



The Vetrun

No. 207 DECEMBER 1989



W.A. VETERANS' A.C.

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It is astonishing how short a time it takes for very wonderful things to happen



WISHING YOU ALL A HAPPY AND SAFE CHRISTMAS. FROM THE PRESIDENT
AND THE COMMITTEE.

PRESIDENT'S MESSAGE

A very successful annual dinner dance was held on Friday November 17, with about 120 people enjoying a fine meal in very nice surroundings at the Nedlands Yacht Club. Peggy MacLiver and Jan Johnson organised this very successful evening in conjunction with Chris Brockwell's company, Huntsbury Caterers. Many thanks to Peggy and Jan for their efforts.

Committee members would like to know your thoughts for next year's function. Where, when, etc.

Bob

John Gilmour
5, Rae Place
Leeming. 6155.

Dear Jeff,

On behalf of Alma and I, please pass on to the committee our thanks for a most enjoyable Annual Dinner, a job well done, also a sincere thank you to Chris Brockwell and his caterers for the kind gesture of presenting me with such a fine cake on the night and the very kind words by our President, Bob Schickert, and the way it was acknowledged by all present.

Yours sincerely
John.

COMMITTEE MEETING.

Mill Point Road Championships. Comment has been passed by several members about the change of course for this run. The committee felt that the traffic situation is getting more dangerous each year and therefore by using the cycle path around the river would be a much safer course. If you have any strong feelings about changing of courses either for safety or any other reason please WRITE to the secretary so that it may be discussed at committee. We are sorry that such short notice was given about the change.

VISITORS. If you bring along a visitor to a club run please ensure that they sign the visitors book BEFORE the run.

CARR - SHAND TROPHY. This trophy will not be presented at the Ravens Rest Run as this run will not be a handicap run. The trophy will be presented to the winners, man and woman, of the handicap at the "Womens Run on the 14th January 1990.

RECOVERY RUN. 10th December. This run will start at 9am not 8am as is normal.

OCEANIA GAMES. The fifth Oceania Games will be held in Auckland, New Zealand, from the 2nd to the 6th November 1990. As well as the competition there will also be a full programme of sightseeing tours available for the non-competition days. If you are interested in going the organisers are intending to keep in touch with potential competitors by a series of newsletters and you are invited to subscribe NOW to the first of these by writing to :- Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. or Fax 0064 9 837 0154. with your name and FULL address. If you require more details Secretary Rob Davis has some leaflets.

TIME TRIALS. The last Time Trial before the Christmas break will be at Coker Park, as well as the programme published in the time trial calendar there will also be a 3km event. At the end of the programme there will be A.B.Y.O. Barbeque, so please stay and enjoy a social evening. There are showers etc. if you wish to change after competing.

THE BIBBULMUN WALK '89.

The Bibbulmun Walk '89, organised by The Dpt of Conservation and Land Management to commemorate The 10th Anniversary of the original Bibbulmun Walk, commenced on September 16th and, during the next 30 days, covered 625Kms through The State Forests between Kalamunda and Walpole.

A "core" of 35 walkers traversed the whole distance; this number increased or decreased as "part-time" walkers joined or left us.

Incidentally, ages ranged from 32 years to 72 years with an average age of 58 years and a ratio of 19 women to 16 men, among which number was Mary Robinson and myself proudly wearing our club's name tags.

A hike, covering such a distance and time, creates more incidents and situations than I can relate in this article so I needs must confine my anecdotes to only a few, such as:-

The war-time scene in Pickering Brook Community Hall at the end of the second day during which we had walked 30Kms. There, 'neath the bright fluorescent lights, were laid rows of sleeping-bags whereon reclined moaning bodies in various stages of dress as they attended to blistered and bruised feet or limbs. Real courage was shown at this juncture as some of the injuries were severe: like the over-weight chap whose legs rubbed together as he walked and wore away the skin off the inner thigh of both legs to show raw flesh. His determination to continue, despite the suffering, caused some anxiety until someone had a brilliant idea. He was transported back to Armadale where he purchased 2 pairs of cycling pants thereby eliminating the problem of friction. "Only got the holes in my feet to worry about now," he joyfully announced.

The rain which commenced next morning and continued for days and days and days.

The gypsy-camp appearance at Dwellingup where, under the gazebo on our first rest day, wet garments of various sizes, shapes, colours and quality were hung on improvised lines strung around a central log fire and how, during this mundane but necessary process, people became acquainted.

The heart-warming evening Mary and I had in cold, rain-swept Collie when one of my old army mates invited us to his house for a roast dinner with baked potatoes, pumpkin and cauliflower at a table covered with a linen cloth upon which glistened silverware and crystal glasses of red wine. Then, afterwards, sitting in the lounge-room before a warm fire as the rain hammered on the roof. Comradeship stretching back over 50 years.

Progressing through forests closing overhead yet spreading wild-flowers in abundance over hectares all around.

The sun glistening on the water of Wellington Dam.

Our most picturesque day should have been the one climbing over the hills behind Lewana Camp near Balingup but we scrambled up a sloppy, muddy road, in pouring rain, to eventually gaze at more rain falling away below us into the valleys beyond while we held our wet gear close as protection against the icy wind.

The spectacle of Mary pitching her tent in a high wind with one eye on a bank of blue-black clouds building up like a dumper in the surf.

Oh yes! There were joy-filled moments, too!

Laying warm, in a sleeping-bag, at 5am listening to song-birds greeting the coming day bearing its unknown challenges and experiencing a sense of "one-ness" with The Earth.

Sitting around a massive camp-fire at night talking to my fellow hikers as we held out wet socks to dry and enjoying the atmosphere of companionship with others who were in the same situation as myself.

The freedom from telephones, cars, T.V. and radios coupled with a contented feeling of tiredness at the end of a hard day.

The happiness of accomplishment as we walked into Walpole where a reception had been organised to greet us.

What impressions stand prominent above the rest?

Two!

The obvious concern, appreciation and knowledgeable skills applied by the staff of The Dpt. of Conservation and Land Management towards our forests. These people know them; they understand them and they are dedicated to the preservation and welfare of that whole vast area.

The manner in which 35 individuals from all walks of life, each with their own idiosyncrasies, gradually coalesced into a group with which it was a joy to associate. as it pursued its predetermined goal.

Arthur Leggett

THE VETRUM

Track Etiquette

In the last month we have been running the 1989-90 track and field time trials. We are lucky to be allowed to run on the University of Western Australia's track at McGilvray, however we don't want to push our luck. At the same time that we are using their excellent track they have training squads also running on the 400 metre track and the outside 600 metre track. There is no question of overcrowding if we, the Vets, use some thought on our behaviour at the track. Track etiquette applies, of course, at all times and basically is the conventional set of rules by which, from experience, it has been found that the best system works for all. Now a few of the more common rules:

- * Always look both ways before crossing the track. Never warm up on the inside tracks, the grass at McGilvray gets worn and synthetic tracks are also worn by distance events. Time trials are often being run on the inside tracks and there is absolutely no reason why warm ups need to be done on the track at all.
- * Always run through the finish line and off the track at the end of a race, if you stop and collapse you may be run in to by a fast finishing competitor behind, perhaps causing a nasty damage.
- * If you've been lapped in a race and, perhaps are not taking the race as seriously as you should, it is well mannered to move out for the faster leaders as they pass you. One person who stands out in doing this is Basil Worner, as usual the gentleman.
- * Don't run or walk two abreast in a race unless you are actually overtaking. Running wide means you are travelling further and it is very frustrating to have to move round two lanes.

If we stick to these few common sense rules we can exist happily with other athletes and our own meetings will be run more efficiently.

Hugh Kirkman



The winning Strachans — Brian (left), Craig, June, Brad and Duncan.

Family into fun — and fitness

The Strachan family, of Thornlie, well and truly promoted the Little Athletics' motto of Fun, Family and Fitness, when three generations of the family competed in a fun run.

It was the inaugural fun run organised by the Gosnells and Districts Little Athletics Centre.

June and Duncan (the grandparents), Brian (the father), and son Brad (12), completed the 8km course, at the Sutherlands Park Sporting Complex, in Gosnells.

Craig, the younger son, completed the 2.7km course.

June Strachan, who is in her sixties, was the female winner in the over-16s division.

This was quite a feat, especially in view of the large age range.

The male and female winners in each age group were presented with gift vouchers.

Brad and Craig Strachan are members of the TK Harriers Little Athletics Club.

THE ACT CROSS COUNTRY CLUB INC. presents the

15th ANNUAL CANBERRA MARATHON

Incorporating the Australian Veterans and ACT Marathon Championships

SUNDAY 8 APRIL 1990

The same race that set the standard in the 80's now leads the way into the 90's!

Supporting events include the traditional Runners Expo and 5th Annual Marathon Eve 10k on Saturday 7 April

Full details available in December.

Send stamped self-addressed business envelope to:
GPO Box 252, Canberra, ACT 2601

ALBANY MARATHON AND HALF-MARATHON REPORT

Great Weather – cool and overcast

Great Welcome – by the Albany people

Great Course – very few hills

The highlight of this race was the world record for M70 by the great John Gilmour. With a time of 3.03.04, John took about 1 min. 30 seconds off the existing record. The great champion that John is was shown by the last 7K when, even though his strength was fading, he pulled out something special to break the record. Many thanks are due to Jim Barnes who helped John throughout the run.

PB's in the marathon were run by:

| | | | |
|---------------------|---------|-----------------------|---------|
| Jim Greenfield (46) | 3.20.52 | Merv Jones (50) | 3.42.21 |
| Trish Spain (47) | 3.24.01 | Eddie Strickland (71) | 3.42.55 |
| Marg Forden (48) | 3.25.55 | | |

Karen Gobby (36) was first lady in the half marathon and set a course record of 1.19.59. An extremely good run.

Other results by club members (* = age group winner) :

Marathon

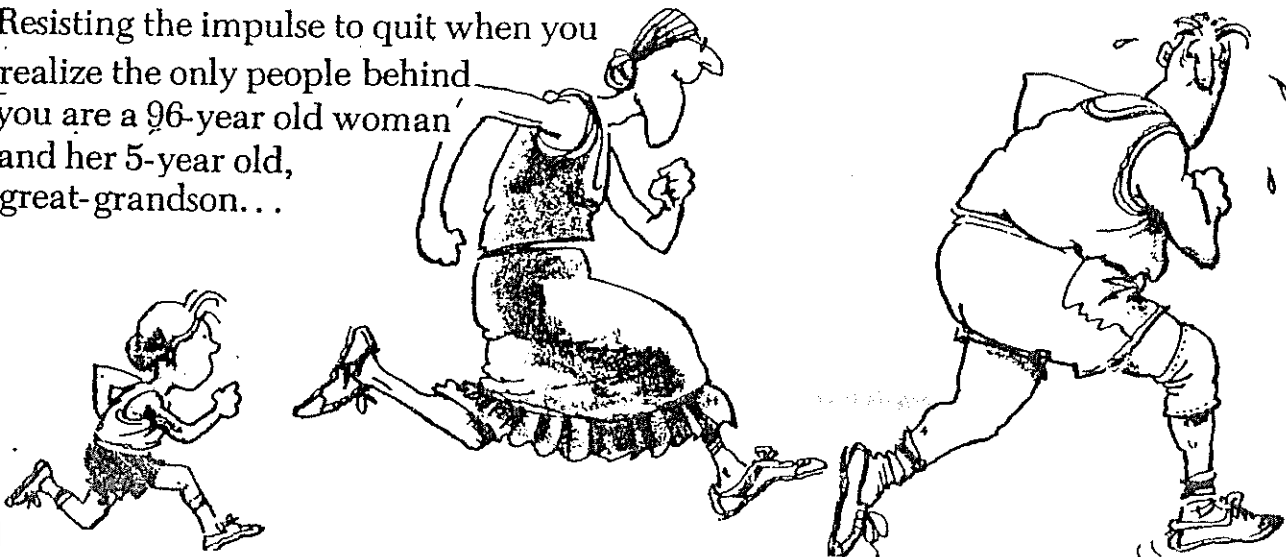
| | | | |
|----------------------|---------|----------------------|----------|
| Chris Brockwell (39) | 2.39.10 | Barrie Robinson (50) | 3.17.15 |
| Bob Schickert (48) | 2.58.14 | George Audley (54) | 3.22.04 |
| Brian Danby (41) | 2.59.19 | Bill Crellin (51) | 3.32.17 |
| Jim Barnes (46) | 3.02.41 | Brian Kennedy (56) | 4.05.56* |
| John Pellier (50) | 3.09.05 | | |

Half-marathon

| | | | |
|----------------------|----------|-----------------------|-----------|
| David Reid (39) | 1.18.31 | Arthur Leggett (71) | 1.52.49* |
| Robert Doust (45) | 1.20.41 | Fred Hagger (64) | 1.54.48 * |
| Alan Pomery (58) | 1.32.45* | Gordon Florance (55) | 1.57.44 |
| Michael Traynor (48) | 1.34.16 | Karen Crellin (47) | 1.59.29 |
| Brian Aldrich (59) | 1.34.36 | Barbara Buchanan (43) | 2.07.16 |
| Joan Pellier (49) | 1.48.02* | Lynne Schickert (48) | 2.24.51 |

Bob Schickert

Resisting the impulse to quit when you realize the only people behind you are a 96-year old woman and her 5-year old, great-grandson...



PERTH TO ALBANY ULTRA MARATHON. 5th October 1989.

The above race started from the Burswood Superdome at 10.00am, of the original 10 entrants 6 started, John Lewis from New Zealand, George Audley and Garry Clark from Albany, Brian Kennedy from Bunbury and locals Joe Record and Ross Parker.

My main interest in this years race was as a crew member for George Audley and in John Lewis - was he THE great John Lewis, the first meeting said no, this guy was to short, to young and to white.

At the start Joe Record set out at a fast pace considering the high humidity, at the top of Armadale Hill, Joe was a clear leader with Ross Parker next looking very comfortable, with John Lewis, George Audley, Brian Kennedy and Garry Clark following.

Joe Record was the first to have problems and dropped out on the first day, George also had problems having an upset stonach for some 27 hours before retiring just before Arthur River, where Brian Kennedy also retired with extreme hip problems.

This left Ross and John running within a few miles of each other to Mount Barker and Garry Clark running his own pace determined to finish. At Mount Barker John took less rest than expected and passed Ross, going on to win comfortably, Ross still looked very comfortable, Garry came in a distant 3rd, but everyone in the Ultra scene was as happy as he to see him finish in a very creditable time.

In my opinion, this years race was a much tougher race than last year. The first day was very humid and the second day very cold, wet and windy.

FINAL POSITIONS:-

| | |
|-------------|-----------------------------------|
| John Lewis | 2days 12hours 18minutes 17seconds |
| Ross Parker | 2 " 14 " 38 " 30 " |
| Garry Clark | 3 " 02 " 45 " 02 " |

Charlie Spare.

F.S. For those Vets interested, Brian Kennedy is putting on a 12 hour in Bunbury during March 1990, if you can run a Marathon this is not beyond you.

The 24 hour run at McGillivray will be held on the 26-27th May 1990. It would not take too much effort to talk Tony Tripp into organising a six day run. An interesting proposition?

F.I.S. For those who have no musical appreciation, John Lewis is the pianist with the Modern Jazz Quartet, the COOLEST group of all time.

Charlie Spare.

STATE RECORDS

Records for non-National Championships events are listed in this N/L. New records will be published as soon as possible after they have been set or claimed, with full lists being published again in time for the start of the 1990/91 Track and Field programme.

New records, i.e. amendments to the lists in N/L 206, are as follows:

| | | | | |
|------------|-----|------------|------------|----------|
| 10,000m | M45 | F. SMITH | 32.41.68 | 30. 7.89 |
| Marathon | M40 | F. SMITH | 2.29.06.00 | 12. 9.82 |
| 1500m | M50 | D. CAPLIN | 4.30.00 | 11.11.89 |
| 200m | M50 | D. CLIVE | 23.80 | 14.10.89 |
| Hammer | W45 | M. STONE | 16.80 | 11.11.89 |
| 800m | W45 | P. McLIVER | 2.35.10 | 11.11.89 |
| 5000m Walk | M40 | A. WHITLEY | 23.33.00 | 28.10.89 |

For those wishing to maintain personal sets of records, photocopies of half-pages of the lists onto A4 paper will leave plenty of space for recording amendments.

Bob Sammells.

W.A. VETERANS STATE RECORDS
NON-NATIONAL CHAMPIONSHIP EVENTS

Note. a = Australian Record
w = World Record

| | | | |
|------------|--------------|------|----------|
| <u>60m</u> | | | |
| M40 | H. HOLLAND | 8.10 | 11.11.89 |
| M55 | D. CARR | 8.90 | 30.10.88 |
| M60 | J. DE GRUCHY | 9.10 | 11.11.89 |

| | | | |
|---------------|------------|-----------|----------|
| <u>1 MILE</u> | | | |
| M35 | D. CAPLIN | 4.39.00 | 8. 3.79 |
| M40 | D. CAPLIN | 4.40.00 | 17. 1.80 |
| M45 | D. CAPLIN | 4.47.00 | 18.10.84 |
| M50 | E. MASLEN | 4.56.80 | 16.11.86 |
| M55 | J. GILMOUR | 4.40.00 | 11.75 |
| M60 | J. GILMOUR | 4.57.10aw | 13.11.80 |
| M65 | J. GILMOUR | 5.20.60 | 28.10.84 |
| M70 | D. HORSLEY | 6.11.70 | 17.11.83 |

| | | | |
|--------------|------------|------------|----------|
| <u>3000m</u> | | | |
| M35 | P. WALL | 8.52.00 | 2. 1.78 |
| M40 | A. O'HARE | 9.09.00 | 13.10.79 |
| M45 | B. CARSE | 9.22.50 | 1.88 |
| M50 | E. MASLEN | 9.48.10 | 15.11.86 |
| M55 | J. GILMOUR | 9.20.00 | 11. 2.76 |
| M60 | J. GILMOUR | 9.41.20aw | 22.11.80 |
| M65 | J. GILMOUR | 10.10.20aw | 11.84 |
| M70 | D. HORSLEY | 12.21.00 | 3.11.83 |
| M75 | R. BRIGGS | 18.11.00 | 2.81 |

| | | | |
|----------------|------------|------------|----------|
| <u>15,000m</u> | | | |
| M70 | J. GILMOUR | 58.12.90aw | 21. 6.89 |

| | | | |
|-----------------|------------|---------|--|
| <u>50 MILES</u> | | | |
| M50 | G. AUDLEY | 7.18.11 | |
| M55 | B. KENNEDY | 9.11.18 | |
| 27/28 May, 1989 | | | |

| | | | |
|-----------------------|------------|----------|--|
| <u>100 KILOMETRES</u> | | | |
| M50 | G. AUDLEY | 8.47.18 | |
| M55 | B. KENNEDY | 12.17.20 | |
| 27/28 May, 1989 | | | |

| | | | |
|-----------------------|------------|----------|--|
| <u>150 KILOMETRES</u> | | | |
| M50 | G. AUDLEY | 15.29.35 | |
| M55 | B. KENNEDY | 20.23.06 | |
| 27/28 May, 1989 | | | |

| | | | |
|------------------|------------|----------|--|
| <u>100 MILES</u> | | | |
| M50 | G. AUDLEY | 16.45.07 | |
| M55 | B. KENNEDY | 22.07.31 | |
| 27/28 May, 1989 | | | |

| | | | |
|-----------------------|-----------|----------|--|
| <u>200 KILOMETRES</u> | | | |
| M50 | G. AUDLEY | 21.43.37 | |

| | | | |
|-----------------------|-----------|----------|--|
| <u>250 KILOMETRES</u> | | | |
| M50 | G. AUDLEY | 32.46.40 | |

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|-----------------------|-----------|----------|--|
| <u>300 KILOMETRES</u> | | | |
| M50 | G. AUDLEY | 42.17.11 | |

| | | |
|------------------|-----------|----------|
| <u>200 MILES</u> | | |
| M50 | G. AUDLEY | 45.36.36 |

| | | | |
|----------------------|------------|--------|----------|
| <u>HALF HOUR RUN</u> | | | |
| M55 | J. GILMOUR | 8,660m | 28. 9.75 |

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|---------------------|------------|-----------|----------|
| <u>ONE HOUR RUN</u> | | | |
| M35 | D. REID | 15,475m | 21. 6.89 |
| M55 | J. GILMOUR | 17,186m | 14.10.74 |
| M60 | J. GILMOUR | 16,853maw | 21.10.79 |
| M65 | J. GILMOUR | 15,983maw | 7.10.84 |
| M70 | J. GILMOUR | 15,474maw | 21. 6.89 |

| | | |
|-----------------|------------|----------|
| <u>12 HOURS</u> | | |
| M50 | G. AUDLEY | 119.000K |
| M55 | B. KENNEDY | 97.000K |
| 27/28 May, 1989 | | |

| | | |
|-----------------|------------|----------|
| <u>24 HOURS</u> | | |
| M50 | G. AUDLEY | 219.361K |
| M55 | B. KENNEDY | 173.000K |
| 27/28 May, 1989 | | |

| | | |
|-----------------|-----------|----------|
| <u>48 HOURS</u> | | |
| M50 | G. AUDLEY | 335.000K |

| | | |
|---------------|-----------|----------|
| <u>6 DAYS</u> | | |
| M50 | G. AUDLEY | 805.200K |

| | | | |
|-----------------------------|---------|-------|----------|
| <u>110m HURLES (91.4cm)</u> | | | |
| M50 | N. GOFF | 18.30 | 17. 8.75 |
| M55 | N. GOFF | 18.40 | 6. 1.79 |

| | | | |
|----------------------------|----------|-------|----------|
| <u>400m HURDLES (84cm)</u> | | | |
| M50 | D. JONES | 71.20 | 10. 4.77 |
| M55 | D. JONES | 73.90 | 11. 4.82 |
| M60 | D. JONES | 76.70 | 5. 4.87 |

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

| | | | |
|---------------------------|-------------|---------|----------|
| <u>2000m STEEPLECHASE</u> | | | |
| M35 | D. REID | 6.43.50 | 14. 1.89 |
| M40 | H. STOFFERS | 7.32.40 | 9.12.81 |
| M45 | E. MASLEN | 6.43.50 | 20. 2.82 |
| M50 | E. MASLEN | 7.12.00 | 14. 2.87 |
| M55 | A. TYSON | 8.23.90 | 19.12.81 |

| | | | |
|---------------------------|-------------|----------|----------|
| <u>3000m STEEPLECHASE</u> | | | |
| M60 | D. STRACHAN | 13.13.70 | 19. 3.83 |

1500m WALK

| | | | |
|-----|------------|----------|----------|
| M35 | B. DANBY | 8.28.00 | 26.11.85 |
| M40 | J. MISON | 6.45.00 | 1.12.88 |
| 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 | D. HORSLEY | 10.12.00 | 16. 2.89 |
| M80 | J. SANDERS | 12.29.00 | 18. 2.86 |

ONE MILE WALK

| | | | |
|-----|------------|----------|----------|
| M50 | J. WHITTAM | 10.19.10 | 20.10.88 |
|-----|------------|----------|----------|

2000m WALK

| | | | |
|-----|------------|----------|----------|
| M35 | M. WALL | 9.55.00 | 10.11.88 |
| M40 | J. SMITH | 10.18.00 | 11. 2.76 |
| M45 | J. SMITH | 10.10.20 | 2. 2.79 |
| M50 | D. STONE | 9.49.00 | 4.12.82 |
| M55 | B. WORNER | 11.35.00 | 12.87 |
| M60 | D. HORSLEY | 10.49.00 | 12.77 |
| M65 | D. HORSLEY | 10.34.00 | 15. 1.78 |
| M70 | D. HORSLEY | 11.04.00 | 20.10.83 |
| M75 | D. HORSLEY | 13.57.00 | 10.11.88 |

3000m WALK

| | | | |
|-----|------------|----------|----------|
| M35 | D. FAUX | 14.06.60 | 11. 4.82 |
| M40 | A. WHITLEY | 13.36.00 | 28.10.89 |
| M45 | J. SMITH | 15.44.00 | 22. 2.79 |
| M50 | D. STONE | 15.03.00 | 13.12.82 |
| M55 | P. DAVIES | 17.59.00 | 15. 3.86 |
| M60 | D. HORSLEY | 15.22.00 | 16.11.74 |
| M65 | D. HORSLEY | 16.15.00 | 11.11.73 |
| | | | 15. 3.78 |
| M70 | D. HORSLEY | 16.52.00 | 16. 2.84 |
| M75 | D. HORSLEY | 21.14.70 | 15. 3.89 |
| M80 | J. SANDERS | 25.55.00 | 15. 3.86 |

10,000m WALK

| | | | |
|-----|------------|----------|----------|
| M40 | A. WHITLEY | 49.19.00 | 23. 2.89 |
| M50 | J. WHITTAM | 67.31.00 | 10.87 |
| M60 | D. HORSLEY | 54.24.60 | 9.73 |
| M65 | D. HORSLEY | 57.12.00 | 3.78 |
| M70 | D. HORSLEY | 59.04.00 | 6.83 |
| M75 | J. COLLINS | 73.30.00 | 10.87 |

ONE HOUR WALK

| | | | |
|-----|------------|---------|----------|
| M60 | D. HORSLEY | 10,690m | 19. 8.73 |
| M65 | D. HORSLEY | 10,375m | 3. 9.78 |

100 MILES WALK

| | | | |
|-----|-----------|----------|--|
| M50 | G. AUDLEY | 23.28.40 | |
|-----|-----------|----------|--|

24 HOURS WALK

| | | | |
|-----|-----------|----------|--|
| M50 | G. AUDLEY | 164.051K | |
|-----|-----------|----------|--|

HAMMER (7.26KG)

| | | | |
|-----|-------------|-------|----------|
| M50 | A. CUMMINGS | 33.54 | 12.12.81 |
| M55 | W. CHAPMAN | 24.48 | |

HAMMER (5.5KG)

| | | | |
|-----|-----------|-------|------|
| M50 | R. FERGIE | 39.92 | 2.86 |
|-----|-----------|-------|------|

JAVELIN (800G) OLD SPECIFICATION

| | | | |
|-----|-----------|-------|----------|
| M35 | D. MORRIS | 46.90 | 12. 2.87 |
| M40 | J. BOWEN | 47.20 | 12.85 |
| M45 | J. BOWEN | 44.97 | 19. 3.88 |
| M50 | A. STONE | 35.60 | 29. 1.87 |
| M55 | F. FAY | 28.78 | 3.84 |
| M75 | R. BRIGGS | 15.78 | 18. 1.81 |

JAVELIN (800G) NEW SPECIFICATION

| | | | |
|-----|----------|-------|---------|
| M55 | A. STONE | 36.16 | 3. 4.88 |
|-----|----------|-------|---------|

SHOT PUTT (7.26KG)

| | | | |
|-----|----------|------|-----|
| M50 | A. STONE | 9.14 | .85 |
|-----|----------|------|-----|

SHOT PUTT (5.5KG)

| | | | |
|-----|------------|-------|-------|
| M55 | W. CHAPMAN | 10.62 | 12.83 |
|-----|------------|-------|-------|

SHOT PUTT (4KG)

| | | | |
|-----|------------|-------|----------|
| M60 | W. CHAPMAN | 11.09 | 4. 4.87 |
| M65 | D. HORSLEY | 8.99 | 25. 1.78 |

10,000m (ROAD)

| | | | |
|-----|------------|------------|----------|
| M45 | F. SMITH | 33.20.00 | 7.89 |
| M50 | J. GILMOUR | 32.50.00 | 17. 5.71 |
| M55 | J. GILMOUR | 34.53.00 | 30. 7.77 |
| M60 | J. GILMOUR | 34.21.00 | 5. 7.80 |
| M65 | J. GILMOUR | 36.01.00 | 29. 6.86 |
| M70 | J. GILMOUR | 37.25.40aw | 10. 6.89 |

15,000m (ROAD)

| | | | |
|-----|------------|---------|----------|
| M65 | J. GILMOUR | 55.07 | 28. 6.87 |
| M70 | J. GILMOUR | 56.49aw | 14. 5.89 |

16,000m (ROAD)

| | | | |
|-----|------------|-------|----------|
| M55 | J. GILMOUR | 54.30 | 20. 5.78 |
| M60 | J. GILMOUR | 54.36 | 11. 5.80 |
| M65 | J. GILMOUR | 59.57 | 12. 7.86 |

10 MILES (ROAD)

| | | | |
|-----|------------|---------|----------|
| M50 | J. GILMOUR | 56.16 | .72 |
| | | | 28. 7.73 |
| M55 | J. GILMOUR | 54.44aw | 11. 6.78 |
| M65 | J. GILMOUR | 57.38 | 20.11.86 |

20,000m (ROAD)

| | | | |
|-----|------------|---------|----------|
| M55 | J. GILMOUR | 1.10.59 | 10.12.78 |
| M60 | J. GILMOUR | 1.15.54 | 20. 4.80 |

HALF-MARATHON (ROAD)

| | | | |
|-----|------------|-----------|----------|
| M55 | J. GILMOUR | 1.13.16 | 17. 9.78 |
| M60 | J. GILMOUR | 1.19.49aw | 14.10.84 |
| M65 | J. GILMOUR | 1.17.17aw | 14. 4.85 |
| M70 | J. GILMOUR | 1.21.41aw | 7. 5.89 |

15 MILES (ROAD)

| | | | |
|-----|------------|---------|----------|
| M50 | J. GILMOUR | 1.26.12 | 25. 8.73 |
|-----|------------|---------|----------|

25,000m (ROAD)

| | | | |
|-----|------------|---------|----------|
| M55 | J. GILMOUR | 1.27.35 | 10. 7.76 |
| M60 | J. GILMOUR | 1.31.35 | 11. 7.82 |

20 MILES (ROAD)

| | | | |
|-----|------------|-----------|----------|
| M60 | J. GILMOUR | 1.59.57aw | 18. 4.82 |
|-----|------------|-----------|----------|

40 MILES (ROAD)

| | | | |
|-----|-----------|---------|------|
| M50 | G. AUDLEY | 4.42.28 | 6.86 |
|-----|-----------|---------|------|

W.A. VETERANS STATE RECORDS
NON-NATIONAL CHAMPIONSHIP EVENTS

Note. a = Australian Record
w = World Record

60m

| | | | |
|-----|-------------|-------|----------|
| W30 | V. PRESCOTT | 8.30 | 13. 1.79 |
| W35 | K. HOLLAND | 7.40 | 18.11.78 |
| W40 | E. HINDLE | 8.40 | 14. 1.89 |
| W45 | K. HOLLAND | 8.70 | 30.10.88 |
| W50 | D. WHITTAM | 9.20 | 23.10.88 |
| W55 | P. CARR | 10.40 | 19.11.88 |
| | | | 25. 2.89 |

1 MILE

| | | | |
|-----|--------------|---------|----------|
| W30 | T. BROCKWELL | 5.04.00 | 24. 3.87 |
| W35 | J. CHAMBERS | 5.23.00 | 16.11.86 |
| W40 | A. ANSELL | 6.00.00 | 18.10.84 |
| W45 | M. FORDEN | 6.08.20 | 18.12.86 |
| W50 | L. LAUHLAN | 6.35.00 | 18.11.82 |
| W55 | P. CARR | 6.59.00 | 26. 3.87 |
| W60 | V. TYSON | 9.10.00 | 18.10.84 |

3000m

| | | | |
|-----|--------------|----------|----------|
| W30 | T. BROCKWELL | 9.42.60 | 12. 3.87 |
| W35 | A. ANSELL | 11.27.00 | 3.11.83 |
| W40 | A. ANSELL | 11.43.00 | 11.10.84 |
| W45 | J. PELLIER | 11.28.00 | 7. 1.86 |
| W50 | M. HARMAN | 11.52.90 | 4. 3.89 |
| W55 | L. LAUHLAN | 13.54.00 | 26.11.87 |

ONE HOUR RUN

| | | | |
|-----|-----------|---------|----------|
| W35 | M SANTICH | 14,092m | 21. 6.89 |
|-----|-----------|---------|----------|

300m HURDLES (76.2cm)

| | | | |
|-----|------------|-------|----------|
| W45 | K. HOLLAND | 53.60 | 15.10.88 |
|-----|------------|-------|----------|

1500m STEEPLECHASE

| | | | |
|-----|-----------|---------|----------|
| W35 | C. BELL | 6.47.70 | 5. 4.87 |
| W40 | E. MERCER | 6.33.60 | 19. 3.88 |

1500m WALK

| | | | |
|-----|------------|---------|----------|
| W30 | J. MIDOLO | 9.38.0 | 12. 3.81 |
| W35 | B. SALTER | 7.42.00 | 1.86 |
| W40 | J. STONE | 7.51.00 | 2.88 |
| W45 | M. STONE | 8.39.00 | 22.10.87 |
| W50 | L. LAUHLAN | 8.57.50 | 17. 1.85 |
| W55 | L. LAUHLAN | 9.10.00 | 20.11.86 |
| W60 | P. HEAD | 9.53.00 | 11. 4.82 |
| W65 | V. TYSON | 9.57.40 | 19. 3.88 |

2000m WALK

| | | | |
|-----|------------|----------|----------|
| W30 | C. HOLLAND | 12.16.00 | 10.11.88 |
| W35 | J. SANGER | 11.08.00 | 12.87 |
| W40 | J. STONE | 11.25.00 | 26. 3.87 |
| W45 | M. STONE | 11.56.00 | 17. 3.88 |
| W50 | L. LAUHLAN | 12.22.00 | 3. 1.85 |
| W55 | L. LAUHLAN | 12.04.00 | 12.87 |
| W60 | V. TYSON | 13.24.00 | 25. 2.86 |
| W65 | V. TYSON | 13.39.00 | 3.88 |

3000m WALK

| | | | |
|-----|------------|----------|----------|
| W30 | C. HOLLAND | 18.32.80 | 15. 3.89 |
| W35 | B. SALTER | 16.26.30 | 25. 1.86 |
| W40 | J. STONE | 17.25.00 | 9.87 |
| W45 | M. STONE | 18.06.00 | 11.11.89 |
| W50 | S. CROSS | 18.49.00 | 9.87 |
| W55 | L. LAUHLAN | 18.14.00 | 9.87 |
| W60 | V. TYSON | 19.04.00 | 7. 2.87 |
| W65 | V. TYSON | 20.38.30 | 11.87 |

10,000m WALK (TRACK)

| | | | |
|-----|-----------|----------|----------|
| W35 | J. SANGER | 60.35.00 | 10.87 |
| W45 | M. STONE | 66.36.00 | 29.10.87 |

20,000m WALK (ROAD)

| | | | |
|-----|-----------|------------|----------|
| W35 | J. SANGER | 2:30.04.00 | 11.10.87 |
|-----|-----------|------------|----------|

24 HOURS RELAY (TRACK)

| | | | |
|-----|------------------|---------------|--|
| W35 | WA TEAM | 219m 1082y aw | |
| | 21/22 Oct., 1984 | (353.437K) | |
| W40 | WA TEAM | 195m 536y aw | |
| | 21/22 Oct., 1984 | (314.313K) | |

8,000m WALK (ROAD)

| | | | |
|-----|------------|-------|----------|
| M60 | D. HORSLEY | 43.37 | 23. 6.73 |
| M65 | D. HORSLEY | 45.37 | 18. 7.81 |
| M70 | D. HORSLEY | 46.55 | 4. 6.83 |

10,000m WALK (ROAD)

| | | | |
|-----|------------|---------|----------|
| M60 | D. HORSLEY | 54.24.6 | 29. 9.73 |
| M65 | D. HORSLEY | 57.12 | 19. 7.81 |
| M70 | D. HORSLEY | 59.04 | 4. 6.83 |

15,000m WALK (ROAD)

| | | | |
|-----|------------|---------|---------|
| M60 | D. HORSLEY | 1.23.05 | 1. 9.73 |
| M65 | D. HORSLEY | 1.31.52 | 5. 7.81 |

16,000m WALK (ROAD)

| | | | |
|-----|------------|---------|---------|
| M60 | D. HORSLEY | 1.29.08 | 1. 9.73 |
| M65 | D. HORSLEY | 1.38.02 | 5. 7.81 |

25,000m WALK (ROAD)

| | | | |
|-----|------------|-----------|------|
| M50 | D. HORSLEY | 2.29.33.6 | 8.75 |
|-----|------------|-----------|------|

30,000m WALK (ROAD)

| | | | |
|-----|-----------|---------|---------|
| M45 | G. AUDLEY | 3.00.09 | 6.84 |
| M50 | G. AUDLEY | 3.09.59 | 7. 8.89 |

50,000m WALK (ROAD)

| | | | |
|-----|-----------|---------|---------|
| M45 | G. AUDLEY | 5.00.41 | 7.85 |
| M50 | G. AUDLEY | 5.22.07 | 9. 7.89 |

24 HOURS RELAY (TRACK)

| | | | |
|-----|-------------------|--------------|--|
| M35 | WA "B" TEAM | 232m 1742y | |
| | 28/29 Sept., 1979 | | |
| M40 | WA "A" TEAM | 267m 695y aw | |
| | 10/11 Dec., 1983 | (430.334K) | |
| M50 | WA TEAM | 221m 422y a | |
| | 10/11 Dec., 1983 | (356.056K) | |

11
A VERY HAPPY BIRTHDAY TO OUR "DECEMBER" MEMBERS
=====

| | | | | | | |
|-----------|-----------|-----------------|-------|----|---------|-----|
| 01-DEC-36 | HARRIS | : Richard | turns | 53 | remains | M50 |
| 01-DEC-44 | KHAN | : Michael | " | 45 | becomes | M45 |
| 01-DEC-49 | PEARCE | : Joanne Lesley | " | 40 | " | W40 |
| 02-DEC-43 | DAVIS | : Rosa E | " | 46 | remains | W45 |
| 02-DEC-37 | VINCENT | : Denis J | " | 52 | " | M50 |
| 03-DEC-35 | BORNHOLDT | : John | " | 54 | " | M50 |
| 03-DEC-43 | YATES | : Joseph | " | 46 | " | M45 |
| 04-DEC-43 | MUNYARD | : Barry T | " | 46 | " | M45 |
| 07-DEC-36 | ROBINSON | : Mary | " | 53 | " | W50 |
| 11-DEC-50 | GEE | : Warren A | " | 39 | " | M35 |
| 12-DEC-43 | EATT | : Ken | " | 46 | " | M45 |
| 12-DEC-46 | ERNEST | : Terence | " | 43 | " | M40 |
| 12-DEC-32 | RUSSELL | : John | " | 57 | " | M55 |
| 14-DEC-41 | HARWOOD | : Barry | " | 48 | " | M45 |
| 15-DEC-41 | PENTON | : Kathleen | " | 48 | " | W45 |
| 16-DEC-33 | COWLAN | : Derek | " | 56 | " | M55 |
| 17-DEC-29 | BERRY | : Nora | " | 60 | becomes | W60 |
| 17-DEC-50 | HUGHES | : Susan | " | 39 | remains | W35 |
| 19-DEC-29 | BEAUMONT | : Victor | " | 60 | becomes | M60 |
| 19-DEC-39 | GODWIN | : Barbara | " | 50 | " | W50 |
| 19-DEC-43 | HOLLAND | : Harry | " | 46 | remains | M45 |
| 20-DEC-42 | CROXFORD | : Alan F | " | 47 | " | M45 |
| 21-DEC-12 | HORSLEY | : Richard | " | 77 | " | M75 |
| 22-DEC-40 | EDWARDS | : John A | " | 49 | " | M45 |
| 24-DEC-11 | COLLINS | : John H | " | 78 | " | M75 |
| 25-DEC-35 | BARRIE | : Stephen | " | 54 | " | M50 |
| 26-DEC-19 | HEAD | : Phyllis | " | 70 | becomes | W70 |
| 26-DEC-37 | HOLLAND | : Ross McKenzie | " | 52 | remains | M50 |
| 26-DEC-39 | HUXLEY | : David A | " | 50 | becomes | M50 |
| 26-DEC-48 | WHITLEY | : Allen J | " | 41 | remains | M40 |
| 28-DEC-30 | MOFFETT | : Dalton | " | 59 | " | M55 |
| 28-DEC-32 | SCAEFER | : George P | " | 57 | " | M55 |
| 29-DEC-41 | CROWTHER | : Derek | " | 48 | " | M45 |
| 29-DEC-39 | SLINGER | : Barrie | " | 50 | becomes | M50 |

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

| | | | |
|----------------------|---|-------------|----------|
| Pauline R Wiltshire | 33a, Cressbrook Way, Carine. 6020. | 447 2219 | 28/09/42 |
| Ivan H Wiltshire | " " " " " | " | 29/04/41 |
| Roma Bettles | 9, Harwood Court, Trigg. 6029 | 341 8877 | 06/09/49 |
| Helenn Darvell | 1/9, Cottrill Street, Alfred Cove. 6154 | 330 1304 | 04/05/54 |
| Darcy Darvell | " " " " " | " | 07/04/46 |
| Richard A Peters | 20, Newberry Road, Wembley Downs. 6019. | 341 8238 | 03/09/39 |
| Peter g Nicoll | 2/3, Dodd Street, Wembley. 6014. | 387 4413 | 30/09/43 |
| Hugh F Boyle | 31, Lewin Way, Scarborough. 6019. | 341 4968 | 07/12/38 |
| Robert(Bob) J Lehman | 68, Herbert Road, York. 6302. | 096 411 254 | 08/02/41 |
| Ross D Calnan | 111, Rosewood Ave, Woodlands. 6018. | | 04/11/40 |
| Peter E Muller | 4, Trelion Place, Rivervale. 6103. | 361 1504 | 02/01/39 |
| Priscilla A Ellis | 21/54 Guger Street, Claremont. 6010. | 385 2559 | 05/09/20 |
| Colleen F Milbourne | 33/22 Alday Street, St James. 6102. | 362 4683 | 14/02/48 |

SPORTS MASSAGE WORKSHOP. If you are interested in doing a course of sports massage, Barry Harwood is conducting one on the 6/7th January 1990 at the Perth College of Beauty Therapy, Subiaco. Total cost of the course is \$150 with a 20% discount if paid in full before the 29th December. for more details ring 382 1925.

PERTH CORPORATE CUP. The Corporate Cup is run over a 6km course along the river and is a teams event for people working in and around the city. This year the winners were the 'Road Runners' from the Main Roads Dept. the team consisted of four Vets members Graham Thornton, John Pressley, Richard Harris and Bryan Hardy.

HANDICAP CHAMPIONSHIPS

16-Nov-89

| SURNAME | NAME | TOP 50 HANDICAP POSITIONS | | | | | | AFTER 7 RACE | | |
|------------|----------|------------------------------|-------|-------|-----------------|--------------|-----------------|----------------|-------|-----|
| | | ANDY WRIGHT | F'TLE | DANBY | C'FORD CLIMB | KIRK- HAM | SUTHER -LAND | CLIFF BOULD | TOTAL | POS |
| BROWN | HALCOLM | 4 | 46 | 1 | 8 | 32 | 18 | 7 | 116 | 1 |
| DAVIS | ROB | 1 | 38 | 45 | 25 | 9 | 8 | 12 | 138 | 2 |
| HICKS | STEWART | 22 | 10 | 1 | 6 | 1 | 49 | 50 | 139 | 3 |
| POTTER | RON | 23 | 34 | 5 | 3 | 19 | 15 | 57 | 156 | 4 |
| MARTIN | KEVIN | 43 | 46 | 18 | 25 | 8 | 23 | 10 | 173 | 5 |
| FERRIS | JOHN | 55 | 46 | 10 | 25 | 18 | 13 | 8 | 175 | 6 |
| BBAUMONT | VIC | 17 | 7 | 19 | 25 | 14 | 62 | 43 | 187 | 7 |
| PELLIER | JOAN | 27 | 21 | 31 | 24 | 25 | 25 | 41 | 194 | 8 |
| CRAWFORD | JOHN | 55 | 4 | 45 | 25 | 22 | 24 | 23 | 198 | 9 |
| WARREN | MARGARET | 38 | 18 | 40 | 25 | 57 | 4 | 25 | 207 | 10 |
| BIRKS | MARGARET | 7 | 46 | 23 | 5 | 11 | 62 | 57 | 211 | 11 |
| JENKINS | ARNOLD | 55 | 46 | 28 | 16 | 34 | 16 | 18 | 213 | 12 |
| JONES | MERV | 5 | 12 | 26 | 7 | 57 | 62 | 44 | 213 | 13 |
| LAWRENCE | RAY | 32 | 46 | 45 | 25 | 6 | 37 | 22 | 213 | 14 |
| McLIVER | PEGGY | 10 | 46 | 8 | 25 | 57 | 40 | 29 | 215 | 15 |
| CRELLIN | KAREN | 2 | 46 | 45 | 25 | 57 | 34 | 13 | 222 | 16 |
| THORNTON | GRAHAM | 15 | 6 | 17 | 15 | 57 | 62 | 57 | 229 | 17 |
| WORNER | BASIL | 55 | 46 | 45 | 25 | 57 | 2 | 1 | 231 | 18 |
| PEET | GEORGE | 26 | 9 | 45 | 25 | 57 | 62 | 9 | 233 | 19 |
| WATERS | VIC | 55 | 46 | 45 | 25 | 57 | 5 | 2 | 235 | 20 |
| MASLEN | SHEILA | 3 | 46 | 45 | 25 | 2 | 62 | 53 | 236 | 21 |
| KHAN | MIKE | 55 | 46 | 32 | 25 | 10 | 14 | 57 | 239 | 22 |
| SPENCER | JEFF | 55 | 20 | 6 | 25 | 57 | 62 | 14 | 239 | 23 |
| DAVIS | ROSA | 55 | 46 | 45 | 25 | 55 | 11 | 3 | 240 | 24 |
| TRAYNOR | MIKE | 31 | 15 | 45 | 25 | 37 | 62 | 27 | 242 | 25 |
| LINDSAY | JOHN | 55 | 1 | 45 | 25 | 57 | 3 | 57 | 243 | 26 |
| PANTALL | WAYNE | 55 | 14 | 45 | 25 | 57 | 33 | 15 | 244 | 27 |
| CAPLIN | DON | 47 | 46 | 36 | 25 | 44 | 19 | 28 | 245 | 28 |
| COLE | PETER | 55 | 46 | 11 | 10 | 5 | 62 | 57 | 246 | 29 |
| TURNER | ANN | 55 | 46 | 37 | 25 | 13 | 43 | 32 | 251 | 30 |
| HOYLE | MERV | 14 | 46 | 45 | 21 | 7 | 62 | 57 | 252 | 31 |
| WATTS | MICHAEL | 33 | 5 | 14 | 25 | 57 | 62 | 57 | 253 | 32 |
| GREENFIELD | JIM | 55 | 46 | 30 | 25 | 17 | 62 | 19 | 254 | 33 |
| KIRKMAN | HUGH | 21 | 46 | 45 | 25 | 57 | 44 | 17 | 255 | 34 |
| CRELLIN | BILL | 19 | 46 | 24 | 25 | 57 | 28 | 57 | 256 | 35 |
| STEWART | ROD | 55 | 46 | 45 | 25 | 57 | 17 | 11 | 256 | 36 |
| BRYANT | DAVID | 55 | 13 | 15 | 25 | 57 | 62 | 31 | 258 | 37 |
| SUTTON | RON | 55 | 46 | 45 | 25 | 4 | 62 | 21 | 258 | 38 |
| MASLEN | TED | 28 | 46 | 45 | 25 | 33 | 62 | 20 | 259 | 39 |
| NOORDYK | KATH | 55 | 23 | 4 | 1 | 57 | 62 | 57 | 259 | 40 |
| PEARCE | JOANNE | 55 | 46 | 45 | 25 | 26 | 7 | 57 | 261 | 41 |
| SHEERIN | PATRICK | 18 | 19 | 45 | 25 | 35 | 62 | 57 | 261 | 42 |
| FARRBELL | PHYLLIS | 16 | 3 | 43 | 25 | 57 | 62 | 57 | 263 | 43 |
| FARRBELL | ROB | 29 | 29 | 39 | 25 | 45 | 54 | 42 | 263 | 44 |
| STRACHAN | JUNE | 11 | 46 | 45 | 25 | 57 | 22 | 57 | 263 | 45 |
| GUITON | PAT | 55 | 46 | 45 | 25 | 57 | 20 | 16 | 264 | 46 |
| LOCKWOOD | STAN | 55 | 46 | 45 | 25 | 57 | 12 | 24 | 264 | 47 |
| SAMMELLS | BOD | 51 | 46 | 25 | 25 | 29 | 35 | 57 | 268 | 48 |
| AIRBY | PETER | 55 | 46 | 45 | 25 | 31 | 10 | 57 | 269 | 49 |
| FLORANCE | GORDON | 55 | 25 | 27 | 25 | 39 | 62 | 39 | 272 | 50 |

RACE RESULTS - MILL POINT CHAMPIONSHIPS - 22-10-89

WE HAD A VERY GOOD TURNOUT FOR THIS RACE WITH 114 FINISHERS RUNNING OR WALKING THE COURSE. THE COURSE WAS ALTERED FROM THE NORMAL RUN ON THE MORNING BECAUSE OF FEARS FOR THE SAFETY OF THE RUNNERS AT CERTAIN INTERSECTIONS (NAMELY MILL POINT ROAD AND MENDES STREET). WE COULD HAVE FURTHER IMPROVED THE SAFETY OF THE RACE WITH MARSHALLS AT OTHER POINTS SUCH AS BARRACK STREET NEAR THE FERRY TERMINAL. HOWEVER WE ARE LEARNING. ONE THING IS CERTAIN, THIS COMMITTEE WILL ALWAYS BEAR IN MIND THE SAFETY OF THE RUNNERS AND WALKERS AND THESE CONSIDERATIONS WILL TAKE PRECEDENCE OVER THE HISTORICAL SIGNIFICANCE OF ANY RACE. WE WILL TRY TO GIVE MORE NOTICE IN THE FUTURE OF COURSE CHANGES. THANKS TO THOSE MEMBERS WHO SUPPORTED OUR EFFORTS IN THE NAME OF SAFETY AND TO THOSE WHO HELPED OUT ON THE DAY.

WINNERS IN EACH AGE CATEGORY ARE UNDERLINED.

R. DAVIS FOR THE COMMITTEE.

| | | | | | |
|-----------------------|-----|-------|-----------------------|-----|-------|
| 1. <u>F. SMITH</u> | M45 | 36.11 | 36. A. NOORDYK | M35 | 44.24 |
| 2. P. ODAM | VIS | 36.13 | 37. H. MC GLASHAN | M50 | 44.29 |
| 3. R. BROMLEY | VIS | 36.31 | 38. W. GEE | M35 | 44.29 |
| 4. P. MC GOLDRICK | VIS | 36.38 | 39. R. HARRIS | M50 | 44.32 |
| 5. T. SAVIN | M40 | 36.42 | 40. G. SHAEFER | M55 | 44.41 |
| 6. B. ARGYLE | M40 | 36.48 | 41. <u>B. JONES</u> | M60 | 44.45 |
| 7. C. BROCKWELL | M35 | 37.04 | 42. V. WATERS | M45 | 45.02 |
| 8. R. RAYMENI. | M45 | 37.33 | 43. M. BROWN | M55 | 45.03 |
| 9. <u>D. CAPLIN</u> | M50 | 38.19 | 44. D. MOFFETT | M55 | 45.06 |
| 10. J. FERRIS | M35 | 38.30 | 45. B. HARDY | M45 | 45.08 |
| 11. B. DANBY | M40 | 38.45 | 46. K. NOORDYK | W40 | 45.11 |
| 12. B. SCHICKERT | M45 | 39.08 | 47. B. ALDRICH | M55 | 45.29 |
| 13. M. COUSINS | M55 | 39.20 | 48. R. POTTER | M45 | 45.30 |
| 14. W. PANTALL | M35 | 39.24 | 49. B. TAXMAN | M55 | 45.39 |
| 15. J. BARNES | M45 | 39.31 | 50. <u>M. SANTICH</u> | W35 | 45.40 |
| 16. <u>J. GILMOUR</u> | M70 | 39.50 | 51. P. SZPAK | W35 | 45.41 |
| 17. B. SAMMELLS | M50 | 39.55 | 52. W. HIGGS | M40 | 45.45 |
| 18. D. ROBERTS | M45 | 40.16 | 53. D. BRYANT | M40 | 46.15 |
| 19. F. DEANIS | M45 | 40.35 | 54. A. POMERY | M55 | 46.21 |
| 20. D. HOYE | M50 | 40.48 | 55. M. BIRKS | W40 | 46.29 |
| 21. B. POWER | M40 | 41.31 | 56. B. WORNER | M55 | 46.54 |
| 22. D. CARR | M55 | 42.00 | 57. B. MRICKLE | VIS | 47.12 |
| 23. W. WELYKY | M40 | 42.01 | 58. R. SUTTON | M50 | 47.18 |
| 24. J. PELLIER | M50 | 42.09 | 59. H. MOYLE | M60 | 47.22 |
| 25. J. GREENFIELD | M45 | 42.29 | 60. G. PEET | M55 | 47.34 |
| 26. I. THOMSETT | VIS | 42.58 | 61. S. LOCKWOOD | M60 | 47.36 |
| 27. B. SLINGER | M45 | 42.59 | 62. V. BEAUMONT | M55 | 48.04 |
| 28. K. MARTIN | M50 | 43.00 | 63. P. MAC LIVER | W45 | 49.18 |
| 29. P. HILL | M40 | 43.13 | 64. K. FORDEN | M50 | 49.33 |
| 30. <u>G. ROBERTS</u> | W40 | 43.15 | 65. K. PENTON | W45 | 49.49 |
| 31. P. ROBERTS | M40 | 43.16 | 66. M. FAUNGE | M50 | 49.51 |
| 32. B. MUNYARD | M45 | 43.46 | 67. G. NAFRIES | VIS | 50.47 |
| 33. M. FORDEN | W45 | 43.48 | 68. P. WILTSHIRE | W45 | 50.51 |
| 34. R. STEWART | M45 | 43.54 | 69. R. BETTLES | W40 | 50.57 |
| 35. D. HOUGH | M55 | 43.55 | 70. R. DAVIS | M50 | 51.23 |
| | | | 71. K. JOHNSON | M60 | 51.30 |

RESULTS CONTINUED...

RESULTS MILL POINT ROAD CHAMPIONSHIPS

| | | | | | |
|------------------|-----|-------|----------------------|-----|-------|
| 72. J. PELLIER | W45 | 51.33 | 94. E. O'DEA | W50 | 60.07 |
| 73. D. DRAYSON | M65 | 52.40 | 95. C. COLE | W45 | 60.09 |
| 74. R. FARRELL | M45 | 53.11 | 96. R. SPENCER | M45 | 60.13 |
| 75. M. WARREN | W50 | 53.26 | 97. F. USHER | M65 | 61.33 |
| 76. I. WILTSHIRE | M45 | 53.27 | 98. J. WILLERS | W40 | 62.13 |
| 77. M. WARREN | M50 | 53.28 | 99. A. DEANUS | W45 | 63.10 |
| 78. J. SLINGER | W45 | 54.15 | 100. D. WHITTAM | W50 | 63.50 |
| 79. M. JONES | M50 | 54.18 | 101. B. BUCHANAN | W40 | 63.50 |
| 80. F. JOHNSTON | M45 | 54.23 | 102. P. CARR | W55 | 64.49 |
| 81. C. COPPING | M35 | 55.01 | 103. M. ROBINSON | W50 | 65.08 |
| 82. A. LEGGETT | M70 | 55.25 | <u>WALKERS</u> | | |
| 83. A. ALDRICH | W45 | 55.26 | 104. M. STONE | W45 | 68.10 |
| 84. P. MILLER | W50 | 55.50 | 105. B. THOMSETT | M45 | 68.54 |
| 85. F. HAGGER | M60 | 56.30 | 106. M. BOYLE | W40 | 69.47 |
| 86. L. COPPIN | W35 | 57.58 | 107. J. STONE | W40 | 70.35 |
| 87. P. MEWBY | W40 | 57.58 | 108. L. SCHICKERT | W45 | 76.41 |
| 88. K. CRELLIN | W45 | 58.06 | 109. J. WHITTAM | M55 | 76.47 |
| 89. L. LAUHLIN | W55 | 58.11 | 110. E. MOYLE | M60 | 76.49 |
| 90. J. STRACHAN | W60 | 58.23 | 111. J. BEAUMONT | W50 | 78.36 |
| 91. N. MILLER | M55 | 59.06 | 112. V. TYSON | W65 | 79.29 |
| 92. L. SMITH | VIS | 59.57 | 113. J. COLLINS | M75 | 80.11 |
| 93. L. WILKINS | VIS | 59.58 | 114. L. HASSAM (10K) | M55 | 88.53 |

NOTE: RACE DISTANCE WAS APPROXIMATELY 10.3K

CLUB PICNIC RUN. YANCHEP PARK. 29th October 1989.

Thanks to Marge and Keith, Morris and Jim for flagging the course in a down-pour, fortunately the weather improved so that the picnic after the run was an enjoyable affair. All in all a very pleasant and peaceful day.

Brian Danby.

RESULTS:- 8km

| | | | | | |
|--------------------|-----|-------|----------------------|-----|-------|
| 1. ? Bromley | vis | 27.19 | 21. Fraser Deanus | M45 | 39.05 |
| 2. Don Caplin | M50 | 28.00 | 22. Frank Johnston | M45 | 39.28 |
| 3. Fred Allsopp | M35 | 28.07 | 23. Morris Warren | M50 | 40.33 |
| 4. John Satherley | vis | 28.15 | 24. Keith Forden | M50 | 40.34 |
| 5. Brian Power | M40 | 28.55 | 25. Joan Fellier | W45 | 41.04 |
| 6. Bob Sammells | M50 | 32.23 | 26. Lorna Lauchlan | W55 | 42.25 |
| 7. Rod Stewart | M45 | 32.40 | 27. Fred Hagger | M60 | 42.32 |
| 8. Bryan Hardy | M45 | 32.59 | 28. Patrick Sheerin | M55 | 42.32 |
| 9. John Pellier | M50 | 33.27 | 29. Barrie Thomsett | M45 | 44.32 |
| 10. Barry Munyard | M45 | 34.13 | 30. Heather Allsopp | W35 | 45.20 |
| 11. Basil Worner | M55 | 34.51 | 31. Mary Robinson | W50 | 45.52 |
| 12. Marge Forden | W45 | 35.10 | 32. Margaret Warren | W50 | 46.54 |
| 13. Bill Crellin | M50 | 35.12 | <u>5km.</u> | | |
| 14. Jeff Spencer | M45 | 35.56 | 1. Pauline Wiltshire | W45 | 24.38 |
| 15. Dave Hough | M55 | 35.58 | 2. Adam Power | vis | 24.38 |
| 16. Keith Woollard | M40 | 36.11 | 3. Roma Bettles | W40 | 26.35 |
| 17. Merv Jones | M50 | 37.18 | 4. Jan Johnson | W40 | 27.01 |
| 18. Jim Greenfield | M45 | 37.20 | 5. Margaret Stone | W45 | 29.14 |
| 19. Kath Fenton | W45 | 38.26 | 6. Dorothy Whittam | W50 | 30.07 |
| 20. Ivan Wiltshire | M45 | 38.57 | 7. Alan Stone | M55 | 31.00 |
| | | | 8. Val Tyson | W65 | 34.50 |



A total of 105 turned out for this coast road 8km run which is a record number for the event.

Conditions were kinder than usual, although humidity made the run as testing as ever.

The younger brigade set the pace, with very little seperating the first three. Don Caplin, who gave them some years, kept them honest all the way.

The West Coast Perpetual Shield was taken out by Chris Maher and I will now have to cancel the shield I had already ordered for Frank Smith, who unfortunately was laid up with flu.

The Ladies Trophy was well won by Paula Szpak. Well done Paula.

If there are any slight differences in times for those who take their own, please spare a thought for Dick Horsley, at 24 minutes the clock decided that it had had enough, but Dick being the true official that he is had his wrist stop watch in time with the clock and was able to quickly continue taking times, which is not easy with 105 starters.

Many thanks to all helpers and especially to those who offered on the day. All did a great job and to name a few - Bob Johnstone, Mike Berry, Syd Bowler Arthur Leggett; Mike Rhodes, Val Tyson, Jill Midolo and Dick Horsley.

Bob Hayres.

RESULTS:-

Men

Women

| | | | | | |
|-----------------|-----|-------|--------------|-----|-------|
| Chris Maher | M35 | 27.50 | Paula Szpak | W35 | 34.23 |
| Duncan McAuley | M35 | 28.20 | Marge Forden | W45 | 35.03 |
| Chris Brockwell | M35 | 28.40 | Kath Noordyk | W40 | 35.27 |

| | | | | | | | | |
|--------------|-----|-------|-------------|-----|-------|-------------|-----|-------|
| C Maher | M35 | 27.50 | B Munyard | M45 | 34.08 | L Potter | M40 | 40.22 |
| D McAuley | M35 | 28.20 | B Jones | M60 | 34.13 | K Johnson | M60 | 40.28 |
| C Brockwell | M35 | 28.40 | P Szpak | W35 | 34.23 | D Darvell | M40 | 40.36 |
| C Hickman | vis | ?? ?? | D Moffett | M55 | 34.30 | F Johnston | M45 | 40.42 |
| D Caplin | M50 | 29.20 | E Doherty | vis | 34.30 | R Waters | vis | 41.22 |
| J Ferris | M35 | 29.40 | B Hardy | M45 | 34.34 | A Turner | W50 | 41.25 |
| R Schickert | M45 | 29.57 | A Noordyk | M35 | 34.37 | N Fuhrman | vis | 41.42 |
| M Cousins | M55 | 30.13 | R Matzke | M50 | 34.40 | K Whistler | vis | 41.42 |
| H McKeown | vis | 30.40 | M Forden | W45 | 35.03 | A Pomery | M55 | 41.43 |
| P McGonigale | vis | 30.42 | R Potter | M45 | 35.07 | P Sheerin | M55 | 41.48 |
| H Kirkman | M45 | 30.49 | B Aldrich | M55 | 35.19 | M Warren | W50 | 42.20 |
| J Barnes | M45 | 30.52 | D Bryant | M40 | 35.22 | W Spencer | vis | 43.03 |
| D Roberts | M45 | 31.00 | B Worler | M55 | 35.25 | J Slinger | W45 | 43.07 |
| B Danby | M40 | 31.10 | K Noordyk | W40 | 35.27 | P McColl | M45 | 43.20 |
| R Bragg | vis | 31.12 | B Crellin | M50 | 35.35 | G Florence | M55 | 43.22 |
| D Cormican | vis | 31.28 | G Scheaffer | M55 | 35.59 | E Rogers | vis | 43.26 |
| J Pressley | M40 | 31.44 | J Pellier | M50 | 36.08 | P Miller | W50 | 43.44 |
| R Sammells | M50 | 31.54 | V Waters | M45 | 36.10 | J Johnson | W45 | 43.55 |
| M Archer | vis | 32.17 | M Jones | M50 | 36.28 | F Usher | M65 | 44.06 |
| T Foster | M45 | 32.23 | V Beaumont | M55 | 36.37 | F Hagger | M60 | 45.45 |
| K Martin | M50 | 32.29 | M Birks | W40 | 36.45 | K Eatt | M45 | 46.52 |
| B Barker | vis | 32.35 | J Spencer | M45 | 37.14 | E Moyle | M60 | 48.14 |
| E Maslen | M50 | 32.55 | G Peet | M55 | 37.23 | P McCarthy | W40 | 48.14 |
| A Jenkins | M45 | 33.07 | R Sutton | M50 | 37.38 | M Robinson | W50 | 48.38 |
| J Greenfield | M45 | 33.12 | R Walsh | M45 | 37.45 | I Ferris | W35 | 49.46 |
| J Trovato | M50 | 33.24 | A Tyson | M60 | 37.49 | L Schickert | W45 | 50.39 |
| J Bell | M40 | 33.33 | M Warren | M50 | 38.13 | N Berry | W55 | 53.40 |
| P Airey | M50 | 33.35 | S Vettam | W35 | 38.28 | S Lekias | W50 | 56.17 |
| P Hill | M40 | 33.37 | M Faunge | M50 | 39.05 | | | |
| R Sewart | M45 | 33.48 | R Lawrence | M60 | 39.18 | | | |
| B Harwood | M45 | 34.00 | ?????????? | ??? | 39.37 | | | |
| S Hill | vis | 34.03 | K Forden | M50 | 39.44 | | | |
| B Slinger | M45 | 34.05 | F Abbott | vis | 39.53 | | | |

WALKERS

| | | | | | | | | |
|------------|-----|-------|--------------|-----|--------|-------------|-----|--------|
| J Misson | M45 | 41.46 | J Billington | W45 | 59.22 | J Collins | M75 | 61.46 |
| M Boyle | W40 | 51.18 | S Maslen | W50 | 60.11* | A Leiseboer | W45 | 62.32 |
| M Stone | W45 | 52.44 | M Hay | vis | 60.11* | L Lauchlan | W55 | 59.23# |
| B Thomsett | M45 | 53.39 | J Whittam | M55 | 60.31 | | | |

*run/walked
#out of position

19th November 1989 HARDY'S RUN (THE HOT HERDSMANS HAUL).

A FINE HOT MORNING (27 c at 8am) GREETED ALMOST 100 STARTERS FOR THE INAUGURAL "HERDSMAN HAUL" . ALTHOUGH WATER WAS PROVIDED AT 4.5 , 7.0 , 11.5 AND AT THE FINISH A FEW RECKONED THEY HAD HAD ENOUGH AT 4.5k AND PULLED OUT RESULTING IN THERE BEING NO NAMES OR TIMES FOR THOSE RUNNERS .

THANKS TO KARENZA AND IAN (FINISH), BARRIE AND MAUREEN (RECORDING TABLE) MERRICK (WATER) AND BASIL , KATH AND JEFF (PICKING UP THE COURSE FLAGS)

BRYAN HARDY

7km

14km

| | | | | | |
|--------------|-----|-------|--------------|-----|-------|
| J FERRIS | M35 | 26.15 | C MAHER | M35 | 50.42 |
| B FOLEY | M45 | 27.22 | T SAVIN | M40 | 51.21 |
| W ROBINSON | VIS | 28.05 | R RAYMEN | M45 | 52.47 |
| A JENKINS | M45 | 28.07 | R.SCHICKERT | M45 | 53.42 |
| P AIREY | M50 | 28.34 | F SMITH | M45 | 54.07 |
| B HARWOOD | M45 | 29.07 | J PRESSLEY | M40 | 54.57 |
| R STEWART | M45 | 29.37 | H KIRKMAN | M45 | 55.27 |
| C DUFTY | VIS | 30.15 | B DANBY | M40 | 55.54 |
| P GUITON | M50 | 30.16 | J BARNES | M45 | 56.33 |
| J DARTMALL | M40 | 30.38 | D CAPLIN | M50 | 57.09 |
| B WARNER | M55 | 30.40 | K MARTIN | M50 | 59.20 |
| J STICKLES | M50 | 30.51 | B SLINGER | M45 | 59.51 |
| R POTTER | M45 | 30.54 | B SAMMELLS | M50 | 59.59 |
| D CARR | M55 | 31.28 | P HILL | M40 | 61.48 |
| B CRELLIN | M50 | 31.31 | M KAHN | M40 | 61.58 |
| M BIRKS | W40 | 31.38 | D MOFFATT | M50 | 63.16 |
| P MacLIVER | W45 | 32.11 | M BROWN | M55 | 66.15 |
| P DUFTY | M45 | 32.13 | D HOUGH | M55 | 66.34 |
| J GREENFIELD | M45 | 32.29 | M RHODES | M40 | 66.58 |
| K PENTON | W40 | 33.26 | V BEAUMONT | M55 | 67.34 |
| M MOYLE | M60 | 33.29 | J PELLIER | M50 | 67.51 |
| B PAXMAN | M55 | 33.46 | R FARRELL | M55 | 69.02 |
| A TYSON | M60 | 33.54 | M WARREN | M50 | 70.50 |
| K JOHNSON | M60 | 34.20 | R DUTTON | M50 | 71.16 |
| R LAWRENCE | M60 | 35.04 | E STRICKLAND | M70 | 73.09 |
| L POTTER | M40 | 35.31 | | | |
| W WEBSTER | M55 | 35.32 | | | |
| R DAVIS | M50 | 35.34 | | | |
| D DARVELL | M40 | 36.14 | J STONE | W45 | 50.29 |
| M WARREN | W50 | 36.28 | J WHITTAM | M55 | 53.09 |
| R TURNER | W50 | 37.08 | J COLLINS | M75 | 58.15 |
| P SHEEHAN | M55 | 37.09 | J BEAUMONT | W50 | 58.19 |
| D STRACHAN | M65 | 37.17 | | | |
| J STRAUHAN | W60 | 38.01 | | | |
| E ROGERS | W30 | 38.06 | | | |
| J SLINGER | W45 | 38.46 | J MISON | M40 | ? |
| L LAUCLAN | W55 | 39.44 | M BOYLE | W40 | 31.03 |
| R SPENCER | M45 | 39.46 | B CHALMERS | M50 | 31.23 |
| F USHER | M65 | 40.00 | J HILL | W40 | 38.30 |
| D BROWN | VIS | 40.13 | V TYSON | W65 | 45.18 |
| P FARRELL | W45 | 40.43 | A STONE | M55 | 45.18 |
| R DAVIS | W45 | 40.55 | J MIDOLO | W40 | 45.53 |
| M STONE | W45 | 40.56 | D HORSLEY | M75 | 45.53 |
| F HAGGER | M65 | 41.12 | | | |
| P DUFTY | W45 | 41.14 | | | |
| E MOYLE | M60 | 41.26 | | | |
| M ROBINSON | W50 | 42.09 | | | |
| J BILLINGTON | W45 | 43.41 | | | |
| N BERRY | W55 | 46.46 | | | |
| H DANVELL | W35 | 71.11 | | | |

TIME TRIAL RESULTS.

12th October 1989.

| <u>100m</u> | | | <u>3km</u> | | | <u>3km</u> | | |
|-------------------|-----|-------|-----------------|-----|-------|--------------|-----|-------|
| Cathrin Holland | W30 | 15.6 | Jan Fletcher | W40 | 13.24 | Don Caplin | M50 | 10.12 |
| Peggy McLiver | W45 | 15.07 | Marge Forden | W45 | 12.15 | Bob Sammells | M50 | 10.57 |
| Dorothy Whittam | W50 | 14.7 | Peggy McLiver | W45 | 12.31 | Brian Paxman | M50 | 11.32 |
| Patricia Carr | W55 | 16.3 | Kath Penton | W45 | 13.34 | Basil Worner | M50 | 12.06 |
| Harry Holland | M45 | 12.85 | Patricia Carr | W55 | 15.56 | Keith Forden | M50 | 12.50 |
| Keith Martin | M45 | 12.86 | Chris Brockwell | M35 | 10.16 | Allen Tyson | M60 | 14.31 |
| <u>2km Walk.</u> | | | John Ferris | M35 | 10.20 | Cliff Bould | M70 | 17.52 |
| Jackie Billington | W45 | 19.10 | Brian Danby | M40 | 10.13 | | | |
| Lorna Lauchlan | W55 | 19.16 | Ken Post | M40 | 10.14 | | | |
| Val Tyson | W65 | 22.01 | Frank Smith | M45 | 10.08 | | | |
| | | | Brian Foley | M45 | 10.40 | | | |
| | | | Ross Williams | M45 | 10.43 | | | |
| | | | Barrie Slinger | M45 | 11.58 | | | |

19th October 1989.

| <u>400m</u> | | | <u>5km</u> | | | <u>5km</u> | | |
|--------------------|-----|------|-----------------|-----|-------|-----------------|-----|-------|
| Bridget Carse | W45 | 93.9 | Erica Mercer | W45 | 20.57 | Frank Smith | M45 | 17.11 |
| Patricia Carr | W55 | 80.7 | Joan Fellier | W45 | 22.41 | John Pellier | M45 | 18.59 |
| John Ferris | M35 | 68.5 | Bridget Carse | W45 | 29.12 | Barrie Slinger | M45 | 19.54 |
| Keith Martin | M45 | 57.5 | Marg. Robinson | W50 | 20.58 | Frank Johnston | M45 | 24.25 |
| Brian Foley | M45 | 60.1 | Chris Brockwell | M35 | 17.12 | Don Caplin | M50 | 17.45 |
| Don Caplin | M50 | 65.3 | David Reid | M35 | 17.04 | Bob Sammells | M50 | 18.37 |
| Keith Martin | M50 | 66.3 | John Ferris | M35 | 17.49 | Kevin Martin | M50 | 19.23 |
| Peter Muller | M50 | 66.9 | D Davies | M40 | 19.28 | Basil Worner | M55 | 21.11 |
| David Carr | M55 | 60.4 | Bert Carse | M45 | 16.32 | <u>2km Walk</u> | | |
| <u>Triple Jump</u> | | | | | | Jo Stone | W40 | 12.24 |
| Patricia Carr | W55 | 6.78 | | | | Val Tyson | W65 | 14.19 |

26th October 1989.

| <u>100m</u> | | | <u>800m</u> | | | <u>10km</u> | | |
|-----------------|-----|-------|-------------------|-----|--------|--------------|-----|-------|
| Cathrin Holland | W30 | 16.00 | Cathrin Holland | W30 | 3.19 | E Mercer | W45 | 46.57 |
| Margaret Birks | W40 | 17.54 | Margaret Birks | W40 | 3.01 | M Forden | W45 | 43.58 |
| Peggy McLiver | W45 | 14.95 | Peggy McLiver | W45 | 2.44.6 | Joan Pellier | W45 | 48.22 |
| Dorothy Whittam | W50 | 14.75 | Erica Mercer | W45 | 2.50 | C Brockwell | M35 | 35.44 |
| Patricia Carr | W55 | 16.83 | Pauline Wiltshire | W45 | 2.58 | J Ferris | M35 | 36.28 |
| Mike Rhodes | M40 | 13.93 | Dorothy Whittam | W50 | 3.21 | B Danby | M40 | 37.45 |
| Keith Martin | M45 | 12.98 | J Ferris | M35 | 2.28 | F Smith | M45 | 35.38 |
| Arnold Jenkins | M45 | 13.80 | B Danby | M40 | 2.30 | H Kirkman | M45 | 36.56 |
| Brian Foley | M45 | 14.69 | M Rhodes | M40 | 2.20 | F Deanus | M45 | 38.36 |
| Rod Stewart | M45 | 14.94 | K Martin | M45 | 2.18.8 | A Jenkins | M45 | 41.14 |
| Peter Muller | M50 | 14.01 | A Jenkins | M45 | 2.18.2 | F Johnston | M45 | 49.23 |
| Brian Paxman | M55 | 14.94 | B Foley | M45 | 2.14 | R Sammells | M50 | 38.38 |
| David Carr | M55 | 14.15 | R Stewart | M45 | 2.33 | John Pellier | M50 | 40.56 |
| Allen Tyson | M60 | 16.08 | B Paxman | M55 | 2.31 | K Forden | M50 | 47.22 |
| <u>5km Walk</u> | | | D Carr | M55 | 2.26 | R Davis | M50 | 48.05 |
| J Stone | W40 | 32.06 | A Tyson | M60 | 3.06 | F McLinden | M55 | 41.16 |
| M Stone | W45 | 31.19 | | | | B Worner | M55 | 44.11 |
| V Tyson | W65 | 36.26 | | | | | | |
| B Thomsett | M45 | 33.19 | | | | | | |
| J Whittam | M55 | 34.17 | | | | | | |
| J Collins | M75 | 37.22 | | | | | | |

| <u>DISCUS.</u> | | | | | | | | |
|----------------|-----|-------|-----------|-----|-------|------------|-----|-------|
| C Holland | W30 | 29.79 | V Tyson | W65 | 11.12 | A Stone | M55 | 29.00 |
| P McLiver | W45 | 15.70 | M Rhodes | M40 | 13.53 | J Whittam | M55 | 21.16 |
| E Mercer | W45 | 15.13 | F Leong | M45 | 33.12 | D Carr | M55 | 17.30 |
| M Stone | W45 | 21.69 | R Stewart | M45 | 22.19 | J McMillan | M60 | 25.63 |
| D Whittam | W50 | 16.92 | B Foley | M45 | 16.13 | A Tyson | M60 | 19.70 |
| P Carr | W55 | 11.23 | A Jenkins | M45 | 15.66 | D Jones | M60 | 17.45 |
| R McMillan | W60 | 16.89 | P Muller | M50 | 23.35 | D Horsley | M75 | 18.70 |

TIME TRIALS RESULTS.

16th November 1989.

| 400m | | | 2km Walk | | | SHOT | | |
|-------------|-----|-------|--------------|-----|-------|--------------|-----|------|
| J Ferris | M35 | 68.30 | Judy Hill | W40 | 14.41 | J Hill | W40 | 5.00 |
| K Martin | M45 | 56.44 | M Stone | W45 | 11.35 | P McLiver | W45 | 6.20 |
| M Rhodes | M45 | 58.19 | J Billington | W45 | 12.17 | M Stone | W45 | 5.94 |
| J Klinge | M45 | 59.88 | L Romeo | W45 | 12.21 | E Mercer | W45 | 5.70 |
| A Jenkins | M45 | 58.79 | L Lauchlan | W55 | 13.13 | J Billington | W45 | 5.55 |
| T Foster | M45 | 66.60 | J Whittam | M55 | 13.10 | J Pellier | W50 | 5.52 |
| B Paxman | M55 | 63.71 | | | | L Lauchlan | W55 | 6.49 |
| F Johnston | M45 | 69.30 | | | | P Carr | W55 | 5.79 |
| 5km | | | | | | | | |
| P McLiver | W45 | 21.46 | A Jenkins | M45 | 19.15 | A Jenkins | M45 | 6.75 |
| E Mercer | W45 | 27.58 | B Slinger | M45 | 19.47 | B Foley | M45 | 6.68 |
| M Robinson | W50 | 20.47 | R Stewart | M45 | 19.50 | R Stewart | M45 | 6.30 |
| J Pellier | W50 | 23.23 | S Barrie | M50 | 16.47 | T Foster | M45 | 6.04 |
| E Healey | W50 | 26.50 | D Caplin | M50 | 18.08 | M Marsh | M50 | 7.63 |
| L Lauchlan | W55 | 26.22 | Kev Martin | M50 | 18.41 | J Pellier | M50 | 7.23 |
| P Carr | W55 | 27.15 | B Sammells | M50 | 18.49 | D Caplin | M50 | 7.18 |
| C Brockwell | M35 | 17.20 | J Pellier | M50 | 19.43 | J Whittam | M55 | 6.55 |
| J Ferris | M35 | 17.54 | J Trovato | M50 | 20.16 | D Carr | M55 | 6.25 |
| J Devenport | M35 | 20.24 | K Forden | M50 | 21.28 | A Tyson | M60 | 6.68 |
| M Rhodes | M40 | 18.29 | M Marsh | M50 | 26.02 | | | |
| J Klinge | M40 | 19.18 | D Carr | M55 | 20.20 | | | |
| J Langford | M45 | 16.30 | B Paxman | M55 | 20.52 | | | |
| B Foley | M45 | 17.53 | A Tyson | M60 | 23.13 | | | |
| D Roberts | M45 | 18.34 | F Johnston | M45 | 23.58 | | | |

CANNINGTON TRACK MEET.

26th November 1989.

| Open 100 Yards. Women. | | | VETERANS Mile. Women. | | | VETERANS Mile Walk. Women. | | |
|----------------------------|-----|--------|-----------------------|-----|------|----------------------------|-----|-------|
| 1st E Hindle | W40 | 12.1 | 1. P McLiver | W45 | 5.55 | 1. J Billington | W45 | 9.40 |
| Men | | | 2. M Robinson | W50 | 6.03 | 2. L Lauchlan | W55 | 10.11 |
| 3rd Keith Martin | M45 | 11.4 | 3. E Mercer | W45 | 6.18 | 3. D Whittam | W50 | 10.56 |
| 6th B Oliver | M45 | 12.3 | 4. E Healey | W50 | 7.25 | 4. A Sutherland | W35 | 11.23 |
| Open Mile. Women. | | | 5. P Carr | W55 | 7.54 | VETERANS Mile Walk. Men. | | |
| 2nd E Hindle | W40 | 6.14 | VETERANS Mile. Men. | | | 1. M Rhodes | M40 | 9.02 |
| Men. | | | 1. D Carr | M55 | 5.20 | 2. B Chalmers | M50 | 9.33 |
| 1st. D Caplin | M50 | 4.49.5 | 2. K Martin | M50 | 5.21 | 3. A Jenkins | M45 | 9.46 |
| VETERANS 100 Yards. Women. | | | 3. R Sammells | M50 | 5.22 | 4. J Pellier | M50 | 9.49 |
| 1. E Hindle | W40 | 12.7 | =4. J Pellier | M50 | 5.54 | 5. J Whittam | M55 | 10.19 |
| 2. D Whittam | W50 | 13.5 | =4. R Matzke | M50 | 5.54 | 6. Don Warren | M60 | 10.23 |
| 3. P McLiver | W45 | 13.6 | 6. M Moyle | M60 | 6.15 | VETERANS 100 Yards. Men. | | |
| 4. A Sutherland | W35 | 14.1 | 7. A Tyson | M60 | 6.28 | 1. K Martin | M45 | 11.3 |
| 5. P Carr | W55 | 15.0 | 8. F Usher | M65 | 7.29 | 2. M Rhodes | M40 | 12.2 |
| | | | | | | 3. B Oliver | M45 | 12.3 |
| | | | | | | 4.= R Matzke | M50 | 13.7 |
| | | | | | | 4.= D Carr | M55 | 13.7 |
| | | | | | | 6. B Paxman | M55 | 14.0 |
| | | | | | | 7. M Moyle | M60 | 14.7 |
| | | | | | | 8. A Tyson | M60 | 15.1 |
| | | | | | | 9. F Usher | M65 | 17.0 |

TIME TRIAL RESULTS.

2nd November 1989.

| 200m | | | 3km | | | | | |
|------------|-----|-------|--------------|-----|-------|--------------|-----|-------|
| E. Mercer | W45 | 33.35 | E Mercer | W45 | 12.09 | | | |
| J Ferris | M35 | 31.50 | P McLiver | W45 | 12.10 | | | |
| M Rhodes | M40 | 27.56 | K Penton | W45 | 13.00 | | | |
| A Jenkins | M40 | 26.30 | J Billington | W45 | 15.54 | | | |
| F Johnston | M50 | 32.31 | L Schickert | W45 | 18.25 | | | |
| D Clive | M50 | 24.87 | J Pellier | W50 | 13.18 | | | |
| J Pellier | M50 | 31.46 | E Healey | W50 | 14.53 | | | |
| HAMMER | | | D Whittam | W50 | 15.50 | | | |
| A Jenkins | M40 | 15.08 | P Carr | W55 | 14.52 | D Caplin | M50 | 9.39 |
| B Foley | M45 | 13.58 | L Lauchlan | W55 | 14.54 | Kevin Martin | M50 | 10.40 |
| R Stewart | M45 | 14.14 | J Ferris | M35 | 10.22 | B Sammells: | M50 | 10.42 |
| D Caplin | M50 | 17.86 | J Devenport | M35 | 11.22 | J Pellier | M50 | 11.34 |
| M Marsh | M50 | 20.88 | M Rhodes | M40 | 10.12 | K Forden | M50 | 12.08 |
| J Whittam | M55 | 19.26 | A Jenkins | M40 | 10.39 | R Davis | M50 | 13.01 |
| A Tyson | M60 | 18.96 | F Smith | M45 | 9.42 | M Marsh | M50 | 18.05 |
| D Jones | M60 | 11.68 | B Foley | M45 | 10.03 | B Worner | M55 | 11.39 |
| | | | D Roberts | M45 | 10.43 | A Tyson | M60 | 12.40 |
| | | | R Stewart | M45 | 11.57 | | | |