



# The Vetrun



No. 195 DECEMBER 1988

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

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I wish you a Merry Christmas  
and a Happy New Year



*From the President and the Committee*

### PRESIDENTS CORNER.

CHRISTMAS MESSAGE. Christmas is a special time for all of us. A time to enjoy a break with our families. It is also a time to remember our departed friends. The committee and I wish you all a Very Merry Christmas and a Happy New Year.

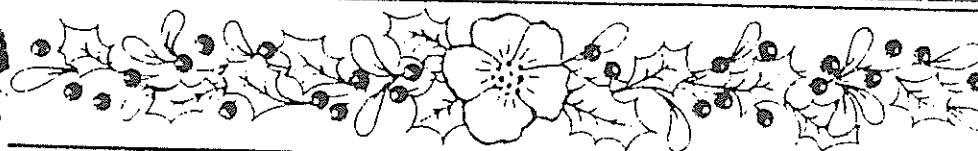
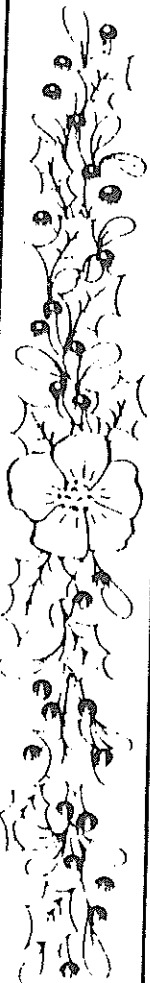
Those of you who are travelling over the break, remember to drive safely, try to get a few Kms in and this should help to burn off a few of those unwanted kilo's.

RACE DIRECTORS. The committee is still seeking some race directors for next years programme. If you wish to be one please contact me.

Hank and Margaret Stoffers have returned home from a lovely holiday in Holland. Dave Hough had a couple of pleasant weeks in Kalbarri.

Congratulations to Brian Kennedy on his appointment as President of Bunbury Runners Club. The new committee looks a good one and I look forward to a good working relationship with them.

About three years ago I started to see Graham Thornton charging past me with a number of stitches criss crossing his stomach. Then a year ago there he was again running around with stitches all over his face. His latest effort takes a bit of beating. After a very nasty fall from his bike, there he was again looking like a war casualty, complete with arm in plaster cast. Talk about TOUGH. I Guess thats part of the reason he runs an awful lot faster than I.



VICE PRESIDENT. As you all know, Sandi has resigned to go and live in Tasmania for a year. Sandi served the club as secretary for two years prior to her appointment as Vice President. She was a very hard working and popular committee member and will be missed by all of us. Good Luck and we will see you back here in a year or so. The committee has appointed Brian Foley to serve the remainder of the term as Vice President. Congratulations Brian, I know you will serve the club well.

John Gilmour and his brother have just been on a nostalgic trip to Singapore. John was keen to visit Changi Prison where he and his brother were prisoners of war during W.W.II. I am certain a lot of memories would have come flooding back.

COMMITTEE MEETING. HONOUR SYSTEM at home runs and Thursday time trials. Please don't forget to put your money in the box provided. Also if you bring a visitor along don't forget to pay for them and get THEM to sign the "Waver Book".

QUIZ NIGHT. The final total made on the night was \$891. Thank you all for supporting this, our one fundraising night of the year.

TIME TRIAL BARBEQUE. On the final night of time trials for this year, there will be a bring your own Barbeque after the events, this is on the night of the 15th of December at Coker Park. Get a head start on your Christmas feeling.

COVER FOR THE CLOCK. The cover for the Chronomix Clock has gone astray. It is mainly plywood with a clear perspex front and stand up Veterans Club sign on the top. If anyone knows the whereabouts of it would they please let Jeff know on 387 6438.

NEW CLUB BANNER. The Club now has a new lightweight banner, this will be used at Perry Lakes at T & F meetings and will be available for members to take when they compete interstate or overseas when a contingent from the club goes so that they will have a rallying point and to also advertise our club. The committee would like to thank Bryan Hardy for all the work he put into the making of it. It will also be used on the clubs Office/tent when the weather warrants its use.

10km TRACK HANDICAP. This we hope will be held at McGillivray under lights, if we can arrange it, on the 6th April 1989. We hope to get a Perpetual Trophy to be presented to the winner. The event will be an open handicap and may have pre-entry. More details later.

HELP HELP HELP The Ladies Trophy for the West Coast Challenge has gone missing. If anyone knows where it is or who has it, would they please ring Bob Hayres on 341 4770 and let him know.

HELP HELP HELP Jaqui Greenfield is seeking help with lapscoreing for the 10km time trial on the 8th December. If you are not competing come along and get some practice in for the Nationals. Its at McGillivray that night.

NEW CLUB T/SHIRTS. There is now, at last, an OFFICIAL club T/shirt. It is available in three designs:- Open neck with Collar with three press stud fastening; V neck with collar; or V neck without collar; It is Gold with Black trim and with the club badge on the left breast. All are priced at \$14 and are available from Avril Yates. There is an application form at the back of this newsletter. Those who went to "Danby's Run" were privileged to see those doyens of the catwalk, Avril and Joe Yates, strut their stuff modelling them.

SOUTH WEST TRACK & FIELD CHAMPS. Jan 28/29 1989 at CAPEL. (Australia Day W/end) There will be a full range of events for Veterans at these Champs. The age grouping is 30 -45years and over 45 years..You do not have to be registered with the A.A.W.A. to compete. There are quite a few members going down for the weekend and there is camping around the oval or in Bunbury or at Peppermint Beach. Why not enter and get some competition in before the Nationals. Entry forms will be available shortly.

TIME TRIALS ORGANISERS. Dec 1st Kevin Martin; Dec 8th Jaqui Greenfield; Dec 15th Brian Paxman; Jan 5th Bob Sammells.

## THE BOSTON EXPERIENCE

"It's a real experience just being there": that's the sentiment expressed by most of the 7000 runners (including 1000 women and 1500 veterans) lining up at Hopkinton Green on a grey drizzly Founders Day Holiday on April 18 for the start of the Boston Marathon. As the TV cameras and helicopters peer down on the herd of runners stretched down the village street for over half a kilometre, even the seasoned marathoners sense the tension and occasion, knowing that there's an estimated one million spectators out there to spur them on. Everyone in this start line knows what's ahead - just to enter one has to qualify by running a marathon in the previous 15 months in under 3 hours (slightly longer for women and veterans). The elite and Olympic hopefuls at the front pace around to keep warm, mindful no doubt of the \$350,000 worth of prize money and Mercedes Benz for the winner. Meanwhile, the "also rans" like me huddle together in strict order, wearing garbage bags industriously sold by enterprising boy scouts. One's starting position is strictly allocated according to one's qualifying time, so I was glad that I had run well in last year's People's Marathon (2hrs 44mins) to allow me to start in the first decile of veteran runners, together with the first decile of women and open class runners. Pity those with a 2hr 59min time, handicapped by several minutes by starting at the back, trying to qualify for the party next year.

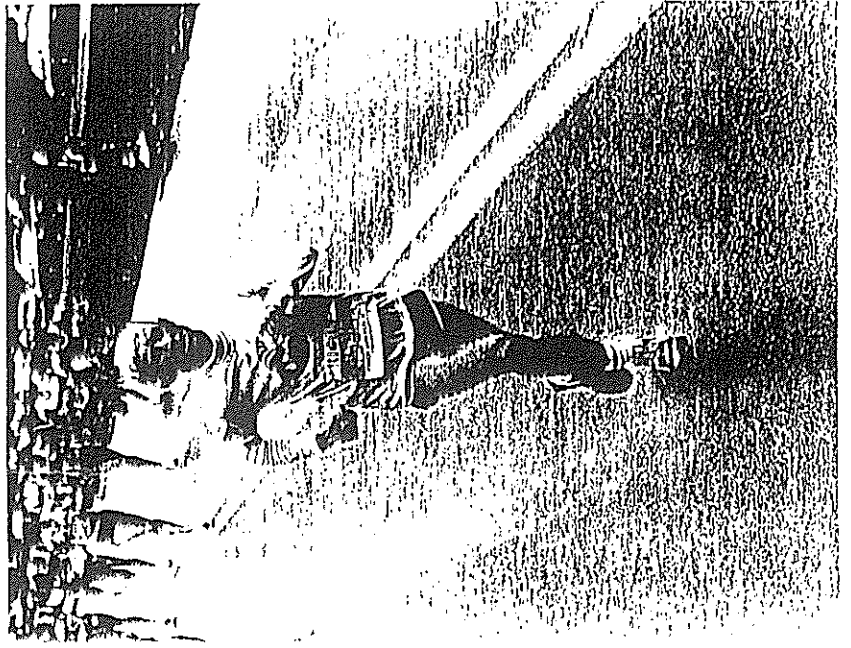
For Bostonians the race is a good excuse for a party. It's the oldest marathon in America and the main event on the Boston sporting calendar. Even the Mayor has run the race and there's half a million dollars of sponsorship and a year-round full-time organising staff to ensure everything is just right. Coming in at the airport on the Saturday, even the Customs and Passport Officers greet you and wish you luck in the run. Funny how marathon runners stand out in a crowd! First there's a Sports Expo to go to (an ectomorphs convention!); then there's a Marathon "Show" Bag to collect, full of free goodies like tee-shirt, cap, magazines, sun-cream and vouchers. Next day there's a free pasta party laid on in the heart of historic Boston. Here, the thousands of us take over the Market Hall and carbo-load with pasta, salads, chocolate, ice cream, cake, fruit, beer, coke, etc, trucked in by eager sponsors. We get entertained by wandering musicians and jugglers and interviewed by wandering TV camera crews. Thank goodness the race doesn't start till midday next day to give us time to digest it all; but it's still an early start as we have to catch the fleet of 100 buses at 8.30am, shuffling the runners from the city to the start line - a good opportunity to swap yarns on training schedules and diet plans it seems. One learns not to carbo-load on cereal swimming in milk, on pizza swimming in cheese and fat, on just pasta and bread with no fibre or on just fruit. You can imagine the consequences.

Suddenly the super-charged runners are off down the country lane, greeted all the way by curious spectators, some cheering, some flag waving, some handing out orange slices, some water, all anxious to spot their local hero or celebrity runner: a family outing for many. It's so easy, I was told, to get carried along by the tide of runners and the downhill section of the course and go top fast too early. I passed through the 5 mile mark in 30.30 and remembered those words, but at the 15 mile mark in 94mins, I still felt OK and concentrated on maintaining a steady pace. At this stage, the crowds sometimes constricted the road, and outside the Colleges I had to run the

gauntlet of screaming cheer-leader girls egging on their Harvard and West Point idols just behind me. Ahead at the 20 mile mark lay the infamous Heartbreak Hill, so it was good to be distracted. The long drag up Heartbreak Hill comes just when your tank is empty and you switch over (hopefully) onto reserves. At least it's downhill to the finish after that, I kept telling myself. Suddenly it's over the top and the crowd cheer - not for me, but for the winners announced by radio who were Hussein and Ikangaa, finishing 6 miles ahead of me, just one second apart in 2.08.43. Now my race really starts, and the crowd blurs as I concentrate on the count-down. At last, the final corner appears heralding a 300 yard dash (?) through the grandstands and spectator terraces to the finish in 2.48.30, just behind one who has run the Belfast and Rotterdam marathons, and now the Boston, on 3 consecutive days! How nice to be pampered by dozens of volunteers armed with space blankets, chocolates, yoghurt, fruit juices, icecream or coke.

I change in hot-air-ducted marquee and wait for the local Boston tradition to finish, John Kelly the elder; he's run every Boston since winning it in 1936. Now aged 80, he still finishes in a respectable time of 4hrs 29mins. It's an experience that he's never missed and one that I'll never forget. Next day, all the results in the press told me I finished 652nd overall and 70th in the Masters or Veteran division, and Boston cleans up and returns to normal again - till next year.

DAVID  
August



RYKAJAVIK MARATHON: 21/8/88

Brian Aldrich and myself arrived in Iceland two days before the marathon and within two hours were out to run part of the course. I took an instant liking to the city which was surrounded by mountain and ocean and no traffic. The course was flat and fast in two laps and more than half the course follows the coastline. The start was at mid day and by that time the wind had started to come up cold. (This was the only marathon I had been to where they recalled the runners for jumping the gun.) My first lap was as I had planned (85 mins), but I found I had to work harder than I wished. Since the start the wind was ever increasing and becoming colder. For 28 kms I had run with a Frenchman who was looking to break 2:50. He was much travelled and the previous year had worked at the Highlite Restaurant in Perth as a waiter. At 25 kms I felt I had lost much body heat and my pace was now dropping. (It wasn't a good day for fast times.) What a relief at 35 kms as I now had the wind behind me. It was great to see the finish line having the main street to myself. Soon I would be warm again. In all Rykjavik has pleasant memories nice clean friendly people. I would like the chance to return.

NEW FORREST MARATHON: 3/9/88

This course probably was the most scenic I had ever run. There were many hills but it was always pleasant. About 700 entered the full marathon, which was plenty for the small country lanes and forest tracks, it turned out to be a warm sunny day (most unusual for Britain) My intentions from the start to finish of this event were to enjoy the run, and that I did. At the finish I felt quite good, only 9 seconds slower than in Iceland, but much fresher.

HULL TO GRIMSLEY MARATHON: 11/9/88

A one way course. Faster than the previous and better running conditions (not as warm). The run attracted some gun runners. Mike Bane, veteran Mike Hard, Jim Dingwall and Veronique Marot. Five minutes from the start I was surprised that someone knew me, Barrie Robinson's sister Shirly had been looking out for me as I mentioned to Barrie that I might run here. After being on my own for a while it was nice to talk to her and her husband John, who would arrange for me to have a coke at 20 kms. After the run I was to meet and talk to Barrie's parents who were most friendly and lacked none of the northern wit (bloody luxury), some had rubbed off on Barrie. I paced myself quite easy for the run was surprised at 20 kms that I was running about 2:56 pace. From here on I had to concentrate hard. At 26 miles I thought I would make it under 3 hours with a bit to spare. 385 yards is a long way when you are starting to tire and you can't see the finish. It seemed as if I had run 300 yards when I could finally see the finish. I started to run hard now but my legs started to know it up so I had to ease off. Now I could see the clock and I knew that I was going to miss out on my sub 3 hours by a matter of seconds. I finished my ham

attracted very tight but better than in many marathons. The experience of running these marathons had been most enjoyable and I met some, really nice, people. In a few years time I would like to do the same sort of thing again but take my wife with me. Moscow sounds interesting. *JIM BARNES*

"NOT TODAY - I'VE GOT A HEADACHE"

It all started after "Hells Bells" on 25th September. On my way home from Perry Lakes, I suddenly lost vision in my right eye and this was followed within minutes by one of the most intense "cluster migraines" I have ever experienced. All Hell had indeed been let loose!

I refused, at first, to link the migraine with the run. After all, I was at the time in the middle of a "cluster" and I was already experiencing two or three attacks a week following on from the 'flu in August. So, the next day, I went for the long run that I had planned for that Public Holiday Monday, and within half an hour experienced another migraine. Since then every run and virtually every form of exercise has triggered off an attack. The Mill Point Road 10 km run was no exception and a few days later I finally gave in and decided to stop running until the end of the present "cluster".

"Cluster migraine" or "cluster headache", as it is also called, is thought to be a variant of migraine. The headaches occur in an irregular, episodic pattern in a "cluster" lasting on average from four to ten weeks. During the cluster the sufferer experiences numerous attacks of severe pain, usually centred in or around one eye. Within minutes of the onset, the pain radiates to one side of the face, the forehead and sometimes spreads to the whole of the head and neck on the affected side. Each attack lasts from half an hour to four hours. During a cluster it is common for attacks to occur on a daily basis and sometimes to disturb sleep with uncanny clockwork regularity.

Although it is not known what starts a "cluster", during a "cluster" a variety of stimuli will trigger off an attack. My present "cluster" is now in its 14th week, a definite "p.b." since I experienced my first cluster in 1975. This is the first time, however, that physical exertion has, in my case brought on the attacks during a cluster. Not only running, but also other, even more pleasurable forms of physical activity have been known to set off an attack. As there is no magic "pill" for the condition, abstinence has had to be the order of the day for the past four weeks!

The common forms of treatment for migraine are usually quite ineffective in the management of cluster headaches. The only moderately useful treatments for me are Oxygen and Acupuncture. Occasionally - but sadly not always - pure oxygen inhaled for five to ten minutes will abort an attack; needling of relevant acupuncture points at the onset of an attack has also sometimes - but not always - given relief during an attack. In an attempt to terminate a cluster, specialists in the field have tried a variety of medications, with generally disappointing results. Lithium and Prednisolone (a cortisone-like steroid) are currently favoured by neurologists.

In desperation, because of the severity and frequency of the attacks, I finally agreed, on 28th October, to start on a course of steroids on the advice of a neurological colleague. Five days without an attack and I thought the battle was won. But as soon as I reduced the dose of Prednisolone from 40mgs per day to 30mgs per day, all hell was let loose again - two attacks in 24 hours. So up went the dose again to 40mgs. After one week on steroids, however, I was beginning to experience side effects: I was feeling irritable, I was having difficulty sleeping, but more noticeable was the change in my resting pulse rate which climbed

from 52 per minute to 70 per minute. My appetite became insatiable and by the end of the second week on steroids I had put on 4 kilograms. Even more worrying was the muscle soreness that I was experiencing with minimal exertion such as walking up one or two flights of stairs.

Because of the side effects I was experiencing I came off the Prednisolone. X-rays of my neck having revealed a slight scoliosis and some degenerative changes, I am currently having my neck attended to by a manipulative physiotherapist in the hope that therein lies the "cure".

I know from previous experience that this cluster, too, will sooner or later come to an end. If it does not, I will just have to start running again. So, if in future you see me on the Sunday runs with an acupuncture needle in my forehead and a small oxygen cylinder strapped on my back, you will understand that I am not merely seeking to enhance my performance by unfair means.

SERGE TOUSSAINT

PS: I would be interested to hear from other runners who have experienced migraine or cluster headaches with exercise.

## Hank's magic run on a "busman's holiday"

Although he feels perhaps his base mileage might be a little below for what is normally required to run a fast marathon,

A TRIP to Europe revisiting his country of birth the Netherlands, gave Eaton runner Hank Stoffers, apart from meeting relatives and friends, a chance to test his running skills against some of the best athletes over there.

After having entered in a top half marathon event in the first week of his six week stay, a bout of flu prevented Hank from racing.

But after a two week recovery period showed he was back in form to win a short midweek 3 km street race in the smart time of 8 minutes 59 seconds.

The next weekend Hank entered a 12 km autumn race starting and finishing at the airport.

The rain and strong winds effectively ruled out fast times, but despite the conditions a field just short of 200 runners faced the starter. After a slow start Hank worked his way through easily winning the veteran section and fourth outright in the time of 43 minutes 37 seconds — this time being slower than his excellent 39 minutes 58 seconds in the Perth City to Surf some three weeks earlier to win the veteran's section.

However, his most remarkable performance was yet to come in a half marathon organised under the auspices of the Royal Dutch Athletic Union.

A strong field of approximately 370 runners with favourable weather conditions, little wind, a blue sky with a temperature round the 15 degree celsius, were more conducive for fast times.

A fast pace from the start saw Hank battling for fifth place in a group of eight runners chasing the leaders.

After 3km on an incline for an overpass Stoffers had little trouble to get away from the group and his pursuit started in earnest.

The 5km was reached in 16 minutes 48 seconds — an encouraging time for a possible personal best over the 21.1 km full distance.

Hank was now chasing the third spot and soon succeeded with a grim determination to reach second spot.

He reached the 10 km in 33 minutes 32 seconds (a split of 16 minutes 44 seconds between 5 and 10 km). Second spot was within his sights, but there



• Hank Stoffers with trophy and bouquet after his fine run in Holland.

was still a long road to run.

Battling on, the 15km was reached in 50 minutes 18 seconds (5km split 16 minutes 46 seconds) and Hank knew if he didn't falter he would break his personal best time of 71 minutes 11 seconds.

Going through the final 5 km leg (between 15 and 20km) in 16 minutes 36 seconds

was a splendid split time at this stage of the race. With his body crying for the finish he nevertheless ran the last 1.1 km in 3 minutes 21 seconds giving him a brilliant 70 minutes 17 seconds for the half marathon at the age of 47.

Nearly a lead of six minutes on the next veteran and a splendid third place outright.

Hank Stoffers goes with a positive outlook in this weekend's Albany marathon to once again try to break the so far elusive 2 hour 30 minute barrier.

His silver medal in the marathon in the time of 2 hour 30 minutes 43 seconds in last year's World Veterans Games under adverse conditions should add to his confidence.

1. Planning of the Championships is now entering its final phase, a phase in which more people are needed for particular tasks. Please help by responding promptly to requests for assistance.

2. We are still seeking sponsorship despite our success in this area. Two more Companies have been invited to become sponsors and responses from them are awaited. But sponsorship of events (see Update #5) is still possible.

Would members please note that Lifesport Superdrome will be making a sports physiotherapist available for the four days of the Championships.

Negotiations are also under way with other parties to make free massage available.

3. We shall need many "instant" officials over Easter. An article on Starting appears in Notes for Competitors and Officials in this Newsletter. So please read it and have a go. Notes on the Throws will appear later.

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NOTES FOR COMPETITORS AND OFFICIALS

Track Events Starting

1. Positions.

When the start is in a straight line, the Starter should be on the in-field and slightly in front of the athletes, with a good view of the start line as well as the athletes. When the start is staggered, the Starter should be placed where he/she can see all of the athletes and where they can hear the Starter's instructions.

The Starter should check with the timekeepers that he can be seen and that the background is suitable for the flash or smoke to be seen.

2. Procedure.

When the officials are ready the athletes should be brought to the assembly line, usually two to three metres behind the start line and parallel to it.

Events run in lanes are usually given a "three command" start. Walks and events of 800 metres or more started from a line are given a "two command" start.

3. "Three Command" Start.

Assemble the athletes on the assembly line. Give the order "ON YOUR MARKS" in a clear loud voice. The athletes will then move to the starting line and adopt their stance.

When the Starter is satisfied that each athlete is in the correct lane, with fingers and toes behind the line, not on it, and are perfectly steady, the instruction "SET" is given.

When the athletes are absolutely motionless the gun is fired. If one of the athletes is unsteady and the wait time is considered excessive give the command "STAND UP". The athlete concerned should be spoken to, however, this does not constitute a false start. The athletes should return to the assembly line and the start recommenced.

If an athlete leaves his mark with foot or hand after the words "ON YOUR MARKS" or "SET", and before the gun is fired, it shall be considered a false start.

If one or more athletes gain an unfair advantage by starting before a second second shot should be fired to recall the field, the offending athlete should be warned. A second false start by the same athlete will cause that athlete to be disqualified.

#### 4. "Two Command" Start.

The instruction "ON YOU MARKS" is given and when all athletes are still, the gun is fired.

#### 5. Starting Gun.

Always ensure that the gun is fully loaded so that a recall can also be affected.

14, Northampton Street.  
East Victoria Park. 6101  
Tel; 361 4621.

When in hospital with things not so bright, it is difficult to express my real appreciation for visits, phone calls, cards etc.

Thank you everyone, for your visits, phone calls, cards and well wishes.

Dave Jones.

It was good to see Dave down at Coker Park looking so well after his operations. It didn't take long for him to get a job helping to lapscore after he arrived. Thanks Dave.

Had a letter passed to me from Don Stone, would you believe on the back of an election pamphlet, he says it was thrust into his hand as he was about to vote and told "the back was left blank for writing to friends". Not a bad idea for 'how to vote' cards. He has been going between Israel and Britain and whilst in Britain has been trying to trace his family tree and has managed to go back as far as 1650. He hasn't found any undiscovered filthy rich relatives nor is he related to royalty. He hopes to be in W.A. in the New Year.

Also had a letter from Brian Kennedy letting us know about the Bunbury Runners Club new officers and telling us that anyone who is in the Bunbury area any time that they are most welcome to join them on their runs on Thursday evenings or Sunday mornings. The clubs postal address is:- PO Box 1161, Bunbury. 6230. and Brians Telephone no. is 097 219 018.

#### 10th ALBANY MARATHON. 6th November 1988.

The forecast was for 12-16° with occasional showers. Sounds like ideal conditions for a marathon. Unfortunately mother nature did not comply with the weather bureaus request. A nagging westerly tugged at the runners as they worked out to the turn. This persisted throughout the race and when the sun broke through the fine cloud layer, conditions became very warm and most runners agreed it was a little difficult. However our Vets triumphed by taking most of the awards. Congratulations to all on a marvellous effort. Incidentally, that was Barrie Robinsons 49th marathon.

#### RESULTS:- Marathon.

|                         |         |                     |         |                |        |
|-------------------------|---------|---------------------|---------|----------------|--------|
| Hank Stoffers           | 2.34.41 | Jim Greenfield      | 3.23.14 | Half Marathon. |        |
| (1st Overall/1st 45-49) |         | Margery Forden      | 3.28.37 | Steve Barrie   | 79.39  |
| Bob Argyle              | 2.42.00 | (2nd Woman/1st W45) |         | (1st M50)      |        |
| (1st 40-44)             |         | Keith Forden        | 3.36.09 | Brian Danby    | 84.07  |
| Bob Schickert           | 2.57.18 | June Nielsen        | 3.39.21 | (1st M40)      |        |
| Tony Tripp              | 2.59.57 | (3rd Woman/1st W35) |         | Alan Pomery    | 93.49  |
| Tim Fry                 | 3.03.55 | Eddie Strickland    | 3.39.49 | (1st M55)      |        |
| (1st 55-59)             |         | (1st over 60)       |         | Merv Jones     | 98.50  |
| Barrie Robinson         | 3.11.04 | George Audley       | 3.48.12 | Mike Berry     | 103.58 |
| John Pellier            | 3.12.44 |                     |         | Mary Fritchard | 114.09 |



Ron Grant retired from the race at approximately the 60 km mark with back trouble, two of his crew were given to Joe Record. Ron and Dell Grant (old) travelled up and down the road helping everyone they could. Very nice people. He gave each entrant a copy of his book.

Those who had retired were Tony Rafferty (Vic) with leg trouble at about 105 kms, he didn't want to take any chances with it because he was running in Colac. Joe Record the same. Greg Hillier (Vic) had circulation trouble with his feet. Alan Croxford's quads stiffened and Garry Clark had other problems.

The other finishers were bunched together. There was 3 kms between the first and the last of the crowd. Most could see each other which helped them all mentally. They were constantly passing one another.

Jill Bower had seven in her crew and kept flinging Latin names at me when I asked about various parts of her body that were sore. "You mean your ankle is bloody sore" I used to reply. To make matters worse she had a nurse who tried to explain by using technical and more Latin words. Thereafter when checking their log books I simply crept in and out of their van without saying too much. She seemed happy even when she was suffering. How does she do it? Ross Parker told me she is a very hard lady.

Dave (Dickie) Bird who has completed in all our 24 hour races but only managed to finish and complete the 100 miles this year, is an example to all ultra runners who feel they will never reach their goals. He finished the Perth to Albany and for most of the way had a smile on his face.

In the other ultra's his wife crews for him so when he is suffering he likes all his legs rubbed as it were. This race he had an all male crew including a chap who has completed a 100 miles within the time limit. They were always cracking jokes, this is how a crew should be. They kept pulling my leg about the flatness of the hills and where had the undulating road disappeared to. Yet what touched Dave most of all was a young lad that saw him running along the road, crossed two fields to cheer him on. Dave got his name and address and will be sending him a thank you card.

Because the event clashed with the Olympic <sup>Games</sup> we didn't think we would get much media coverage but we did, especially on the radio. Because of this cars passing tooted their horns and people waved. Near the finish cars were parked and people cheered on the runners.

The Women did well, two out of two finished. Trish Spain was one of the seven runners who broke the 100 miles in 24 hours and was not troubled throughout the race. Jill ran the last 30 kms at 10 kms an hour and cracked another joke at the finish.

After the runners had finished they were taken into the City Hall building and measured as they had been at the prerace meetings. From this data the medical people will come up with some specific exercises for ultra runners. Graeme Woods was impressed with this idea. Each year we will think of some medical test we can do on the runners.

It is about time ultra runners were medically tested. Ours is one of the most demanding sports and no one has really bothered much with us. But the amount of data that could be collected from us would be of tremendous value when added to other sporting details and statistics.

Brian Kennedy, better known as one of the organizers of the Bunbury Marathon and being new to ultra running only having completed in May the required 100 miles in 24 hours, said he would be back next year. This was just after he had finished and was being measured. He enjoyed himself is how he put it.

At the reception the Albany Mayoress who came back especially from Perth

for it gave a entertaining speech. The finishers of the race spoke too. Everyone seemed to like the event and Graeme Woods the winner said he would return next year.

So ends the tale of the inaugural Perth to Albany 400 kms Multi-day road race. A "fairly flat" race that somehow turned out a trifle hilly! An event that is now part of the Australian ultra calendar. I hope I have inspired some of you Interstaters to come and ruin it. We are a friendly crowd here.

My thanks to all those who took part, especially those from interstate and their crews: much appreciated. I must also thank Dr Jeff Faulkner the race doctor, Peter Green (organiser Albany marathon) race director, masseur Tim Fry and media person Jim Macauley, plus Garry Clark and my committee, all ultra or marathon runners.

We did listen to the comments about the race made after the event by some of the participants, and next year we will incorporate the sound suggestions.

#### RESULTS

1. Graeme Woods (T.B.) 2 days 6 hours & 46 seconds.
2. George Audley (S.A) 2 days 11 hours 29 mins 14 sec. (Albany)
3. Ron Hill (Vic) 2 days 21 hours 5 mins 49 sec.
4. Ross Parker (W.A) 3 days, 2 hours 14 mins 44 sec.
5. Trevor Harris (ACT) 3 days 6 hours and 3 secs.
6. Brian Kennedy (S.A) 3 days 10 hours 49 minutes 37 sec (Bunbury)
7. Trish Spain (W.A) 3 days 11 hours 15 mins 16 secs
8. Jill Bower (W.A) 3 days 13 hours 11 mins 27 sec (Esperance)
9. Charlie Spare (W.A) 3 days 15 hours 9 mins 43 sec.
10. Dave Bird (W.A) 3 days 21 hours 46 mins 4 sec.

\*\*\*\*\*

AFTER THE YANCHEP  
PICNIC RUN.

D - R.  
Rob Davis  
Keith Forden  
"Gert"  
Margery Forden





WESTERN AUSTRALIAN STATE RECORDS as at SEPTEMBER 30, 1988

|     | 1500m WALK | 2000m WALK | 3000m WALK |
|-----|------------|------------|------------|
| M35 | B. DANBY   | 8.28.00    | 26.11.85   |
| M40 | J. SMITH   | 7.31.00    | 20.12.75   |
| M45 | G. AUDLEY  | 6.57.00    | 2.85       |
| M50 | D. STONE   | 7.14.00    | 11.11.82   |
| M55 | B. WORNER  | 8.17.00    | 20.11.86   |
| M60 | D. HORSLEY | 7.22.00    | 20.12.75   |
| M65 | D. HORSLEY | 7.45.40    | 12. 3.81   |
| M70 | D. HORSLEY | 8.08.00    | 2. 2.84    |
| M75 | J. COLLINS | 10.27.00   | 10.87      |
| M80 | J. SANDERS | 12.29.00   | 18. 2.86   |

|     | 5000m WALK | 10,000m WALK | LONG JUMP |
|-----|------------|--------------|-----------|
| M35 | D. FAUX    | 25.44.70     | 10. 4.82  |
| M40 | T. JONES   | 23.48.00     | 12. 3.88  |
| M45 | G. AUDLEY  | 26.26.50     | 1. 4.84   |
| M50 | D. STONE   | 26.10.80     | 22.12.82  |
| M55 | P. DAVIES  | 30.21.00     | 16. 3.86  |
| M60 | D. HORSLEY | 26.33.00     | 27. 2.74  |
| M65 | D. HORSLEY | 27.32.00     | 19. 8.78  |
| M70 | D. HORSLEY | 29.35.50     | 20. 1.83  |
| M75 | J. COLLINS | 35.52.71     | 4.12.87   |
| M80 | J. SANDERS | 44.58.00     | 16. 3.86  |

|     | HIGH JUMP   | TRIPLE JUMP | POLE VAULT |
|-----|-------------|-------------|------------|
| M35 | T. REYNOLDS | 1.71        | 10. 4.77   |
| M40 | B. WOLFS    | 1.55        | 5. 4.87    |
| M45 | A. FERGIE   | 1.45        | 16. 1.82   |
| M50 | J. COCHRANE | 1.49        | 29.11.87   |
| M55 | N. GOFF     | 1.35        | 29. 3.76   |
| M60 | D. JONES    | 1.25        | 5. 4.87    |
| M65 |             |             |            |
| M70 |             |             |            |

|     | 1500m STEEPLECHASE | 2000m STEEPLECHASE | 3000m STEEPLECHASE |
|-----|--------------------|--------------------|--------------------|
| M35 | D. CLARKE          | 5.19.00n           | 26. 1.76           |
| M40 | G. INNES           | 4.51.90n           | 20. 1.77           |
| M45 |                    | n                  |                    |
| M50 | E. MASLEN          | 5.17.60n           | 5. 4.87            |
| M55 | A. TYSON           | 5.42.20n           | 5. 4.80            |
| M60 | A. TYSON           | 6.09.00n           | 15. 3.86           |
| M65 | D. STRACHAN        | 7.03.70n           | 5. 4.87            |

a = Australian Record      w = World Record      n = Non-Standard Event

WESTERN AUSTRALIAN STATE RECORDS as at SEPTEMBER 30, 1988

|     | 100m         | 200m  | 400m     |              |       |          |              |       |          |
|-----|--------------|-------|----------|--------------|-------|----------|--------------|-------|----------|
| M35 | P. GARE      | 11.20 | 20. 2.77 | J. GOLD      | 23.10 | 12. 2.83 | P. GARE      | 50.50 | 14. 2.76 |
| M40 | P. GARE      | 11.20 | 23. 1.82 | P. GARE      | 23.30 | 28.11.81 | B. KERNAGHAN | 52.30 | 14. 2.83 |
| M45 | B. KERNAGHAN | 11.50 | 6. 4.85  | B. KERNAGHAN | 23.40 | 7. 4.85  | B. KERNAGHAN | 53.10 | 6. 4.85  |
| M50 | D. CLIVE     | 11.80 | 5.11.87  | D. CLIVE     | 24.10 | 26. 3.87 | D. CLIVE     | 54.70 | 14. 3.87 |
| M55 | D. JONES     | 12.70 | 4.81     | D. JONES     | 26.32 | 4.81     | D. CARR      | 58.00 | 11.87    |
| M60 | D. JONES     | 13.20 | 11.12.86 | D. JONES     | 26.40 | 12. 2.87 | R. DE GRUCHY | 66.00 | 12.87    |
| M65 | D. HORSLEY   | 15.40 | 22. 3.78 | J. COLLINS   | 36.10 | 9. 1.77  | D. HORSLEY   | 73.80 | 9.10.80  |
| M70 | C. BAUMANN   | 16.00 | 11.12.86 | D. HORSLEY   | 34.60 | 1.11.84  | D. HORSLEY   | 75.40 | 23. 2.84 |
| M75 | R. BRIGGS    | 17.50 | 8. 1.81  | R. BRIGGS    | 37.20 | 18.12.80 | R. BRIGGS    | 85.40 | 19. 2.81 |
| M80 | J. SANDERS   | 25.60 | 19. 3.88 |              |       |          |              |       |          |
| M85 | T. JONES     | 22.40 | 10. 4.82 |              |       |          |              |       |          |
| M90 | T. JONES     | 24.00 | 3. 3.84  |              |       |          |              |       |          |
| M95 |              |       |          |              |       |          |              |       |          |

|     | 800m        | 1500m    | 1 MILE    |          |            |           |          |
|-----|-------------|----------|-----------|----------|------------|-----------|----------|
| M35 | D. CAPLIN   | 2.02.90  | 4. 12.70  | 10. 3.79 | D. CAPLIN  | 4.39.00   | 8. 3.79  |
| M40 | K. GILBERT  | 2.01.10  | 4.12.00   | 1. 3.80  | D. CAPLIN  | 4.40.00   | 17. 1.80 |
| M45 | K. GILBERT  | 2.05.70  | 4.11.00   | 4. 4.83  | D. CAPLIN  | 4.47.00   | 18.10.34 |
| M50 | D. CARR     | 2.08.80  | 4.31.00   | 8. 2.86  | E. MASLEN  | 4.56.80   | 16.11.36 |
| M55 | D. CARR     | 2.09.78a | 4.22.00   | 5.11.75  | J. GILMOUR | 4.40.00   | 11.75    |
| M60 | J. GILMOUR  | 2.16.98a | 4.29.00aw | 22.12.79 | J. GILMOUR | 4.57.10aw | 13.11.80 |
| M65 | J. GILMOUR  | 2.33.18  | 4.49.16   | 29. 6.85 | J. GILMOUR | 5.20.60   | 28.10.84 |
| M70 | D. HORSLEY  | 2.47.00  | 5.38.90   | 6.10.83  | J. GILMOUR | 6.11.70   | 17.11.33 |
| M75 | J. SHEPHERD | 3.39.50  | 7.23.80   | 10. 4.82 | D. HORSLEY |           |          |
| M80 |             |          | 10.23.00  | 15. 3.86 |            |           |          |
| M85 |             |          |           |          |            |           |          |
| M90 |             |          |           |          |            |           |          |
| M95 |             |          |           |          |            |           |          |

|     | 3000m      | 5000m      | 10,000m    |          |             |            |          |
|-----|------------|------------|------------|----------|-------------|------------|----------|
| M35 | P. WALL    | 8.52.00    | 15.14.00   | 5. 2.80  | J. LANGFORD | 32.57.00   | 9. 4.82  |
| M40 | A. O'HARE  | 9.09.00    | 15.49.00   | 24. 2.83 | F. SMITH    | 32.36.00   | 24. 2.83 |
| M45 | B. CARSE   | 9.22.50    | 16.07.70   | 5. 4.87  | H. STOFFERS | 33.04.00   | 15. 2.86 |
| M50 | E. MASLEN  | 9.48.10    | 16.05.80   | 13. 9.72 | J. GILMOUR  | 33.05.00a  | 27. 8.72 |
| M55 | J. GILMOUR | 9.20.00    | 16.09.70   | 22. 1.76 | J. GILMOUR  | 33.40.00   | 5. 8.74  |
| M60 | J. GILMOUR | 9.41.20aw  | 16.33.30aw | 11. 4.82 | J. GILMOUR  | 34.23.00aw | 26.11.80 |
| M65 | J. GILMOUR | 10.10.20aw | 17.25.30aw | 27. 6.85 | J. GILMOUR  | 36.11.00a  | 10.84    |
| M70 | D. HORSLEY | 12.21.00   | 21.54.00   | 12.84    | C. BOULD    | 46.15.00   | 30.10.86 |
| M75 | R. BRIGGS  | 18.11.00   |            |          |             |            |          |
| M80 |            |            |            |          |             |            |          |
| M85 |            |            |            |          |             |            |          |
| M90 |            |            |            |          |             |            |          |
| M95 |            |            |            |          |             |            |          |

a = Australian Record      w = World Record      n = Non-Standard Event



WESTERN AUSTRALIAN STATE RECORDS as at SEPTEMBER 30, 1988

SHOT PUTT (5KG)  
n  
n  
n  
n  
n

M35  
M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

W. CHAPMAN 11.09n 4. 4.87  
R. HORSLEY 8.99n 25. 1.78  
C. BAUMANN 9.37 5. 2.87  
R. BRIGGS 7.78 12. 3.81

● BARRY Harwood is the man soccer players should not try to argue with.  
The soccer referee was named the state's best at a function last week when he was presented with the Town and Country golden whistle.

a = Australian Record w = World Record n = Non-Standard Event  
WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

|                     |  |       |       |         |           |
|---------------------|--|-------|-------|---------|-----------|
| Dawn S Palmer       | 16b, Burndale Road, Armadale.6112          |       |       |         |           |
| Maureen F Stewart   | 172, Keane Street, Cloverdale.             | 6105  | 277   | 4093    | 19/Jun/35 |
| Frederick K Stewart | " "  | "     | "     | "       | 15/Oct/39 |
| Barbara G Wilson    | 21, Melville Street, Albany.               | 6330. | (098) | 415 728 | 21/May/30 |
| Karen I Gobby       | RMB216, Ramsay Road, Stratham via Boyanup. | 6237  |       |         | 19/Sep/51 |
| Desmond J Gobby     | " "  | "     | (097) | 957     | 18/Mar/53 |
| Leonard J Mort      | 32, Adamson Road, Parmelia.                | 6167. | 419   | 3523    | 28/May/50 |
| Irene Ferris        | 4, Mead Cove, Ocean Reef.                  | 6027. | 401   | 1507    | 01/Feb/45 |
|                     |  |       |       |         | 27/Feb/52 |

A VERY HAPPY BIRTHDAY TO OUR "DECEMBER" MEMBERS

|           |          |       |    |         |     |           |           |    |         |     |
|-----------|----------|-------|----|---------|-----|-----------|-----------|----|---------|-----|
| 01-DEC-36 | HARRIS   | TURNS | 52 | remains | M50 | 17-DEC-29 | BERRY     | 59 | remains | M55 |
| 01-DEC-44 | KHAN     | "     | 44 | "       | M40 | 17-DEC-52 | DEVENPORT | 36 | "       | M35 |
| 01-DEC-49 | PEARCE   | "     | 39 | "       | M35 | 17-DEC-50 | HUGHES    | 38 | "       | M35 |
| 02-DEC-43 | DAVIS    | "     | 45 | becomes | M45 | 19-DEC-29 | BEAUMONT  | 59 | "       | M55 |
| 02-DEC-37 | VINCENT  | "     | 51 | remains | M50 | 19-DEC-39 | GODWIN    | 49 | "       | M45 |
| 03-DEC-43 | YATES    | "     | 45 | becomes | M45 | 19-DEC-43 | HOLLAND   | 45 | becomes | M45 |
| 04-DEC-43 | MUNYARD  | "     | 45 | becomes | M45 | 20-DEC-42 | CROXFORD  | 46 | remains | M45 |
| 07-DEC-46 | CLARKE   | "     | 42 | REMAINS | M40 | 21-DEC-50 | CARUSO    | 38 | "       | M35 |
| 07-DEC-36 | ROBINSON | "     | 52 | "       | M50 | 21-DEC-12 | HORSLEY   | 76 | "       | M75 |
| 09-DEC-44 | NIELSEN  | "     | 44 | "       | M40 | 22-DEC-40 | EDWARDS   | 48 | "       | M45 |
| 11-DEC-50 | GEE      | "     | 38 | "       | M40 | 24-DEC-11 | COLLINS   | 77 | "       | M75 |
| 12-DEC-46 | ERNEST   | "     | 42 | "       | M35 | 25-DEC-35 | BARRIE    | 53 | "       | M50 |
| 12-DEC-32 | RUSSELL  | "     | 42 | "       | M40 | 26-DEC-19 | HEAD      | 69 | "       | M65 |
| 14-DEC-41 | HARWOOD  | "     | 56 | "       | M40 | 26-DEC-37 | HOLLAND   | 51 | "       | M50 |
| 15-DEC-41 | PENTON   | "     | 47 | "       | M55 | 26-DEC-39 | HUXLEY    | 49 | "       | M45 |
| 16-DEC-33 | COWLAN   | "     | 47 | "       | M45 | 28-DEC-30 | MOFFETT   | 58 | "       | M55 |
|           |          | "     | 55 | becomes | M55 | 28-DEC-32 | SCAEFFER  | 56 | "       | M55 |
|           |          | "     |    |         |     | 29-DEC-41 | CROWTHER  | 47 | "       | M45 |
|           |          | "     |    |         |     | 29-DEC-39 | SLINGER   | 49 | "       | M45 |

: Richard  
: Michael  
: Joanne Lesley  
: Rosa E  
: Denis J  
: Joseph  
: Barry T  
: Thomas J  
: Mary  
: Garry  
: Warren A  
: Terence  
: John  
: Barry  
: Kathleen  
: Derek

: Nora  
: John P  
: Susan  
: Victor  
: Barbara  
: Harry  
: Alan F  
: Yolande  
: Richard  
: John A  
: John H  
: Stephen  
: Phyllis  
: Ross McKenzie  
: David A  
: Dalton  
: George P  
: Derek  
: Barrie

CLUB RUN RECORDS. Christmas Gift Run. W30 Gloria Sutherland 26.48; W35 Trish Kirwan 23.18; W40 Joan Slinger 25.27; W45 M Forden 24.08; W50 Lorna Butcher 24.05; W55 Lorna Butcher 28.28; W60 June Strachan 32.07; M35 Don Caplin 17.50; M40 Bob Harrison 17.58; M45 Bert Carse 17.28; M50 Rob Shand 19.39; M55 John Gilmour 17.28; M60 Cliff Bould 22.08; M65 Dick Horsley 22.53; M70 Dick Horsley 24.39; Leschenaultia Run. W35 Cheryl Bell 37.06; W40 Margery Forden 37.28; W45 Jan Morrey 32.14; W50 Pat Weston 42.43; M35 T Clarke 31.45; M40 T Clarke 28.23; M45 Derek Hoyer 27.10; M50 Dave Carr 31.23; M55 Dave Carr 31.02; M60 Allen Tyson 37.56; The Womens Run. W30 Tessa Brockwell 26.29; W35 Jenny Willers 31.17; W40 Margery Forden 31.36; W45 Margery Forden 31.36; W50 Elza O'Dea 37.25; W55 Lorna Butcher 36.07; W60 June Strachan 40.48; W65 Val Tyson 53.08; M35 Chris Brockwell 25.43; M40 Hugh Kirkman 25.18; M45 Bert Carse 24.26; M50 Rob Shand 27.11; M55 Dave Carr 28.30; M60 Allen Tyson 30.42; M65 Arthur Leggett 36.12; M70 Dick Horsley 33.15; Friendship Run. 12.4km. W30 Jo Stone 61.34; W35 Trish Kirwan 52.16; W40 Margery Forden 58.41; W45 Tuula Vaalsta 54.55; W50 Lorna Butcher 60.34; M35 Colin Leman 44.12; M40 Frank Smith 43.20; M45 Bert Carse ?; M50 M Smith 47.15; M55 B Evans 52.55; M60 John Gilmour 48.01; M65 John Gilmour 47.20; M70 Cliff Bould 62.26; Womens Run 6.2km W30 T Carmen 29.34; W35 Cheryl Bell 26.17; W40 Peggy McIver 28.20; W45 Joan Pellier 29.24; W50 Margaret Warren 33.54; W55 Lorna Butcher 33.00; W60 June Strachan 41.87; M35 Brian Danby 22.36; M40 Stuart Hoskins 22.16; M45 Don Caplin 22.28; M50 Ted Maslen 23.08; M55 Dave Carr 24.15; M60 Allen Tyson 27.29; M65 Arthur Leggett 31.30; M70 Frank Hansford-Smith 36.48;

DANBY'S RUN. PINAROO PARK 13th November 1988.

It was fine and hot as Brian gave directions for the race, the most telling one being "if you want a drink there is a toilet block about a half a km. after the turn". It was a nice smooth grass start for the first km. or so, then things started to get rough as we hit the SAND and HILL. Brian however found the going quite easy on his four wheel motorbike, nothing to it. First home on the short course (1 lap) was Jackie Greenfield in 32.29 (scr). followed by Christine Easton (1.30) and Jeff Whittam (2.30) handicaps based on long run. The winner on the long course (10km) was Doug Hazell in 63.28 (19.00) followed by John Ferris (19.00) and Roger Walsh (12.30). Morris Warren finished in 91.12 (scr) he reckons he did 15km collecting the marker flags as he went. A very sociable tea and cakes followed and our thanks go to Sue for that. Our thanks to Brian for once again putting on this run.

RESULTS:-

| 10km.           |     |       |       |       |                  |     |       |       |       |
|-----------------|-----|-------|-------|-------|------------------|-----|-------|-------|-------|
| Doug Hazell     | M35 | 63.28 | 19.00 | 44.28 | Rob Farrell      | M45 | 68.16 | 11.00 | 57.16 |
| John Ferris     | M35 | 63.34 | 19.00 | 44.34 | Stuart Hicks     | M65 | 68.21 | 9.00  | 59.21 |
| Roger Walsh     | M45 | 64.10 | 12.30 | 51.40 | Margaret Birks   | W40 | 68.27 | 14.00 | 54.27 |
| Joe Stickles    | M50 | 64.30 | 16.00 | 48.30 | Mike Rhodus      | M40 | 68.42 | 17.00 | 51.42 |
| Larry Brown     | vis | 64.32 |       |       | Peter Cole       | M40 | 68.44 | 17.00 | 51.44 |
| Bob Sammells    | M50 | 64.34 | 18.30 | 46.04 | R Williams       | vis | 68.53 | 17.00 | 51.53 |
| Vic Beaumont    | M55 | 65.07 | 12.00 | 53.07 | Fraser Deamus    | vis | 69.07 |       |       |
| Dave Roberts    | M45 | 65.10 | 18.30 | 46.40 | Joan Pellier     | W45 | 69.09 | 8.00  | 61.09 |
| Derek Hoyer     | M50 | 65.13 | 21.30 | 43.43 | Merv Jones       | M45 | 69.40 | 14.30 | 55.10 |
| Rob Boggs       | M40 | 65.28 | 16.00 | 49.28 | Phyllis Farrell  | W40 | 69.52 | 8.00  | 61.52 |
| Duncan Strachan | M65 | 65.43 | 4.00  | 61.43 | John Russell     | M55 | 70.15 | 9.00  | 61.15 |
| Peter Hill      | M40 | 65.50 | 17.00 | 48.50 | Paula Szpak      | W30 | 70.17 | 14.30 | 55.47 |
| John Pellier    | M45 | 66.04 | 18.30 | 47.34 | Elza O'Dea       | W50 | 70.58 | 8.00  | 62.58 |
| Brian Paxman    | M55 | 66.29 | 14.30 | 51.59 | Patrick Sheerin  | M55 | 71.01 | 8.00  | 63.01 |
| Maureen Stewart | W45 | 66.31 | 11.00 | 55.31 | June Strachan    | W60 | 72.04 | 2.30  | 69.34 |
| Bryan Hardy     | M45 | 66.45 | 17.00 | 49.45 | Barrie Thomsett  | M45 | 73.22 | 8.00  | 65.22 |
| Bob Schickert   | M45 | 66.50 | 22.00 | 44.50 | F Campbell       | vis | 74.48 | 15.00 | 59.48 |
| Rod Stewart     | M45 | 66.58 | 16.00 | 50.58 | Margaret Warren  | W50 | 75.55 | 7.00  | 68.55 |
| Leo Hassam      | M55 | 67.00 | 7.00  | 60.00 | Ann Deamus       | vis | 75.55 |       |       |
| Pat Guiton      | M50 | 67.02 | 14.00 | 53.02 | Ron Spencer      | M45 | 84.33 | 10.00 | 74.33 |
| Kevin Martin    | M50 | 67.07 | 18.30 | 48.37 | Pat Miller*      | W50 | 91.12 | 6.00  | 85.12 |
| John Davenport  | M35 | 67.24 | 14.00 | 53.24 | Mary Robinson*   | W50 | 91.12 | 3.00  | 88.12 |
| Mike Traynor    | M45 | 67.31 | 16.00 | 51.31 | Morris Warren    | M50 | 91.12 | 16.00 | 75.12 |
| Brian Jones     | M60 | 67.41 | 16.30 | 51.11 | *Walked.         |     |       |       |       |
| Bill Crellin    | M50 | 68.11 | 14.00 | 54.11 | +Gave an Excuse. |     |       |       |       |



RESULTS:- 5km.

|                   |     |       |       |       |                              |     |       |       |       |
|-------------------|-----|-------|-------|-------|------------------------------|-----|-------|-------|-------|
| Jackie Greenfield | W45 | 32.29 | scr   | 32.29 | Fred Hagger                  | M60 | 39.49 | 7.00  | 32.49 |
| Christine Easton  | W40 | 36.00 | 1.30  | 34.30 | Jenny Willers                | W40 | 40.06 | 8.00  | 32.06 |
| Jeff Whittam      | M50 | 36.34 | 2.30  | 34.04 | Les Evans                    | M35 | 40.12 | 17.00 | 23.12 |
| Garen Crellin     | W45 | 37.02 | 1.30  | 35.32 | Jackie Beaumont              | W50 | 40.36 | scr   | 40.36 |
| Jaqui Jenkins     | W40 | 37.21 | scr   | 37.21 | Jan Johnson                  | W40 | 40.44 | 9.00  | 31.44 |
| Irene Ferris      | W40 | 37.38 | scr   | 37.38 | Margery Forden               | W45 | 41.36 | 14.30 | 27.06 |
| Norm Miller       | M55 | 38.20 | 9.00  | 29.20 | Ian Thomsett                 | vis | 41.45 |       |       |
| Keith Forden      | M45 | 38.35 | 12.30 | 26.05 | James Huggins                | M40 | 42.59 | 11.00 | 31.59 |
| Dorothy Whittam   | W50 | 38.50 | 1.30  | 37.20 | Judy Hill                    | W40 | 43.47 | 1.30  | 42.17 |
| Lynne Schickert   | W45 | 39.10 | 2.00  | 37.10 | Bill Monks                   | M50 | 43.57 | 18.30 | 25.27 |
| Alan Stone        | M55 | 39.17 | 2.30  | 36.47 | Barry Blackman               | M45 | 45.31 | 17.00 | 29.31 |
| Sandi Hodge       | W40 | 39.31 | 8.00  | 31.31 | H'caps based on 10km course. |     |       |       |       |

CLIFF BOULD TROPHY. 30th October 1988. 10.4km

RESULTS:-

|                     |     | time  | H'cap | Actual |                                 |     |       |           |       |
|---------------------|-----|-------|-------|--------|---------------------------------|-----|-------|-----------|-------|
| 1 Margaret Birks    | W40 | 55.31 | 4.00  | 51.31  | 62 Jeff Spencer                 | M45 | 66.09 | 13.00     | 53.09 |
| 2 Paula Szpak       | W30 | 56.09 | 7.00  | 49.09  | 63 Jim Barnes                   | M45 | 66.10 | 20.00     | 46.10 |
| 3 Robert Boggs      | M40 | 58.11 | 13.00 | 45.11  | 64 Patrick Sheerin              | M55 | 66.15 | 9.00      | 57.15 |
| 4 Vic Beaumont      | M55 | 58.58 | 10.00 | 48.58  | 65 Margaret Miller              | W45 | 66.20 | 5.00      | 61.20 |
| 5 Dennis Miller     | M45 | 58.59 | 14.30 | 44.29  | 66 David Carr                   | M55 | 66.30 | 19.00     | 47.30 |
| 6 Paul Martin       | M45 | 59.22 | 18.00 | 41.22  | 67 Carol Cole                   | W45 | 66.44 | 5.00      | 61.44 |
| 7 Robert Raymen     | M45 | 59.40 | 20.00 | 37.40  | 68 Brian Paxman                 | W55 | 66.53 | 15.00     | 51.53 |
| 8 Warren Gee        | M35 | 59.40 | 19.00 | 40.40  | 69 Ray Lawrence                 | M60 | 67.08 | 9.00      | 58.08 |
| 9 Simon Beaumont    | vis | 59.51 | ?     |        | 70 Lorna Butcher                | W55 | 67.09 | 6.00      | 61.09 |
| 10 Rod Stewart      | M45 | 60.15 | 15.00 | 45.15  | 71 Christine Easton             | W40 | 67.20 | 3.00      | 64.20 |
| 11 Roger Walsh      | M45 | 60.18 | 12.00 | 48.18  | 72 John Lindsay                 | M40 | 67.54 | 10.00     | 57.54 |
| 12 Brian Usher      | vis | 60.19 | ?     |        | 73 ?                            | ?   | 67.56 | ?         | ?     |
| 13 Rob Farrell      | M45 | 60.24 | 10.00 | 50.24  | 74 Doug Hazell                  | M35 | 68.06 | 22.00     | 46.06 |
| 14 Dave Roberts     | M45 | 60.30 | 18.00 | 42.30  | 75 Jackie Greenfield            | W45 | 69.17 | 3.00      | 66.17 |
| 15 Leo Hassam       | M55 | 60.38 | 6.00  | 54.38  | 76 Jimmy Greenfield             | M45 | 69.17 | 16.30     | 52.47 |
| 16 Arnold Jenkins   | M40 | 60.39 | 17.00 | 43.39  | 77 Gordon Florence              | M50 | 70.38 | 14.00     | 56.38 |
| 17 John Fellier     | M45 | 60.45 | 18.00 | 42.45  | 78 Cliff Bould                  | M70 | 70.47 | 8.00      | 62.47 |
| 18 Larry Brown      | vis | 60.55 | ?     |        | 79 Gerry Foley                  | M60 | 72.42 | 6.00      | 66.42 |
| 19 Maurice Johnston | M50 | 60.59 | 18.00 | 42.59  | 80 John Muson                   | vis | 72.49 | ?         |       |
| 20 Angus Sim        | M40 | 61.06 | 13.00 | 48.06  | 81 Jackie Jenkins               | W40 | 75.50 | 1.30      | 74.20 |
| 21 Brian Jones      | M60 | 61.07 | 15.00 | 46.07  | 82 Jeff Whittam                 | M50 | 78.43 | (walked.) |       |
| 22 Derek Hoye       | M45 | 61.10 | 21.30 | 39.40  | <u>5.2km.</u>                   |     |       |           |       |
| 23 Morris Warren    | M50 | 61.15 | 15.00 | 46.15  | 1 Jan Johnson                   | W40 | 27.37 |           |       |
| 24 Mike Trayner     | M45 | 61.19 | 13.00 | 48.19  | 2 Barrie Thomsett               | M45 | 28.48 |           |       |
| 25 Dalton Moffett   | M55 | 61.26 | 15.30 | 45.54  | 3 Patricia Carr                 | W55 | 31.46 |           |       |
| 26 Derek Drayson    | M65 | 61.28 | 10.00 | 51.28  | 4 Alison Aldrich                | W45 | 33.13 |           |       |
| 27 Peter Airey      | M50 | 61.32 | 15.00 | 46.32  | 5 Frank Usher                   | M65 | 34.26 |           |       |
| 28 Don Caplin       | M45 | 61.39 | 21.00 | 40.39  | 6 Peggy McLiver                 | W40 | 35.33 |           |       |
| 29 Bryan Hardy      | M45 | 61.41 | 16.00 | 45.41  | 7 Joan Slinger                  | W45 | 35.46 |           |       |
| 30 Stuart Hicks     | M65 | 61.43 | 7.00  | 54.43  | 8 Joan Pellier                  | W45 | 35.47 |           |       |
| 31 Harry Harwood    | M45 | 61.45 | 18.00 | 43.45  | 9 Syd Bowler                    | M65 | 36.04 |           |       |
| 32 Michael Archer   | vis | 61.48 | ?     |        | 10 Jenny Willers                | W40 | 36.31 |           |       |
| 33 Chris Reid       | vis | 61.54 | ?     |        | 11 Arthur Leggett               | M70 | 36.56 |           |       |
| 34 Robert Shesky    | vis | 62.04 | ?     |        | 12 Lyn Schickert                | W45 | 37.40 |           |       |
| 35 Margery Forden   | W45 | 62.05 | 14.00 | 48.05  | 13 Jackie Beaumont              | W50 | 37.49 |           |       |
| 36 Margaret Warren  | W50 | 62.09 | 5.00  | 57.09  | 14 Adrian Noordyk               | M35 | 38.01 |           |       |
| 37 Merv Jones       | M45 | 62.14 | 13.00 | 49.14  | 15 Tiny Speechley               | M40 | 38.08 |           |       |
| 38 Mike Khan        | M40 | 62.17 | 18.00 | 44.17  | 16 Joanne Pearce                | W35 | 38.11 |           |       |
| 39 Geoff Rudeforth  | M35 | 62.18 | ?     |        | 17 Ray Attwell                  | M50 | 38.49 |           |       |
| 40 Peter Cole       | M40 | 62.21 | 16.00 | 46.21  | 18 Barry Munyard                | M40 | 39.03 |           |       |
| 41 Bill Cullen      | M50 | 62.25 | 13.00 | 49.25  | 19 Patricia Weston              | W50 | 39.27 |           |       |
| 42 Bob Sammells     | M50 | 62.29 | 18.00 | 44.29  | 20 Keith Forden                 | M45 | 39.35 |           |       |
| 43 Bob Schickert    | M45 | 62.31 | 22.00 | 40.31  | 21 Allen Tyson                  | M60 | 40.09 |           |       |
| 44 Ron Potter       | M45 | 62.35 | 13.00 | 39.35  | 22 Duncan Strachan              | M65 | 40.40 |           |       |
| 45 Dave Hough       | M55 | 62.42 | 17.00 | 45.42  | 23 Kirt Johnson                 | M55 | 40.43 |           |       |
| 46 Pat Guiton       | M50 | 62.46 | 14.00 | 48.46  | 24 John Molloy                  | M35 | 41.04 |           |       |
| 47 Mike Rhodes      | M40 | 62.58 | 16.30 | 46.28  | 25 Alan Pomery                  | M55 | 41.50 |           |       |
| 48 John Russell     | M55 | 63.01 | 7.00  | 56.01  | 26 Graham Thornton              | M45 | 42.09 |           |       |
| 49 George Schaffer  | M55 | 63.08 | 17.00 | 46.08  | 27 Paul Campbell                | vis | 42.52 |           |       |
| 50 Phyllis Farrell  | W40 | 63.23 | 7.00  | 56.23  | <u>WALKERS. 5.2km</u>           |     |       |           |       |
| 1 Elza O'Dea        | W50 | 63.24 | 7.00  | 56.24  | Don Waters                      | vis | 40.44 |           |       |
| 2 John Devenport    | M35 | 63.26 | ?     |        | Dick Horsley                    | M75 | 40.45 |           |       |
| 3 Kevin Martin      | M50 | 63.58 | 18.00 | 45.58  | Rob McLiver                     | M45 | 57.18 |           |       |
| 4 Margaret Harman   | W50 | 64.08 | 16.30 | 47.38  | Some of the competitors in the  |     |       |           |       |
| 5 Brian Danby       | M40 | 64.12 | 22.00 | 42.12  | 5.2km event set off at their    |     |       |           |       |
| 6 Maureen Stewart   | vis | 64.17 | ?     |        | handicap times. Times given are |     |       |           |       |
| 7 Ernie Moyle       | M60 | 64.32 | 8.00  | 56.32  | clock times.                    |     |       |           |       |
| 8 Joe Yates         | M45 | 64.40 | 19.00 | 45.40  |                                 |     |       |           |       |
| 9 Mike Watts        | M50 | 65.15 | 15.00 | 50.15  |                                 |     |       |           |       |
| 10 Peter Hill       | M40 | 65.19 | ?     |        |                                 |     |       |           |       |
| 1 June Strachan     | W60 | 65.21 | 3.30  | 61.51  |                                 |     |       |           |       |

RESULTS OF RAVENS REST. 5th NOVEMBER 1988

Our thanks to the runners who braved the long trip to Kwinana. Little did they know what was in store for them. Half way through the 10km race the heavens opened with the most terrible rainstorm. As usual it was dismissed as hard luck. Under the circumstances of a hard course and bad weather all the runners had excellent times. A special thanks to our helpers who coped under the most awful conditions: Jill Langdon, Mat Beaumont and Nita Lipscombe out on the course with Bev Thornton, Rose Johnson, Sue Reid and Joan Pellier's Mum at the finish, they all got wet through but carried on regardless. Where would we be without them? As luck would have it the local Heritage Society opened the Pioneer Cottage up to us to have our tea and biscuits out of the rain. Please excuse any mistakes in the times below, pens would not write and two clocks stopped. See you next year???

Jacqui and Vic Beaumont.

This was a Bicentennial Event, anybody who did not get their Participation Certificate please see me.

Vic.

Results.

5 Kilometres.

|                  |        |                  |        |
|------------------|--------|------------------|--------|
| A. TYSON. M60.   | 24.22. | D. WHITTAM. W50. | 33.53. |
| A. ALDRICH. W45. | 24.24. | J. JENKINS. W40. | 35.14. |
| J. JOHNSON. W40. |        | A. STONE. M55.   | 36.02. |
| C. BOULD. M70.   | 33.06. |                  |        |

10. Kilometres.

|                    |        |                     |        |
|--------------------|--------|---------------------|--------|
| D. CAPLIN M45.     | 40.46. | G. PEEK. M55.       | 51.30. |
| J. YATES. M40.     | 41.09. | L. MORT. M40.       | 51.31. |
| C. REID. VTS.      | 41.28. | R. FARRELL. M45.    | 51.31. |
| D. HAZELL. M35.    | 41.55. | K. JOHNSON. M55.    | 51.44. |
| J. MARTIN. M45.    | 42.05. | J. RUSSELL. M55.    | 55.00. |
| B. POLEY. M40.     | 42.58. | J. PEARCE. W35.     | 56.17. |
| M. JOHNSON. M50.   | 44.01. | J. PELLIER. W45.    | 56.38. |
| D. MILLER. M45.    | 44.13. | D. STRACHAN. M65.   | 56.59. |
| B. SAMMELLS. M50.  | 45.01. | L. HASSAM. M55.     | 58.25. |
| A. JENKINS. M40.   | 45.02. | L. FARRELL. W40.    | 58.46. |
| B. HARDY. M45.     | 46.14. | S. HODGE. W40.      | 59.44. |
| G. THORNTON. M45.  | 46.45. | E. O'DEA. W50.      | 59.44. |
| T. SPEECHLEY. M40. | 47.51. | M. MILLER. W45.     | 60.18. |
| F. COLE. M40.      | 47.51. | L. BUTCHER. W55.    | 61.10. |
| J. DEVENPORT. M35. | 48.15. | N. MILLER. M55.     | 63.26. |
| M. TRAYNER. M45.   | 48.18. | C. EASTON. W40.     | 63.53. |
| A. SIM. M40.       | 49.15. | J. STRACHAN. W60.   | 64.23. |
| M. COCKER. M45.    | 49.19. | E. MOYLE. M60.      | 64.23. |
| M. MOYLE. M60.     | 49.41. | J. GREENFIELD. W45. | 64.35. |
| D. DRAYSON. M65.   | 51.25. |                     |        |

WALKERS. 5K

|                  |        |
|------------------|--------|
| V. TYSON. W65.   | 44.42. |
| F. MILLER. W50.  | 44.42. |
| J. WHITTAM. M50. | 44.42. |

TRAINING. Joan Pellier is starting a Tuesday or Wednesday evening training session at McCallum Park soon after Christmas. The Intention is to do similar type of training that was done for the 24hour relay. If you are interested give Joan a ring on 459 7782. for more details.

SOUTH WEST CHAMPS. Entry forms are now available from Dorothy Whittam.

TIME TRIALS 27th October 1988.

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|              |             |              |             |                  |             |                |             |
|--------------|-------------|--------------|-------------|------------------|-------------|----------------|-------------|
| <u>100m</u>  | <u>M40.</u> | <u>800m</u>  | <u>M35.</u> | <u>800m</u>      | <u>W55.</u> | <u>Discus.</u> | <u>W50.</u> |
| H Holland    | 12.6        | D Reid       | 2.16.9      | F Carr           | 3.25.0      | D Whittam      | 17.30       |
| J Dartnell   | 13.5        | C Brockwell  | 2.35.0      | L Butcher        | 3.39.0      | <u>W55.</u>    |             |
| B Foley      | 13.7        | <u>M40.</u>  |             | <u>5km walk.</u> |             | L Butcher      | 15.14       |
| A Jenkins    | 13.7        | B Foley      | 2.14.2      | <u>M75.</u>      |             | P Carr         | 12.06       |
| B Danby      | 14.5        | A Jenkins    | 2.17.9      | J Collins        | 37.10       | <u>W60.</u>    |             |
| <u>M45.</u>  |             | J Dartnell   | 2.32.0      | <u>W30.</u>      |             | R McMillan     | 17.24       |
| B Kernaghan  | 12.8        | B Danby      | 2.32.2      | C Holland        | 34.10       | <u>W75.</u>    |             |
| B Slinger    | 15.4        | P Sanders    | 2.34.0      | <u>Discus.</u>   | <u>M40.</u> | B Baumann      | 8.84        |
| <u>M50.</u>  |             | C Leman      | 2.35.0      | H Holland        | 30.82       | <u>10km.</u>   | <u>M35.</u> |
| D Clive      | 12.3        | <u>M45.</u>  |             | J Dartnell       | 17.04       | D Reid         | 37.13       |
| Ray Harris   | 12.9        | B Kernaghan  | 2.37.0      | B Foley          | 16.78       | C Brockwell    | 36.26       |
| N Richards   | 13.5        | B Slinger    | 2.42.0      | B Danby          | 16.48       | <u>M40.</u>    |             |
| <u>M55.</u>  |             | <u>M50.</u>  |             | A Jenkins        | 15.64       | C Leman        | 37.00       |
| D Carr       | 14.4        | N Richards   | 2.49.0      | <u>M50.</u>      |             | B Danby        | 38.02       |
| <u>M60.</u>  |             | D Clive      | 2.56.0      | N Richards       | 23.82       | J Dartnell     | 44.04       |
| W Hughes     | 15.8        | <u>M55.</u>  |             | <u>M55.</u>      |             | <u>M45.</u>    |             |
| A Tyson      | 15.9        | D Carr       | 2.23.2      | D Carr           | 14.21       | F Smith        | 35.17       |
| G Morgan     | 17.1        | B Paxman     | 2.26.0      | <u>M60.</u>      |             | <u>M50.</u>    |             |
| <u>M65.</u>  |             | <u>M60.</u>  |             | J McMillan       | 23.28       | B Sammells     | 38.10       |
| F Corley     | 14.0        | A Tyson      | 2.44.0      | A Tyson          | 20.60       | <u>M55.</u>    |             |
| <u>W35.</u>  |             | W Hughes     | 3.08.0      | W Hughes         | 20.40       | B Paxman       | 41.00       |
| J Sanger     | 14.0        | G Morgan     | 3.12.0      | <u>M65.</u>      |             | <u>M70.</u>    |             |
| S Sanders    | 16.4        | <u>W30.</u>  |             | F Corley         | 24.22       | C Bould.       | 53.26       |
| <u>W40.</u>  |             | P Szpak      | 2.53.0      | <u>M70.</u>      |             |                |             |
| J Johnson    | 13.6        | <u>W35.</u>  |             | C Baumann        | 20.38       |                |             |
| P McLiver    | 15.7        | J Sanger     | 2.38.0      | <u>M75.</u>      |             |                |             |
| <u>W45.</u>  |             | S Sanders    | 3.07.0      | D Horsley        | 17.06       |                |             |
| J Greenfield | 18.2        | R Holmes     | 3.40.0      | <u>W30.</u>      |             |                |             |
| <u>W50.</u>  |             | <u>W40.</u>  |             | C Holland        | 27.92       |                |             |
| D Whittam    | 14.7        | P McLiver    | 2.52.0      | <u>W35.</u>      |             |                |             |
| <u>W55.</u>  |             | J Fletcher   | 2.54.0      | J Sanger         | 12.58       |                |             |
| P Carr       | 16.1        | V Prescott   | 3.20.0      | <u>W40.</u>      |             |                |             |
| L Butcher    | 18.3        | <u>W45.</u>  |             | J Fletcher       | 24.44       |                |             |
|              |             | A Aldrich    | 3.06.0      | J Johnson        | 14.92       |                |             |
|              |             | J Greenfield | 3.42.0      | P McLiver        | 13.82       |                |             |
|              |             |              |             | <u>W45.</u>      |             |                |             |
|              |             |              |             | J Greenfield     | 13.32       |                |             |

TIME TRIALS. 3rd November 1988.

|             |             |               |       |              |       |                    |      |
|-------------|-------------|---------------|-------|--------------|-------|--------------------|------|
| <u>M35.</u> | <u>3km.</u> | <u>W40.</u>   |       | <u>M75.</u>  |       | <u>M60.</u>        |      |
| D Reid      | 9.52        | P McLiver     | 12.40 | D Horsley    | 14.92 | A Tyson            | 32.3 |
| <u>M40.</u> |             | J Fletcher    | 12.59 | <u>W40.</u>  |       | <u>W45.</u>        |      |
| B Foley     | 10.09       | M Stewart     | 12.28 | J Fletcher   | 12.56 | A Aldrich          | 33.7 |
| A Jenkins   | 10.36       | E Mercer      | 12.55 | J Hill       | 9.62  | <u>1500m Walk.</u> |      |
| M Rhodes    | 10.44       | J Greenfield  | 15.26 | <u>W45.</u>  |       | <u>M50.</u>        |      |
| J Yates     | 11.09       |               |       | J Greenfield | 9.22  | J Whittam          | 9.22 |
| <u>M45.</u> |             | <u>W55.</u>   |       | <u>W50.</u>  |       |                    |      |
| D Caplin    | 9.59        | L Butcher     | 14.59 | D Whittam    | 15.66 |                    |      |
| F Smith     | 10.00       | P Carr        | 15.19 | <u>W55.</u>  |       |                    |      |
| D Hoye      | 10.15       | <u>HAMMER</u> |       | L Butcher    | 10.64 |                    |      |
| P Martin    | 10.45       | <u>M40.</u>   |       | <u>200m.</u> |       |                    |      |
| K Forden    | 11.36       | A Jenkins     | 14.56 | <u>F40.</u>  |       |                    |      |
| <u>M50.</u> |             | B Foley       | 14.10 | A Jenkins    | 27.6  |                    |      |
| K Martin    | 10.42       | F Hill        | 12.90 | M Rhodes     | 28.4  |                    |      |
| B Sammells  | 10.45       | <u>M50.</u>   |       | <u>M50.</u>  |       |                    |      |
| <u>M55.</u> |             | J Whittam     | 18.68 | D Clive      | 24.5  |                    |      |
| D Carr      | 10.40       | <u>M55.</u>   |       | K Martin     | 30.1  |                    |      |
| B Paxman    | 11.12       | D Carr        | 15.44 | <u>M55.</u>  |       |                    |      |
| <u>M60.</u> |             | <u>M60.</u>   |       | D Carr       | 28.9  |                    |      |
| A Tyson     | 12.18       | A Tyson       | 17.54 | <u>M60.</u>  |       |                    |      |
| G Morgan    | 13.42       |               |       |              |       |                    |      |

TIME TRIALS. 10th November 1988.

|              |            |      |                |              |       |              |              |       |
|--------------|------------|------|----------------|--------------|-------|--------------|--------------|-------|
| 200m M40.    | A Jenkins  | 27.0 | 2km Walk. M35. | M Wall       | 9.55  | Javelin M40. | H Holland    | 38.56 |
|              | M Rhodes   | 27.5 |                | M40.         |       |              | A Jenkins    | 21.96 |
|              | B Foley    | 27.7 |                | B Foley      | 11.44 |              | B Foley      | 21.66 |
|              | B Wilson   | 27.9 |                | B Danby      | 12.13 |              | B Danby      | 15.72 |
|              | J Dartnell | 28.0 |                | B Wilson     | 12.17 |              | M Rhodes     | 12.88 |
|              | B Danby    | 32.6 |                | M Rhodes     | 12.25 |              | M45.         |       |
| M45.         | D Caplin   | 29.8 |                | A Jenkins    | 12.51 |              | F Leong      | 38.02 |
| M50.         |            |      |                | M45.         |       |              | D Caplin     | 22.44 |
| Ray Harris   | 26.5       |      |                | P Martin     | 10.59 |              | M50.         |       |
| N Richards   | 26.8       |      |                | M50.         |       |              | N Richards   | 31.26 |
| M Marsh      | 29.4       |      |                | J Whittam    | 12.24 |              | M Marsh      | 22.72 |
| K Martin     | 30.0       |      |                | M55.         |       |              | J Whittam    | 18.50 |
| M55.         |            |      |                | D Carr       | 12.18 |              | M55.         |       |
| D Carr       | 27.6       |      |                | M60.         |       |              | D Carr       | 19.32 |
| B Paxman     | 29.7       |      |                | A Tyson      | 13.35 |              | M60.         |       |
| M60.         |            |      |                | M75.         |       |              | A Tyson      | 20.20 |
| A Tyson      | 31.6       |      |                | D Horsley    | 13.57 |              | M65.         |       |
| G Morgan     | 33.4       |      |                | J Collins    | 14.23 |              | P Corley     | 25.92 |
| M65.         |            |      |                | W30.         |       |              | W35.         |       |
| P Corley     | 29.4       |      |                | C Holland    | 12.16 |              | R Holmes     | 10.78 |
| W35.         |            |      |                | W35.         |       |              | W40.         |       |
| R Holmes     | 39.11      |      |                | R Holmes     | 16.53 |              | J Fletcher   | 19.38 |
| W40.         |            |      |                | W40.         |       |              | J Johnson    | 16.48 |
| J Johnson    | 28.2       |      |                | J Fletcher   | 12.14 |              | W45.         |       |
| J Fletcher   | 33.4       |      |                | W45.         |       |              | J Greenfield | 17.48 |
| W45.         |            |      |                | J Greenfield | 14.54 |              | W50.         |       |
| A Aldrich    | 32.6       |      |                | W50.         |       |              | D Whittam    | 20.90 |
| J Greenfield | 37.4       |      |                | D Whittam    | 15.19 |              | W55.         |       |
| W50.         |            |      |                | W55.         |       |              | L Butcher    | 18.58 |
| D Whittam    | 30.3       |      |                | L Butcher    | 12.50 |              | P Carr       | 13.60 |
| W55.         |            |      |                | P Carr       | 15.23 |              |              |       |
| P Carr       | 33.9       |      |                | W65.         |       |              |              |       |
| L Butcher    | 39.5       |      |                | V Tyson      | 14.09 |              |              |       |

|                      |            |      |
|----------------------|------------|------|
| 800m M40.            | B Foley    | 2.15 |
|                      | B Wilson   | 2.21 |
|                      | A Jenkins  | 2.22 |
|                      | M Rhodes   | 2.24 |
|                      | J Dartnell | 2.35 |
| M45.                 |            |      |
| D Caplin             | 2.16       |      |
| K Forden             | 2.59       |      |
| M50.                 |            |      |
| K Martin             | 2.22       |      |
| N Richards           | 2.42       |      |
| M55.                 |            |      |
| B Paxman             | 2.29       |      |
| D Carr               | 2.55       |      |
| M60.                 |            |      |
| J De Gruchy          | 3.15       |      |
| W40.                 |            |      |
| V Prescott           | 3.25       |      |
| <hr/>                |            |      |
| A.A.W.A. PERRY 1A    |            |      |
| October 30th 1988.   |            |      |
| HAMMER               |            |      |
| W50.                 |            |      |
| D Whittam            | 18.80      |      |
| 1500m Walk.          |            |      |
| W35.                 |            |      |
| J Sanger             | 8.08       |      |
| Triple Jump.         |            |      |
| W35.                 |            |      |
| J Sanger             | 9.47       |      |
| W45.                 |            |      |
| K Holland            | 8.74       |      |
| W50.                 |            |      |
| D Whittam            | 8.38       |      |
| W35.                 |            |      |
| E Hindle             | 10.93      |      |
| 100m HURDLES.        |            |      |
| W35.                 |            |      |
| E Hindle             | 15.1       |      |
| 60m.                 |            |      |
| M55                  |            |      |
| D Carr               | 8.9        |      |
| 100m.                |            |      |
| W35.                 |            |      |
| E Hindle             | 12.9       |      |
| W45.                 |            |      |
| K Holland            | 14.2       |      |
| M55.                 |            |      |
| D Carr               | 14.2       |      |
| 400m.                |            |      |
| W45.                 |            |      |
| K Holland            | 68.2       |      |
| M55.                 |            |      |
| D Carr               | 60.0       |      |
| 800m.                |            |      |
| M55.                 |            |      |
| D Carr               | 2.28.9     |      |
| 60m. W45.            |            |      |
| K Holland            | 8.7        |      |
| 4x200m               |            |      |
| 1st D Grade          | 1.58.5     |      |
| J Sanger, V Prescott |            |      |
| D Whittam, D Carr.   |            |      |

TIME TRIALS 17th November 1988.

|              |        |       |            |              |      |           |            |       |
|--------------|--------|-------|------------|--------------|------|-----------|------------|-------|
| 5km. M35.    | D Reid | 16.56 | SHOT. M40. | M Rhodes     | 6.44 | 400m M45. | J Pellier  | 67.8  |
| M40.         |        |       |            | M45.         |      |           | M50.       |       |
| M Rhodes     | 18.39  |       |            | F Leong      | 9.11 |           | Ray Harris | 62.1  |
| P Hill       | 19.32  |       |            | D Caplin     | 6.28 |           | T Costello | 65.3  |
| M45.         |        |       |            | M50.         |      |           | M55.       |       |
| F Smith      | 16.49  |       |            | J Whittam    | 6.43 |           | D Carr     | 62.1  |
| D Caplin     | 18.12  |       |            | M55.         |      |           | 2km Walk.  |       |
| J Pellier    | 18.52  |       |            | D Carr       | 6.69 |           | M50.       |       |
| K Forden     | 20.40  |       |            | M60.         |      |           | J Whittam  | 12.22 |
| M50.         |        |       |            | A Tyson      | 6.84 |           | W40.       |       |
| D Hoyer      | 17.33  |       |            | M70.         |      |           | J Hill     | 17.21 |
| M Johnston   | 18.37  |       |            | C Baumann    | 8.13 |           | W65.       |       |
| T Costello   | 19.22  |       |            | W40.         |      |           | V Tyson    | 14.26 |
| M55.         |        |       |            | J Johnson    | 6.41 |           |            |       |
| D Carr       | 18.25  |       |            | J Hill       | 4.76 |           |            |       |
| M60.         |        |       |            | W45.         |      |           |            |       |
| A Tyson      | 22.05  |       |            | J Greenfield | 6.29 |           |            |       |
| W40.         |        |       |            | W50.         |      |           |            |       |
| J Fletcher   | 22.11  |       |            | D Whittam    | 8.15 |           |            |       |
| W45.         |        |       |            | W55.         |      |           |            |       |
| M Forden     | 21.22  |       |            | L Butcher    | 6.30 |           |            |       |
| J Greenfield | 26.30  |       |            | P Carr       | 5.41 |           |            |       |
| W55.         |        |       |            | W65.         |      |           |            |       |
| L Butcher    | 25.30  |       |            | V Tyson      | 5.18 |           |            |       |
| P Carr       | 26.17  |       |            | W70.         |      |           |            |       |
|              |        |       |            | B Baumann    | 4.99 |           |            |       |