

# The Vetrun

No. 161 FEBRUARY, 1986

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

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SECRETARY: Duncan Strachan, 459 3859

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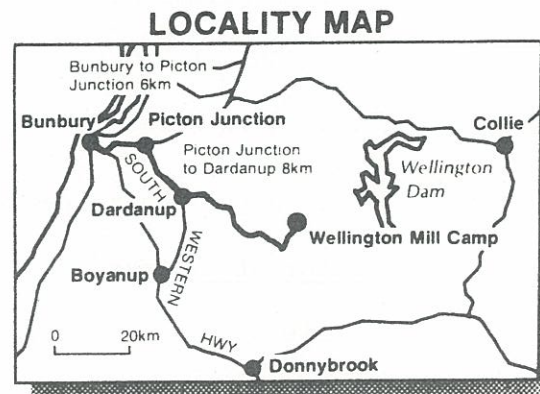
TREASURER: David Roberts, 384 5758

### FROM THE COMMITTEE...

#### \* MARCH LONG WEEKEND

- . February 28 - March 3
- . Wellington Mill Recreation Camp
- . Cost: \$5.00/day or \$2.50 for students under 18
- . Deposit: \$10.00 payable to Hon. Secretary
- . 90 places have been booked.
- . For further information:

Hon. Secretary  
459 3859



#### \* IS YOUR 1986 DIARY HANDY?

Look at November 29 and keep it free for the Vets Dinner.

#### \* STATE CHAMPIONSHIPS

We are trying to make this a social highlight by encouraging every member to try at least one event.

Remember, we sent you a personal invitation and entry form.

If the dog has chewed it up, there's another one on p. 15.

Don't forget the Big BBQ On the Sunday - a chance to meet and greet our country members.

We have begun a publicity campaign to create an awareness of our Club in the media, amongst politicians and within the community.

Bill Hughes has been interviewed on 6PR already, we have received a bundle of replies from politicians and "The Sunday Times" has promised us a feature article.

#### \* A.G.M.

March 30, 1986: McCallum Park

Positions on the Committee and duties:

- . President )
  - . Hon. Secretary )
  - . Vice President )
  - . Treasurer )
- As per Constitution

\* Race Director

Overall Co-ordinator of all Club runs, in conjunction with the specific Run Organizer designated to organize each run, as per Club programme.

\* Controller of Equipment

Responsible to the Run Organizer for ensuring that equipment required is available in sufficient time for the run.

\* Publicity and Social

. Responsible for:

- . Publicising the Club and its events
- . Annual Dinner
- . Quiz Night
- . After-run refreshments where applicable.

Editor of "Vetrun"

Please Note:

The present editor of "Vetrun" will be available in 1986.

However, he will not be in 1987.

If he is elected for 1986, he will require an assistant who can take over in 1987.

If members elect a new editor for 1986, the present editor recommends that an assistant be appointed in any case.

\* SYMPATHY

The Committee and members extend their sympathy to the family of Margaret Cahill, Secretary of the South Australian Veterans Club.

Margaret, who was well-known throughout veteran movement, passed away in December.

\* MISSING PERSON!

Would the person who spoke in Bali to ROY SEN (Lyndon Park, S.A.), please ring our Secretary (459 3859).

\* STATE CHAMPIONSHIPS - LADIES' WALKING EVENTS

The Australian Championships offer a 5 km walk for ladies. As a result of several requests, the Committee agreed to include this event with the men's 5 km walk in our State Championships.

Therefore, men wishing to take a 1,500 m walk may do so with the ladies.

# News Desk



## UPDATE - WORLD VETERANS' GAMES

Peg Smith, PO Box 311, Greensborough 3088

We have formed committees to begin preparations for 1987. There are some areas which we need some specialised and dedicated help. Are you or do you know a super keen amateur photographer who will help us keep a pictorial record of our preparations for the Games. Is

Journalism your hobby and would you like to be totally responsible for the editing, content and setting up of our World Games newsletter during the next two years? Do you speak more than one language fluently and be prepared to help with translations and interpreting during the next two years and during the period of the Games. Are you a qualified surveyor and have the equipment necessary to help with some of the course and field measurements.

### \* RECORD ROUND-UP

In the December Vetrun, we published a list of State Veteran records. Dick Horsley advises that there were two errors and apologises to the members concerned.

W45 10,000m	Joan Pellier	42 mins 11 secs.
W50 100m	Pat Carr	15.00 secs.

3DJ - October 20, 1985

Frank Smith recorded 21.36 which is a new record on a very old course.

### \* VETS ON THE TRACK (Perry Lakes)

M45 Steeplechase	Ted Maslen	10.54.8	(Record)
M Highjump	Joe Gold	1.51m	(Record)
M45 200m	Barrie Kernaghan	23.6	
W40 200m	Val Prescott	30.8	
M45 200m	Norm Richards	25.4	
M55 200m	Jim de Gruchy	28.5	
M50 1500m	Ted Maslen	4.39	
W35 100m	Eileen Hindle	12.7	
400m		65.6	
400m (H)		67.9	
200m		26.1	

On January 8, Eileen ran 14.3 for the 100m hurdles - inside her Australian record. However, a following breeze of 2.1 mps was .1 too much. Nevertheless a very fine run.

DICK HORSLEY





## LETTERBOX

Alan Croxford  
7/32 Huckle Street  
TUART HILL 6060  
19 January, 1986

Dear Basil

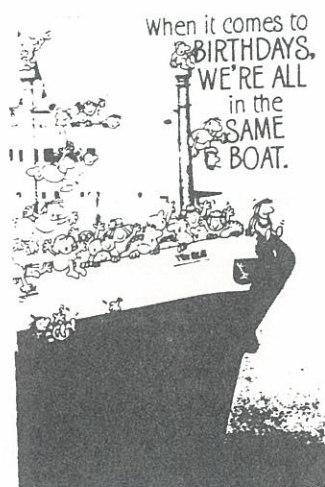
On behalf of myself and the people who took part in the recent 24 hour event, I should like through the newsletter, to say to all those who helped out a big THANK YOU. Without them it would not have been the great success it was.

So thanks a lot from us all and from the CENTURION RUNNERS CLUB.

ALAN CROXFORD

### HAPPY BIRTHDAY TO:

David Clive	turn	49	remains	M45	27
Pat Carr	"	54	"	W50	18
Ann Deanus	"	46	"	W45	01
Ken Gilbert	"	44	"	M40	03
Winston Hough	"	45	becomes	M45	12
Alison Johnstone	"	39	remains	W35	09
Val Lishaman	"	56	"	M55	14
Jan Middleton	"	52	"	W50	21
Val Pach	"	47	"	W45	01
Val Prescott	"	42	"	W40	08
Allen Tyson	"	61	"	M60	06
Dennis Wilmott	"	55	becomes	M55	08
Colin Walsh	"	54	remains	M50	16
George Boakes	"	73	"	M70	25
Joe Fraudist	"	40	becomes	M40	18
John Smith	"	51	remains	M50	23
Johan Sanders	"	82	"	M80	05
Douglas Boakes	"	42	"	M40	04
John Bissett	"	46	"	M45	22
Ron Bateman	"	64	"	M60	10
Gerry Payne	"	40	becomes	M40	03
Colleen Milbourne	"	38	remains	W35	14
Jan Johnson	"	41	"	W40	08



### NEW MEMBERS

A warm welcome to our new members:

James Frank Dagostina	40 Evandale Street, FLOREAT 6014	381 4764 (W)	15.4.43
		387 2025 (H)	
Bert Healy	15/31 Wellington Street, MOSMAN PARK 6012	384 3428	31.5.33
Irene Johnstone	5 Thistle Court, DIANELLA WEST 6062	381 3111 (W)	
		349 5212 (H)	18.6.46
John Charles Lindsay	3 Gribble Road, BULL CREEK 6155	332 4002 (H)	21.3.48
Olga Maria Lindsay	" " " " " "	362 0362 (W)	1.6.48
Robert Neil Abrahams	72 Barker Road, SUBIACO 6008	381 3016 (H)	
		337 3511 (W)	10.11.30
Frederick James Lyons	5 Forbes Road, APPLECROSS 6153	364 5093 (H)	
		362 6066 (W)	9.1.46
Trish Kirwan	23 Moir Street, PERTH 6000	227 9214	11.5.51
William Douglas Orellin	17 Kelvin Road, DUNCRAIG 6023	448 2924	28.4.38
Graham Anthony Lane	65 Dalgety Street, EAST PERMANLE	339 5473	1.7.43

**RESULTS**

MITCHELL'S RUN 7.8 km

15 December, 1985

Alan Acreman	35.30	George Innes	29.45	Bob Sammells	31.00
Brian Aldrich	36.00	Arnold Jenkins	30.30	Peter Sanders	29.45
Jim Barnes	30.45	Kathy Johnson	39.00	Rob Shand	32.30
Steve Barrie	30.00	Maurice Johnston	31.45	Banic Stinger	33.30
Vic Beaumont	36.00	Paul Jones	34.45	Frank Smith	29.30
Mike Berry	35.00	Mike Khan	30.45	John Smith	39.30
Cliff Bould	40.30	Hugh Kickman	30.00	Ken Snowden	33.00
John Bell	30.15	Ray Lawrence	39.00	John Spencer	33.30
Tony Butler	34.30	Peter le Breton	36.00	Duncan Strachan	35.30
Don Caplin	30.00	Colin Leman	29.45	Ian Suterland	37.00
Dave Can	32.15	Stan Lockwood	36.30	Joe Stickles	33.00
Bert Carse	31.00	John McGinnis	33.00	Alan Stone	41.00
Alan Chambers	40.00	John Maddison	31.45	Tony Specikley	36.00
Ted Costello	31.30	Kevin Markin	33.00	Frank Steve	30.00
Derek Couleran	40.00	Ted Maslen	31.00	Barry Thomsett	37.30
Derek Crowther	29.30	Hamish McGlashen	33.30	Graham Thornton	30.45
Brian Danby	30.00	Jim McLean	37.00	Joe Trovato	32.00
Aub Davie	35.00	Frank McLinden	32.30	Allan Tyson	36.30
Peter Davies	35.15	Ian McGibbon	30.00	Frank Usher	41.00
Fran Deanns	30.00	Bill Mitchell	33.45	Keijo Vaalsta	32.15
Barry Evans	33.00	Dalton Moffett	32.30	Morris Warren	33.45
Bob Farrell	35.30	Bill Monks	31.30	Roger Whalan	37.00
Keith Forden	36.30	Les Monks	34.00	Harry White	31.00
Jim Greenfield	33.00	Garnett Morgan	40.00	Ken Whistler	39.00
Bernard Godwin	37.00	Ernie Moyle	38.00	Jeff Whittam	40.30
Fred Hagger	41.00	Merv Moyle	35.00	Dennis Wilmott	36.30
Brian Hardey	39.15	Selby Munsie	41.00	Basil Worner	34.00
Bob Harrison	29.45	Gerry Noordyk	37.00	Joe Yates	31.30
Barry Harwood	33.00	Bob Norton	32.30		
Bob Haynes	34.30	George Peet	36.00		
Dick Horsley	39.45	John Pellier	32.30		
Dave Hough	34.00	Alen Pomery	34.30		
Bill Hughes	35.00	Dave Roberts	32.30		
Les Harsam	37.00	John Russell	40.00		
Geoff Hughes	31.00				

CHRISTMAS GIFT RUN

22 December, 1985

There were in the region of 100 runners for this, one of the most popular events on our calendar. A social run only this year, around the 'Mother' Heirrisson Island. (Runners are creatures of habit and running the Island anti-clockwise gave them the opportunity to enjoy a few new views.

After the exchange of gifts, the Committee made presentations to our regular helpers as a 'thank you' for assistance over the past year so willingly given. Bev Thornton, Rose Johnston, Anne Smith, Maureen Pomery, Kathy Mitchell and 'Mr Reliable' himself, Wally Cross, were the recipients.

BOB SAMMELLS



**RESULTS**

BOXING DAY RUN

26 December, 1985

Beautiful conditions for spectators (barring the flies) greeted our 40 runners for the 8th Lake Lesaulnatia Run. Temperatures were high 20's with high humidity and absolute zero of a breeze, which aren't exactly perfect conditions for runners, albeit veterans!

From the run, Bob Harrison led from John Bell and John West, positions at the 2.7 km turn were the same. At the turn, 5km to climb the hill (rough going, loose gravel, steep and dammed hard work), Bob led from John West and John Bell. This was the finishing order with Bob winning by 69 secs in 29.23 from John West and John Bell.

First lady home on the extended course, now a full 8km, was Tuula Vaalsta in 35.11 with Cheryl Bell second 37.00 and Jenny Willers 3rd in 44.50. After the run we all ran to the lake (200m) to cool off ready for the barbecue which went on into the night. Many thanks to Jeff Whitham and Frank Smith for recording and time keeping.

The question of the run is...Was Dave Carr really smoking!!!

NEW COURSE 8km

1 Bob Harrison	M40	29.33	19 Cheryl Bell	W35	37.06
2 John West	Vis	30.42	20 Joan Scott	Vis	37.45
3 John Bell	M40	31.03	21 Peter Davies	M55	37.42
4 Dave Carr	M50	31.39	22 Barrie Thomsett	M45	38.37
5 Tony Clark	M35	31.45	23 Alan Pomery	M50	39.59
6 Peter Sanders	M40	32.21	24 John Russell	M55	42.04
7 Graham Thornton	M45	32.40	25 Rob Farrell	M45	43.03
8 Ken Snowden	M45	32.44	26 Shane Cameron	Vis	43.37
9 Ian Fletcher	Vis	33.03	27 Frank Usher	M60	44.16
10 Maurice Johnston	M45	33.50	28 Jenny Willers	W35	44.50
11 Frank Steere	Vis	35.50	29 Brian Usher	Vis	49.08
12 Keito Vaalsta	M50	34.11	30 Kevin Cameron ✓	Vis	49.26
13 Arnold Jenkins	M40	34.13	31 Ken O'Rielly	Vis	49.29
14 Roland Matzke	Vis	35.03	32 Jeff Sanders	Vis	49.46
15 Tuula Vaalsta	W45	35.11	33 Alan Tyson	M60	49.47
16 Alan Payne	Vis	35.43	34 Phyllis Farrel	W40	49.53
17 ? ? ?			35 Dorothy Whittam	W45	52.39
18 Michael Sander	Jnr	36.20			

SHORT COURSE 6.6 km

1 Kevin Cameron	Jun	28.04
2 Pat Carr	W50	36.07
3 Maire Isher	Vis	39.54
4 Val Tyson	W60	41.43
5 Lindsey Snowden	Vis	D.N.F.



NO PROBLEM - THESE ARE FREE UNDER MADICARE. NOW, YOU RUN FOR 2 HOURS EACH MORNING FOR SIX MONTHS AND BE SURE TO COME BACK WHEN THEY'RE WORN OUT.

**RESULTS**

BARRIE AND DEREK'S BIRTHDAY PARTY

29 December, 1985

"Let's have a drink on our birthday", I said. - "Splendid Idea", says he - "McCallum - 8 o'clock".

Well there we were sitting back to enjoy a glass of champers and a few beers, when all of a sudden we are surrounded by 55 runners asking what about the parlouf. Barrie (he left for Europe two days later) immediately took the opportunity to practise his francats - "Ze parlouf, oui je parle Francats" - strange looks - quick sit down at the table and take the names - scribble, scribble, how do you spell that. Now to arrange the teams. Heavens this is not as easy as we take it for, help.... Thanks Barrie and Bob.

Leaders and teams selected and given 5 minutes to work out their tactics on how they will run 6 laps of the Dave Jones Course (13.3km).

S = D x T x R<sup>2</sup> is heard from one team while it was reported that one of Ted Maslen's team announced - I haf nefer bein un ein loozin team jet - ve vill vin ja?

Such motivation obviously had an affect as Ted's team romped home in 40.15.

A very relaxed and fun event and thanks to all the helpers and to Joan Slinger and Enid Crowther who provided post race munchies.

D.M.C.

DAVE JONES COURSE - PARLOUF - 6 laps 13.3km

## RESULTS

- |                                |                                 |                                 |
|--------------------------------|---------------------------------|---------------------------------|
| 1. <u>Ted's Team</u> (40.15)   | 2. <u>Graham's Team</u> (41.28) |                                 |
| Ted Maslen                     | Graham Thornton                 |                                 |
| Sandi Walton                   | Pat Haydon                      |                                 |
| Terry Carr                     | Joan Pellier                    |                                 |
| Dave Carr                      | Bob Hayres                      |                                 |
| John Pellier                   | Joe Yates                       |                                 |
| Michael Sandifers              | R. Pottner                      |                                 |
| Bob Barrell                    | Ken Whistler                    |                                 |
| John Bennington                | Dalton Moffett                  |                                 |
| 3. <u>Frank's Team</u> (42.40) | 4. <u>Peter's Team</u> (43.10)  |                                 |
| Frank Smith                    | Peter Sanders                   |                                 |
| June Strachan                  | Margery Forden                  |                                 |
| Marilyn Acreman                | Pat Carr                        |                                 |
| Dominic Spagnola               | Ian McGibbon                    |                                 |
| Paul Jones                     | Maurice Johnson                 |                                 |
| Joe Provato                    | Frank Usher                     |                                 |
| Barry Harewood                 | Selby Munsie                    |                                 |
| Barry Slinger                  | Garnet Morgan                   |                                 |
| 5. <u>Ted's Team</u> (44.11)   | 6. <u>Bob's Team</u> (45.30)    | 7. <u>Arnold's Team</u> (46.35) |
| Ted Costello                   | Bob Sammells                    | Arnold Jenkins                  |
| Shirley Cross                  | Elza O'Dea                      | Phyllis Farrell                 |
| Joan Slinger                   | Kath Penton                     | Mary Robinson                   |
| Jenny Willis                   | Sheila Maslen                   | John Russell                    |
| John Bell                      | Don Caplin                      | Chris McGonnel                  |
| Merv Moyle                     | Alan Pomeroy                    | Barry Robinson                  |
| Ray Laurence                   | Jeffrey Sanders                 | John Maddison                   |
| Joe Stickles                   | Bert Healy                      | Duncan Strachan                 |

**RESULTS**

FRIENDSHIP RUN 12km or 6km

5 January, 1986

On a warm, humid morning over 100 Vets and visitors gathered for the annual friendship run.

In the 6km event Barry Harwood M40 sped home in 23.52 followed by Arnold Jenkins M40, Hamish McGlashen M45. The ladies were led home by Sandi Walton W35 30.51, followed by Yolande Caruso, W35 32.00 and Patsy Reside, W35 32.16.

In the 12k event, the first man home was visitor John West in 44.58. He was closely followed by Vet Bob Argyle, M40 45.06 with Don Caplin M45 45.36 third.

First lady to finish was visitor (soon to join), Trish Kirwan, 53.56. First vet was Tuula Vaalsta in 54.34.

Despite a small hicup when the numbers for finishers went from 70 to 100 then downwards - this was soon sorted out by the recorders.

I would like to thank Rose Johnstone, Anne Smith, Maureen Pomeroy, Wally Cross, Barry Robinson, my wife Joan, mother-in-law Phyllis Barnes, Keith Forden, Jim Barnes for helping at the finish and on the course and Maurice Johnston and Garnett Morgan for collecting the flags at the finish. Apologies to anyone I have forgotten.

It was unfortunate that a high fire risk prevented the usual barbecue. Lots still stayed and munched salad and liquids.

John Pellier.

Thanks again to John and Joan - another great run, especially with carnations for the ladies!

6km

1	B. Harwood	M40	23.52	23	I. Sutherland	M45	33.09
2	A. Jenkins	M40	24.19	24	J. Podley	M50	33.10
3	H. McGlashen	M45	24.53	25	M. Warren	W50	34.11
4	G. Lane	Inv	25.26	26	S. Tyrel	Boy	34.44
5	P. Martin	M40	25.26	27	B. Healy	M50	34.57
6	J. Freenfield	M40	26.29	28	K. Penton	W40	34.58
7	J. Spencer	M45	26.45	29	J. Langdon	W35	34.59
8	F. Esseifa	Inv	28.55	30	M. Robinson	W45	35.24
9	R. Elmitt	M40	29.11	31	J. Sanders	Boy	35.25
10	N. Richard	M45	30.12	32	P. Carr	W50	36.31
11	R. Potter	M50	30.30	33	C. Cole	W40	37.11
12	H. Tyrell	Inv	30.42	34	B. Godwin	W45	37.11
13	D. Jones	M55	30.46	35	J. Strachan	W60	37.11
14	S. Walton	W35	30.51	36	N. Berry	W55	38.00
15	R. Whalen	M40	30.53	37	J. Stone	W40	38.19
16	B. Worner	M50	30.54	38	S. Cross	W45	41.02
17	G. Morgan	M60	30.58	39	S. Sanders	W30	42.43
18	A. Tyson	M60	31.15	40	V. Tyson	W60	44.41
19	Y. Caruso	W35	32.00	41	M. Usher	W30	44.41
20	P. Reside	W35	32.16	42	K. McGibbon	Girl	52.55
21	J. Willers	W35	32.20				
22	J. McLean	M50	33.08				

Apologies to Jamie McGibbon (Boy) did not get your time.



**RESULTS**

MITCHELL RUN 7.8 KM

14 DECEMBER, 1985

On a lovely morning 64 runners assembled by the Canning River to complete the course. After the run everyone enjoyed coffee and cakes and many stayed behind and had a barbecue.

Thank you to all the helpers on the day.

We really enjoyed having you all along and hope to have even more next year.

(We all enjoyed it, too! Well done Kath and Bill - another memorable morning!)

	Age	A/Tm	E/Tm		Age	A/Tm	E/Tm		
Mary Robinson	M50	35.51	41.00	-5.09	Jan Cook	W30	36.10	36.30	-0.20
Selby Munsie	W45	33.20	36.45	-3.25	Joan Slinger	W40	38.13	38.15	-0.02
Tuula Vaalsta	M55	35.46	39.00	-3.14	Arnold Jenkins	M40	30.30	30.30	-0.00
Ray Lawrence	M40	29.59	32.30	-2.31	Mike Khan	M40	30.49	30.45	+0.04
David Roberts	M50	30.01	32.30	-2.29	Fred Hagger	M60	41.05	41.00	+0.05
Rob Shand	W35	34.13	36.30	-2.17	Paul Jones	M50	34.50	34.45	+0.05
Cheryl Bell	M50	30.23	32.30	-2.07	Arthur Leggatt	M65	42.27	42.00	+0.27
Frank McLinden	M45	29.38	31.45	-2.07	Arnie Moyle	M60	38.42	38.00	+0.42
Maurice Johnson	M65	38.25	40.30	-2.05	John Pellier	M45	33.15	32.30	+0.45
Cliff Bould	W60	57.28	59.30	-2.02	Graham Thornton	M45	31.32	30.45	+0.47
Val Tyson	M70	37.48	39.45	-1.57	Peter Davies	M55	36.04	35.15	+0.49
Dick Horsley	M45	28.07	30.00	-1.53	Lorna Butcher	W55	40.35	39.30	+1.05
Don Caplin	M45	29.11	31.00	-1.49	Bill Hughes	M55	36.12	35.00	+1.12
Bob Same	M40	29.47	31.30	-1.43	John Maddison	M45	32.58	31.45	+1.13
Joe Yates	M45	30.27	32.00	-1.33	Jenny Willers	W35	40.39	39.30	+1.19
Joe Provato	M45	30.27	32.00	-1.33	Frank Usher	M60	42.24	41.00	+1.24
John Bell	M40	28.50	30.15	-1.25	Dorothy Whittam	W45	50.03	48.30	+1.00
Joan Pellier	W45	36.19	38.00	-1.21	Jeff Whittam	M50	42.26	40.30	+1.56
Peter Sanders	M40	28.29	29.45	-1.16	Basil Worner	M50	36.22	34.00	+2.22
Vic Beaumont	M55	34.46	36.00	-1.14	Jim McLean	M50	39.56	37.00	+2.56
Dalton Moffett	M50	31.20	32.30	-1.10	Phyllis Farrell	W40	42.25	39.15	+2.10
Sandi Walton	W35	39.36	40.45	-1.09	Robert Farrell	M45	39.37	35.30	+3.53
Jill Langdon	W35	40.51	42.00	-1.09	Allen Tyson	60	41.06	36.30	+4.36
Margery Forden	W40	35.58	37.00	-1.02	Elza O'Dea	W45	44.08	39.00	+5.08
John Russell	M50	39.02	40.00	-0.58	Pat Hayden	W50	47.20	40.30	+6.50
Merv Moyle	M55	34.06	35.00	-0.54	Shirley Cross	W45	57.28	45.30	+11.58
Ian McGibbon	M40	29.06	30.00	- .54	Bert Healy	M50	46.25	New member	
Barrie Thomsett	M45	36.39	37.30	-0.51	Steve Mitchell	Vis	26.59		
Keijo Vaalsta	M50	32.33	31.15	-0.42	Jeff Joyce	Vis	29.22		
June Strachan	W60	47.20	48.00	-0.40	Michael Sanders	Vis	32.59		
Keith Forden	M45	35.57	36.30	-0.33	Geoffrey Sanders	Vis	42.16		
Alan Pomery	M50	33.59	34.30	-0.31					
Barrie Slinger	M45	32.58	33.30	-0.32					
Derek Crowther	M40	29.02	29.30	- .28					
Duncan Strachan	M60	35.15	35.30	-0.15					



**RESULTS**

## FRIENDSHIP RUN 12km cont...

1	J. West	Inv	44.58	34	C. Bell	W35	56.13
2	R. Argyle	M40	45.06	35	D. Wilmott	M55	56.37
3	D. Caplin	M45	45.36	36	P. Guiton	Inv	56.50
4	?	Inv	45.50	37	G. Thornton	M45	57.07
5	F. Smith	M40	46.34	38	P. Le Breton	M40	57.14
6	P. Rabakas	Inv	47.18	39	M. Sanders	Boy	57.29
7	D. Crowther	M40	47.23	40	B. Godwin	M45	57.45
8	P. Sanders	M40	47.32	41	C. Payne	Inv	57.55
9	J. Bell	M40	47.52	42	B. Usher	Inv	57.56
10	G. Knuckey	Inv	47.52	43	A. Pomeroy	M50	58.31
11	J. Pressley	M40	48.20	44	P. Jones	M50	58.40
12	D. Rice	Inv	48.56	45	M. Forden	W40	58.41
13	J. Noordyke	Inv	49.30	46	J. Bennington	M45	59.03
14	M. Johnstone	M45	49.47	47	W. Crellin	M45	59.38
15	D. Roberts	M40	49.57	48	W. Hughes	M55	59.59
16	F. McLinden	M50	50.17	49	J. Lindsay	M35	60.08
17	C. Whitton	Inv	50.19	50	B. Thomsett	M45	60.43
18	W. Monks	M45	50.22	51	S. Munsie	M50	60.54
19	D. Carr	M50	50.34	52	R. Farrell	M45	61.09
20	D. Hough	M50	51.25	53	D. Strachan	M60	61.09
21	R. Norton	M45	51.28	54	C. Bould	M65	62.52
22	K. Vaalsta	M50	51.55	55	K. Whistler	M50	62.55
23	B. Evans	M55	52.22	56	R. Lawrence	M55	63.21
24	I. McGibbon	M40	52.22	57	E. Moyle	M60	63.54
25	D. Moffett	M55	52.55	58	J. Russell	M50	64.26
26	R. Samuels	M45	52.57	59	J. Nordyke	M60	66.36
27	J. Tyrell	M35	52.57	60	R. Whalan	M40	66.54
28	K. Snowden	M40	53.01	61	P. Farrell	W40	68.49
29	J. Stickles	M45	53.28	62	F. Usher	M60	68.49
30	"	Inv	53.32				
31	M. Warren	M45	53.55				
32	T. Kirwan	Inv	53.56		Eliza O'Dea	12+ Km	
33	T. Vaalsta	W45	54.35				

## RESULTS NOVELTY RUN 12 JANUARY 1986

That I was to organise the Novelty Run on a Sunday morning for about 50 Veterans was some cause for alarm. How could I get people to think they were doing something unusual and yet have a form of competition and not go overboard in the sense of novelty?

I first thought of everyone swimming the river. What if some couldn't swim? It would have been fun to play a table at the Casino on the run, but most people at Vets. are so badly dressed, or their running shoes so odorous, they wouldn't be allowed in. After much deliberation we decided to use part of the almost T Kin Womens' Run with some people going in a direction marked L and others in a direction marked R. (Left and Right for those academically minded.)

The idea was to split the little chatty groups that form on so many of our runs thus helping people to plan their pace and judge their runs independently. (You learn while you play!) Whether this was achieved is not known, but most people enjoyed the run.

Brian Danby led and won while Don Caplin, John Bell and Ian McGibbon finished their L or R Legs almost together.



**RESULTS**

## Novelty Run (cont.)

It is of note to remark that three competitors, Val Tyson, Shirley Cross and Lorna Butcher used the 7 km to practise race walking and were not split due to the soft heartedness of the directors with the L and R tags who fell victim to the plaintive wails of these three as one of their number was to be sent the other way.

Nora Berry showed the usual Vet. hospitality by running with a new runner, Irene Johnstone.

Thanks to Judy Forbes, Kim Kirkman and Jenny Fowdro who helped direct, time and sympathise with people during and after the run.

Hugh Kirkman

(And thanks to Hugh for a novelty which was also a run)

POSITION	NAME	AGE GROUP	CLOCK TIME
1	Brian Danby	M 35	22.26
2	Don Caplin	M 45	23.16
3	John Bell	M 40	23.27
4	Ian McGibbon		23.35
5	Graham Thornton		23.54
6	Mike Kahn		24.21
7	Jamie McGibbon		24.54
8	Tom Clark		24.55
9	Kate		24.55
10	Bob Sammells	M 45	25.02
11	Joe Spickles	M 45	23.35
12	John Maddison		25.35
13	Frank Smith	M 40	25.36
14	Alan Pomery	M 50	26.26
15	Peter Davies	M 55	26.51
16	Cheryl Bell	W 35	27.10
17	Dalton Moffett	M 55	27.10
18	New Moyle	M 55	27.53
19	Tony O'Hare	M 45	27.53
20	Paul Jones	M 50	27.56
21	Ken Whistler	M 50	28.14
22	Vic Beaumont	M 55	28.15
23	John Bennington	M 45	29.05
24	Allen Tyson	M 50	29.07
25	Moris Warren	M 45	29.08
26	Robert Farrell	M 45	29.21
27	Kath Noordyk	W 35	29.27
28	Duncan Strachan	M 60	29.33
29	Boney Thomsett	M 45	29.50
30	Gerry Noordyk	M 60	29.54
31	Adrian Noordyk	Vis.	29.55
32	Dick Horsley	M 70	29.55
33	John Russell	M 50	30.57
34	Cliff Bold	M 55	31.01
35	J. C. McLean	M 50	31.17
36	Jenny Willers	W 35	31.29
37	Patsy Reside	W 35	31.30
38	Jill Langdon	W 35	31.38
39	Frank Usher	M 60	32.11



**RESULTS**

POSITION	NAME	AGE GROUP	CLOCK TIME
40	Kath Penton	W 40	32.36
41	Arthur Leggitt	M 40	32.43
42	Sandy Walton	W 35	33.42
43	John Pellier	M 45	33.43
44	E. O'Dea	W 45	34.59
45	P. Farrell	W 40	34.59
46	June Stachan	W 60	36.47
47	Mary Robinson	W 45	36.48
48	Shirley Cross	W 45	44.27
49	Lorna Butcher	W 55	44.28
50	Val Tyson	W 60	44.40
51	Nora Berry	W 55	45.25
52	Irene Johnston	W 35	45.25

**"VETPOWER"**

"Foot Rot" .....By Novus Veteranus

When buying your sports shoes, check the fitting on both feet, as these are rarely identical for length and breadth. Wear your competition sox.

Try leaving the first two and the last holes unlaced, This can allow for more expansion around the ball of the foot. and less restriction at the instep. Furthermore, the ultr-long laces supplied these days may be halved, saving time on lacing and unlacing; plus two pairs for the price of one!

When tying up, make sure of a tight knot - even top pro tennis players can with a lesson on that. Buy the lightest shoes you can afford. Mathematical experts will prove to you that the fractional saving in shoe weight against body weight is next door to zero but, psychologically, you feel the difference every time you pick them up!

"Foot Note - for sprinters"

Watch and listen to the start of preceding races and get the rhythm of your starter's procedure. Even with qualified starters, there can be a lot of variation and a split second is all you need to miss out on a first!

1986 THE GAMES RETURN TO EDINBURGH

*A cordial invitation is extended by the*

SCOTTISH VETERAN HARRIERS CLUB ...

to Veteran and Masters athletes of the Commonwealth to come to see the XIII Games (24 July- 2 August) and to join us in the events of our 1986 COMMONWEALTH VETERANS GATHERING.

- \* GRANGEMOUTH SPORTS STADIUM... Saturday 19th July.  
Veterans' Track and Field Meeting.
- \* JACK KANE CENTRE EDINBURGH... Tuesday 29th & Wednesday 30th July. Veterans' 25km and 10km Road Races (Followed by celebration pasta party and prizegiving Wed. 30th).

*COMMEMORATIVE AWARDS AND AGE GROUP PRIZES, MALE AND FEMALE,  
FOR ALL EVENTS, ALL VETERAN AGE CATEGORIES.*

A REMINDER OF THE IMPORTANT DATES FOR 1986::

July 12-13	BVA National Vets F & F Champs, Wigan
July 19	Vets T & F Meeting, Grangemouth
July 29-30	Vets Road Races, Edinburgh

July 26-28	) XIII Commonwealth
July 31-Aug 2	) Games T & F Edinburgh.

Send soon for your detailed prospectus of the VETERANS' GATHERING (UK Vets s.a.e. please) to: Mr Henry Morrison, 40 Arden Street, Edinburgh, EH9 1BW, Scotland, UK. (These will be ready early 1986).



SEND SOON FOR YOUR DETAILED PROSPECTUS OF THE  
VETERANS' GATHERING (UK Vets s.a.e. please) to:  
Mr Henry Morrison, 40 Arden Street, Edinburgh,  
EH9 1BW, Scotland, UK.  
(These will be ready early 1986)

Let no "old acquaintance be forgot",  
make new friendships here in the spirit  
of Veterans Athletics.

**FAILTE - WELCOME**

AUSTRALIAN CHAMPIONSHIPS

With regard to the Australian Championships at Easter - entries must be returned by 14 February. No late entries will be accepted. Entries are to be returned to Mr Rex Leedham, 8 Rotorua Avenue, Parkholme SA 5043. Please check that athletes are aware of the correct weights and measures for field events.

Transport will be available to Cross Country and Road Walks. The dinner is \$26 and this includes drinks.

Race Packets for each State are to be distributed to athletes by Team Managers or other nominated person. Could you please let me know who that person will be.



# Australian Sports Medicine Federation (W.A. Branch)

W.A. Patrons: Dr. Ken Fitch.  
Prof. John Bloomfield

State President: Mr. Dave Roberts  
Telephone: 387 9211 (wk)

State Secretary: Mr. Stuart Gray  
Telephone: 381 7940 (wk)

All Correspondence To: ASMF  
42A Salvado Rd.,  
WEMBLEY. 6014  
Telephone: 382 3722

Dear Bas

re: THE INAUGURAL SPORTS MEDICINE SUPER VETERANS TRIATHLON

The W.A. Branch of the Australian Sports Medicine Federation is holding a Triathlon for Veterans only on Sunday, 6th April, 1986 starting at 7.00 a.m.

The course will be a 1 km. swim, starting at the South Perth Ferry Jetty and finishing at the Narrows Bridge, followed by a cycle leg of 18 kms. (twice around the bridge on the cycleway), and then an 8 km. run following the cycleway to just beyond the Como Baths and back to the Finish at the Narrow's Bridge.

Age groups will be as follows:-

Junior Vets.	35 - 39
Veterans	40 - 44
Snr. Vets.	45 - 49
Junr. Masters	50 - 54
Masters	55 - 59
Super Vets	60 and over.

Entrance fee will be \$15 for individuals (\$12 for A.S.M.F. members and pensioners). Teams \$40 (\$30 for all-pensioner teams).

We would be most grateful if you could support this event to enable us to raise the funds required to provide medical cover to sports such as your own.

You can support the event by encouraging your membership to participate, either as competitors or as Marshalls and course clerks. We would also be most grateful if you are able to lend us any appropriate equipment.

Looking forward to your early reply.

Yours sincerely

Stuart Gray  
SECRETARY

*(The Sports Medicine Federation is a group of professional medical people, physiotherapists and sports administrators. They have, over the years, provided medical cover at Fun Runs and at the People's Marathon as volunteers. This is an appeal to support them - Editor)*



