



The Vetrin



No 197 FEBRUARY 1989

W.A. VETERANS' A.C.

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PATRON: W.J. (Bill) Hughes
SECRETARY: Rob Davis 3374413
NEWSLETTER EDITOR: Jeff Whittam 3876438

PRESIDENT: Keith Forden 4096693
TREASURER: Ernie Moyle 4504747

HE WHO COMPETES AGAINST TIME, HAS AN ADVERSARY WHO DOES
NOT SUFFER CASUALTY. SAMUEL JOHNSON.

PRESIDENTS CORNER.

NATIONAL TRACK & FIELD CHAMPIONSHIPS. Time is fast running out for your preparation for the Championships. Remember all entrants are required to wear STATE singlets with black running shorts. You will not be able to start if you are wearing the incorrect uniform. This is your last opportunity to purchase your singlet as the making time is 3 - 4 weeks. Please let Avril Yates know early this month.

While on the Championships, I know that a lot of you are going to assist at the various events but have not yet informed us of your intentions. To allow us to do our forward planning please let the Personell Officer (Bob Schickert) know as soon as possible.

A number of people have tried the 10km run on the track for the first time. Some have had comment on the difficulty of the event and have been disappointed with their times. It is an exact 10km of course and demands a fair amount of concentration during the event. Don't despair, because you will improve your times and enjoy great satisfaction at the same time.

COMING AND GOING. A great big welcome home to Althea and Selby Munsie after a year in the U.S.A. Wasn't it nice to see Althea jogging around the Women's Run. Rose and Maurice Johnson have been holidaying, again. This time with their son in Adelaide. on the debit side we are temporarily losing Joy and Peter Sanger. Peter has been posted in his job to Dubai. I wish them well. Hugh Kirkman is back with us after being in N.S.W. with his job. He is continuing his run of bad luck with a string of injuries. This time he had a clash with the propeller of a motor boat, resulting in a couple of nasty gashes to his leg. I was heartened to see him running again and I do hope that 1989 will be kinder to him.

June and Duncan Strachan's Fun Run has been taken from the programme after a number of years. They have been perfect hosts during all those years and I thank them sincerely for allowing the club access to their home and for providing excellent morning teas for us. Many leisurely hours have been spent lolling around their pool and back yard. Thank you from all members of the club.

All is not lost however, as Pat and Norm Miller will be using Duncans course for their run.

The club is in need of a librarian, Vic has been doing a good job but finds it time consuming in addition to looking after the clubs equipment. Anyone interested please give me a call.

COMMITTEE MEETING. The Annual A.G.M. will be held on the 5th April 89 starting at 7pm. At the time of going to press a venue has not been selected, this will be published in the next newsletter. Minutes of the last A.G.M. were published in the APRIL 1988 Newsletter (No. 187)

TRACK 10km Handicap. This will be a PRE ENTRY event and will be held on 13th April 1989 at McGillivray Oval under lights. It will be for members only. and there will be a \$2 entry fee to help defray costs. There will

be a B.Y.O. barbeque after and we hope that everyone will stay for it. We will also require a number of lap scorers so if you are not going to run PLEASE come along and help. There will be a trophy (perpetual) which will be awarded to the winner each year.

Club Pentathlon & Fun Run 19th February 1989. For those taking part in the pentathlon, it will be held at Perry Lakes Track. Park in the car park behind the main stadium. Those going on the Fun Run, the course being used is the one that will be used for the Cross Country at the National Champs at Easter, so if you want to see what its like make sure you turn up in time. Parking for the Fun Run will be at the Hockey Pavillion off Perry Lakes Drive NOT behind the stadium. Both events start at 7.30am.

Club Weekends. We have booked Eaton Scout Camp from 3 - 6 March 89. To get there take the coast road to Bunbury and IMMEDIATELY over the bridge at Australind turn LEFT and follow this road along the river for approx 2km then turn left (its the only bitumen road to the left) to the camp.

Tone River has been booked for the long weekend 29th Sept - 2nd Oct 89. Tone River is approx 40km east of Manjimup. more details later

CLUB ROOMS. In line with past policy, the committee is still trying to get club rooms. We are considering a number of options.

1. The option of having our own Clubrooms in a central location.
2. The option of having an office and storeroom and shared facilities at Perry Lakes Stadium.
3. The option of sharing with existing clubs such as Hockey or Football Clubs.

Having assessed and investigated all options, we have decided that option 2 would be the most advantageous to the club.

Perry Lakes Stadium is currently being refurbished. A Feasibility study is being carried out by the Perth City Council to assess the future use of the Stadium.

A Sports House concept is a likelihood if they can muster enough interest from the sporting bodies. We have made a firm bid for this concept, but we will not be closing the door on options 1 and 3.

The Sports House concept would provide the following facilities, should it be approved. 1. Our own Office. 2. Our own Storeroom.

The following facilities would be available on a communal basis.

1. Board Room. 2. Lecture Room. 3. Function Centre. 4. Lunch Bar/Coffee Lounge. 5. Sports Shop.

Other facilities, such as a Gymnasium and a Physio Centre may also be available.

We are very keen on the Sports House Concept as this would fulfil all our needs.

We will keep you informed on its progress.

NATIONAL CHAMPIONSHIPS. We will be running a canteen facilities on all days of the competition. We will require help on all days, if YOU can help please contact Avril Yates, 30, Chapman Road. Calista. Tel:- 419 1980. (Form at the end of this newsletter) If enough individuals volunteer we should be able to make out a roster so only a couple of hours will be required from each person.

This is also the last chance to order your State Singlets. No orders will be taken after the 4th March, absolute deadline, owing to the time taken to make them. (Order form at the end of newsletter.)

For those who have not run at the track before, the State uniform MUST be worn. Black shorts with Gold singlet with black piping. At the start of your event the singlet MUST be tucked into the shorts otherwise you may be deemed to be "out of uniform", and not allowed to start.

What some of our Vets did over Christmas or "The Veratility of the Vets"

Rosa and Rob Davis plus Rosa's mother had a cottage on Rottnest Island for four day Christmas holiday. They kindly asked the Tysons and the Stones, plus daughter to share the festive season with them. Come Sunday morning and the Davis's wished to attend church as usual, so all the party went of to the historical Rottnest Chapel. When the Minister pleaded for someone to play the organ, Margaret obliged him. On his further request for someone to read the lesson, it was Rosa who volunteered. At a later service, Rob assisted the minister to administer the communion. That left the rest of the mob to do their

best with the singing with hearty cheer - in Alan Stone's case a very easy thing to do.

At the November , Officials Examination, conducted on behalf of the A.A.U. the following club members were successful:-

CHARLIE SPARE ALLEN TYSON BRUCE WILSON

The next examination will be held in April 1989. Anyone interested should contact Allen Tyson for details. Congratulations to the successful candidates

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

Waren J Higgs	51, Gloucester Street, Victoria Park. 6100.	361 7546	02/03/46
Sydney Butcher	8, Shepherd Street, Glen Forrest. 6071.	298 8751	08/04/29
Lynne Choate	6, Columbia Close, Halls Head, Mandurah. 6210.	535 4641	14/01/53
Clive Choate	" " " " " "	" "	25/07/51
Sydney J Coleman	8/29, Drabble Road, Scarborough. 6019.		
	All past at Committee meeting 11/1/89		

CHANGE OF ADDRESS.

SHIRLEY CROSS 7, Stevens Road, High Wycombe. 6057. 454 8208

EXTRACT FROM A LETTER FROM THE INTERNATIONAL AMATEUR ATHLETIC FEDERATION TO W.A.V.A.

The WAVA World Veterans Championships to be held in Eugene, USA from the 29th July to 6th August 1989 are officially approved by the IAAF and are therefore inscribed in the IAAF Calendar for 1989 as the only Veterans Championships for the year. The IAAF Council and the Veterans Committee wish, therefore, to make it quite clear that priority must be given to the official WAVA World Championships in Eugene, USA from the 29th July to 6th August 1989, The "Masters Games" in Denmark can in no way be acknowledged by the IAAF.

A VERY HAPPY BIRTHDAY TO OUR "FEBRUARY" MEMBERS

01-FEB-40	DEANUS	: Ann	turns	49	remains	W45
01-FEB-45	MORT	: Leonard J	"	44	"	M40
02-FEB-25	McMILLAN	: James	"	64	"	M60
02-FEB-30	PAXMAN	: Brian	"	59	"	M55
03-FEB-34	FLORANCE	: Gordon A	"	55	becomes	M55
03-FEB-42	GILBERT	: Ken	"	47	remains	M45
05-FEB-04	SANDERS	: Johan	"	85	becomes	M85
06-FEB-25	TYSON	: Allen J	"	64	remains	M60
06-FEB-49	WEBB	: Maggie Julia	"	40	becomes	W40
08-FEB-45	JOHNSON	: Janet M	"	44	remains	W40
08-FEB-44	PRESCOTT	: Valerie H	"	45	becomes	W45
08-FEB-31	WILMOTT	: Dennis Capt.A	"	58	remains	M55
09-FEB-47	JOHNSTONE	: Alison	"	42	"	W40
13-FEB-39	BLACKMAN	: Barry	"	50	becomes	M50
14-FEB-48	MILBOURNE	: Colleen	"	41	remains	W40
16-FEB-45	WILSON	: Bruce H	"	44	"	M40
18-FEB-32	CARR	: Frances (Pat)	"	57	"	W55
19-FEB-50	FRANCIS	: Geoffrey E	"	39	"	M35
19-FEB-47	ROBERTS	: Gillian F	"	42	"	W40
22-FEB-41	SPENCER	: Jeffrey	"	48	"	M45
21-FEB-40	MILLER	: Dennis	"	49	"	M45
23-FEB-43	THORNTON	: Beverley	"	46	"	W45
23-FEB-35	SMITH	: John W	"	54	"	M50
25-FEB-13	BOAKES	: George E	"	76	"	M75
27-FEB-37	CLIVE	: David	"	52	"	M50
27-FEB-52	FERRIS	: Irene	"	37	"	W35
27-FEB-40	POTTER	: Ronald	"	49	"	M45

NOTES FOR COMPETITORS AND OFFICIALSTHROWS.

Implements should be appropriate to the age grade of the competitors or as otherwise decided.

DISCUS.

For a valid trial:

- a. The throw must be commenced from a stationary position.
- b. The athlete may enter the circle from any direction but must leave from the rear half only.
- c. The athlete must not leave the circle until the discus has landed.
- d. The athlete must leave the circle in a standing position.
- e. The athlete must not touch the rim of the circle or the ground outside the circle during the throw.
- f. The discus must land so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where it rolls after landing.

Measurement.

Mark the point where the discus first lands at the spot closest to the circle. Take the zero end of the tape to this mark.

Straighten the tape and pass over the centre point of the circle.

Read the distance where the tape crosses the inside edge of the circle and record to the nearest even two centimetre unit below the distance measured.

It is permitted to halt part way through a trial in which case the discus must be placed on the ground within the circle until ready to resume the trial.

HAMMER.

For a valid trial:

- a. The throw must be commenced from a stationary position. The head of the hammer can be rested on the ground inside or outside the circle.
- b. The hammer head may touch the ground during the preliminary turns or swings.
- c. The athlete may enter the circle from any direction but must leave from the rear of the circle. This means the feet must be in the rear half of the circle before stepping over the rim.
- d. The athlete must leave the circle in a standing position.
- e. The athlete must not leave the circle until the hammer has landed.
- f. The athlete must not touch the rim of the circle or the ground outside the circle during the trial.
- g. The trial is not counted if the hammer breaks during the throwing or flight, provided the throw is made according to the rules. The trial is not counted if the broken hammer causes the competitor to lose his balance and so infringe the rules.
- h. The competitor is allowed to interrupt a trial and recommence, but must not interrupt a trial where the head has touched the ground during the preliminary turns or swings.

- i. The hammer must land within the inner edges of the lines marking the sector. It does not matter where it rolls after landing.
- j. The thrower may wear a protective glove with the ends of the fingers exposed.

Measurement.

Mark the point where the hammer first lands, at the spot closest to the circle. Take the zero end of the tape to the mark.

Straighten the tape and pass over the centre point of the circle. Read the distance where the tape crosses the inside edge of the circle. Record to the nearest even two centimetre unit below the distance measured.

JAVELIN.

For a valid trial:

- a. After preparing to throw the javelin, and until it has been thrown, the athlete must not turn completely round so that his back is toward the arc.
- b. The javelin must be thrown over the shoulder or upper part of the arm whilst being held at the grip provided.
- c. The athlete must not touch the arc or line extending from the arc, or the ground beyond, with any part of the body. He may cross the parallel lines defining the run-up without penalty.
- d. The athlete must not leave the delivery area until the javelin has touched the ground.
- e. The athlete must leave the delivery area in a standing position.
- f. The athlete must leave the delivery area from behind the arc and the lines extending from the arc.
- g. The tip of the javelin must strike the ground before any other part of the implement.
- h. The javelin must fall within the inner edges of the lines marking the sector. It does not matter where the javelin falls after first impact.
- i. The javelin does not have to stick into the ground.
- j. No penalty is incurred if the javelin touches the ground during the run-up.

Measurement.

Mark the point in the sector where the point of the javelin first touched the ground. Take the zero end of the tape to this mark.

Straighten the tape through the point making the centre of curvature of the arc (also the intersection point for the sector lines, eight metres behind the arc line).

Read the distance where the tape crosses the inside edge of the arc and record to the nearest even two centimetre unit below the distance measured.

SHOT PUTT.

For a valid trial:

- a. The shot is held against or close to the chin when the athlete takes stance to commence the trial. The hand must not drop below

- this position during the trial.
- b. The shot must not be brought around from behind the line of the shoulders.
 - c. The trial must commence from a stationary position.
 - d. The athlete may enter the circle from any direction but must leave from the rear of the circle. This means that the feet must be in the rear half of the circle before stepping over the rim.
 - e. The athlete must not leave the circle until the shot has landed.
 - f. The athlete must leave the circle in a standing position.
 - g. The athlete must not touch the top of the kick-board, the rim of the circle or the ground outside the circle during the trial.
 - h. The shot must fall within the inner edges of the lines marking the sector. It does not matter where it rolls after landing.

Measurement.

Mark the point where the shot first lands at the spot closest to the circle. Take the zero end of the tape to this mark.

Straighten the tape and pass over the centre point of the circle. Read the distance where the tape crosses the inside face of the kick-board or the inside edge of the circle. Record to the nearest full centimetre below the distance measured.

It is permitted to halt part way through a trial, in which case the shot must be placed on the ground within the circle until ready to resume the trial.

Thanks.

Our thanks to Bob Fergie for supplying the details for these Notes.

NATIONALS 89 - NEWS UPDATE #9

This is the last newsletter and the last reminder that you will receive before entries close on Friday, February 17, 1989.

We owe it to our visitors from the other States to provide them with a well-organised athletics meeting with plenty of Western Australian competition.

With regard to the first of these, you can play your part by advising Bob Schickert of your willingness to assist the experienced officials from the AAWA. Don't be deterred by any inexperience on your part - you can help. The second is just as easy, submit an Entry form.

The Dinner is always a highlight of a National Championships. One gets to meet a lot of other Vets and the evenings are always a lot of fun. Ours will be no exception. You can book your Dinner tickets when entering.

If you have done nothing about the Championships so far then please get the necessary forms completed and sent as soon as possible. Why not do it now before reading the rest of this newsletter?

STATE RECORDS

This year's Time Trials and AAWA meetings have already produced a wealth of excellent performances by members, with a large number of records being broken. The new records are listed separately in this newsletter but your attention is drawn to those set by Dorothy Whittam and Peter Corley.

Dorothy beat her W50 Triple Jump World Record of 9.28m by 4cm. This was probably wind-assisted so no major records were claimed. Such records have, in the past, been accepted as State records so the same has been done here.

Peter has been a member for a few months only but has demonstrated his potential to re-write the M65 records for the explosive events. Some indication of the standard of Peter's performances is that he has improved two of Dick Horsley's records and even exceeded Noel Goff's M60 Long Jump mark.

Back in N/L 194, I requested details of performances in the less common events. Dick Horsley is the only member to have responded so far and his records are included in the list referred to. His researches indicated that many of his times were World Bests when set and some may still stand.

Had Dick not responded, his truly remarkable achievements may never have been added to the Club's records and archives. I do urge members to volunteer this sort of information. Trish Spain, George Audley, Allen Tyson, John Gilmour, Frank Smith and Hank Stoffers are some names that readily come to mind of those who must have records a-plenty that we do not know about. There are many others. What about it folks?

Bob Sammells.

NEW STATE RECORDS

The following have been derived from N/L 194 - 196 and correspondence received.

60m	M55 D. Carr	8.9	30.10.88
	M60 G. Morgan	10.4	12.11.88
	W30 V. Prescott	8.3	13. 1.79
	W35 K. Holland	7.4	18.11.78
	W40 J. Johnson	8.6	19.11.88
	W45 K. Holland	8.7	30.10.88
	W50 D. Whittam	9.2	23.10.88
100m	W55 P. Carr	10.4	19.11.88
	M50 D. Clive	11.6	6.10.88
	M65 P. Corley	13.9	6.10.88
200m	M65 P. Corley	29.4	10.11.88
300m Hurdles	W45 K. Holland	53.6	15.10.88
Discus (2Kg)	M45 F. Leong	32.10	8.12.88
Discus (1Kg)	W60 R. McMillan	17.24	27.10.88
	W60 R. McMillan	17.38	8.12.88
	W75 B. Baumann	10.83	19. 3.88
	M75 D. Horsley	19.60	8.12.88
	W60 R. McMillan	20.00	13.10.88
Javelin (400g)	M65 P. Corley	25.92	10.11.88
Javelin (600g)	M75 D. Horsley	13.68	13.10.88
Shot Putt (6Kg)	M50 J. Whittam	6.43	17.11.88
	M55 D. Carr	6.69	17.11.88
Shot Putt (5Kg)	M60 A. Tyson	6.84	17.11.88
Shot Putt (4Kg)	W40 J. Johnson	8.03	26.11.88
Shot Putt (3Kg)	W50 D. Whittam	8.53	26.11.88
	W55 L. Butcher	6.30	17.11.88
	W75 B. Baumann	5.06	20. 3.88

Long Jump	M65 P. Corley	4.57	1.12.88
Triple Jump	M65 P. Corley	9.41	6.10.88
	W50 D. Whittam	9.32	3.12.88
1 Mile Walk (Track)	M50 J. Whittam	10.19.1	20.10.88
1500m Walk (Track)	M40 J. Mison	6.45.0	1.12.88
2000m Walk (Track)	M35 M. Wall	9.55.0	10.11.88
	M75 D. Horsley	13.57.0	10.11.88
	W30 C. Holland	12.16.0	10.11.88
3000m Walk (Track)	M75 J. Collins	21.20.0	6.10.88
10000 Walk (Track)	W45 M. Stone	1.06.36.0	29.10.87
1 Hour Walk (Track)	M65 D. Horsley	10,690m	19. 8.73
	M65 D. Horsley	10,375m	3. 9.78
8000m Walk (Road)	M60 D. Horsley	43.37.0	WB 23. 6.73
	M65 D. Horsley	45.37.0	18. 7.81
	M70 D. Horsley	46.55.0	4. 6.83
10000m Walk (Road)	M60 D. Horsley	54.24.6	WB 29. 9.73
	M65 D. Horsley	57.12.0	WB1 19. 7.81
	M65 D. Horsley	59.27.0	WB2 24. 4.82
	M70 D. Horsley	59.04.0	WB 4. 6.83
15000m Walk (Road)	M60 D. Horsley	1.23.05.0	WB 1. 9.73
	M65 D. Horsley	1.31.52.0	WB 5. 7.81
16000m Walk (Road)	M60 D. Horsley	1.29.08.0	WB 1. 9.73
	M65 D. Horsley	1.38.02.0	5. 7.81
20000m Walk (Road)	M50 J. Whittam	2.30.04.0	11.10.87
	M60 D. Horsley	1.56.43.0	29. 7.73
	M65 D. Horsley	2.07.00.0	14. 6.81
	M75 J. Collins	2.30.04.0	11.10.87
	W35 J. Sanger	2.30.04.0	11.10.87
25000m Walk (Road)	M60 D. Horsley	2.29.33.6	8.75

WB = World Best

WB1 = Age 68 World Best

WB2 = Age 69 World Best

Living death after fun-run

ON February 27 this year, Mark Dorrity set off on what he expected to be an easy 8km fun-run in Wagga, southern New South Wales.

But near the finishing line, the fit 28-year-old collapsed, his body destroyed.

In less than an hour, his thigh muscles had overheated, liquefied and died.

One leg has since had to be amputated at the buttock, because of gangrene.

Before Mark collapsed, his kidneys failed because the dying muscles had released toxic proteins into his blood, which thickened to a molasses-like consistency.

Every organ in his body was affected.

Hammered

He suffered brain damage his lungs could not function unaided, his buttock and hamstring muscles also liquefied, but not as severely as his thigh muscles.

Mark's heart stopped at least once. When it started again, it hammered away at 150 beats a minute, compared with its normal 70.

He was on a dialysis machine for eight weeks, and in a coma for three months.

When he regained consciousness, he could not walk or talk.

Months in hospital face tragic athlete

Even, now, five months later, Mark cannot turn over or get out of bed unaided. He faces months of intensive rehabilitation.

The devastating damage to Mark Dorrity's body was caused by heat exhaustion and dehydration resulting in a rare condition known as rhabdomyolysis.

The director of research at the Sports Medicine Institute, Dr Tony Miller, says the condition usually affected runners taking on more than they were used to in training.

"Rhabdomyolysis is pretty unusual," he said. "It is caused by the over-use of large muscle groups in bad conditions. To avoid it, you need to keep well-hydrated during a race, and to compete at the level at which you train."

"You should drink enough fluid the day before an event to make sure your urine is pale in colour, not dark."

Mark Dorrity was no weekend jogger.

When he graduated from the University of NSW with an honors degree in science in 1974, he won a blue for athletics.

He moved to Melbourne to work as a wool exporter and ran 4km through the Botanic Gardens every day.

As well, he swam a kilometre three times a week. He had minimal body fat.

He travelled to Wagga in February with with a group of friends, all planning to compete in a local event.

When the temperature rose to 42 degrees,

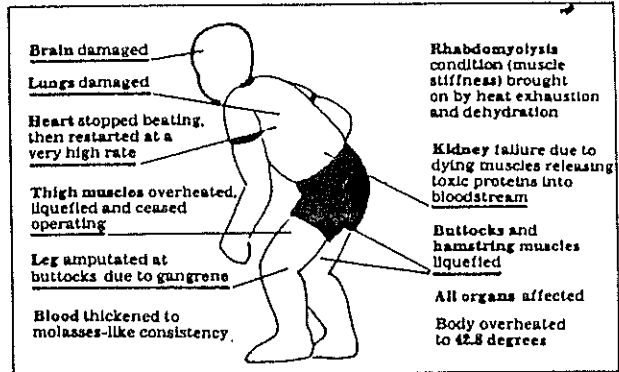
the locals cancelled their run.

But Mark and his friends, deceived by the dry heat, decided to hold their own race.

"It just didn't feel that hot," he remembers. "So we ran off."

"How do I feel? I'm very lucky to be alive. I know that."

"I'm a medical miracle. And it's a warning to other runners to be extremely careful."



If you are a fun-runner this diagram will serve as a warning of the damage you could be doing to your body if you ignore nature's warnings or don't take sensible precautions.

Ed.

Saw this in a Brisbane paper when went to Qld Champs.

Organizers - please take note of OASA water regulations so it doesn't happen in orienteering.

Competitors - Please drink!

Plenty of fluids key to survival

BRISBANE sports medicine GPs have unanimously rejected that the tragedy of a fit young NSW runner should deter Queensland fun-run enthusiasts.

Mark Dorrity, 28, has destroyed his body and lost a leg, after his body overheated in a fun run, causing a rare condition called rhabdomyolysis.

Brisbane sports medicine experts denied that the extreme condition was likely to affect runners in Queensland, despite potentially hotter conditions.

Dr Peter Frills said there would have to be a biochemical, probably inherited, problem which combined with extreme heat exhaustion and dehydration to spark rhabdomyolysis.

"This sort of thing just doesn't happen to runners," he said. "There would have to be some sort of inherited problem."

Local sports medicine experts echoed calls for all runners to ensure they were well hydrated before a race and drank fluids during and after the event.

LANAGAN'S RUN - PART TWO

The story so far - our hero, a young Irish immigrant named Lanagan is working as a labourer in Tom Price in 1965.

After boasting of his prowess as a runner, he has been forced into a race against the clock, up and down Mt Nameless.

A lot of money is at stake, and former U.S. Transcontinental runner Doc Murphy has taken Lanagan under his wing to prepare him for the race.

Now read on.....

Race day dawned bright, clear and hot. Lanagan's confidence had been slowly draining away all week and the last traces disappeared down the toilet following an attack of pre race nerves, after breakfast on Sunday morning.

Murphy was now very worried by the change in his runner. Not only did he stand to lose face if his man failed, he also stood to lose a lot of money. He had taken advantage of the very generous odds being offered by the bookies, and had staked quite a considerable portion of his savings on Lanagan being successful.

Desperate measures were called for. Murphy thought deeply for a few minutes, and then he collected Lanagan, and the 2 walked across to the Wet Canteen. Murphy went around to the back door and had a short conversation with the Bar Manager, before calling Lanagan over.

Lanagan was shown into a small room off the bar and told to make himself comfortable and relax for a couple of hours. A few moments later, a barmaid called Big Mary followed him into the room, carrying a bottle of wine and 2 glasses, locking the door behind her.

She obviously did a lot of upper body strengthening exercises judging by her tremendous pectoral development. (it was rumoured that her bra bore a manufacturers label which read "designed, engineered and built by Rent-A-Tent").

Had Mary been a runner, she would have qualified as a pre vet. Although appearing to have had a hard life, she was still rather attractive in an earthy sort of way, she normally lived in Kalgoorlie, and worked in the escort industry. At the time, she was having a working holiday in Tom Price.

Doc Murphy settled down in a chair outside on the verandah and looked up at the mountain which was to be the centre of everyone's attention in a few hours time.

At about 1.30; he knocked on the door, and Mary came out of the room, with a motherly smile on her face and the half empty wine bottle in her hand. Lanagan followed, rather sheepishly, stretching, yawning and looking slightly embarrassed.

There was, however, a smug little grin on his face and a determined glint in his eye. (Doc had taken a gamble that the same pre-race preparation which once helped Derek Ibbotson to a sub 4 minute mile would help Lanagan to conquer the hill.)

A crowd had gathered at the start, and a ragged cheer greeted Lanagan and Doc as they came out of the Wet Canteen.

The thermometer hovered on 44°C and the afternoon sun beat down mercilessly

from a steel blue sky. There was not a breath of wind, as the sun's rays bounced off the red rocks, making the railway track look like corrugated iron through the shimmering heat haze.

Even the hardened Norwesters flinched at the heat and drank thirstily from their cans.

Some last minute advice from Murphy, a signal from the starter and Lanagan was off. Clad only in black footy shorts and safety boots, Lanagan moved easily over the rough ground with a relaxed, powerful stride.

Weaving his way through the spinifex and big boulders, he covered the first steady uphill mile without trouble. The further he ran, the steeper and tougher the climb became.

His time at the one mile mark was a shade over 9 minutes, and he gratefully accepted the sponge and iced water offered to him at the first water stop.

Murphy had set up 2 water stations, the first at the foot of the hill and the second at the turn on the summit, reached via the access road in a 4 WD vehicle. The first stop would be used again on the descent, if Lanagan got that far.....

Lanagan dropped his sponge and started the climb proper, using both hands to steady and pull himself upwards. he was soon in oxygen debt and his lungs burned as he gulped in huge breaths of searing hot air.

His run was now reduced to a scramble on all fours as he slipped and slithered over the rough, loose scree, grabbing at tree trunks, tufts of spinifex and anything else which would give him leverage.

Twice he lost his footing and fell backwards, losing vital seconds, and chunks of skin and flesh on the rocks which broke his fall. By the time he dragged himself over the final ridge on to the summit, he was covered in sweat, red dust and blood. Both hands and knees were bleeding from scrambling over the rocks, his legs were like pin cushions, full of spinifex spines, and his body was covered with abrasions from his falls.

He head throbbed mercilessly as, half blinded by sweat and sobbing with pain and exhaustion, he staggered through the boulders and spinifex the remaining 400 metres to the turn.

A party of 4 "officials" waited at the turn as he weaved his way towards them through the heat haze". Twenty three minutes fifteen seconds" called the timekeeper, as Lanagan reached the radio mast, and took the drink of water from him. Lanagan's hands were shaking so much, he could barely get the cup to his mouth without spilling it. Another drink, a quick sponge down, and Lanagan staggered off on his return journey to shouts of encouragement from those on top.

The whole climb was clearly visible to the crowd gathered at the Wet Mess below, and using a pair of binoculars, Doc Murphy had a close up view of his runner's progress.

Mentally lifted by the thought that he was now on the downhill run, and physically revived by the cold water, Lanagan regained some of his early composure as he covered the fairly flat quarter mile back across the top and gave some thought as to the best method of descending the virtually sheer cliff face which fell away for a thousand feet below him.

Discretion may well be the better part of valour, but there again, he who hesitates is lost, especially in a race against the clock.

Throwing caution to the winds, Lanagan plunged over the cliff edge, leaning back slightly and using his arms as brakes and balances, he let his feet find their own path. Dodging and weaving, leaping from boulder to boulder, he came down the mountain side in a shower of loose rocks followed by a big cloud of red dust which hung in the hot still air, marking his progress, like a vapour trail behind a high altitude plane.

Once started on his breakneck descent, he was totally committed. He knew that he could not halt his downward progress until he reached level ground. A fall would be disastrous and at the least would result in a broken leg. Somehow he managed to maintain his balance and react quickly to go over or around each obstacle as they arose in his path.

His knees and ankles mercifully withstood the terrible pounding they received, and after what seemed like eternity he reached the bottom.

Legs numb, chest heaving and head throbbing he came to the final drink station, grabbing a drink as he passed. Just one more mile to go, time Twenty Nine minutes 10 seconds. He had run that down hill mile in under six minutes, whereas it had taken over fourteen minutes going up. He now had to run the final mile in less than 6 minutes 50 seconds to win the bet.

He was now utterly exhausted and his knees were like jelly. Although running down a gentle slope, the ground was rough and broken, requiring deep concentration - something he found impossible in his exhausted state.

Sheer determination and fear of failure kept him going. When he was about half a mile from the finish he could be clearly seen by the small crowd gathered there, and he could hear their cheers and exhortations as he staggered on. The course then ran through a series of gravel pits, and a deathly hush fell on the crowd as he disappeared from sight.

The clock ticked relentlessly on and a buzz of consternation came from the watchers, who anxiously awaited Lanagan's reappearance.

The timekeeper's watch showed thirty four and a half minutes when Lanagan strode over the crest of the last gravel pit, and a rousing cheer went up. ; Sensing that time was rapidly running out on him, Lanagan gathered himself for a last desperate effort. Seemingly shaking off all his weariness, he sprinted the next 250 yards, leaped down a 10 feet high embankment and strode across the railway track. The final 150 yards up the gravel road to the wet mess was a blur as he dug down deep to muster his final reserves of energy. With the cheers of the spectators ringing in his ears, he ran up the steps and into the mess. The timekeeper, standing by the bar stopped his watch at 35 minutes 57 seconds as Lanagan crossed the finish line. He had done it.

When he was sufficiently recovered, Lanagan collected his winnings, put on a keg for the crowd and disappeared into the back room with Big Mary.

Having developed a taste for both hill running and Mary, Lanagan decided to cultivate both habits. He and Mary were married shortly afterwards, and later departed for the U.K.

They are now the owners of a little country pub in the Lake District, and Lanagan is ranked among the top 10 Fell runners in England.

He holds a number of Fell running records, including Wasdale Pike, Ben Nevis and the 3 Peaks, but the record he cherishes most is the Mount Nameless round trip of 35 minutes 57 seconds.

And Doc Murphy still sits outside the Tom Price Wet Mess each evening, gazing up at "The Hill", remembering Lanagan's Run.....

A.G.M. Vacant positions on the committee

All positions on the committee will come up for re-election at the A.G.M. The following persons have indicated that they will not be standing for re-election:-

TREASURER - LIBRARIAN - 1 committee member. In view of this you may wish to canvas suitable candidates for election.

LIFE MEMBERSHIP OF THE CLUB - NOMINATIONS.

With the A.G.M. coming up, members are reminded of article 34 of the CLUB'S CONSTITUTION.

LIFE MEMBERSHIP:- Before a member can be elected a Life Member he/she must have had active and continuous membership for a minimum of ten (10) years, and have substantially contributed to the progress of the Club. No more than TWO members may be elected in one year.

Recommendations for Life Membership must come from at least three members, be approved first by the committee, and later by a majority of two thirds of members present at a General Meeting of the Club. Life members shall not be required to pay club subscription fees.

Nominations for the above are to be placed before the committee no later than 5th March 1989.

A.G.M. OF THE AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS.

The A.A.V.A.C. will hold its A.G.M. on 24th March 1989. W.A.V.A.C. will have two delegates present at that meeting. Any club members who wish to have any input at that meeting should contact the Clubs President, Keith Forden, to discuss any proposal.

We have had a card from Sandi Hodge, now in Tasmania, She has just had a holiday walking between Cradle Mountain and Lake St Clair. She had a great time, but says that she missed all the mosquitoes, although the leeches made up for them. She is not back into running yet and misses the club. Gardening appears to be taking all her time at the moment.

Members who are unable to attend the Club's Thursday evening events and also those wishing to practice hurdles are advised that a number of members go to Coker Park at 9.30am every Sunday.

Coaching is available in SPRINTING - JUMPING - THROWING. It is now only 8 weeks to the Nationals. (Anyone interested in hurdles, I have two available) Editor.

A.A.W.A. WEST COAST STATE MARATHON & HALF MARATHON.

These events will be held on the 28th May 1989. Starting at 8am at the Hillarys Marina. Only A.A.W.A. Members will be eligible to win titles. More details are available from Brian Foley or Val Prescott.

SOMETHING DIFFERENT Several intrepid members of the club have voiced an interest in taking a full day walk along the first stage of the Bubbulmun Track. This out and back track will be from the Kalamunda Library Car Park at 8.00am on Saturday 29th April. Details?..in the next issue of the Newsletter. In the meanwhile, Mary Robinson has a smattering of information. Telephone 272 5364 (a/h)

I thought that this was rather appropriate for the above notice, it from the front of Sandi's card. THE BUSHWALKERS PLEA.

From hailstorms and fogs
and mosquito - filled bogs;
Snakes on the track
and overweight packs;

Boots that cause blisters
and rain shrouded vistas;
Protect and preserve us -
these things make me nervous.

DEADLEY MEDLEY RELAY February 5th 1989. Yokine Reserve. Off Wordsworth Ave.

This is a teams event. Teams of FOUR. Two runners do 1km twice each and two runners do 2km twice each. Good speed training. To help pick teams return this form to Kath Penton, 48, Court Street. West Leederville. 6007 or ring Kath on 382 2318 or Basil Worner on 421 4604 (Work) BEFORE 5th February.

Remember you can make up a team on the day, but you won't be eligible for the PRIZE!!!!

NAME..... TEL.No.....

CHRISTMAS GIFT RUN. McCallum Park. 18th December 1988 5.2km

In this event the handicaps were based on those worked out by the U.S. Nat. Masters News and are based on age related performances.

This paper has a campaign going to get more consideration for older runners, who also like to get a kick out of crossing the line first.

However it was no novelty for David Carr to be a winner, catching Cliff Boul near the finish. Derek Hoye made the most of his new age group by finishing third.

Tuula Vaalsta had a good return to racing, being close to the placegetters and a big run from Alicia Ansell, who went on to South Perth instead of the finish. (This could be your year Alicia.)

A few others were in a hurry to get back for the Christmas Tree and cut the course.

Thaks to the helpers, Jill, Rob, Valerie, Sue and Pat and to Dave Jones for the presentation.

Allen Tyson.

RESULTS:-		Places only no times taken.							
D Carr	M55	M Rhodes	M40	M Khan	M40	R Farrell	M45		
C Bould	M70	R Stewart	M45	J Barnes	M45	D Horsley	M75	J Jenkins	W40
Hoye	M50	J Trovato	M45	B Sammells	M50	S Bowler	M60	B Worner	M55
T Vaalsta	W50	A Leggett	M70	N Miller	M55	S Maslen	W50	J Whittam	M50
M Smith	M50	D Strachan	M65	E Moyle	M60	J Greenfield		A Ansell	
A Turner	W50	P McLiver	W40	K Vaalsta	M50		W45	(Who ran on)	
D Caplin	M45	F Guiton	M50	L Mort	M40	J Willers	W40	<u>WALKERS</u>	
E Maslen	M50	M Birks	W40	P Weston	W50	P McCarthy	vis	M Stone	W45
B Danby	M40	T Savin	M40	P Carr	W55	C Easton	W40	A Stone	M50
D Moffett	M55	Joan Pellier	W45	P Jones	M50	P Farrell	W40	B Thomsett	M45
K Martin	M50	P Szpak	W30	I Johnson	vis	K Crellin	W45	P Miller	W50
M Moyle	M60	B Crellin	M50	R Lawrence	M60	F Hagger	M60	M Robinson	W50
J Strachan	W60	G Prior	vis	F Usher	M65	R Davis	W45	J Collins	M75
M Forden	W45	W Johnson	vis	J Greenfield		G Sutherland		J Beaumont	W50
B Foley	M40	M Traynor	M45		M45		W40	<u>IN TRAINING</u>	
G Thornton	M45	G Morgan	M60	M Warren	W50	J Hill	W40	H Holland	M40
J Stickles	M50	F Smith	M45	L Rhodes	W40	T Frank	W40	C Holland	W30
A Jenkins	M40	Morris Warren		A Pomery	M55	D Whittam	W50		
B Hardy	M45		M50	V Beaumont	M55	M Tapper	W40		
J Maddison	M50	John Bellier	M45	K Forden	M50	B Buchanan	W40		

LAKE LESCHENAULTIA RUN. 26th DECEMBER 1988.

Sunny and fine, clear as a bell, slight to moderate easterly wind (who needs John Barnett) was the order of the day for the 11th lake Laschanaultia 7.5km run on Boxing Day.

First to the bottom of the hill was John West (visitor) in 17.10 followed by Derek Hoye 17.50 and Rob Schickert in 18.15, these were also the finishing positions, John in 27.16 with Derek Hoye the first Vet in 27.52 and Bob in at 28.35. Some 40 runners started with 10 runners opting for the shorter 5.5km course which was minus the hills. 1st in this event was Rob Farrell followed by Patricia Carr and Phyllis Farrell.

Conditions on the course were very dusty with more cars using the road than in previous years.

With the hazards created by the cars I would suggest that the course be abandoned and changed to another course in the Lakes area, any suggestions?

Barrie Robinson.

Results:- 7.5km

John West	M35	27.16	Bryan Hardy	M45	33.14
Derek Hoye	M45	27.52	Merv Jones	M45	34.49
Bob Schickert	M45	28.35	Jaqui Clarke	vis	34.50
Mike Thompson	M40	29.26	? McGrae	vis	36.05
Wal Welyky	M40	30.35			
Don Caplin	M45	30.40	John Scott	vis	37.49
Dave Carr	M55	30.56	Ken O'Reilly	vis	42.58
Neil McGrae	M35	31.07	Kevin Cameron	M45	45.00
Peter Hill	M40	32.11	Fatti McCarthy	W40	45.47
John Maddison	M45	32.12	Murray McGrae	M65	47.20
Mike Khan	M40	32.49			

<u>5.5km</u>					
Rob Farrell	M45	27.10	Judy Hill	W40	37.24
Fat Carr	W55	30.23	Toni Frank	W40	38.24
Phyllis Farrell	W40	33.33	Terri Carr	vis	50.10 L/Start
Lynne Schickert	W40	34.45	Jeff Whittam	M50	37.25 Walked

CONGRATULATIONS to PARRIE ROBINSON ON BEING A DECEMBER FINALIST IN THE COMMUNITY NEWSPEPERS - IAN DIPPEN SPORTSTAR OF THE YEAR AWARDS.

MILLER'S KILLER

4th December 1988.

We would like to thank everyone who attended our inaugural run.

The sun was shining as 67 intrepid runners and walkers set off to scale the heights of Kelmscott. We don't think anyone really knew what was ahead but like all explorers everyone took up the challenge and everyone finished in record time. The race director was greeted at the finish with terms of endearment such as "You bastard" and a suggestion from Bob Farrell "The run would have been alright if you had flattened the hill". The walkers said they enjoyed the 8.75km walk as the scenery was picturesque and the view from the top was fantastic.

We would like to say a special thankyou to our helpers Sue and Merv Jones and Maureen Pomery.

Norm & Pat Miller

5km

Jim Barnes	M45	21.21	Leonard Mort	M40	45.28
Alan Pomery	M55	23.21	Robert Farrell	M45	46.43
Patricia Weston	W50	31.39	Vic Beaumont	M55	46.56
Dorothy Whittam	W50	34.50	Peggy Mc Liver	W40	48.17
Judy Hill	W40	37.53	Duncan Strahan	M65	49.26
Walker			Stewart Hicks	M65	49.26
Jeff Whittam	M50	36.58	John Russell	M55	49.58
Rob McLiver	M45	64.15??	Elza O'Dea	W50	50.40
			Alison Aldrich	W45	50.43
			Joan Pellier	W45	50.45
			Barry Thomsett	M45	52.22
			Sandi Hodge	W40	52.23
			Ernie Moyle	M60	54.09
			Patrick Sheerin	M55	54.11
			Linda Rhodes	W40	54.28
			Fred Haggar	M65	54.29
			Phyllis Farrell	W40	56.43
			Syd Butcher	M60	57.19
			Frank Usher	M65	58.49
			Leo Hassam	M55	58.55
			Syd Bowler	M65	59.10
			Jackie Greenfield	W45	59.29
			Patricia Carr	W55	63.38

8.75km

Bob Schickert	M45	34.56			
Derek Hoye	M50	35.11			
Dave Roberts	M45	37.41			
Paul Martin	M45	37.51			
Joe Yates	M45	38.08			
Don Caplin	M45	38.58			
David Carr	M55	39.11			
Larry Brown	M40	39.18			
Joe Trovats	M45	39.29			
Kevin Martin	M50	39.49			
John Pellier	M45	40.07			
Peter Airey	M50	40.21			
Mike Rhodes	M40	40.27			
Barry Munyard	M45	40.33			
David Hough	M55	40.50			
Brian Jones	M60	40.57			
Roland Matzke	M45	40.59			
Peter Hill	M40	41.08			
Bryan Hardey	M45	41.25			
Maureen Stewart	W45	42.05			
Mike Traynor	M45	42.55			
Angus Sim	M40	43.14			
Ron Potter	M45	43.36			
Rod Stewart	M45	44.33			
Merv Moyle	M60	44.52			
Brian Aldrich	M55	45.19			
			<u>Walkers</u>		
			Jackie Beaumont	W50	74.08
			Lyn Schickert	W45	74.08
			Mary Robinson	W50	74.08
			<u>Visitors</u>		
			Kathy Snell	5km	28.03
			Steve Mitchell	8.75km	33.06
			Jim White	8.75km	33.38
			Stewart Snell	8.75km	36.22
			Toni Frank	5km	36.34
			Robert Doust	8.75km	39.35
			Darryl Harris	8.75km	40.19
			Shane Hill	8.75km	46.35

Eighty two runners and walkers completed the course, and 8 new records were set. The cool conditions and improved course surface made for some very good times this year. As to be expected the new 7.30 am start was on one of the coolest mornings this summer! Bob Schickert, David Reid and Tom Savin took the first three places for the men, with Bob's time only 33 seconds behind the best ever course time set by Bert Carse in 1986. Bob also featured in last year's placings. Alicia Ansell, Margaret Harman and Marg Forden took out the women's placings. All three broke the existing records for their age groups, Marge breaking the record she set last year by 29 seconds.

- Records went to :-
 M35 David Reid 25.20
 M50 Derek Hoye 26.11
 M65 Stewart Hicks 35.39
 W40 Alicia Ansell 29.50
 W45 Marg Forden 31.07
 W50 Margaret Harman 30.09
 W60 June Strachan 39.48
 W65 Val Tyson 48.10

Many thanks to all helpers, including Bev Thornton, Maureen Pomey, Pat Miller and Gloria Sutherland on timekeeping and recording; Dick Horsley, Pat Savin and Rob Davis on point duty; and to all the women who helped to make the morning tea its usual success. Jill Midolo.

COURSE RECORDS TO 8th JANUARY 1989

WOMEN	
30 T. BROCKWEILL	26.29
35 J. MARSLAND	31.17
40 A. ANSELL	29.50
45 M. FORDEN	31.07
50 M. HARMAN	30.09
55 L. BUTCHER	36.07
60 J. STRACHAN	39.48
65 V. TYSON	48.10
MEN	
35 D. REID	25.20
40 H. KIRKMAN	25.18
45 B. CARSE	24.26
50 D. HOYE	26.11
55 D. CARR	28.30
60 A. TYSON	30.42
65 S. HICKS	35.39
70 D. HORSLEY	33.15



RESULTS:-

1. Rob Schickert	M45 24.59	29. Angus Sim	M40 31.29
2. David Reid	M35 25.20	30. Ron Potter	M45 31.35
3. Tom Savin	M40 25.31	31. A Shaw	W40 31.41
4. Doug Hazell	M35 26.04	32. Merv Moyle	M60 31.48
5. Derek Hoye	M50 26.11	33. E McRae	vis 31.53
6. Don Caplin	M45 26.55	34. Alan Pomey	M55 32.42
7. Hugh Kirkman	M45 27.07	35. Vic Beaumont	M55 32.51
8. Graham Thonton	M45 27.25	36. Peggy McLiver	W40 33.33
9. Neil McRae	M35 27.35	37. Pat Cooper	W45 33.48
10. Ted Maslen	M50 27.59	38. Bill Hughes	M60 34.50
11. Kevin Martin	M50 28.07	39. Kait Johnson	M55 35.02
12. Mike Rhodes	M40 28.12	40. Alyson Aldrich	W45 35.18
13. Bob Sammells	M50 28.19	41. Norm Miller	M55 35.20
14. Peter Hill	M40 28.31	42. Stewart Hicks	M65 35.39
15. Mike Khan	M40 28.46	43. Ray Lawrence	M60 35.46
16. Alan Croxford	M45 28.53	44. John Russell	M55 35.46
17. John Maddison	M50 29.12	45. Barry Blackman	M45 35.48
18. Rod Stewart	45 29.22	46. Ann Turner	W50 36.03
19. Bryan Hardy	M45 29.27	47. Elza O'Dea	W50 36.44
20. Alicia Ansell	W40 29.50	48. Kath Penton	W45 36.45
21. Dalton Moffet	M55 29.51	49. Linda Rhodes	W40 36.57
22. Margaret Harman	W50 30.09	50. Paul Jones	M50 37.03
23. Mike Watts	M50 30.10	51. Selby Munsie	M55 37.54
24. Dennis Miller	M45 30.27	52. Ian Sutherland	M45 37.54
25. Keith Forden	M50 30.52	53. Duncan Strachan	M65 38.20
26. Margery Forden	W45 31.07	54. Patti McCarthy	W40 38.41
27. Brian Aldrich	M55 31.23	55. M McRae	M65 38.48
28. David Bryant	M40 31.24		

56. Syd Butcher	M60 39.04	69. Cliff Bould	M70 44.00
57. Ernie Moyle	M60 39.04	70. Mary Robinson	W50 44.10
58. Jan Johnson	W40 39.13	71. G Ralph	vis 44.22
59. Arthur Leggett	W70 39.38	72. Lynne Schickert	W45 45.37
60. June Strachan	W60 39.48	73. Dorothy Whittam	W50 45.55
61. Iat Weston	W50 40.20	74. Jackie Beaumont	W50 47.37
62. Jackie Greenfield	W45 40.34	75. Val Tyson	W65 48.10
63. Fred Hagger	M60 40.34	76. Judy Hill	W40 48.47
64. Rosa Davis	W45 41.54	77. Rob McLiver	M45 48.54
65. Maxine Tapper	W40 43.31	78. Toni Frank	W40 51.34
66. Jewel McRae	W60 43.46		
67. Sid Fowler	M65 43.51		
68. Sheila Maslen	W50 44.00		
WALKERS.			
Paul Martin	M45 44.55	Jack Collins	M70 56.59
Barrie Thomsett	M45 52.12	Jeff Whittam	M50 56.59

JILL LANGDON has reverted to using her maiden name, and in future wishes to be known as JILL MIDOLO. However she will continue to answer to whatever she is called by those people who find it impossible to keep up with her name changes.

FRIENDSHIP RUN. Kings Park 15th Jan 1989. 12.4 & 6.2km

On a day much cooler than has been the norm for this event, 138 runners and walkers participated in the two races. (This must be a record. Ed.)

I was unlucky because my wife, Joan, suggested she take my place as race director whilst the race was being run, SO I HAD TO RUN.

The mens 6.2km was won by a visitor, with Don Caplin leading in the Vets in 2nd place in 23.00, 2nd was Hamish McGlashen and Mike Watts in 3rd place. Alicia Ansell was first lady in 26.04 hotly pursued by Gill Roberts who finished 4 seconds behind, 3rd place went to Margery Forden.

In the 12.4km event visitors took 1st & 2nd places, both bettering the course record. First vet was Frank Smith in 44.10 followed by Bob Argyle and Basil Hannah in a dead heat at 44.32. 1st Lady was Margaret Birks in 59.42 with Tuula Vaalsta 2nd and Elza O'Dea 3rd.

Several walkers did the 12.4km, the fastest being John Mison in the very good time of 64.26.

I again extend my thanks to our " Permanent World Class, Full Time Recorders Bev and Maureen". I would also like to thank all my other helpers who made my job simple and to Bryan Hardy's Lynnda and Merick for collecting all the flags. John Pellier.

RESULTS:- 6.2km

Wally Crowley vis	22.32	Robbie Burns	vis	28.42	Gloria Sutherland	W40	34.00	
Don Caplin	M45	23.00	Ron Sutton	M50	28.49	Ernie Moyle	M60	34.40
Brad Hammond	vis	23.25	Peggy McLiver	W40	28.55	June Strachan	W60	34.53
Kar Wong	vis	24.01	Ray Lawrence	M60	29.01	Syd Butcher	M60	35.08
Michael Sanders	vis	25.18	Fred Abbott	vis	29.22	Jackie Greenfield	W45	36.14
Ian Thomsett	vis	25.26	Kirt Johnson	M55	29.35	Rosa Davis	W45	36.24
Alicia Ansell	W40	26.04	Bill Hughes	M60	29.52	Sheila Maslen	W50	36.57
Gill Roberts	W40	26.08	John Edwards	M45	30.04	Mathew Sanders	vis	37.42
Hamish McGlashen	M50	26.14	Paul Jones	M50	30.28	Gaby Ralph	vis	39.09
Mike Watts	M50	26.17	Patricia Cooper	W45	30.32	Lynne Schickert	W45	39.56
Marge Forden	W45	26.46	Mike Palmer	vis	30.32	Arthur Leggett	M70	40.07
Rod Stewart	M45	26.48	Kath Penton	W45	31.03	Michele Boyle	W40	40.28
Brian James	M60	26.50	Basil Worner	M55	31.04	Pat Miller	W50	41.34
Antionette Shaw	vis	26.51	Linda Rhodes	W40	31.47	Mary Robinson	W50	41.34
Morris Warren	M50	26.52	Jason Hill	vis	31.51	Judy Hill	W40	42.13
Tony Speechley	M40	27.03	Ann Turner	W50	32.07	Toni Frank	W40	42.55
Paula Szpak	W35	27.19	Patricia Weston	W50	32.20	Shorty Turner	M50	43.15
Len Mort	M40	27.49	Kate McGibbon	vis	32.34	Val Tyson	W65	43.56
Roy Barker	vis	27.55	Norm Miller	M55	32.40	Judy Kirkman	vis	43.58
Angus Sim	M40	27.58	Jeff Sanders	vis	33.37	Althea Munsie	W50	48.30
Judy Marsland	W35	28.12	Patti McCarthy	vis	33.59	Walk.		

12.4km

John West	vis	42.45	Robert Doust	vis	51.44	Rob McLiver	M45	48.38
Steve Mitchell	vis	42.57	Peter Hill	M40	51.46	Jeff Whittam	M50	49.21
Frank Smith	M45	44.10	Tim Fry	M55	51.49	Noreen Gibb	vis	68.59
Bob Argyle	M40	44.32	Jim Greenfield	M45	51.53	Jeff Spencer	M45	58.58
Basil Hannah	M35	44.32	Barry Harwood	M45	52.12	Rod Clarke	vis	59.15
Brian Marsland	M40	44.50	John Molloy	M35	52.13	Margaret Birks	W40	59.42
Steve Barrie	M50	45.10*	Greg Dowding	vis	52.24	Bob Farrell	M45	59.57
Bob Schickert	M45	46.26	Dave Hough	M55	52.51	Keijo Vaalsta	M50	61.52
Ian McGibbon	vis	46.55	George Schaefer	M55	53.10	Tuula Vaalsta	W50	62.40
Clemens Schmitt	vis	47.06	Peter Airey	M50	53.12	Eddie Strickland	M70	63.41
Warren Gee	M35	47.07	Dennis Miller	M45	53.34	Duncan Stachan	M65	66.21
Colin Leman	M40	47.47	Mike Rhodes	M40	53.57	Elza O'Dea	W50	67.12
Maurice Smith	M50	47.47	Bryan Hardy	M45	54.03	Sue Sanders	W35	67.28
Brian Danby	M40	48.00	John Maddison	M50	54.10	Phyllis Farrell	W40	68.36
Chris Reid	vis	48.06	John Pellier	M45	54.27	John Russell	M55	68.49
Dave Roberts	M45	48.20	Mike Traynor	M45	54.39	John Lindsay	M40	68.49
Hugh Kirkman	M45	48.27	Peter Le Breton	vis	54.54	Margaret Warren	W50	69.18
Phillip Hugill	vis	49.04	Dalton Moffett	M55	55.32	Gorden Florence	M50	69.39
Graham Thornton	M45	49.15	Alan Pomery	M55	55.50	Fred Hagger	M60	70.19
Dave Scott	M40	49.38	Keith Forden	M50	55.59	Selby Munsie	M55	70.29
Ted Maslen	M50	49.51	Bill Crellin	M50	56.56	Cliff Bould	M70	74.21
Bob Sammells	M50	50.10	Martin Brown	M50	57.07	Walk.		
Dave Muir	M40	50.22	Merv Jones	M45	57.40	John Mison	M40	64.26
John Gilmour	M65	50.24*	Ron Potter	M45	57.48	Paul Martin	M45	75.17
Jim Barnes	M45	50.43	Merv Moyle	M60	58.30	Jack Collins	M75	97.19
Les Oakley	M45	50.49	Robert Sheehy	vis	58.49	Barrie Thomsett	M45	97.19
Kevin Martin	M50	51.22						

RESULTS OF TIME TRIALS.

15th December 1988. (no points)

<u>100m M40.</u>	
A Jenkins	12.9
M Rhodes	13.4
B Danby	14.1
<u>M45</u>	
Keith Martin	12.5
J Fellier	14.2
<u>3km. W40</u>	
P McLiver	12.50
C Easton	16.06
<u>W45</u>	
J Fellier	13.26
J Greenfield	15.32
<u>M35</u>	
D Reid	10.19
<u>M40</u>	
Foley	10.23
M Rhodes	10.36
B Danby	10.37
A Jenkins	10.51

<u>800m. M35</u>	
D Reid	2.11.5
<u>M40</u>	
B Foley	2.12.1
A Jenkins	2.17.8
M Rhodes	2.21.3
<u>M45</u>	
D Caplin	2.15.5
K Martin	2.21.1
R Stewart	2.46.0
<u>M55</u>	
D Carr	10.35
B Paxman	11.32
<u>M60</u>	
A Tyson	13.13
<u>M70</u>	
C Bould	15.00
<u>Javelin W50</u>	
D Whittam	19.58
<u>W55</u>	
P Carr	15.10

<u>M50</u>	
Kevin Martin	2.23.0
<u>M60</u>	
A Tyson	2.49.0
<u>W40</u>	
F McLiver	2.42.0
<u>W45</u>	
J Greenfield	3.37.0
A Aldrich	2.56.0
<u>W55</u>	
P Carr	3.25.0
<u>Javelin M40</u>	
A Jenkins	21.96
B Foley	20.49
M Rhodes	18.98
<u>M45</u>	
F Leong	34.25
<u>M50</u>	
M Marsh	28.48
<u>M55</u>	
D Carr	23.61
<u>M60</u>	
A Tyson	21.10
<u>M65</u>	
P Corley	20.72

5th January 1989. (no Points)

<u>400m W35</u>	
J Sanger	66.5
<u>W40</u>	
P McLiver	70.3
<u>W45</u>	
A Aldrich	75.0
<u>W50</u>	
D Whittam	74.1
<u>W55</u>	
P Carr	83.4
<u>M40</u>	
A Jenkins	59.5
P Foley	59.5
Beech	63.1
M Rhodes	63.9
<u>SHOT M40</u>	
M Rhodes	7.26
A Jenkins	7.05
<u>M45</u>	
F Leong	9.94

<u>10km</u>	
<u>M40</u>	
N Beech	35.55
D Scott	37.30
B Foley	39.47
M Rhodes	40.22
A Jenkins	41.05
<u>M45</u>	
B Schickert	36.25
F Smith	36.53
M Jones	46.42
<u>M50</u>	
K Forden	45.33
<u>M60</u>	
B Chapman	9.96
P Corley	7.77
A Tyson	7.01
<u>M75</u>	
D Horsley	6.59

<u>2km Walk M75</u>	
D Horsley	12.59
<u>3km Walk W35</u>	
J Sanger	19.23
<u>W45</u>	
J Greenfield	20.18
L Schickert	21.14
<u>W65</u>	
V Tyson	21.59
<u>SHOT W40</u>	
F McLiver	6.20
<u>W45</u>	
J Greenfield	6.22
<u>W50</u>	
D Whittam	8.12
<u>W55</u>	
P Carr	5.89
<u>W65</u>	
V Tyson	4.90

12th January 1989.

<u>W35</u>	
L Choate	12.74
J Sanger	13.11
<u>W40</u>	
J Johnson	13.09
P McLiver	14.60
<u>W50</u>	
D Whittam	14.25
<u>W55</u>	
P Carr	15.64
<u>M40</u>	
A Jenkins	13.16
M Rhodes	13.83
<u>M45</u>	
D Caplin	14.45

<u>M50</u>	
D Clive	12.28
M Marsh	13.97
<u>M55</u>	
D Carr	13.50
B Paxman	13.87
L Hassett	14.21
<u>M60</u>	
A Tyson	15.59
G Morgan	15.76
W Hughes	15.83
<u>M70</u>	
C Baumann	18.47

<u>800m W35</u>	
L Choate	3.32.0
<u>W40</u>	
P McLiver	2.42.6
<u>W45</u>	
E Mercer	2.53.1
<u>W50</u>	
D Whittam	3.41.0
<u>W55</u>	
P Carr	3.18.0
<u>M35</u>	
D Reid	2.10.5
<u>M40</u>	
B Foley	2.11.6
A Jenkins	2.16.7
R Brown	2.13.7

Cont.

<u>800m M40</u>		<u>HAMMER</u>					
N Beech	2.20.2	760	<u>W50</u>			Hammer cont.	
M Rhodes	2.22.8	736	D Whittam	21.14	557	<u>M60</u>	
C Brockwell	2.39.0	528	<u>W55</u>			A Tyson	19.60 546
<u>M45</u>			P Carr	11.94	247	W Hughes	16.56 423
D Caplin	2.15.4	880	<u>M40</u>			<u>M70</u>	
<u>M50</u>			A Jenkins	14.60	20	C Baumann	16.32 465
K Martin	2.21.0	908	B Foley	13.18	20		
D Clive	2.33.7	784	M Rhodes	12.20	20		
<u>M55</u>			<u>M45</u>				
D Carr	2.14.7	1000	P Leong	21.74	341		
B Faxman	2.32.9	796	<u>M50</u>				
<u>M60</u>			M Marsh	20.02	281		
A Tyson	2.45.3	760	<u>M55</u>				
W Hughes	3.06.7	508	D Carr	16.64	338		

5km No Points

<u>M40</u>		<u>M45</u>		<u>M50</u>		<u>M60</u>	
N Beech	17.24	F Smith	16.57	K Forden	20.24	W Hughes	22.53
C Brockwell	18.13	J Pellier	19.37	K Martin	20.40	<u>W40</u>	
B Danby	19.04	R Matzke	19.59	<u>M55</u>		T Farrell	25.6
B Foley	19.05	R Farrell	22.17	B Faxman	19.55	<u>W45</u>	
A Jenkins	19.16					E Mercer	20.59

RESULTS FROM A.A.W.A. PERRY LAKES. 7th Jan 89. (record* TB+)

<u>Triple Jump.</u>		<u>200m</u>		<u>1500m</u>		<u>100m Hurdles</u>
Eileen Hindle	10.92*	Keith Martin	25.5	Brian Foley	4.40.2	Eileen Hindle
Joy Sanger	9.93+	Eileen Hindle	26.2	Don Caplin	4.40.9	17.0
Jan Johnson	9.92	Joy Sanger	27.2	Mike Rhodes	5.04.9	<u>1500m Walk</u>
Dorothy Whittam	8.91	Jan Johnson	27.3	Peggy McLiver	5.38.8	Shirley Cross
<u>400m</u>		Mike Rhodes	27.9	<u>60m</u>		10.47
Keith Martin	58.2	<u>3km</u>		Eileen Hindle	8.5	<u>Shot.</u>
Don Caplin	63.6	Brian Foley	10.22	Jan Johnson	8.7	Mike Rhodes
Mike Rhodes	66.8	Mike Rhodes	11.02	Joy Sanger	8.7	7.3
Peggy McLiver	69.8+			Kath Holland	9.0	<u>4x100m Relay</u>
				Dorothy Whittam	9.3	Men 55.8
						Women 55.4

Both Men & Women were in 1st place in Reserve Grade Open Comp.

14th Jan 89.

<u>100m.</u>		<u>60m</u>		<u>400m</u>		<u>1500m Walk</u>
Eileen Hindle	12.9	Eileen Hindle	8.4	Brian Foley	58.7	Shirley Cross
Jan Johnson	13.1	Jan Johnson	8.5+	Don Caplin	61.0	10.32
Mike Rhodes	13.7	Kath Holland	8.8	Joy Sanger	62.7+	<u>Javelin</u>
Kath Holland	13.9	Mike Rhodes	8.8	Mike Rhodes	63.9	Francis Leong
Dorothy Whittam	14.6	Dorothy Whittam	9.4	Peggy McLiver	67.2+	41.62
Garnett Morgan	15.5+	<u>800m</u>		Patricia Carr	79.6	<u>Long Jump</u>
Patricia Carr	16.2	Brian Foley	2.11.1	<u>Triple Jump</u>		Eileen Hindle
<u>2km S/Chase</u>		Mike Rhodes	2.24.0	Eileen Hindle	10.90	5.14
Dave Reid	6.43.46	Peggy McLiver	2.38.5+	Brian Foley	8.72	<u>100m Hurdles</u>
Don Caplin	6.55.40	Garnett Morgan	2.59.9	Patricia Carr	7.14	Eileen Hindle
<u>Hammer</u>		<u>Shot</u>		<u>3km</u>		14.8
Syd Coleman	35.??	Francis Leong	9.93	Mike Rhodes	10.53	
Francis Leong	23.08	Mike Rhodes	7.19			
Dorothy Whittam	22.12					

RESOLUTION JOG. 1st January 1989.

Approximately 50 members turned out for this first run of the year, maybe the rest celebrated the end of the Old Year too well. I heard at least one member, Ian Sutherland make his New Year resolution, to do more running this year. We'll keep a check on you to make sure you don't weaken. It was good to see Mary and Harry Pritchard down to socialise after the run and we hope that Jackie Jenkins is soon out of the bandages after her operation and back walking again (and running). 39 runners and 7 walkers tackled the 10km course and 2 runners and 2 walkers the shorter course. All were warned by the V.P. that THIS WILL BE A SOCIABLE RUN OR ELSE before the start.

EATON LONG-WEEKEND RUNNING CAMP - MARCH 1989

A long-weekend running camp will be held at Eaton Scout Camp on 4th, 5th and 6th March, 1989 (you can go there on the evening of the third if you wish).

Location

Eaton Scout Camp is located on the South side of the Collie River, a few kilometres from Australind and Bunbury. Turn left just over the bridge at the river and continue on to the camp which is not far down the road on your left, a kilometre or two.

Accommodation

Single beds in dormitory style rooms. You must provide your own bed linen. You are permitted to put up your own tent or park your caravan.

Running

Runs of varying distances will be conducted in company with the Bunbury Running Club. It is usual to have a Hash Run on one of the evenings.

The second edition of the "EATON GAMES" will be conducted again this year by Morris Warren and company on one of the afternoons. A track meet will also be held on one of the days in order to ensure you are 100% ready for the National Championships in Perth three weeks later!

Facilities

- A good kitchen with fridges and freezers as well as barbeque area. (it is advisable to bring your own esky as well, due to the demands made on the fridges owing to the large numbers that usually attend).
- Excellent recreation facilities at the site or nearby, crabbing, fishing, boating and swimming. The camp has canoes for your use.

At time of writing, costs had not been confirmed but we expect to hold the costs to last years prices which are very reasonable at \$12.00 per head for the weekend. Should we find the costs have gone up we can always take up a collection at the venue!!

Please return the following tear-off form to the Secretary no later than 19th February, 1989 with full payment to ensure your place at this popular camp.

Name: _____ Nos attending _____

Please print

@ \$12.00 each = \$ _____ which is enclosed.

Return by 19th February, 1989 to: Contact Phone No _____

R. Davis
1a Tanner Place
Kardinya 6163

Sport

Marathon man running for Sportstar award

Mount Helena man Barrie Robinson is living proof that age is no barrier to success in sporting endeavours.

The 49-year-old father of four and grandfather of two is a master of marathon running — and it's this that has won him a nomination for the Community Newspapers — Ian Diffen Sportstar of the Year Award.

And believe it or not, he's run 49 marathons since he started in athletics.

"It was certainly a nice Christmas present to find out I'd been nominated for the award," Barrie said.

"I really enjoy the sport as it keeps me fit and I'm eager to compete in as many marathons as I can."

He began running 10 years ago, when his eldest daughter started little athletics and encouraged her dad to go for a run with her.

"Someone saw me running at Perry Lakes one day, and suggested I join

the WA Veterans' Association," Barrie said.

He not only joined the WAVA, but also the WA Marathon Club, and has won several titles.

He won the child and parent City to Surf title three times, as well as the parent and child run around the bridges.

He was the first person to run the Perth People's Marathon 10 times, and has won Geraldton and Bunbury marathons.

For the past nine years, Barrie has run the Mundaring to York marathon, and this year will be his 10th run in that event.

But Barrie's main achievement happened on November 6, 1988, when he ran his 49th marathon in Albany.

"My ambition now is to run my 50th marathon in Bunbury next May," he said.

A standard training

week for the Chubb Safe sales representative sees him run between 50 and 80 kilometres.

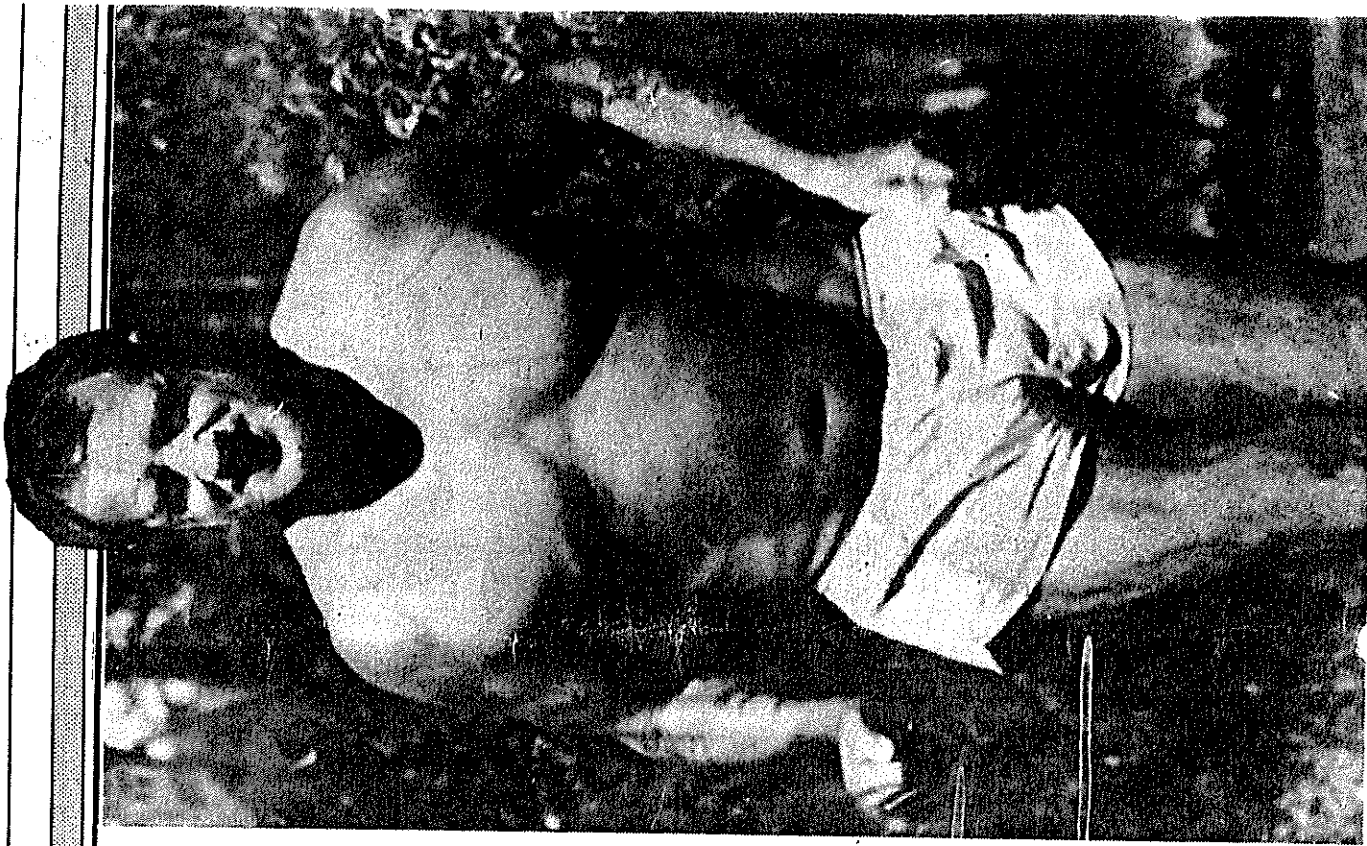
"I don't run as many kilometres in January or February, but increase the amount during the season, which runs from February to November," Barrie said.

His other interests include general spectator sports, and he likes nothing better than to sit down and watch a game of football occasionally.

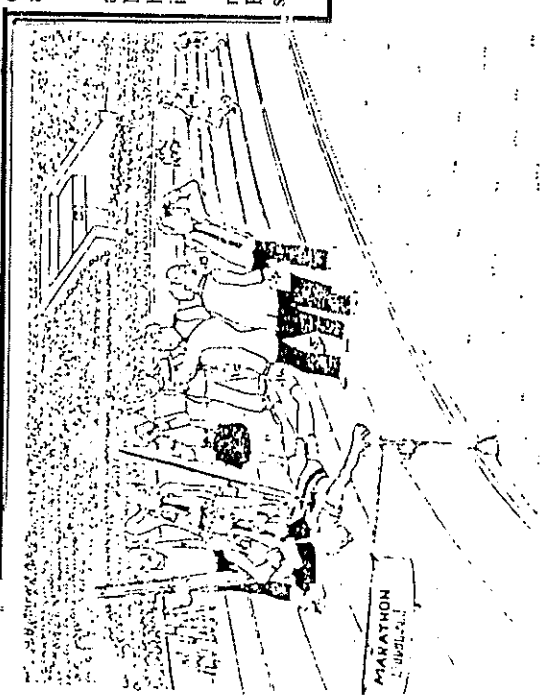
At a special function next May, Barrie will find out if his high level of sporting achievement has been good enough to win him the sportstar of the year award.

If you know someone who has achieved success in their chosen sport, write and tell us about them.

They may be the next sportstar finalist.



Barrie Robinson in training



"Tragic, yes, but unquestionably an Olympic javelin record!"

AUSTRALIAN VETERAN T & P CHAMPIONSHIPS.

OFFICIALS REQUIRED

As well as cometing (or if you are not competing) we would like you to assist in helping as an official. Would you please immediately complete and return this slip to Bob Schickert, 6 Krugger Place, Leeming. 6155.

DAES AND TIMES I CAN HELP

Friday 24/3/89 From _____ to _____ Preferred Event _____
 Saturday 25/3/89 From _____ to _____ " " _____
 Sunday 26/3/89 From _____ to _____ " " _____
 Monday 27/3/89 From _____ to _____ " " _____

NAME _____ Phone No. _____

ADDRESS _____

Postcode _____

As mentioned in previous newsletters, the State Uniform MUST be worn by W.A. competitors when competing at the Nationals next Easter. Gold Vest with Black Trim and our Logo are to be worn with your Black Shorts. The Vests may be now ordered by completing the following form.

Name..... Please Supply the following:-
 ADDRESS..... MENS VESTS SIZE.....
P/Code..... LADIES VESTS SIZE.....
 Sizes available:- Men 14-24 Women 10-20; Price Mens \$7.50 Ladies \$8.60

NATIONAL CHAMPIONSHIP T/SHIRTS. These are available in WHITE with Black Logo or Black with White Logo. Sizes 10-24 (Unisex) Price \$8.00 each.

Please supply the following:-

Qty.....SIZE.....: QTY.....SIZE.....: QTY.....SIZE.....:

Please forward form to:- Avril Yates, 30, Chapman Road, Calista. 6167. with your cheque made payable to W.A. Veterans Athletic Club.

CLUB T/SHIRTS. These are now available. They are GOLD with BLACK TRIM and have the club badge of the left breast. ther are three styles available. With Collar and three stud fastening, with collar and V/neck or without collar with V/neck. All at \$14.00 each. Sizes 10-24 (Unisex).

Please supply the following

With Collar and Stud Fastening Qty.....Size.....; Qty.....Size.....:
 With Collar and V/Neck Qty.....Size.....: Qty.....Size.....:
 Without Collar but with V/Neck Qty.....Size.....: Qty.....Size.....:

NAME.....

ADDRESS:.....

.....P/Code.....

Please make out your cheque for these Club T/Shirts to AVRIL YATES. NOT TO W.A.V.A.C. Thank You.

CANTEEN HELP. NATIONAL CHAMPIONSHIPS. I WILL BE AVAILABLE TO HELP:-
 FRIDAY SATURDAY SUNDAY MONDAY (PLEASE CIRCLE DAY/S AVAILABLE)
 () () () () (INDICATE BEST TIME AVAILABLE)
 NAME..... ADDRESS..... TEL.....

Please send to Avril Yates, 30, Chapman Road Calista. 6167. or Tel. 449 1980