



The Vetrun

No. 149, FEBRUARY 1985



W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WBH 0370."

PATRON: W. J. (Bill) Hughes
SECRETARY: Duncan Strachan 4593859
NEWSLETTER EDITOR: Jeff Whittam 3876438

PRESIDENT: Barrie Slinger 3867727
TREASURER: Frank McLinden 3871152

It is with deep regret that we inform members of the death of Andy Wright at the age of 63. He died as a result of a traffic accident on 12th January 1985.

During World War 2, Andy served in the British Army and was one of the first arrivals in the landing at Normandy.

Andy left England to work as an engineering inspector in various parts of the world. He eventually settled in Perth in 1979 and a few months later he joined the Veterans' Club.

Andy cheerfully undertook the duties of Club armourer and handicapper, as well as giving enthusiastic assistance at all Club meets and Championships.

Andy himself was successful in the Australian Veterans' Championships in field events, and many age group events on the track and road (including marathons). Whatever the race, Andy gave his best. He will always be remembered for his great determination at the finish line. One of his proudest moments was winning the Club Patron's Trophy.

Until his employment took him out of the metropolitan area, Andy regularly attended Club meetings. He always extolled the benefits of the sport.

His friendliness and kindness will be greatly missed by all.

Our deepest sympathy is extended to his daughter Mrs Anna Cosford, her husband Paul, grandchildren and baby great grand daughter.

COMMITTEE MEETING.

CHANGE OF PROGRAMME. Would everyone please note that there has been a substantial change in the MARCH programme. The programme now reads:-

March 10th.	Club A.G.M. & Group Jog.	McCallum Park	8.00am
March 17th.	Butchers Run.	North Mole Fremantle	8.00am
March 23rd/24th	Track & Field Champs.	Gerry Archer Track Belmont	
March 31st	Three Way Relay.	McCallum Park.	8.00am

A.G.M. Members are notified that the Annual General Meeting will take place at McCallum Park on Sunday 10th March 1985 starting at 8.00am

All positions are open for nomination, these are:- President, Vice President, Patron, Secretary, Treasurer, Four (4) Committee members, Auditor, Librarian, Newsletter Editor, Handicapper, Armourer, Statisticians for Track & Field, and for Club Runs.

At the time of writing only the Secretary and Treasurer have stated that they are willing to stand again next year. (The editor is standing down as I feel that it is time that a different point of view is put into the Clubs Newsletter, I am quite willing to help anyone taking over the job until they are settled in).

At the back of the newsletter you will find nominating forms, please fill them in and return to the secretary as soon as possible, but do not forget to get your nominee to sign it to show he is willing to take the job you are nominating him or her for.

CLUB MEMBERSHIP. The treasurer stated that at the present time club membership is in quite a healthy state with 251 members, with 72 women and 179 men. Of these 43 are 'Family Memberships' (couples).

STATE VETERANS TRACK & FIELD CHAMPIONSHIPS. The entries close for these Championships on the 5th March., If you have not got your entry in by then you will miss out. SO GET YOUR ENTRY IN NOW WHILST YOU REMEMBER. OFFICIALS REQUIRED. If you

can help officiate, even if its only between your events would you please let DICK HORSLEY know as soon as possible on 387 6805 or at club events, there is an urgent need as the A.A.W.A. are holding events (relays) and we have not been able to get those who have officiated in the past.

CLUB VESTS. The treasurer is ordering another batch of the clubs official running vest, it is in the same design but in a different material, aertex type, as we cannot get them from the original supplier. He has samples of the material you can see which is a polyster/cotton. If you require a new vest give him a ring stating your size as soon as possible on 387 1152. The cost will be approx \$10.00 per vest

NEW MEMBERS:-

Alan Stone 53A, Bentwood Avenue, Woodlands. 6018. 446 9258 M50 20/Jul/32
Patsy Reside 25, Perina Way, City Beach. 6015. 341 1303 W35 02/NOV/48

CHANGE OF ADDRESS:- Derek & Jo-Anne Walker, 249, Willcox Street, Chidlow. 6006.
095 724 244

Does anyone know the new address of David Bremner?? He has moved recently.

NATIONAL VETERANS MARATHON CHAMPIONSHIPS. These will be held in conjunction with the Nike Canberra Marathon to be held on the 14th April 1985. The closing date for entries is 28th February 1985. and the entry fee is \$10.00. There is a time limit of 4½hrs. Average temperature is 10c rising to 16c at 11am. If you are interested in running this marathon then Duncan has entry forms.

TEDDY BIRDS PICNIC RUN. There will be a 50c entry fee for this event and tea and coffee will be provided at the finish. After the run there is also a BYO Barbecue and all runners are invited to stay on and socialise.

APOLOGIES. Barry Evans birthday in the last newsletter listed him as turning 45, this should have read 55 and he now becomes M55. Sorry about that Barry. P.S. I think the Vets is about the only organisation I know where people DON'T try to make their age YOUNGER.

DEFINITIONS. Blisters: The foot's natural allergic reaction to running. Second Wind: An elusive, almost mystical condition sought by runners. The only way to make sure you will catch it is to lie down and rest for a while.

ATHLETICS MISCELLANY

To continue from last month, the success of the Varsities meeting prompted the first English Championships. Again, the results are known and the winners were:

100 yards	F. M. Colmore	10.5
440 yards	J. H. Ridley	55.0
880 yards	P. M. Thornton	2m 05.0
1 mile	Charles B. Lawes	4m 39.0
120 yards High Hurdles	T. Milvain	17.75
High Jump	T. G. Little and J. H. S. Raupel	5' 9"
Broad Jump	R. Fitzherbert	19' 8"
7 mile Walk	J. G. Chambers	59m 32.0
Hammer	R. J. James	78' 5"
Pole Vault	J. Wheeler	10' 0"

These Championships were held on March 23, 1866 and annually thereafter except for War years.

Across the Atlantic the Americans got onto the bandwagon. The New York Athletic Club was formed in 1868 and adopted as its Rules those of the London Athletic Club. It held its first indoor meeting in November that year. The NYAC conducted the first National Track and Field Championships in New York in 1876. Comparison of the winners' performances with the A.A.A.'s of 1866 puts the Englishmen slightly ahead.

100 yards	F. C. Saportas	10.5
440 yards	Edward Merritt	54.5
880 yards	H. Lambe	2m 10.0
1 mile	H. Lambe	4m 51.2
120 yards High Hurdles	George Hitchcock	19.0
High Jump	H. E. Ficken	5' 5"
Long Jump	I. Frazier	17' 4"
Shot Putt	H. E. Buermeyer	32' 5"
16lb Hammer	William B. Curtis	76' 4"

The NYAC conducted these Championships until 1888 when the AAU took them over.

Anglo-American rivalry seems to have developed slowly but resulted in the first modern international match. This was between Oxford and Yale in London, July 16, 1894, with Oxford victorious. The following year Yale beat a visiting Cambridge team in New York. 1895 was memorable for another international match. On September 21, 1895 in New York, the NYAC competed against London Athletic Club. The results were:

100 yards	Bernard Wefers	9.8
220 yards	Bernard Wefers	21.6
440 yards	Charles Kilpatrick	49.0
1 mile	Thomas Conneff	4m 18.2
3 miles	Thomas Conneff	15m 36.2
120 yards High Hurdles (loose top rails)	Stephen Chase	15.4
High Jump	Michael Sweeney	6' 5.625"
Long Jump	Edwin Bloss	22' 6"
Shot Putt	George Gray	43' 5"
Hammer	James Mitchell	137' 5½"

The London A.C., which was virtually a National Team, was "whitewashed". Incredibly, the Americans won every event, although when the quality of the performances is considered, perhaps the English were just out-classed. Wefers set World Records in his two events, Kilpatrick in the 440, Chase in the Hurdles and the fantastic Sweeney in the High Jump. Sweeney was only 5'8 $\frac{1}{4}$ " tall, but in developing the Eastern Cut-off set a Record that stood for 17 years.

The first modern Olympic Games almost brings this short history of organised athletics to a close; yet two significant developments were still to come. The first was women's athletics. It was not until 1923 that the first National Championships were held for women in the U.S.A. and England. The second was Veterans' athletics with the upsurge of National and World Championships during the 1970's. I can think of no better note on which to end this history.

Bob Sammells

LAKE LESCHENAULTIA RUN. 26th December 1984.

Perfect conditions saw 37 runners start the 8th Annual Lake Leschenaultia 7.2km Run at 5.30pm on Boxing Day. We had 11 Ladies (runners of the female gender, but Ladies to me) and 2 invitation runners. First to the bottom of the hill, 5km mark, was Derek Crowther in 17.49, looking good and running well, followed by Bob Harrison and Don Caplin in 18.27. Derek held his style and lead to finish well in 27.49, Bob was second with Frank Smith third, after taking a heavy fall (too much grog Frank?). Our first lady was Joanne Collins in a new womens record of 33.23, an excellent run even though Joanne is a local Mount Helena resident and knows the terrain well. Bob Sammells ran well in 7th place in 29.55 just 4 sec behind Dave Carr who was only 1.07 off his own M50 record on a slightly tougher course, due to local shire fencing.

The run went well, with runner's thoughtfully spaced, so I could write the names and times down easily. Thanks to Wally Cross for his assistance.

Barrie Robinson.

RESULTS:-	Dot Hill	Finish	Finish	Finish
Derek Crowther	17.50	27.49	P Dallad 33.28	Keith Forden 37.18
Bob Harrison	18.27	28.21	Dave Hough 33.53	Margery Forden 37.28
Frank Smith	18.30	29.06	Allen Tyson 33.54	Lorna Butcher 38.15
Don Caplin	18.27	29.13	Derek Walker 34.25	Marilyn Acreman 40.00
Kevin Anderson	18.38	29.19	Tony Butler 34.37	Alan Acreman 40.00
Dave Carr	18.53	29.51	John Bennington	Kevin Cameron 42.05
Bob Sammells	18.40	29.55		Pat Carr 44.45
John Pellier	19.30	30.42	Joan Pellier 35.45	S. Cameron 45.12
Jim Greenfield	19.50	31.18	Tuula Vaalsta 36.01	Nora Berry 45.56
Graham Thornton	19.55	31.54	Ian Thomsett 36.55	T. Carr 46.05
Keijo Vaalsta	20.12	31.55	John Rowlands 37.00	Mike Berry 46.06
J. Scott			Barrie Thomsett	
Joanne Collins	20.39	33.23		37.08
5km Course:-	Enid Crowther	29.14:	Shirley Cross	30.08

DAVE JONES COURSE PARLOUF. 8 laps 17.9km

Approx 50 members turned out for the parlouf relay on a warm sunny morning. The teams were sorted out by Jeff Whittam (bribes were accepted), the teams then went into a huddle to decide how to run the race, Joan Pellier's team decided on one lap each plus extra at the finish but changed tactics to $\frac{1}{2}$ laps then to shorter distances as the race progressed. Some teams opted to run each leg then return to their individual start points, whilst other progressed around the course running each succeeding lap on the next leg. The winning team runners doing the same leg on each lap.

Everyone seemed to thoroughly enjoy themselves no matter what their team tactics were.

Our thanks to Eryan Hardy, Wally Cross and Basil Worner for their assistance, and to Kath Penton who arrived on her bicycle just in time to supply the bell for the start of the last lap and the flag for the finish, even if it was a red one and not the usual chequered type.

Dorothy & Jeff Whittam.

RESULTS:-

SANDI'S TEAM.	LAPS:-	1	2	3	4	5	6	7	finish
Sandi Walton	W35								
Elza O'Dea	W45								
Steve Mitchell	inv	7.04	7.26	7.14	7.27	7.26	7.33	7.37	7.38
Dave Carr	M50	7.04	14.30	21.44	29.11	36.37	44.10	51.47	59.25
John Smith	M45								
Joe Yates	M40								

MARGERY'S TEAM.

Margery Forden	W40								
June Strachan	W55								
Don Caplin	M45	7.05	7.26	8.12	7.26	7.39	7.49	8.00	7.52
Keith Forden	M40	7.05	14.31	22.43	30.09	37.48	45.37	53.37	61.29
Barrie Thomsett	M40								
John Mussett	inv								

PHYLLIS'S TEAM.

Phyllis Farrell	W40								
Ray Lawrence	M55								
Ernie Moyle	M55	7.20	7.28	7.46	7.42	7.58	8.06	7.58	7.45
Colin Leman	M35	7.20	14.48	22.34	30.16	38.14	46.20	54.18	62.03
Vic Beaumont	M55								
Keijo Vaalsta	M50								

SHIRLEY'S TEAM.

Shirley Cross	W45								
Tuula Vaalsta	W45								
Dick Horsley	M70	7.41	8.04	7.46	7.47	8.14	7.56	7.50	7.30
Bob Sammells	M45	7.41	15.45	23.31	31.18	39.32	47.28	55.18	62.48
Ken Whistler	M50								
Bob Farrell	M40								

JOAN'S TEAM.

Joan Pellier	W45								
Pat Carr	W50								
Bill Mitchell	M50	7.51	10.10	7.27	7.26	7.30	8.00	7.46	7.21
Dalton Moffett	M50	7.51	18.01	25.28	32.54	40.24	48.24	56.10	63.41
Peter Sanders	M35								
Tony Butler	M45								

LORNA'S TEAM.

Lorna Butcher	W50								
Barbara Godwin	W45								
Mike Khan	M40	7.05	8.39	8.11	8.06	8.01	8.00	7.55	7.50
John Pellier	M45	7.05	15.44	23.55	32.01	40.02	48.02	55.57	63.47
Allen Tyson	M55								
Michael Sanders	inv								

MARY'S TEAM.

Mary Robinson	W45								
Marilyn Acreman	W40								
Cliff Bould	M65	8.05	7.56	7.56	7.53	7.54	8.25	8.32	8.19
Hugh Kirkman	M40	8.05	16.01	23.57	31.50	39.44	48.09	56.41	65.00
Bernard Godwin	M45								
Duncan Strachan	M60								



FRIENDSHIP RUN. Kings Park. 13th January 1985. 12.4km

84 runners assembled for this run, on what the organisers thought was a nice cool day. This thought was soon dispelled when he saw the runners at the end of the first lap, all were dripping with sweat and most stopped for water, some for several cups.

Despite the humidity Frank Smith beat the course record for the men and Tuula Vaalsta beat the course record for the LADIES. Don Caplin missed by 1sec

The only mishap was Derek Crowther going wrong, where Arthur Leggett was positioned. Apparently Arthur shouted at him until he was hoarse, with no effect. This presents me with a problem for next year! I.E. Do I buy Derek a hearing aid or Arthur a megaphone???

After the run most people enjoyed tea or coffee and stayed on for a B.Y.O. barbecue.

Now the most important item. I Would like to thank Kath Mitchell, Jackie Beaumont and Wally Cross, an excellent recording team. Also Jackie Greenfield for recording the 1 lap runners, Rose Johnston and Ann Smith for "manning"!! the water station, Arthur Leggett for marshalling and everybody else who I forgot to mention. For which I apologise.

John Pellier.

P.S. And Joan Pellier for taking names at the start and helping mark the course

RESULTS:- 12.4km

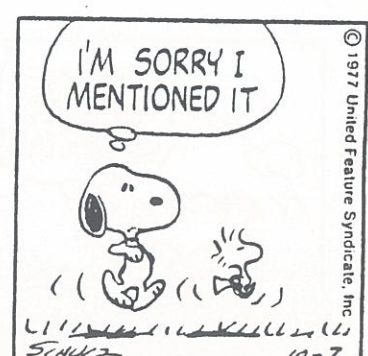
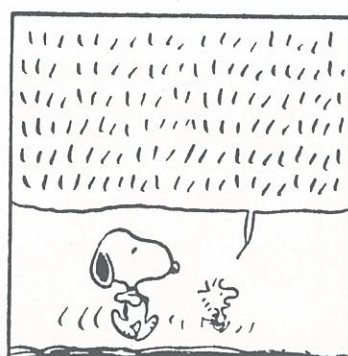
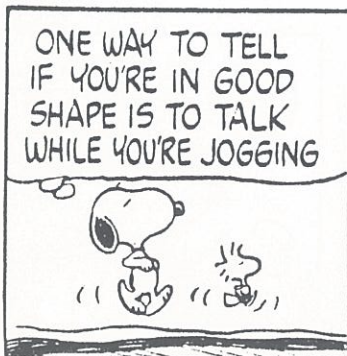
Frank Smith	M40	43.20*	Barrie Slinger	M45	52.25	Keith Forden	M45	59.15
Colin Leman	M35	44.54	Dave Roberts	M40	52.32	Peter Davies	M55	59.40
Bob Harrison	M40	45.13	Maurice Johnston	M45	52.44	Barrie Thomsett	M40	60.55
Don Caplin	M45	45.14	Joe Yates	M40	53.03	Cliff Bould	M65	62.01
Hugh Kirkman	M40	47.00	Morris Warren	M45	53.18	Phyllis Farrell	W40	62.41
Peter Sanders	M35	47.25	Jim Greenfield	M40	53.43	Gerry Noordyk	M60	63.16
Jim Barnes	M40	48.04	Hamish McGlashen	M45	53.49	Pat Hayden	W45	67.39
Fraser Deanus	M45	48.50	Rod Marston	M40	54.25	Alan Fomery	M50	67.54
Ted Maslen	M45	49.48	Bill Mitchell	M50	55.17	Ken Whistler	M50	67.55
Dave Hough	M50	50.28	Dave Carr	M50	55.48	Anne Deanus	W40	68.31
John Maddison	M45	50.58	Tony Butler	M45	56.27	<u>INVITATION.</u>		
Keijo Vaalsta	M50	51.05	Duncan Strachan	M60	56.46	Jack Noordyk		47.12
Frank McLinden	M50	51.29	Bob Farrell	M40	56.47	Bob Argyle		49.00
Graham Thornton	M40	51.41	Bernard Godwin	M45	57.16	Basil Hanna		51.16
Ted Costello	M45	51.49	Allen Tyson	M55	57.58	Simon Beaumont		51.16
Joe Stickles	M45	52.01	Vic Beaumont	M55	58.06	Richard Sparkes		55.47
Mike Khan	M40	52.11	Stan Lockwood	M55	58.13	Margaret Warren	did a	
Dalton Moffett	M50	52.21	Tuula Vaalsta	W45	59.03	short course by about 1k in 65.00 approx.		

1 lap 6.2km

Barry Harwood	M40	24.01	John Smith	M45	29.53	Sheila Maslen	W45	34.50
John Lennington	M45	27.28	Sandi Walton	W35	31.11	Barbara Godwin	W45	34.52
Arnold Jenkins	M40	28.00	Lorna Butcher	W50	32.31	Pat Spencer	W40	34.06
Merv Moyle	M55	28.20	Dick Horsley	M70	33.24	Shirley Cross	W45	36.07
Basil Worner	M50	28.53	Mary Robinson	W45	33.42	Jeff Whittam	M50	36.10
Margery Forden	W40	29.39	Pat Carr	W50	34.22	June Strachan	W55	36.27
Dave Benson	M40	29.46	Jill Pearton	W35	34.50	Dorothy Whittam	W45	39.00

INVITATION.

John Dartnel		27.28	Harry Cooper	VIC	31.28	Sue Madsen		36.27
Mark Jones		27.42	Sue Sanders		32.04	Lucinda Jenkins		38.47
Nicheal Sanders		29.46	Judith Forbes		36.21			
Pat Cooper	VIC	30.42	Trec Cooper	VIC	36.21			



WELCOMING NEW MEMBERS BEFORE THE RECOVERY RUN FOLLOWING THE ANNUAL DINNER.



1 x CLIFF BOULD COURSE. 20th January 1985. 5.2km

A good turnout, considering the other attractions, on a cool windy morning, where the maximum temperature seemed to have occurred about 7am.

The start and finish were moved further up the field to avoid the throwing circles and the one day cricket test taking place close by.

Five records were set (2 inaugural and 3 broken). After the event we were joined by quite a few members who had been running in the Christchurch Run. First man home was Barry Harwood closely followed by Fraser Deanus. First woman home was Cheryl Amies, up from Boyanup. followed by Joan Pellier.

Thanks to Sandi, Wally and Jeff and to Cindy Dartnell who acted as runner with the times.

RESULTS:-

Barry Harwood	M40	19.53	George Peet	M50	23.29	Carole Cole	W40	28.45
Fraser Deanus	M45	19.59	Ray Lawrence	M55	23.31	Barbara Godwin	W45	28.52
Mike Khan	M40	20.36	Joan Pellier	W45	23.33*	Shirley Cross	W45	29.00
John Spencer	M45	20.54	John Smith	M45	24.02	Anne Deanus	W40	29.02
Arnold Jenkins	M40	21.23	Bryan Hardy	M40	24.14	Pat Spencer	W40	29.07
Borie Slinger	M45	22.09	Cliff Bould	M65	24.32	Elza O'Dea	W45	29.31
Paul Jones	M45	22.11	Erian Aldrich	M50	25.11	Mary Robinson	W45	29.31
Cheryl Amies	W35	22.17*	Kait Johnson	M55	25.11	Sue Madsen	W40	30.12
Merv Moyle	M55	22.23	Ernie Moyle	M55	25.16	Jeanette Tomlinson		
Duncan Strachan	M60	22.28*	Lorna Butcher	W50	26.58		W50	30.53
John Bennington	M45	22.29	Joan Slinger	W40	26.58	Dorothy Whittam	W45	31.00
Jon Dartnell	M35	22.33	Gerry Noordyk	M60	27.57	Lucinda Jenkins	Inv	32.16
Allen Tyson	M55	22.50	Fred Hagger	M55	28.05	June Strachan	W55	35.14
Bernard Godwin	M45	23.01	Dick Horsley	M70	28.05*	Alison Aldrich	W40	35.14
						Val Tyson	W60	41.16*

* Course record.

A.A.W.A. RESULTS. 5th January 1985.

<u>100m.</u>	Val Prescott	15.25	<u>200m.</u>	30.9	400.	Triple jump
	Jim De Gruchy	-		28.8	67.2	-
	Barrie Kernaghan	-		-	55.6	-
	Peter Muller	-		-	-	13.12?
12th January 1985	100H	200	300	1/jump		
Eileen Hindle	14.7	25.70	-	5.61		
Val Prescott	-	29.56	-	-		
Dave Carr	-	-	2.24.7	-		
Barrie Kernaghan	-	23.7	2.20.0	-		
Jim De Gruchy	-	28.4	2.48.3	-		
Erian Waldhuter	-	-	2.14.0	-		

A.A.W.A. results cont.

19th January 1985. 100m & 100H into wind.		400m	800m	
Eileen Hindle	12.7	14.5	-	W35
Val Prescott	14.4	-	-	W40
Barrie Kernaghan	12.0	-	2.19.0	M40
Hilary De Souza	13.3	-	-	M45
Dave Carr	-	-	60.4	M50
Jim De Gruchy	-	-	67.3	M55

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

David Clive	turns 48	remains M45 27	Allen Tyson	turns 60	becomes M60 06
Pat Carr	" 53	" W50 18	Dennis Wilmott	" 54	remains M50 08
Ann Deanus	" 45	becomes W45 01	Colin Walsh	" 53	" M50 16
Ken Gilbert	" 43	remains M40 03	George Boakes	" 72	" M70 25
Winston Hough	" 44	" M40 12	Joe Froudish	" 39	" M35 18
Alison Johnstone	" 38	" W35 09	John Smith	" 50	becomes M50 23
Val Lishman	" 55	becomes M55 14	Johan Sanders	" 81	remains M80 05
Jan Middleton	" 51	remains W50 21	Douglas Boakes	" 41	" M40 04
Val Pach	" 46	" W45 01	John Bissett	" 45	becomes M45 22
Val Prescott	" 41	" W40 08	Mary McGinnis	" 45	" W45 02

CLUB RECORD RUNS FOR FEBRUARY. TEDDY BIRDS PICNIC RUN 15km.

W35 J Stone 79.23; W45 M Robinson 80.19; M35 C Leman 55.13; M40 F Smith 58.31; M45 D Caplin 57.53; M50 R Shand 63.42; M55 A Tyson 68.36; M60 D Strachan 73.09; 7km. W35 S Leman 42.29; W45 E O'Dea 42.33; M55 V Tyson 52.14; M40 B Farrell 40.09; M45 D Hoye 30.32; M50 V Beaumont 37.52; M55 P Hagger 39.52; M70 D Horsley 36.26;

WEST COAST CHALLENGE. 8km. W30 J Chambers 30.27; W35 J Tearton 39.56; W40 J Pellier 38.27; W45 T Vaalsta 37.59; W50 L Butcher 37.52; W55 J Strachan 44.47; M35 C Leman 27.54; M40 F Smith 27.10; M45 R Jones 29.42; M50 R Shand 31.02; M55 A Tyson 33.38; M60 D Strachan 34.37;

Shoalwater '10'. W30 J Chambers 45.22; W35 J Stone 53.28; W40 J Pellier 53.38; W45 M Warren 60.04; W50 L Butcher 57.44; W55 J Strachan 66.15; M35 C Leman 39.17; M40 D Caplin/F Smith 41.16; M45 R Shand 41.28; M50 R Shand 43.20; M55 A Tyson 48.37; M60 J Gilmour 41.34; 6km. W40 J Slinger 30.30; W55 V Tyson 41.11; M55 P Hagger 32.02 M60 P Usher 32.02.

BATTERHAM'S BUSH BASH. 6th January 1985. 7.5km

No write - up for this event, but by all accounts a very warm morning with the sea breeze coming in immediately the run had concluded. A good turnout of members and all seemed to agree that the hill past the old quarantine station seems to get steeper each year. Our thanks to Linley and Dennis for opening their house and pool to us. This year we had 2 Victorian runners with us Jan and Ben Morrey, we hope they enjoyed the run.

RESULTS:-

Erian Danby	M35	28.16	Joan Pellier	W45	35.39*	Ray Lawrence	M55	39.39
Kevin Anderson	M40	29.09	Derek Crowther	M40	35.41	Ern Moyle	M55	39.39
Fraser Deanus	M45	31.33	Merv Moyle	M55	35.56	Sandi Walton	W35	39.42
Mike Khan	M40	31.33	Peter Davies	M55	36.14	John Smith	M45	40.48
Graham Thornton	M40	32.02	Bill Mitchell	M50	36.29	Pat Hayden	W45	42.33
Dalton Moffett	M50	32.18	Arnold Jenkins	M40	36.44	Maxine Tapper	W35	44.07
John Maddison	M45	32.36	Bernard Godwin	M45	36.52	Margaret Warren		
Barry Harwood	M40	32.41	Stan Lockwood	M55	37.03		W45	44.18
Frank McLinden	M50	33.08	Vic Beaumont	M55	37.31	Anne Deanus	W40	44.18
John Pellier	M45	33.10	Cliff Bould	M65	37.50	Phyllis Farrell		
Bob Sammells	M45	33.10	Dave Carr	M50	37.52		W40	44.18
Joe Yates	M40	34.00	Margery Forden	W40	38.27*	Lorna Butcher	W50	42.33
Rod Marston	M40	34.28	Bob Farrell	M40	38.39	Mary Robinson	W45	45.41
Duncan Strachan	M60	34.58*	Keith Forden	M45	38.40	Pat Carr	W50	47.02
Morris Warren	M45	35.26	Barrie Thomsett	M40	39.27	Nora Berry	W55	47.15

INVITATION.

Simon Beaumont	31.55	Jan Morrey	VIC	35.56	Shirley Cross	W45	50.42
Ian ?	37.44	Ben Morrey	VIC	38.53	June Strachan	W55	50.44
					Jennifer ?		47.07

TIME TRIAL RESULTS. 6 - 7 - 8.				22nd November 1984				29th November 1984			
15th November 1984.				400m	pts	T/J.	pts	1500m	pts	javelin	pts
Frank Smith	M40	16.33	874	-	-	-	-	-	-	-	-
Don Caplin	M45	16.40	920	-	-	-	-	-	-	-	-
Arnold Jenkins	M40	17.45	730	61.1	596	7.03	20	-	-	-	-
Frank McLinden	M50	18.38	744	-	-	-	-	4.59	826	-	-
Bob Sammells	M45	18.40	680	66.0	480	7.50	140	4.57	778	21.54	226
Bob Norton	M40	18.47	606	-	-	-	-	-	-	-	-
John Pellier	M45	18.49	662	-	-	-	-	5.08	712	15.84	55
Mel Shead	M40	19.15	511	65.7	412	8.40	240	5.06	682	28.86	347
Aub Davie	M45	19.51	539	-	-	-	-	-	-	-	-
Merv Moyle	M55	19.54	652	-	-	-	-	-	-	-	-
Bill Hughes	M55	20.42	556	-	-	-	-	-	-	-	-
Bob Farrell	M40	21.17	306	-	-	-	-	-	-	-	-
Duncan Strachan	M60	22.03	514	-	-	-	-	-	-	-	-
Cliff Fould	M65	24.53	296	-	-	-	-	6.32	718	-	-
Joan Pellier	W45	20.29	822	-	-	-	-	5.34	976	-	-
Jan Fletcher	W35	20.39	682	69.0	560	8.00	770	5.31	904	20.58	413
Kath Penton	W40	22.00	580	-	-	-	-	-	-	-	-
Sandi Walton	W35	23.40	320	-	-	-	-	-	-	-	-
Mary Robinson	W45	24.50	300	93.8	20	-	-	6.43	562	12.50	220
June Strachan	W55	27.37	146	-	-	-	-	-	-	-	-
Lorna Butcher	W50	-	-	85.7	132	5.26	451	6.24	766	13.10	309
Margaret Warren	W45	-	-	96.9	23	4.58	142	-	-	-	-
Brian Danby	M35	-	-	66.8	328	-	-	-	-	-	-
Brian Foley	M40	-	-	60.2	632	7.88	136	4.37	832	13.64	91
Dick Horsley	M70	-	-	ftf	-	-	-	-	-	15.24	410
A.N. Other	M55	-	-	71.3	548	-	-	5.46	634	-	-
Lob Faulkner	M40	-	-	63.3	508	8.90	340	-	-	17.56	64
Pill Monks	M45	-	-	60.8	688	-	-	-	-	-	-
Hamish McClashen	M45	-	-	59.5	740	-	-	-	-	-	-
Bob Fergie	M45	-	-	-	-	-	-	6.24	256	32.26	548
Jeff Whittam	M50	-	-	-	-	-	-	6.32	268	19.46	226
Dorothy Whittam	W45	-	-	-	-	-	-	7.12	388	19.74	510
Val Prescott	W40	-	-	-	-	-	-	-	-	14.60	244

TIME TRIALS 9 - 10 6th December 1984. 13th December 1984.

100m				2000Walk		10km	
		pts		pts		pts	
Mel Shead	M40	13.6	580	12.02	272	39.02	763
A.N. OTHER	M55	15.4	520	12.56	296	43.29	651
Dave Jones	M55	13.5	900	12.31	396	-	-
Arnold Jenkins	M40	13.6	580	12.05	260	39.00	780
Bob Sammells	M45	15.4	320	13.25	20	38.14	826
Bob Fergie	M45	14.6	480	-	-	-	-
Val Tyson	W60	21.2	20	14.04	584	-	-
Lorna Butcher	W50	18.1	180	12.40	680*	-	-
Dorothy Whittam	W45	14.9	720	13.59	284	-	-
Jan Fletcher	W35	-	-	12.01	596	-	-
Jeff Whittam	M50	-	-	12.40	280	-	-
Jack Collins	M70	-	-	14.29	404	-	-
Merv Moyle	M55	-	-	-	-	41.19	781
Ted Costello	M45	-	-	-	-	39.54	726
John Pellier	M45	-	-	-	-	39.28	752
Brian Hanks	M45	-	-	-	-	43.10	530
Maurice Johnston	M45	-	-	-	-	39.33	747
Frank McLinden	M50	-	-	-	-	38.54	856
Frank Smith	M40	-	-	-	-	33.33	1042
Hank Stoffers	M40	-	-	-	-	33.31	1044
Bob Harrison	M40	-	-	-	-	36.46	849
Cliff Bould	M65	-	-	-	-	47.37	663
Paul Jones	M45	-	-	-	-	44.07	473
Jim Greenfield	M40	-	-	-	-	39.55	660
John McGinnis	M40	-	-	-	-	39.37	642
Joan Pellier	W45	-	-	-	-	45.01*	824
Phyllis Farrell	W40	-	-	-	-	48.21	554

URGENT REQUEST. Next year Brian Danby is relinquishing the post of Armourer. We will need someone to look after the trailer and bring equipment along to events. If you think you can help by taking over the armourer's job please let Brian know so he can nominate you at the A.G.M.

10

TIME TRIALS 10th January 1985.		10km.	400m	100m
Frank Smith	M40	16.35	-	-
Don Caplin	M45	16.45	-	-
George Innes	M45	17.13	-	-
Kevin Anderson	M40	18.16	-	-
Dave Carr	M50	18.30	-	14.45
Maurice Johnston	M45	18.42	-	-
John Pellier	M45	18.51	-	-
Ted Costello	M45	19.31	-	-
Keijo Vaalsta	M50	19.48	-	-
Barrie Slinger	M45	20.12	-	-
Merv Moyle	M55	20.30	-	-
Bob Farrell	M40	21.01	-	-
Joan Pellier	W45	21.29	-	-
Allen Tyson	M55	21.36	71.13	16.16
Margery Forden	W40	22.33	-	16.59
Tuula Vaalsta	W45	22.52	-	-
Sandi Walton	W35	23.11	-	-
Cliff Bould	M65	23.58	-	-
Marilyn Acreman	W45	24.35	-	-
Derek Crowther	M40	9.04	6 1/2 laps	-
Brian Waldhuter	M40	-	58.77	13.00
David Clive	M45	-	65.08	11.82
Peter Muller	M45	-	65.22	12.84
Dave Jones	M55	-	72.51	13.31
Dorothy Whittam	W45	-	84.87	14.28
Pat Carr	W50	-	85.29	15.82
Shirley Cross	W45	-	94.81	17.72
Mike Waldhuter	inv	-	-	11.74

TIME TRIALS 17th January 1985.		3km	1500W	800m	200m	Javelin	Shot
Sandi Walton	W35	13.44	-	-	-	-	-
Joan Pellier	W45	12.20	-	-	-	-	-
Tuula Vaalsta	W45	12.44	-	-	-	-	-
Maurice Johnston	M45	10.50	-	-	-	-	-
Ted Costello	M45	11.16	-	-	29.78	-	-
Don Caplin	M45	9.33	-	-	-	-	-
Steven Barrie	M45	9.58	-	-	-	-	-
John Pellier	M45	11.59	8.57.46	2.40.70	32.72	-	7.31+
Dave Carr	M50	11.49	-	2.22.19	23.17	20.98	7.32#
Cliff Bould	M65	13.07	-	3.17.34	-	-	-
Bernard Godwin	M45	12.23	-	-	-	-	6.38+
George Innes	M45	9.51	-	-	-	-	-
Keijo Vaalsta	M50	11.13	-	-	33.48	-	-
Frank McLinden	M50	11.03	-	-	29.56	-	-
Alan Acreman	M45	11.44	-	-	-	-	-
Barrie Slinger	M45	11.09	-	-	-	-	-
Val Tyson	W60	-	10.18	-	-	-	-
Jill Pearton	W35	-	10.01	-	-	-	-
Dick Horsley	M70	-	8.57.52	-	-	16.68	7.57"
Lorna Fitcher	W50	-	8.57.44	-	-	-	-
Jack Collins	M70	-	10.27	-	-	-	-
Dorothy Whittam	W45	-	-	3.17.54	30.23	17.74	-
Pat Carr	W50	-	-	3.24.48	34.06	-	-
Barbara Godwin	W45	-	-	3.24.54	36.85	-	-
James Barrie	inv	-	-	2.24.91	-	-	-
David Clive	M45	-	-	-	27.13	-	-
A N Other	M55	-	-	-	31.86	-	-
Jeff Whittam	M50	-	-	-	-	-	-
Bob Fergie	M45	-	-	-	-	19.58	7.50#
Val Prescott	W40	-	-	-	-	28.64	9.44+
Jeff Powen	invM40	-	-	-	-	13.74	-
Geoff Harrowby	invM35	-	-	-	-	40.64	9.74+
							12.84+

+ = 7.25kg Shot # = 5.25kg Shot " = 4kg Shot

OFF THE TRACK: JERALD JAHN

Letters from camp

A journey to running's heart of darkness

1 August. Hello, Walker. Hello, Charlie: Well, here I am at Kami-Kaze. I'm excited. I know that, through training, I'll get faster . . . just as soon as it stops raining. Camp Kami-Kaze is "located in the scenic Landfill Mountains, miles from nowhere." Four of us share a cabin: Ted, Earl, Mel and yours truly. Earl says there are also three women in our group—so there should be some social life here, after all—See ya, Terry.

2 August. Okay, Walker, you tell me. How is it possible that seven adults and one baby-faced instructor named Rudy can leave Camp K.K. running up a mountain and come back to camp *still running up the mountain*? Do all training trails lead up?

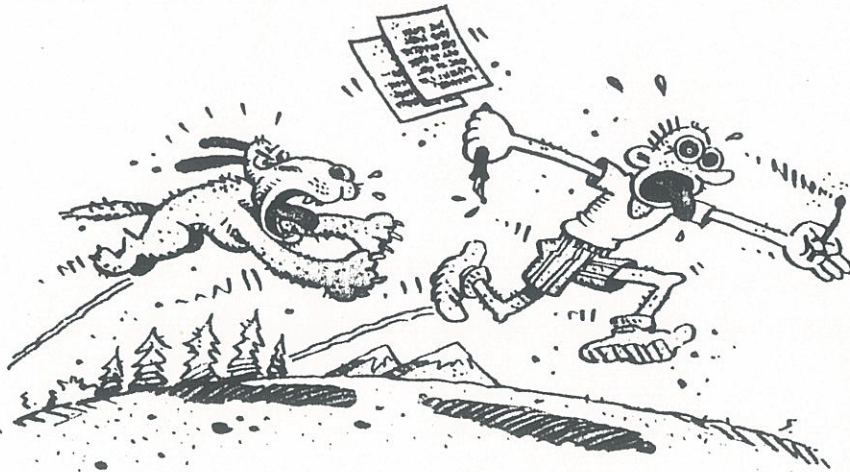
As for the food here, I'm afraid the chef has been studying the ancient Samurai diet texts; one mound brown rice, one lump pinto bean, one salmon patty garnished with parsley for dinner tonight.

4 August. Dear Charlie: I'm writing this by flashlight, since policy here is lights out by 9:30. It's pretty hard to see the page anyway—the light attracts these mountain mosquitos the size of winged golf balls. You remember the women I mentioned? Two twins, Gretta and Heidi, 18, blonde and lithe as willow trees, who run 2:32 marathons for fun, and Cynthia, a middle-distance-mother-of-three, here to work on her national marathon ranking. She makes it hard for me to maintain I'm aging gracefully.

Today we ran to the peak of nearby Mt. Killya, with water and lunch in our knapsacks. Great view of tomorrow's 30K trail and of those little white spots before the eyes. Rudy says I'll get used to the mountain altitude pretty soon.

5 August. Walker: 10:30 P.M., and Earl's just come back with a load of contraband Snickers and beer. He found a gap in the fence and made a connection with some hill folks. Says you can live on beer and candy bars; hope so, those simple hill people are charging \$2.50 a can—Terry.

6 August. Big trouble. Rudy found an "empty" in the bushes behind our cabin and this morning, there was a padlock on the snack machine, and Rudy was screaming at Earl in German. They've confiscated Mel's cash. He's trying to get a phone call through to his wife, but the lines are down.



Had a real treat this A.M. Sushi before the morning workout. We usually run a five-mile "flat" course in the morning, which means any incline of less than 30 degrees, I think. Then there's a light weight workout—for Ted and the women, that is. The rest of us can't move our limbs at that point. Then it's time for the evening run: distance, hill training, etc.

7 August. Charlie: They've caught me! Halfway up Mt. Shinn, Rudy told me he'd intercepted my last letter. We were doing all-out 880s at the time, so I couldn't defend myself. He's taken my flashlight, but I've found a few old matches in the cabin. Rudy's got the face of an angel, the body of a gazelle, and the soul of the Marquis de Sade. Tomorrow, he's adding ankle weights to our program. Heidi and Gretta want theirs in matching colors. Cynthia wants hers heavier. Mel wants to go home.

8 August. Dear Walker: Hope you're getting these . . . I've started smuggling them out via the garbage man. Pay him whatever he says I promised him. It's crucial.

Today we lost Ted. On the south face, he tore off his knapsack and went screaming off into one of the "scenic pine forests." Rudy murmured not to worry; Ted wouldn't get far, what with the dogs, the barbed wire and "his pitifully low VO₂ max." Earl and I fought for Ted's knapsack, which contained a fish cake and two whole wheat rolls. Cynthia got his ankle weights.—T.

10 August. Charlie: The horror! The horror! Today Earl went round the bend. "No beer, no run," was all he would say. He tied his own shoelaces together and we had to leave him playing

with pine chips on the Mt. Avalanche 30K trail. I trapped and ate a chipmunk today. The little rascals aren't half bad.—Terry.

13 August. Charlie: I need food! I need support! I need more matches! Conversation! Mel's no good anymore—he just whimpers about a chocolate sundae with nuts and a cherry. We see the women only on the runs, when I'm too breathless to whisper my plans for breaking out. Besides, I suspect that the twins speak only German. In these situations, it's best to trust no one! If I could just figure out which way it is to the highway, I'm sure I could find Earl's hole in the barbed wire, evade the dogs, and then . . .

15 August. Walker! You've got to help me! I'm writing by the light of my last two matches. Through a tear in the curtain I can see Rudy and the chef by the flickering campfire loading our "lunches" for tomorrow's run to the peak of Mt. Killya. I swear I'm not crazy—they're putting in boulders! And there's Gretta—she's been in with them all along! It's taking all three of them to heft that hunk of granite into my knapsack.

Walker, you're my last—my only—hope. I've got to get out of here! Get Charlie and meet me with the car tomorrow at midnight. Here's where . . . At this point Camp Kami-Kaze correspondence breaks off. A form letter dated 16 August arrived from the camp stating that the author of these letters had enrolled in the "Lifetime Training Program." Repeat calls to the camp have gone unreturned. **FINISH**

Jerald Jahn is from Spartanburg, SC.