury Rd., Ph. 381 8417
SUBIACO 6008

Albert Alexander Carse D.O.B. 8.8.41
Bridget Carse D.O.B. 10.7.43
26 Bridgewood Rd., Ph. 291 8401
LESMURDIE 6076

REJOINED

James Derek Hoyer D.O.B. 4.11.38
48 Outtrim Rd., Ph. 298 8661
GLEN FORREST 6071

RECORD ROUND-UP

Warren's Run 16Km (inaugural)

C. Bell	68.06	W30
K. Penton	78.50	W40
P. Douglas	67.51	M35
P. Sanders	57.42	M40
D. Caplin	61.21	M45
R. Bryce	62.43	M50
L. Hassam	83.03	M55
G. Noordyk	81.20	M60

Danby's Run 11.6Km

C. Leman	43.15	M35
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HANDICAP CHAMPIONSHIPS after seven events

After seven events have been completed we still only have three ladies in the top twenty places, but they fill the next two places as well. Maybe next month there will be a female takeover in the ongoing results.

1 Ernie Moyle	132	(3)	13 = Dalton Moffett	183	(20)
2 Selby Munsie	137	(5)	13 = Nora Berry	183	(-)
3 Ray Lawrence	141	(1)	15 Maurice Johnston	186	(14)
4 John Russell	145	(10)	16 Bob Sammells	189	(22)
5 = Merv Moyle	155	(10)	17 Kirt Johnson	191	(-)
5 = Cliff Bould	155	(8)	18 Bob Farrell	192	(9)
7 Dick Horsley	159	(2)	19 Brian Aldrich	199	(12)
8 Rob Shand	164	(15)	20 = June Strachan	201	(18)
9 Duncan Strachan	173	(4)	20 = Shirley Cross	201	(-)
10 Don Caplin	176	(15)	22 Brian Danby	202	(13)
11= Alan Pomery	182	(5)	23 Pat Hayden	209	(17)
11= Graham Thornton	182	(5)	24 Marilyn Acreman	210	(-)

Last month's positions in brackets

Next month's events are:

1 Dec.	3 Parks & Heirisson Island	Open Handicap
15 Dec.	Mitchell's Run	Sealed Handicap

RESULTS FROM RECENT FUN RUNS

● BELMONT CITY FUN RUN - 13.10.85 - 10km

Open Women: 1st Tuula Vaalsta (42.12)
 2nd Kath Noordyk (42.34)

Men over 40: 1st Jim Langford

● KALAMUNDA FUN RUN 10k

First Vet: Bob Harrison (35.59)

● CANNING GET AROUND - 17.10.85 - 6.6km

Women 35-49 Yrs. 1st Tuula Vaalsta
 2nd Margaret Harman

Men over 50 Yrs. 1st Maurice Smith
 2nd Ted Maslen
 3rd Keijo Vaalsta

1st Family Team The Maslens

HAPPY BIRTHDAY TO:

Cam Ansell	turns 43	remains M40	17	Phyllis Head	turns 66	remains W65	26
Nora Berry	" 56	" W55	17	Vic Beaumont	" 56	" M55	19
Derek Crowther	" 44	" M40	29	Mary Robinson	" 49	" W45	07
Ross Holland	" 48	" M45	26	Don Bremner	" 40	becomes M40	23
Dick Hardey	" 73	" M70	21	Barry Harwood	" 44	remains M40	14
Jack Collins	" 74	" M70	24	Nan Harding	" 37	" W35	01
Michael Khan	" 41	" M40	01	Barbara Godwin	" 46	" W45	19
Dalton Moffett	" 55	becomes M55	28	Kath Penton	" 44	" W40	15
Barrie Slinger	" 46	remains M45	29	Joe Yates	" 42	" M40	03
Peter Williams	" 46	" M45	08	Yolande Caruso	" 35	becomes W35	21
Derek Cowlan	" 52	" M50	16	Bronwyn Salter	" 38	remains W35	28
Arthur Gardener	" 58	" M55	13	John Russell	" 53	" M50	12
Stephen Barrie	" 50	becomes M50	25				

HERNE HILL MARATHON

25th September, 1985

Congratulations to the following Vets who made their mark at the Spring Marathon :

FRANK SMITH	First Veteran and second overall	in 2:30:05
BOB HARRISON	Second Veteran and fourth overall	in 2:45:35.5
MORRIS WARREN	Third Veteran and eighth overall	in 3:07:15
BERNARD GODWIN	Fourth Veteran and tenth overall	in 3:48:21.1
TUULA VALSTA	First Veteran (W) & second overall	in 3:13:59.1

ALBANY MARATHON

3rd November, 1985

Congratulations to Frank Smith who finished second overall

Full results are not yet to hand but Allen TGson will be preparing a summary for the next issue of Vetrun. However, we do recall that Keith Forden wiped fourteen minutes off his P.B. and still finished full of running, Marg Forden was first in her age group, Joe Yates ran within a whisker of his best, David Carr ran his usual gallant race to just miss the 3 hour barrier.

RESULTS

THREE DJ's

20 OCTOBER, 1985

Frank Usher reaped the rewards of persistent endeavour when he was first man home in the 3 DJ's held on October 10. Frank has been a great club man for many years, willing to have a go at anything, and his win was very popular.

First woman was Cheryl Bell who, although receiving a generous handicap, had been unable to train since July, owing to the dreaded wog. Cheryl has a lot of ability and will be very hard to beat from any mark in the future.

Other women to run well were Maxine Tapper and Nora Berry. Nora is another of the growing band of ladies taking all the glory from their husbands.

Unfortunately no times were recorded - a fault in the print-out section of the space age watch. It was obvious, however, that the fastest time was Frank Smith. Frank is in devastating form and is going to be the trend setter in distance races for some time. He will more than match it with the eastern states "guns".

While not knowing the statistics, there appears to be an increasing percentage of women competing every month. This trend is also apparent in the number of younger girls noticed training around the suburbs.

- Dave Jones

1	Cheryl Bell		30	Hary El-Saleh, visitor	
2	Frank Usher	M60	31	Arnold Jenkins	M40
3	Maxine Tapper		32	Jeff Whittam	M50
4	J. Russell	M50	33	John Bell	M40
5	Nora Berry	W55	34	Maurice Johnston	
6	Bill Monk	M45	35	Kath Penton	W40
7	S. Munsie	M50	36	T. Speechley	
8	Kirt Johnson	M55	37	Bill Hughes	M55
9	Rob Shand	M50	38	M. Khan	
10	Bob Hayres	M50	39	D. Roberts	M40
11	Basil Worner	M50	40	K. Forden	M45
12	Kevin Martin		41	Leo Hassam	M55
13	Bob Norton	M45	42	Frank McLinden	M50
14	Merv Moyle	M55	43	Jill Strachan	W60
15	J. Trovato	M45	44	Bert Carse, visitor	
16	Elza O'Dea	W45	45	Derek Hoyer	
17	Dalton Moffett	M50	46	Phyllis Farrell	
18	Jill Langdon	W35	47	Lorna Butcher	W55
19	Bob Sammells		48	Dorothy Whittam	W45
20	Ernie Moyle		49	Alan Croxford, visitor	
21	Cliff Bould	M65	50	Phil Duffy, visitor	
22	Don Caplin	M45	51	Jan Cook	
23	Bernard Godwin	M45	52	John Maddison	M45
24	Margery Forden	W40	53	Barbara Godwin	W45
25	T. Costello	M45	54	Harry Whyte	M40
26	L. Monks, visitor		55	Fred Hasser	
27	Shirley Cross	W45	56	Stan Lockwood	M55
28	Frank Smith		57	Alasdair Whyte, visitor	
29	Marilyn Acreman	W40			

RESULTS

THE "TROY HOUSE RUNS" - POINT WALTER

SUNDAY 27 OCTOBER, 1985

All was gloom when, at 6.30, we set out to mark the course in pouring rain and gusty winds. The rain eased a little by 8 o'clock and 54 runners set out on either the flat 5.8km to Troy Park and back or the longer 11.4km which continued into Bicton along undulating bush track and returning along Point Walter Road, (well known to Broadlands Marathon runners!).

By the time all the runners had finished, the clouds had gone and even the sun was managing to shine through. Eventually the barbecues were lit and snaggers, bacon etc., muesli and coffee were enjoyed by many hardy souls.

It was good to welcome back Joan and John "Pelliay" after their globe-trotting.

Many thanks to Duncan and Maxine for their help before and after the race.

-Barbara and Bernard Godwin

5.8 kms

1	Basil Worner	M50	25-02
2	Winston Hough	M40	27-31
3	Paul Jones	M50	27-32
4	Jan Cook	W30	28-30
5	Peter Davies	M55	29-58
6	Marjorie Forden	W40	30-08
7	Alan Pomery	M50	30-51
8	Joan Pellier	W45	32-16
9	Joan Slinger	W40	32-17
10	Allison Aldritch	W40	33-37
11	Jeff Whittam	M50	33-38
12	Lorna Butcher	W55	34-06
13	Jill Langdon	W35	34-06
14	Ian Lyon	M45	34-45
15	Shirley Cross	W45	37-07
16	Pat Spencer	W40	38-25
17	Carole Cole	W40	38-25
18	Dorothy Whittam	W45	39-48
19	Val Tyson	W60	42-14

11.4 kms

1	Hugh Kirkman	M40	40-03
2	Ted Maslen	M50	41-09
3	Derek Hoye	M45	41-17
4	John Bell	M40	41-38
5	Arnold Jenkins	M40	41-45
6	Graham Thornton	M45	41-58
7	Bob Sammells	M45	42-21
8	Greg Knuckey (Vis.)	M25	42-34
9	Don Caplin	M45	43-05
10	Dalton Moffett	M50	43-42

11.4 kms contd.

11	David Roberts	M40	43-56
12	Joe Stickles	M45	44-42
13	K. Vaalsta	M50	44-53
14	Rob Shand	M50	45-39
15	Maurice Johnston	M45	46-22
16	John Pellier	M45	47-02
17	Stan Lockwood	M55	47-30
18	Tuula Vaalsta	W45	47-41
19	Merv Moyle	M55	49-07
20	Brian Aldrich	M55	50-10
21	Keith Forden	M45	50-30
22	Ken Whistler	M50	51-58
23	Sherry Bell	W30	51-58
24	Bill Hughes	M55	52-54
25	Selby Munsie	M50	53-41
26	Kath Penton	W40	53-45
27	John Russell	M50	54-37
28	Phyllis Farrell	W40	55-44
29	Barry Slinger	M45	55-44
30	Elsa O'Dea	W45	55-45
31	Cliff Bould	M65	56-18
32	Duncan Strachan	M60	56-19
33	Frank Usher	M60	58-38
34	Gloria Sutherland	W40	58-49
35	Sheila Maslen	W45	64-46
36	Maxine Tapper	W35	66-13

contd...



RESULTS

W.A.I.T. 5KM & 10KM

3rd NOVEMBER, 1985

Seventy one runners - 14 invitation runners and 57 vets. - turned out on a fairly mild morning for the 5 and 10 km races at W.A.I.T. The courses consisted of one or two laps on the roads around W.A.I.T.

First home in the 5 km was invitation runner Clive Vincent, in 17:03. Second, and first Vet home, was Derek Crowther (18:19). Joan Pellier was the first lady and eighth overall, in the time of 22:19. Second was Wilma Vincent (25:33).

The 10 km went to Don Caplin (35:55) with Hugh Kirkman 25 seconds behind. Cheryl Bell (46:35) and Kath Penton (47:05) were the first two ladies home.

Thanks must go to race organisers, Keijo and Tuula Vaalsta, who also provided the prizes of sports socks for the first male and female in each race. Thanks also to the most accurate, most organised and best-looking timekeepers of the year (Barbara Maslen and Jussi Vaalsta), and to all the other helpers: Mary Heppell, Nicky Mitchell, Kate Maslen, Peter Davies, Wally Cross, Mark Altus and Timo Vaalsta.

-Barbara Maslen

<u>5 Km</u>		<u>10 Km contd.</u>			
1	Derek Crowther	M40	6	Arnold Jenkins	M40
2	Barry Harwood	M40	7	Paul Martin	M40
3	Roger Whalan	M40	8	Bob Faulkner	M40
1	John Maddison	M45	1	Don Caplin	M45
2	Joe Stickles	M45	2	Bob Sammells	M45
3	Ian Lyon	M45	3	Bob Norton	M45
1	David Jones	M55	4	Hamish McGlashan	M45
1	Sandy Walton	W35	5	Joe Trovato	M45
2	Jill Langdon	W35	6	John Pellier	M45
1	Wilma Vincent	W40	7	Morris Warren	M45
2	Alison Aldrich	W40	1	Dalton Moffett	M50
3	Pat Spencer	W40	2	Frank McLinden	M50
4	Carol Cole	W40	3	Rob Shand	M50
1	Joan Pellier	W45	4	Bob Hayres	M50
2	Margaret Warren	W45	5	Alan Pomery	M50
3	Shirley Cross	W45	6	Duncan Philip	M50
4	Sheila Maslen	W45	7	Bill Mitchell	M50
1	June Strachan	W60	8	Ken Whistler	M50
			1	Merv Moyle	M55
			2	Vic Beaumont	M55
			3	Brian Aldrich	M55
			4	Ray Lawrence	M55
			5	Paul Morrissey	M55
<u>10 Km</u>			1	Duncan Strachan	M60
1	Colin Leman	M35	2	Ernie Moyle	M60
1	Hugh Kirkman	M40	3	Fred Hagger	M60
2	John Bell	M40	4	Frank Usher	M60
3	Bert Carse	M40	1	Cliff Bould	M65
4	Mike Khan	M40	1	Cheryl Bell	W30
5	Robert Davies	M40	1	Kath Penton	W40
			2	Marilyn Acreman	W40
			1	Elsa O'Dea	W45
			2	Kath Mitchell	W45

RESULTS

W.A.I.T. 5KM and 10KM

3rd NOVEMBER, 1985

5 Km

1	C. Vincent (Inv)		17.03
2	Derek Crowther	M40	18.19 (1st M)
3	Paul Tye (Inv)		18.22
4	Barry Harwood	M40	18.53
5	John Maddison	M45	18.56
6	Joe Stickles	M45	19.52
7	Graham Lane (Inv)		20.35
8	Joan Pellier	W45	22.19 (1st F)
9	Roger Whalan	M40	23.47
10	David Jones	M55	24.08
11	Wilma Vincent	W40	25.33
12	Sandy Walton	W35	25.43
13	Margaret Warren	W45	25.48
14	Jill Langdon	W35	26.09
15	Ian Lyon	M45	26.50
16	Alison Aldrich	W40	27.40
17	Shirley Cross	W45	27.55
18	Sheila Maslen	W45	28.05
19	Sherilee Bell (Inv)		28.56
20	Nicola Bell (Inv)		28.56
21	Pat Spencer	W40	29.07
22	Carol Cole	W40	29.09
23	June Strachan	W60	29.09

10Km

1	Don Caplin	M45	35.55 (1st M)
2	Hugh Kirkman	M40	36.20
3	Phil Rebakis (Inv)		37.06
4	John Bell	M40	37.23
5	Colin Leman	M35	37.29
6	Simon Beaumont (Inv)		37.47
7	Dave Clark (Inv)		37.48
8	Bob Sammells	M45	38.17
9	Bert Carse	M40	38.17
10	John Mussett (Inv)		38.40
11	Mike Khan	M40	38.40
12	Alan Croxford (Inv)		38.56

10 Km contd..

13	Robert Daives	M40	39.05
14	Arnold Jenkins	M40	39.14
15	Bob Norton	M45	39.24
16	Dalton Moffett	M50	39.45
17	Paul Martin	M40	40.01
18	Frank McLinden	M50	40.40
19	Rob Shand	M50	41.03
20	Hamish McGlashan	M45	41.33
21	Bob Faulkner	M40	42.28
22	Bob Hayres	M50	42.29
23	Joe Trovato	M45	42.40
24	John Pellier	M45	42.51
25	Alan Pomery	M50	43.37
26	Duncan Philip	M50	44.01
27	Matthew Beaumont (Inv)		44.12
28	Kevin Jonson (Inv)		44.13
29	Merv Moyle	M55	44.38
30	Morris Warren	M45	44.40
31	Vic Beaumont	M55	44.55
32	Brian Aldrich	M55	45.31
33	Bill Mitchell	M50	45.40
34	Ray Lawrence	M55	45.53
35	Bill Crellin (Inv)		46.12
36	Cheryl Bell	W30	45.35 (1st F)
37	Kath Penton	W40	47.05
38	Ken Whistler	M50	47.09
39	John Laney (Inv)		47.38
40	Duncan Strachan	M60	48.55
41	Ernie Moyle	M60	49.53
42	Cliff Bould	M65	50.17
43	Paul Morrissey	M55	50.51
44	Elsa O'Dea	W45	50.52
45	Fred Hagger	M60	51.13
46	Marilyn Acreman	W40	51.25
47	Frank Usher	M60	53.40
48	Kath Mitchell	W45	58.15

(71 Finishers)

RESULTS

CYCLE TRACK RUN 9.6Km

10th NOVEMBER, 1985

A mass of runners seemed to have gathered for the second cycle track run on a perfect morning for running - sunny, very little wind.

Record Number

There was, in fact, a record number of 112 runners. Unable to make myself heard at the start I had to call on the booming voice of Jeff Whittam - a great asset Jeff!

In the 5K around Heirisson Island, Barry Harwood came first in 19 min. 43, second was Joan Pellier in a really good run in 23 mins 13, third also a very good run by Jan Cook in 23 min. 42.

There were 18 runners in the 5Km.

Into the Ground

The 9.6Km was another fine race with Don Caplin first vet home for the second year in 33 min. 08. Second was Hugh Kirkman running himself into the ground in 33 min. 23, closely followed by Brian Danby in the good time of 33 min. 52.

The first lady was Jill Chambers, getting back to form in 37 min. 07; second was Tuula Vaalsta in 40 min. 16, third Kath Noordyk in 41 min. 06.

The overall winner in the 9.6Km was Steve Mitchell in 32 min. 50 which is the fastest time for the course. Well run Steve.

A big thanks to Jackie Greenfield, Allen Tyson, Ken Snowden, Rob Farrell, Alan Acreman and Wally Cross for doing a terrific job on a hectic morning.

— Mick Khan

9.6km CYCLE TRACK RUN
INVITATION RUNNERS

S. Mitchell	32.50
John	35.03
Sal Citarrells	36.01
D. Spagnolo	36.25
B. Silbert	36.30
G. Mackey	36.49
P. White	39.14
G. Hare	40.10
L. Monks	40.53
M. Saunders	42.14
B. Crellin	43.27
R. Brown	43.45
R. Potter	44.50
J. Noordyk	45.08
A. Noordyk	45.09
C. Paul	46.50
R. Elmitt	48.10
Y. Deeley	48.29
A. Croxford	50.19
W. McKinnon	51.09

5km CYCLE TRACK RUN

1 B. Harwood	19.43	M40
2 J. Pellier	23.13	W45
3 J. Cook	23.42	W30
4 B. Worner	23.44	W50
5 R. Whelan	26.31	M40
6 P. Sanders	29.06	M40
7 M. Tapper	29.09	W35
8 J. Sanders	38.18	W60
9 V. Tyson	40.44	W60
10 D. Whittam	40.49	W45
11 G. Whittam	46.58	M45

(7km.)

INVITATION RUNNERS

R. Bell	23.04
N. Bell	26.02
L. Whelan	26.31
G. Coulson	28.13
G. Sanders	29.15
S. Bell	32.30
T. Borwick	40.49

RESULTS

9.6 CYCLE TRACK RUN

1	D. Caplin	33.08	M45	36	K. Penton	41.06	W35
2	H. Kirkham	33.23	M40	37	M. Moyle	41.09	M55
3	B. Danby	33.52	M35	38	V. Caruso	42.16	M35
4	D. Crowther	34.37	M40	39	S. Lockwood	42.18	M55
5	M. Smith	34.50	M50	40	C. Bell	42.19	W30
6	B. Foley	35.06	M40	41	B. Aldrich	42.22	M55
7	J. Bell	35.11	M40	42	G. Peet	44.00	M50
8	B. Carse	35.25	M40	43	M. Forden	44.11	
9	B. Sammell	35.29	M45	44	R. Lawrence	44.40	M55
10	T. Castello	35.35	M45	45	K. Whistler	44.41	M50
11	J. Pressley	35.46	M40	46	M. Warren	44.51	M45
12	M. Johnstone	35.47	M45	47	D. Strachan	44.55	M60
13	J. Yates	35.51	M40	48	G. Noordyk	45.00	M60
14	T. Maslen	36.00	M50	49	S. Munsie	45.14	M50
15	D. Roberts	36.43	M40	50	D. Horsley	45.35	M70
16	J. Trovato	36.52	M45	51	E. Moyle	46.12	M60
17	P. Martin	37.02	M40	52	D. Jones	46.48	M55
18	Jill Chambers	37.07	W35 (1st F)	53	C. Bould	47.16	M65
19	R. Attwell	37.08	M45	54	P. Davies	47.37	M55
20	D. Moffett	37.33	M50	55	D. Cowlan	47.38	M35
21	J. Maddison	37.42	M45	56	W. Hough	47.40	M40
22	J. Barnes	37.42	M40	57	B. Godwin	48.04	M45
23	R. Shand	37.47	M50	58	P. Farrell	48.13	W40
24	H. McGlashan	38.20	M45	59	F. Usher	48.26	M60
25	J. Greenfield	38.24	M40	60	M. Acreman	48.45	W45
26	F. McLinden	38.31	M50	61	L. Butcher	48.49	W55
27	K. Vaalsta	38.47	M50	62	K. Forden	49.16	M45
28	J. Stickles	38.53	M45	63	S. Sanders	49.36	W30
29	D. Hough	39.11	M50	64	F. Hagger	50.18	M60
30	J. Pellier	39.13	M45	65	S. Walton	50.37	W35
31	F. Deanus	39.30	M45	66	M. Warren	50.37	W45
32	G. Thornton	39.39	M45	67	P. Reside	51.18	W35
33	M. Loly	40.09	M45	68	M. Robinson	51.52	W45
34	Tuula Vaalsta	40.16	W45	69	S. Maslen	54.10	W45
35	B. Monks	40.54	M45	70	B. Goodwin	56.21	W45
				71	J. Strachan	56.21	W60
				72	I. Lyon	57.44	M45
				73	A. Aldrich	63.06	W40
				74	J. Sanders	87.00	

"VETPOWER"POST SCRIPT ROME

Our congratulations go to all of the following and in particular:

Derek Turnbull	Kath Holland
Frank Evans	Jean Albury
John Gilmour	

for their exceptional out-of-season performances.

OUTSTANDING ATHLETES IN VI WORLD VETERANS GAMES IN ROME - June 22-30

DIV.	NAME	NATION	WINNER OF	RUNNER UP
M40	George SMITH	CAN	400, 800, 400H	Guenter Mielke
M45	Jim BURNETT	USA	200, 400WR	Darrell Horn
M50	Jean VAN ONSELEN	BEL	5000, 10000, XC	Ron Taylor
M55	Derek TURNBULL	NZL	1500, 5000, 100000 MAR	
M60	Frank EVANS	NZL	400WR, 800WR	Frank Buys
M65	John GILMOUR	AUS	1500WR, 5000, 10000	Hans Bitter
M70	Ian HUME	CAN	HJ-WR, TJ-WR	Burgoyne; Elo
M75	Ken CARNINE	USA	DT, JAV	Fred Reid
M80	Win McFADDEN	USA	80H, HJ, TJ	
M85	Paul SPANGLER	USA	1500, 5000, 10000, XC	
W40	Ciska JANSEN	HOL	LJ-WR, 100	
W40	Erna KOZAK	CAN	400, 800, 1500	
W40	Gabriele ANDERSEN	USA	5000WR	
W45	Godelieve ROGEMAN	BEL	800WR, 1500WR	
W45	Annemarie GRUENER	FRG	5000WR, 10000WR, MAR	Kathy Holland
W50	Odette DOMINGOS	BRA	SP-WR, DT-WR	
W50	Irene OBERA	USA	100, 200, 400	
W55	Jean ALBURY	AUS	5000WR, 10000WR	L. Seuberlich
W60	Paula SCHNEIDERHAN	FRG	100, 200, 400WR, LJ	Hveem; Werner
W65	Elizabeth HAULE	FRG	100, 200, 400, HJ, LJ-WR	Lenore Marvin
W70	Johanna LUTHER	FRG	800WR, 1500, 5k, 10k, XC	Winifred Reid
W75	Bess JAMES	USA	200, 800, 1500, 5000, MAR	Irja Sarnama

WR = World Age-Division Record

WORLD VETERANS GAMES - MELBOURNE, 1987

Melbourne, like Rome, will host some 5000 veteran athletes from November 8 to December 6, 1987.

The organisers will hold a full range of track events at the famous Olympic Park, scene of many national and world records.

The games will also feature a marathon and 10K cross-country.

'Athletics Today' for October 1985 carries a report of "a true mile over an accurately measured course" that was run near Huddersfield, Yorkshire recently. The course was all downhill and dropped 400 feet. The winner's time was 3:32.6 and the first 14 were all inside four minutes.

Twelfth in 3:54 was 54 year-old Bingley veteran Gerry Spink, who became the oldest man to run a sub-four mile. He commented afterwards, "I thought to myself if I fall at this pace, I'll kill myself".

A local report says :

Steve Cram's mile time of 3:46:31 in Oslo which took a second from Seb Coe's former world best may have been the performance to hit the headlines.

But six athletes ran a faster mile on the fringe of the Pennine hills the previous week!

The race, staged by Holmfirth Harriers, will not qualify for any record books but it was a true mile race, over an accurately measured course. The only trouble was that it was all downhill with a drop of 400ft. between start and finish.

It was fell runner Terry Lyons' idea to hold the Meltham "Murder" Mile - all uphill - in reverse, just to see what times athletes could do for a mile.

For the record Mick Hawkins, a 23 year old joiner from Grassington, won the race in 3:32.6 and all told the first fourteen athletes dipped inside four minutes. Hawkins said afterwards with a chuckle, "it was certainly something different - I enjoyed it".

The course was at Wessendean Head Road, Meltham, near Huddersfield, and local schoolteacher Paul Pickup, 3:38, and fireman Steve Wolstenholme from Bradford followed Hawkins home.

Wolstenholme, given the same time as Pickup in third place said, "the only difficulty racing so fast downhill was that my lungs could not keep up with my legs".

Bingley veteran Gerry Spink, who at 54 years of age, became the oldest man ever to run a mile inside four minutes commented, "I thought to myself, if I fall down here at this pace, I'll kill myself". He finished twelfth in 3:54.

It would be interesting to see what a genuine world class miler could do on this tailor-made road course with its 400ft. descent. But, then again, it is unlikely that they would be prepared to take the risks which fell-racing specialists consider part and parcel of their game.

STATE CHAMPIONSHIPS - 1986

Many thanks for your research into the unusual things in Track and Field, Bob.

Members should also note that Bob has done some investigation into the number of state veteran titles won by individuals over the years.

We will be publishing these in the next issue of Vetrun with further interesting sidelights in February and March as a lead-up to the 1986 Championships.

Bob's private aim is to have every member enter at least one event in 1986 - keep it in mind. It's a lot of fun!

Next year, too, the Hon. Minister for Sport has tentatively agreed to open our Championships and the Committee has already embarked on a planned publicity campaign to highlight the best features of the best club!

TIME TRIALS

by Bob Fergie

The time trials point system was designed to allow a competition between competitors of all ages and sexes, at local competition levels. The international and national pentathlon and decathlon points set too high a standard for mere mortal club competitors and did not cover all events.

The points in use, therefore, are set at 1000 points to be equivalent to a place (not necessarily first) at a national level. The various age groups were adjusted to give an even age curve and to cater for some age groups that were very strong. First places were not used as some of these were world records.

The cut-off point (0 points) was very approximately 50% of the 1000 point performance, though in some "technique" events this needed to be stretched so that the majority of clubs competitors could score points. A minimum limit of 20 points was set for anyone completing an event.

Time has shown fluctuations in the standards of some of the age groups, though the points systems are still basically valid after a number of years in use. This year they have been revised and are published in the new form.

A similar age/sex system has been used for the winter long-distance programme.

Bob has also supplied a full table of points for this competition. It is not possible to print the whole set. However, we include a sample for your interest. The full set of tables is available from the Editor, Vetrin.

Finally, many thanks to Bob for master-minding this competition and keeping us up to date with results. It obviously requires a great deal of time.

Thanks Bob.

LADIES	Age Grade	Cumulative Points	Position	MEN	Age Grade	Cumulative Points	Position
M. Forden	W40	1818	5	D. Jones	M55	2377	11
D. Whittam	W45	3817	3	T. Costello	M45	4058	2
C. Bell	W35	2770	4	G. Hughes	M40	3069	6
J. Johnson	W40	1681	7	N. Richards	M45	2953	9
A. Aldrich	W40	358	16	D. Horsley	M70	3145	5
S. Sanders	W35	810	8	N. Brown	-	-	-
M. Stone	W40	445	13	M. Johnston	M45	2547	10
J. Fletcher	W35	4583	1	R. Sammells	M45	3030	7
L. Butcher	W50	3909	2	I. Lyon	-	-	-
				B. Danby	M35	3797	3
				P. Davies	M55	177	33
				K. Whistler	M50	2744	8
				B. Worner	M50	5012	1
				J. Whittam	M50	1235	21
				A. Fergie	M50	3324	4
				J. Barnes	M40	2196	12
				C. Bould	M65	1641	16

THESE ARE THE PROGRESS POINTS AND
PLACINGS IN THE TIME TRIALS AFTER
FIVE SESSIONS.

TIME TRIALS SCORING TABLE - SAMPLE ONLY (1985 tables are available from the editor)

	POINTS	W30	W35	W40	W45	W50	W55	W60	W65
800M	1000	2.7	2.30	2.35	2.40	2.45	3.00	3.15	3.30
1 sec. = 12 points	0	3.50.3	3.53.3	3.58.3	4.03.3	4.08.3	4.23.3	4.38.3	4.53.3
1500M	1000	5.10	5.15	5.20	5.30	5.45	6.15	6.45	7.20
1 sec = 6 points	0	7.56.7	8.01.7	8.06.7	8.16.7	8.31.7	9.01.7	9.31.7	10.06.7
1 mile	1000	5.30	5.35	5.40	5.50	6.05	6.35	7.05	7.40
1 sec = 6 points	0	8.16.7	8.21.7	8.26.7	8.36.7	8.51.7	9.21.7	9.51.7	10.27.7
3000M	1000	10.50	11.00	11.10	11.30	12.00	13.00	14.00	15.00
1 sec = 3 points	0	16.23.3	16.33.3	16.43.3	17.03.3	17.33.3	18.33.3	19.33.3	20.53.3
3000M Steeplechase	1000	11.50	12.00	12.10	12.35	13.05	14.10	15.15	16.40
1 sec = 3 points	0	17.23.3	17.33.3	17.43.3	18.08.3	18.38.3	19.43.3	20.48.3	22.13.3
5000M	1000	17.45	18.00	18.30	19.15	20.15	21.30	23.30	26.00
1 sec = 2 points	0	26.05	26.20	26.50	27.35	28.05	29.50	31.50	32.20
	POINTS	M35	M40	M45	M50	M55	M60	M65	M70
800M	1000	1.57	2.00	2.05	2.10	2.15	2.25	2.35	2.45
1 sec = 12 points	0	3.20.3	3.23.3	3.28.3	3.33.3	3.38.3	3.48.3	3.58.3	4.08.3
1500M	1000	4.10	4.15	4.20	4.30	4.45	5.05	5.35	6.00
1 sec = 6 points	0	6.56.7	7.01.7	7.06.7	7.16.7	7.31.7	7.51.7	8.21.7	8.46.7
1 Mile	1000	4.30	4.35	4.40	4.50	5.05	5.30	6.00	6.30
1 sec = 6 points	0	7.16.7	7.21.7	7.26.7	7.36.7	7.51.7	8.16.7	8.46.7	9.16.7
3000M	1000	8.50	9.00	9.10	9.30	10.00	11.00	12.00	13.20
1 sec = 3 points	0	14.23.3	14.33.3	14.43.3	15.03.3	15.33.3	16.33.3	17.33.3	18.53.3
5000M	1000	15.15	15.30	16.00	16.30	17.00	18.00	19.00	20.30
1 sec = 2 points	0	23.35	23.50	24.20	24.50	25.20	26.20	27.20	28.50

WEST AUSTRALIAN

VETERAN TRACK & FIELD RECORDS

AS AT 1/10/85

These are the current track and field records for Western Australia. Thanks to Dick Horsley for maintaining the statistics so efficiently over the year.

Because of the size of the papers, it was necessary to reduce the print for publication *Vetrun*.

Copies of these records and also the Australian levels are available from the Editor of *Vetrun*.

Ladies :

	W30		W35		W40		W45		W50		W55		W60&W65
100	11.7	E HINDLE	12.00	K HOLLAND	12.4	K HOLLAND	13.25	K HOLLAND	15.29	P CARR	17.2	L BUTCHER	19.8 V TYSON
200	24.1	E HINDLE	24.6	K HOLLAND	25.6	K HOLLAND	27.35	K HOLLAND	32.20	P CARR	40.6	J STRACHAN	W60 45.4 V TYSON W65 68.3 P HEAD
400	57.7	E HINDLE	56.00	K HOLLAND	59.3	K HOLLAND	60.66	K HOLLAND	74.55	P CARR	93.1	V TYSON	W60 1.47.2 P HEAD
800	2.19.3	J CHAMBERS	2.22.0	J CHAMBERS	2.29.6	K HOLLAND	2.50.8	M HARMAN	3.06.7	L BUTCHER	3.46.1	V TYSON	W60 3.43.2 P HEAD
1500	4.39.3	J CHAMBERS	4.59.2	J CHAMBERS	5.24.0	M HARMAN	5.34.0	J PELLIER	6.06.0	L BUTCHER	6.45.12	L BUTCHER	W60 7.06 P HEAD
1M	6.07.0	L DOCKSEY	5.39.0	J CHAMBERS	6.00.0	A ANSELL	7.10.0	D WHITTAM	6.35.0	L BUTCHER	9.04.0	V TYSON	W60 9.10 V TYSON
80/ 1100	13.8 14.3	100m W E HINDLE E HINDLE A/R	14.00	100m E HINDLE (A/R)	16.9	200m L JENKINS							
400H	63.2	E HINDLE	63.6	K HOLLAND	72.7	K HOLLAND	86.8	D WHITTAM (A/R)					
3000	10.10	J CHAMBERS	11.27	A ANSELL	11.43.0	A ANSELL	11.44	J PELLIER	13.08	L BUTCHER			
5000	18.51	J CHAMBERS	18.39.7	J CHAMBERS	20.39	M HARMAN	20.29	J PELLIER	22.13	L BUTCHER	28.00	V TYSON & J STRACHAN	W60 27.21 P HEAD

	W30		W35		W40		W45		W50		W55		W60&65
10000	40.26.2	J CHAMBERS	40.05	J CHAMBERS	45.05	C DRUMMOND	45.01	J PELLIER	45.58.3	L BUTCHER	61.45.5	J STRACHAN	W60 57.56 P HEAD
1500W	9.38	J PEARTON	8.03	J FLETCHER	9.32.1	L JENKINS	9.41.0	M WARREN	8.57.5	L BUTCHER	9.39.0	V TYSON	9.53 P HEAD
2000W	13.29	J PEARTON	11.57	J FLETCHER	12.15.0	JO STONE	13.52	M WARREN	12.22.0	L BUTCHER	12.11.0	L BUTCHER	13.45 V TYSON
3000W			17.22.9	B SALTER	19.39.0	E CROWTHER, J STONE	20.37	M WARREN	19.05	L BUTCHER	19.26.9	L BUTCHER	19.04 V TYSON
SHOT	7.30	L BROWN	9.04	K HOLLAND	8.01	K HOLLAND	8.24	D WHITTAM	6.29	L BUTCHER			W60 4.47 P HEAD W65 4.11 P HEAD
DISCUS	20.10	E HINDLE	27.48	K HOLLAND	22.76	K HOLLAND	20.00	D WHITTAM	14.98	L BUTCHER	8.48	V TYSON	W60 11.10 P HEAD
JAV	22.54	E HINDLE	24.30	J FLETCHER	20.76	K HOLLAND	20.62	D WHITTAM	14.14	L BUTCHER	10.14	V TYSON	W60 10.90 P HEAD
LONG JUMP	5.55	E HINDLE	5.68	E HINDLE	3.92	E MERCER	4.22	D GOODWIN	2.69	L BUTCHER	2.20	V TYSON	
TRIPLE			8.82	K HOLLAND	3.37	D WHITTAM	7.75	D WHITTAM	6.04	L BUTCHER			
HIGH	1.49	E HINDLE	1.49	E HINDLE	1.22	E MERCER	1.20	T MANLEY					

RECORDS AS AT 1/10/85 (TRACK AND FIELD)

M35	(P/V)	M40	M45	M50	M55	M60	M65	M70+
100	11.2 P. GARE	11.2 P. GARE	11.5 B. KERNAGHAN	12.5 D. JONES	12.7 D. JONES	14.6 N. GOFF	15.4 D. HORSLEY	16.41 17.5 22.4 24.00 M70 D. HORSLEY M75 R. BRIGGS M85 T. JONES M90 T. JONES
200	23.1 J. GOLD	23.3 P. GARE	29.40 B. KERNAGHAN	25.9 D. JONES	26.32 D. JONES	31.1 N. GOFF	36.1 J. COLLINS	34.80 37.2 M70 D. HORSLEY M75 R. BRIGGS
400	50.5 P. GARE	52.3 B. KERNAGHAN	53.10 B. KERNAGHAN	55.75 D. CARR	61.00 R. DEGRUCHY	71.4 D. HORSLEY	73.8 D. HORSLEY	75.36 85.40 M70 D. HORSLEY M75 R. BRIGGS
800	2.02.9 D. CAPLIN OPEN 1.58 P. TIPPETT	2.01.1 K. GILBERT	2.08.0 D. CARR	2.08.8 D. CARR	2.11.9 J. GILMOUR	2.17.0 J. GILMOUR	2.38.0 D. HORSLEY	2.47.0 D. HORSLEY
1500	4.12.7 D. CAPLIN	4.12.0 D. CAPLIN	4.11.0 M. SMITH	4.36.9 M. SMITH	4.22.0 J. GILMOUR	4.30.5 J. GILMOUR	4.49.16 J. GILMOUR	5.38.9 D. HORSLEY
1 MILE	4.39.0 P. WALL	4.40.0 D. CAPLIN	4.47.0 D. CAPLIN	5.22.0 F. McLINDEN	4.40.0 J. GILMOUR	4.57.1 J. GILMOUR	5.20.6 J. GILMOUR	6.11.7 D. HORSLEY
3000	8.52.0 P. WALL	9.09.0 A. O'HARE	9.24.0 D. CAPLIN	9.59.0 A. BRIFFA	9.20.0 J. GILMOUR	9.41.0 J. GILMOUR	10.10.0 J. GILMOUR	12.21.0 D. HORSLEY
5000	15.14.0	15.49.0 F. SMITH	16.22.7 G. INNES	16.05.8 J. GILMOUR	16.09.7 J. GILMOUR	16.38.3 J. GILMOUR	17.25.3 J. GILMOUR	21.5.4 D. HORSLEY

M35	(P/V)	M40	M45	M50	M55	M60	M65	70+
10000	32.57.0 J. LANGFORD	32.36.0 F. SMITH	34.03 E. MASLEN	33.05 J. GILMOUR	39.40 J. GILMOUR	34.23 J. GILMOUR	36.11 J. GILMOUR	54.07 D. HORSLEY
110 H	16.2 T. REYNOLDS	19.5 R. JOHNSON	20.7 D. WALKER	18.3 N. GOFF	18.4 N. GOFF	19.9 N. GOFF		
400 H	60.1 P. GARE	62.6 B. KERNAGHAN	66.6 J. DAVIES	71.2 D. JONES	73.9 D. JONES			
3000 S/C	10.14.9 F. LANGFORD	9.44.0 E. MASLEN	10.19.2 E. MASLEN	11.35.1 A. MERRETT	11.18 A. MERRETT	13.13.7 D. STRACHAN		
1500 W	8.31 B. SUTHERLAND	7.31 J. SMITH	6.57 J. SMITH	7.14 D. STONE	9.06 A. TYSON	7.22 D. HORSLEY	7.45.4 D. HORSLEY	8.08 D. HORSLEY
2000 W	12.18 B. SUTHERLAND	10.18 J. SMITH	10.10.2 J. SMITH	9.49 D. STONE	12.09.7 A. TYSON	10.49 D. HORSLEY	10.40.1 D. HORSLEY	11.04 D. HORSLEY
3000 W	14.06.6 D. FAUX	15.16 J. SMITH	15.44 J. SMITH	15.03 D. STONE		15.22 D. HORSLEY	16.15 D. HORSLEY	16.52 D. HORSLEY
5000 W	25.44.7 D. FAUX	26.37 J. SMITH	26.26.5 GAIDLEY	26.10.8 D. STONE (1 1/2 KG)		26.33 (1KG) D. HORSLEY	27.32 D. HORSLEY	29.35.5 D. HORSLEY

M35	(P/V)	M40	M45	M50	M55	M60	M65	70+
DISCUS	40.24 E. NIEMANIS	48.16 R. BROWN	30.40 34.00 A. CUMMINGS R. JEPS OPEN	31.84 A. CUMMINGS	32.64 W. CHAPMAN	38.64 W. CHAPMAN	26.92 D. HORSLEY	19.48 D. HORSLEY
HAMMER	46.85 E. NIEMANIS	31.26 9.2KG A. FERGIE	33.64 A. FERGIE	33.54 (5.5KG) A. CUMMINGS	26.08 N. GOFF	28.40 33.1 W. CHAPMAN (4KG)(u/M)	16.22 D. HORSLEY	19.48 D. HORSLEY
SHOT	12.90 E. NIEMANIS	16.51 R. BROWN	10.31 A. FERGIE	10.90 A. STONE	10.11 W. CHAPMAN	10.73 B. HORSLEY (600G)	8.99 D. HORSLEY	8.02 7.78 R. BRIGGS M75 R. BRIGGS
JAVELIN	45.52 T. REYNOLDS	41.44 B. OLD	37.40 A. FERGIE	31.32 A. STONE	28.78 F. FAY	24.92 N. GOFF	18.82 D. HORSLEY	18.88 15.78 D. HORSLEY M75 R. BRIGGS
LUNG JP	6.36 T. REYNOLDS	5.94 D. SCOTT	5.32 D. WALKER	5.64 N. GOFF	5.15 N. GOFF	4.35 N. GOFF	3.35 D. HORSLEY	3.28 D. HORSLEY
SHOT JP	12.37 T. REYNOLDS	10.87 13.40 P. GARE OPEN K BROWN	10.86 P. MULLER	11.30 N. GOFF	11.46 N. GOFF	9.36 N. GOFF	6.20 G. BOAKES	7.08 D. HORSLEY
SHOT JP	1.71 T. REYNOLDS	1.50 T. RUTTY	1.45 A. FERGIE	1.34 D. WALKER	1.35 N. GOFF	1.20 A. WRIGHT N. GOFF		
SHOT V	2.70 T. REYNOLDS P. GARE	3.40 P. SMITH	2.75 E. MASLEN	2.40 N. GOFF	2.40 N. GOFF	2.05 N. GOFF		