



The Vetrun

No. 148, JANUARY 1985



W.A. VETERANS' A.C.

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

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

PRESIDENT: Barrie Slinger 3867727
TREASURER: Frank McLinden 3871152

Always do what you are afraid to do. Emerson

*** THE PRESIDENT AND COMMITTEE HOPE ALL MEMBERS HAD A VERY HAPPY ***
*** CHRISTMAS AND WISH YOU ALL A P.B. NEW YEAR. (WITHOUT INJURY). ***

COMMITTEE MEETING.

The Committee wish to thank Brian Foley for the excellent job he did as Winter Registrar and Val Prescott as Summer Registrar a post she has held for the past two years and is once again doing for the current track & field season.

HOME RUNS. Would any member who thinks they would like to host a run during the coming year (April 85 - Mar 86) please contact the Secretary BEFORE the 10th January 1985, so that the next years fixture list can be drawn up.

SUNDOWN RUN 1985. The committee discussed that the run be held for charity as it was this year, but that it be open to runners of all ages. The course to be held over a fairly small circuit, as this year, and runners to decide for themselves how many circuits they wish to do up to however many are decided for the maximum distance. Prizes to be on a "draw" system as is usual

NATIONAL CHAMPS EASTER 1985. HOBART. TASMANIA. Anyone wishing to go to these Championships are advised to contact the Secretary, of our club, as soon as possible for entry forms. The closing date is 18th February 1985. Programme is:- Friday All 10km events, Mens Hammer, Womens Discus and Mens Pole Vault. Saturday & Sunday Track & Field events. Monday Pentathlon Men & Women. Road Walks 20km Men 10km Women. Cross Country 10km Men & Women. All entry forms are to be forwarded by the Secretary to arrive in Tasmania by the 18th February. So get your entries to him NOW.

NEW MEMBERS: It is a pleasure to record in this January issue the names of new members, seven in all. We are delighted to have you with us and look forward to meeting you in friendly competition and social running.

Avril Yates	30, Chapman Road, Calista.	6167. 419 1980	W30	27/Mar/53
Joseph Yates	" " " " " "	" " " " " "	M40	03/Dec/43
Alison Aldrich	14, Larmer Place, Bullcreek.	6155. 332 6179	W40	4/Jan/43
Prian Aldrich	" " " " " "	" " " " " "	M50	3/Dec/30
Peter Sanders	21, Lucca Street, Churchlands.	6018. 445 2673	M35	20/Mar/45
Tony Butler	16, Gunida Street, Mullaloo.	6025. 402 1983	M45	04/May/36
Raymond Attwell	18, March Street, Gwelup.	6021. 445 2318	M45	13/Jan/36

and two old members who have just rejoined:-

Berice Johnson	249, Cambridge Street, Wembley.	6014. 387 1631
Barrie Kernaghan	3, Dunster Street, Karrinyup.	6018. 447 6862

CLUB BADGES. Would the following members please collect their name badges from the secretaries notice board on the next club run they attend. Douglas Boakes; Lawrence Connell; Frank Fay; William Grocott; Kevin Hooper; Charles McKinnon; Peta Newbold; Harry & Mary Pritchard;

Anthony Patterson; John Rowland; Robert Scanlon; Terry Tate; Karen Bennett:

CLUB CHRISTMAS DINNER. Once again this annual event proved a great success, the turnout this year was over 100 members and families. One of the highlights of the night was the presentation of medals and a certificate to the two womens 24hour Relay teams commemorating their magnificent runs.

After an excellent meal and a good deal of chinwagging the dancing continued till well past midnight.

Quite a few eyebrows were raised during the later part of the evening, when a number of men were seen entering the ladies toilet door, especially as the gents toilet were at the other end of the dining room, and leaving talking of the "Sporting Spectacle" going on in there.

It was later discovered that there was a T.V. room off the corridor, BEFORE, the ladies toilet and that the Australia v Scotland Rugby Union Test Match was being telecast direct.

CHANGES OF ADDRESS:- Colin & Sue Leman 44, King Edward Street, South Perth
6151. Tel. 367 3765

Johan & Johanna Sanders 19, Lucca Street, Churchlands. 6018. 445 1917
From late January Frank Smith 249, Willcox Street, Chidlow. 6556. 095 724 244

There must be some kind of record in this:- On the 22nd December, Dick Horsley took part in the open division of the 3000m walk at Perry Lakes in a field of 14 and finished in THIRD place. This was just one day after his 73rd birthday. Well done Dick, looks like the injury is on the mend?

APOLOGIES. Yolande Caruso was missed off last months Birthday List, she turned 34 on the 21st Dec. Rod Marston was put in the inv section in the Lemans Run.

Correction to the W.A.I.T. Run results John Pellier on just managed to beat Joan by 1SECOND not 1 minute as published in the results.

Correction to club record list. The W35 1500m Walk record should be 8.03.00 not 8.11.7, the holder is still Jan Fletcher.

LATEST MARATHON TIMES:- Pat Hayden W45 4.05.00 1984; M45 George Audley 2.52.02 1982; M50 Allen Tyson 2.56.22 1979, Peter Davies 4.02.2 1984; M55 Allen Tyson 2.58.08 1980:

MITCHELL'S RUN. 16th December 1984. 7.8km.

57 runners turned up on what one could described as a perfect morning to compete in the 'Mitchell 7.8k' run.

There were also quite a few spectators which was good to see.

After waiting for ~~the time keeper~~ ^{A LATE ARRIVAL} who managed to get lost on her way, there the gun was fired and off everyone went.

The first person who was supposed to direct the runners Nicola Mitchell seemed to be too busy reading a book to notice anything, next came Ken Phillips who stood in the wrong place anyway but no one got lost so I could not grumble. A welcome sight at the half way mark was Pat Barnes with the drinks.

After the race everyone enjoyed Kath's cake and coffee and I would like to thank her for the effort which she put in slaving over the hot stove on the Saturday

Many stayed behind and enjoyed a bbq brunch and I am sure our dogs enjoyed cleaning up the bits after everyone had gone.

I hope that next year we can get a few more runners and make this an even bigger event. I thoroughly enjoy hosting this run and I hope I can continue to do it for many years to come.

I would like to thank all the ladies that helped at the end of the race time keeping and giving out numbers etc. as without these helpers I would not have been able to run.

Bill Mitchell.

RESULTS:-

Derek Crowther	28.54	Peter Davies	34.47	Frank Usher	40.28
Frank Smith	28.56	Duncan Strachan	34.53*	Fred Hagger	40.30
Peter Sanders	29.06*	Bob Farrell	35.00	Ann Deanus	41.31
Arnold Jenkins	29.59	Vic Beaumont	35.28	Nora Berry	45.23
Tom Barnes	30.12	George Peet	35.35	Dorothy Whittam	48.01
Mike Khan	30.19	Joan Pellier	35.45*	Jeff Whittam	48.01
Bob Sammells	30.31*	Allen Tyson	35.58	Enid Crowther	51.42
Fraser Deanus	31.25	Tuula Vaalsta	36.22	Jill Pearton	51.42
Keijo Vaalsta	31.41	Barrie Thomsett	36.58	Shirley Cross	57.09
Brian Danby	31.57	Ray Lawrence	38.30	Mary Robinson	57.12
Frank McLinden	31.57	Bryan Hardy	38.41	Val Tyson	58.53*
Dave Hough	32.15	Phyllis Farrell	38.44	INVITATION RUNNERS:-	
Jim Greenfield	32.24	Lorna Butcher	39.05	John Ferris	28.58
Joe Stickles	32.38	John Smith	39.09	Steven Mitchell	29.30
Bill Mitchell	33.11	Dick Horsley	39.11*	Alan Croxford	30.57
Tony Butler	33.53	Derek Cowlan	39.38	Ian Thomsett	32.35
Alan Pomery	34.06	Pat Hayden	39.54	Richard Harris	33.45
John Pellier	34.11	Cliff Bould	39.54*	Keith Jordan	36.05
Paul Jones	34.19	Selby Munsie	40.24	1st Woman	Joan Pellier
Merv Moyle	34.25*	Sandy Walton	40.27	1st Man	Derek Crowther.

THREE PARKS + HERRISSON ISLAND. 2nd December 1984. 7.4km.

Members gathered for a very pleasant morning's run. This was the second running of this event and in it the record sheet was rewritten, last time was a 'guess the distance' event. After early speed from Bob Sammells and Ted Maslen, Colin Leman got going pulling Brian Danby along with him, or vice - versa depending on who you ask. Joan Pellier continued her good form to be the first girl lady woman FEMALE home.

We were joined by those who had been to the 1/2 marathon for tea, beer, coffee and biscuits etc. Many thanks to Wally, Sue and Joan for recording the finish. My special thanks to Barrie, Joan, Dorothy, Shirley, Wally, Sandy and Dalton for my tea - sugar - cake - biscuits etc.

BRIAN DANBY.

RESULTS:-

Colin Leman	M35	27.29*	Bill Mitchell	M50	31.51
Brian Danby	M35	27.29*	Merv Moyle	M55	32.22*
Ted Maslen	M45	28.34*	Barrie Thomsett	M40	33.11
Mike Kahn	M40	29.05*	Duncan Strachan	M60	33.19*
Bob Sammells	M45	29.10	John Bennington	M45	33.40
Dalton Moffett	M50	29.53*	Bernard Godwin	M45	34.18
Barry Evans	M50	30.12	Mike Hill	M40	34.20
Hamish McGlashen	M45	30.45	Vic Beaumont	M50	34.40
Terry Tate	M45	31.02	Joan Pellier	W45	34.59
Barrie Slinger	M40	31.41	Bryan Hardy	M40	35.46

Ray Lawrence	M50	35.45	Derek Cowlan	M50	40.05
Lorna Butcher	W50	36.38*	Winston Hough	M40	40.07
Pat Hayden	W45	36.49	Jo Stone	W35	40.16
Ernie Moyle	M55	36.50	Mary Robinson	W45	40.19
Cliff Bould	M65	36.50*	Jeff Whittam	M50	41.20
Sandy Walton	W35	36.56	Sheila Maslen	W45	41.44
Dave Jones	M55	38.35	Barbara Godwin	W40	42.24
Ken Whistler	M50	38.41	Nora Berry	W50	43.15
John Smith	M45	39.07	June Strachan	W55	43.54*
Maxine Tapper	W35	39.36	Dorothy Whittam	W45	44.13
Fred Hagger	M55	39.56	Kirt Johnson	M55	44.27
Carole Cole	W40	40.02*	Shirley Cross	W45	44.27
Leo Hassam	M50	40.04			

ATHLETICS MISCELLANY

To continue from the Scottish triumph of 1530, circa 1604 a Robert Dover organised the 'Olympick Games upon the Cotswold Hills'. This was done as a protest against the puritanism of the time. Fortunately he found a 'major sponsor' in the shape of James I of England (and James VI of Scotland), a keen athlete who allowed the Games to be held. Events such as leaping, pitching the bar, throwing the sledge and tossing the pike were contested. Except for a break from 1642 - 1660, caused by the Civil War, the Games were held annually until 1852.

The 17th and 18th centuries in England saw a general growth in regular athletics competition but two 19th century developments formed the basis for the organised athletics scene of the 20th. The first was the growth of athletic sports competitions at schools and colleges. The second was the formation of athletic clubs. Some notable 'firsts' were:

- 1812 - athletic sports at Royal Military Academy, Sandhurst.
- 1817 - the first athletic club, the Necton Guild of Norfolk. The Guild held annual meetings from 1819 - 1826.
- 1820 - athletic sports at Shrewsbury School.
- 1837 - inter-class athletics at Eton College, Crick Run of 12½ miles first held at Rugby School, first athletic track laid - at Lord's Cricket Ground.
- 1839 - Sydney Harriers (Australia) formed, first athletics meeting in North America held near Toronto, Canada.
- 1842 - Olympic Club of Montreal (Canada) formed.
- 1844 - 'Olympic Games' held in Montreal on August 28/29.
- 1850 - Exeter College, Oxford, Athletic Club formed, now the oldest surviving Club, Much Wenlock Olympic Games held in Shropshire. Based on the Games at Olympia, the site of which had been rediscovered in 1766, events included the long and high jumps and running.

We now come to March 5, 1864. Many other clubs had been formed and major athletics meetings held before then. However, this was the date of the first meeting between Oxford and Cambridge Universities and the first meeting for which the winners and their performances are known. The results were:

100 yards	B. S. Darbyshire(O)	10.5 secs
440 yards	B. S. Darbyshire(O)	56.0 secs
1 mile	Charles B. Lawe(O)	4m 56.0 secs
120 yards High Hurdles	W. T. Daniels(C)	17.75 secs
High Jump	F. H. Gooch(O)	5' 5"
Broad Jump	F. H. Gooch(O)	18' 0"
Steeplechase (About 2 miles)	R. C. Garnet(C)	10m 00 secs

(To be continued next month.)

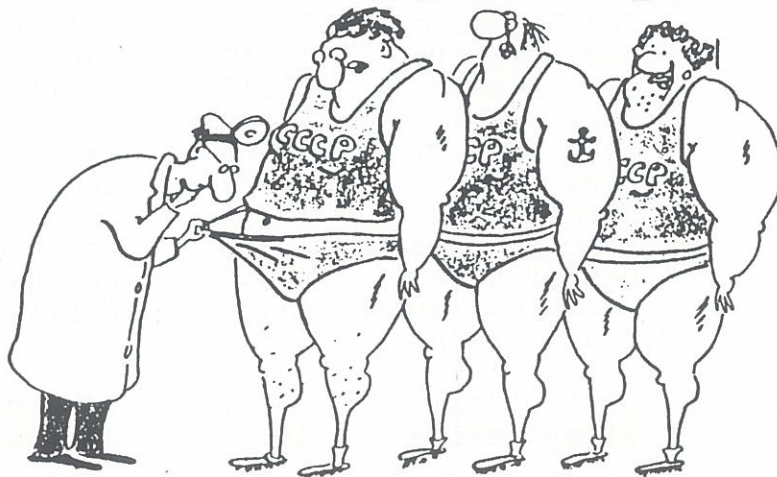
STRACHANS RUN 27th January 1985. This run is followed by a B.Y.O. breakfast B.E.Q. Morning tea will be provided. If you wish to have a swim afterwards bring your bathers along, change rooms will be provided. No dogs.

A.A.W.A. RESULTS:- 3rd November. 800m Jill Chambers 2.22.0. (Record) W35; 100m Eileen Hindle 13.1 W35; Joe Gold 11.7 M40:
10th November. 200m. Joe Gold 24.3 M40; Barrie Kernaghan 27.1 M45:
400m Barrie Kernaghan 58.1 M45:
17th November. 100m Eileen Hindle 16.1 W35; 200m. Eileen Hindle 26.4; Jim De Gruchy 29.1 M55: 800m. Jim De Gruchy 2.59.6 M55: 1500m Brian Foley 4.35.0. M40; Brian Danby 4.43.0 M35; Jill Chambers 4.51.8: 3000m Brian Danby 10.10.0 M35; Brian Foley 10.26.0 M40:
November 24th. 100m Eileen Hindle 13.4 W35; Val Prescott 15.3 W40; Barrie Kernaghan 12.6: 100m Hurdles. Eileen Hindle 15.5 W35: 400m. Barrie Kernaghan 55.1 M45; Jim De Gruchy 68.01 M55: 800m. Jill Chambers 2.24.0 W35; Jim De Gruchy 2.53.5 M55: 3000m. Brian Danby 9.59.0 M35; Stephen Barrie 10.03.0 M45; Brian Foley 10.04.0 M40: Discus. Val Prescott 17.84:
1st December. 100m. Eileen Hindle 12.42; Val Prescott 14.28; Joe Gold 11.52; Jim De Gruchy 14.1: 200m. Eileen Hindle 27.1; Val Prescott 31.87; Jim De Gruchy 29.3; Barrie Kernaghan 25.9: 400m. Barrie Kernaghan 55.2; Jim De Gruchy 67.8:
8th December. 100m. Eileen Hindle 12.42; Val Prescott 14.28; Joe Gold 11.52; Jim De Gruchy 14.13; Barrie Kernaghan 11.9. 200m. Eileen Hindle 26.3; Val Prescott 30.8; Barrie Kernaghan 25.9; Dave Carr 27.9 M50: 800m Barrie Kernaghan 2.31.0; Dave Carr 2.22.0: 100m Hurdles Joe Gold 19.5: 400m Hurdles. Joe Gold 65.00: 1500m. Dave Carr 5.07.0; Brian Foley. 4.31.0: Shot. Val Prescott 5.54; Eileen Hindle 6.68: Long Jump. Eileen Hindle 5.09: High Jump. Eileen Hindle 1.45; Joe Gold 1.47:
15th December. 100m. Val Prescott 15.44; Barrie Kernaghan 12.05: 400m. Jim De Gruchy 68.2; Barrie Kernaghan 56.02; Brian Foley 58.9: 800m Barrie Kernaghan 2.22.0; Jim De Gruchy 2.55.3: Discus. Dick Horsley 20.26 M70:

AUSTRALIAN SPORTS AWARDS. Club member Eileen Hindle has had the honour of being selected as the representative for the Australian Veterans Athletic Association to vote in these prestigious awards. Congratulations Eileen.

Just been reading the N.S.W. Newsletter and saw a piece about Bill Empey, many members will remember his run against Tom Jones in the last Aust Vets Champs held here, he has won the oldest man to finish (in the Qualifying time) in the 1984 Sydney City to Surf Race, for the FOURTH consecutive time. We hope to see Tom competing at the Track and Field Champs on the 23rd March 2½ weeks before his 92nd birthday.

There is also an article by Gus Theobald of Victoria giving some health tips one of which was squeeze a lemon into a glass, add warm water but no sugar, this to be drunk first thing every morning. It helps to ward off arthritis and rheumatism and stiffness in the joints, takes about three months to really show effect. Some good reading in other states newsletters, they are in the club library why not try reading one next time you borrow from it?



Soviet Women's Shotput Team passes Physical

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Jim Barnes	turns 42	remains	M40 25	Michael Hill	turns 42	remains	M40 16
Ted Costello	" 49	"	M45 24	Terry Tate	" 49	"	M45 22
Fraser Deanus	" 45	becomes	M45 01	Charles McKinnon	" 39	"	M35 04
Bob Farrell	" 45	"	M45 24	Peter Muller	" 46	"	M45 02
Jan Fletcher	" 39	remains	W35 20	Mary Pritchard	" 42	"	W40 19
Eileen Hindle	" 36	"	W35 02	Alison Aldrich	" 42	"	W40 04
Colin Leman	" 39	"	M35 20	Raymond Attwell	" 49	"	M45 13
Les Oakley	" 40	becomes	M40 20	Trisha Spain	" 43	"	W40 04
Bob Sammells	" 48	remains	M45 06	Barry Evans	" 45	becomes	M45 29
Sheila Maslen	" 47	"	W45 06				

CLUB RECORD RUNS FOR JANUARY. Batterhams Bush Bash. W30 M Tapper 39.25; W35 J Slinger 35.37; W40 A Deanus 39.54; W45 J Middleton 39.59; W50 L Butcher 37.21; W55 J Strachan 47.08; M35 C Leman 27.40; M40 D Caplin 26.36; M45 M Smit 27.21; M50 D Hough 31.07; M55 A Tyson 32.19; M60 D Strachan 35.30; M65 Dick Horsley 34.24:

Friendship Run. W30 J Stone 61.34; W35 M Peterson 59.23; W40 J Slinger 61.04; W45 T Vaalsta 61.49; W50 L Butcher 60.34; M35 C Leman 44.12; M40 F Smith 44.16; M45 M Smith 45.13; M50 R Shand 49.14; A Tyson 53.54; M60 J Gilmour 48.01; M65 D Horsley 57.04:

1xCliff Bould. W30 A Johnstone 30.44; W35 K Noordyk 25.22; W40 J Pellier 24.50; W45 E O'Dea 26.05; W50 L Butcher 24.07; W55 J Strachan 30.16; M35 H Kirkmar 16.52; M40 D Caplin 17.52; M45 M Smith 18.01; M50 D Moffett 20.11; M55 D Butcher 20.45; M60 D Strachan 23.19; M65 C Bould 22.13:

Strachan '10'. W35 J Stone 48.40; W40 J Slinger 46.50; M40 D Crowther 37.02; M45 R Sammells 39.14; M50 D Carr 39.06; M55 F Usher 52.03; Strachan '8'. W35 J Pearton 42.59; W40 E Crowther 44.03; W45 M Warren/D Whittam 49.37; W50 L Butcher 42.59; M40 B Slinger 40.06; M45 J Whittam 41.26; M50 K Johnson 39.55; M55 A Tyson 44.03; M60 A Wright 40.07:

CHRISTMAS DINNER RECOVERY RUN. Beaton Park, Nedlands. 9th December 1984, A good turnout of runners for this run, considering the festivities that had been going on until the wee small hours of the morning. The morning was fine with a cool wind coming off the river. After the run there was a cricket match Aust v England. I am not sure who won or even if the nationalities managed to find the right side to be on, but the game was enjoyed by all. Our thanks to Barrie, Joan Colin and Sue for getting up early, or not getting to bed at all, to mark the course etc.

RESULTS:- Short Course to Broadway. 5km Approx.

Joan Pellier	24.13	Sandy Walton	26.32	Shirley Cross	26.43
Keith Forden	24.13	Mary Robinson	26.43	Pat Carr	29.04
Doreen Dow	25.26	Elza O'Dea	26.48	Dorothy Whittam	29.40
Dave Benson	25.53	Andy Wright	26.52	Jeff Whittam	29.40
Lorna Butcher	29.49	Val Tyson	34.37		

Short Course to Pelican Point. 6.5km Approx.

Dick Horsley 33.37

Long Course. 9.5km Approx.

Colin Leman	30.43	Barrie Madsen	36.13	Cheryl Bell	41.45
Stephen Parrie	32.12	Joe Stickles	36.25	Kath Penton	42.30
John Maddison	33.08	Dave Roberts	36.39	Ray Lawrence	43.27
Erian Danby	34.20	Tony Butler	37.10	Cliff Bould	43.53
Peter Sanders	34.20	Merv Moyle	37.36	Kirt Johnson	43.35
Don Caplin	34.20	John Attwell	37.03	Pat Hayden	44.23
Farrie Slinger	34.20	Paul Jones	39.21	Ken Whistler	45.29
John Bell	35.12	Allen Tyson	40.56	Frank Usher	45.29
Dalton Moffett	35.22	Barrie Thomsett	40.56	Derek Cowlan	45.42
Bob Sammells	35.27	Cheryl Amies	41.46	Leo Hassam	45.42
Maxine Tapper	46.25	Margaret Warren	47.59	Marilyn Acreman	45.50
Morris Warren	47.59	June Strachan	52.40		

INVITATION RUNNERS.

Tob Muckle	36.13	Phil O'Neill	36.07	Bob Argyle	30.36
Richard Spark	37.03	Patsy Reside	46.31	Joe Ferris	?
Easil Hannha	?				

12 EVENT CLUB CHAMPIONSHIPS. PROGRESSIVE RESULTS

	HALF MAR.	Club CCCh	Mill Pt Rd	MARA THON	STAT CCCh	C.B. HCAP	LEMAN RUN	tot pts	PSN
Don Caplin	842	1050	1050	896	918	1050	954	6760	1
Jill Chambers	899	1076	937	746	-	-	-	3658	12
Brian Danby	789	916	871	655	726	851	777	5585	2
Graham Thornton	752	911	798	735	729	-	-	3925	10
Morris Warren	673	770	757	691	522	716	685	4814	3
John Pellier	640	818	702	651	526	619	789	4745	4
Bill Monks	508	867	768	545	759	864	-	4311	8
Dave Branson	654	781	663	568	-	-	-	2666	25
Barrie Slinger	662	535	751	696	-	741	1050	4435	6
Dick Horsley	-	1225	1225	-	-	1414	20	3884	11
Bob Sammells	701	896	661	-	661	814	788	4521	5
Barrie Evans	640	816	777	-	-	-	771	3004	16
Dalton Moffett	600	866	727	-	637	761	774	4365	7
Joan Slinger	500	598	527	505	-	629	-	2759	22
Mike Khan	653	711	741	-	-	-	757	2862	20
Fraser Deanus	813	-	814	419	-	-	-	2046	34
Frank Smith	959	-	-	1020	-	994	1020	3993	9
Margery Forden	497	761	702	-	338	775	-	3073	15
Lorna Butcher	536	769	629	-	332	698	-	2964	17
Aub Davie	317	631	528	383	376	495	-	2730	23
Maurice Smith	927	-	-	889	-	-	-	1860	37
Bob Harrison	863	-	-	825	-	951	995	3634	13
Frank McLinden	720	896	-	-	514	-	831	2961	18
Bob Bryce	764	-	-	818	-	-	-	1582	45
Kevin Martin	-	830	749	-	-	-	-	1579	46
George Innes	778	-	785	-	-	-	-	1563	47
Jim Barnes	-	784	740	-	-	624	789	2937	19
Keijo Vaalsta	-	811	692	-	632	722	-	2827	21
Andy Wright	382	631	427	20	-	340	-	1800	40
Dave Hough	-	20	780	623	600	-	-	2023	35
Vincent Caruso	505	-	-	674	-	-	707	1886	36
Tricia Spain	-	-	623	492	-	-	-	1115	66
Dave Roberts	496	4	617	-	518	639	-	2270	31
Cliff Bould	490	-	586	-	-	-	1014	2090	33
Dennis Wlmott	-	-	589	444	-	655	-	1688	42
Hank Stoffers	1020	-	-	-	-	-	-	1020	70=
Bill Hughes	398	-	-	596	-	-	-	994	72
Kevin Anderson	-	981	-	-	734	950	-	2645	27
Rob Shand	-	959	-	-	729	840	-	2525	30
George Peet	418	-	529	-	-	-	580	1527	48
Merv Moyle	440	-	494	-	444	607	581	2566	29
Colin Leman	-	-	868	-	855	957	-	2680	24
Ted Maslin	-	-	865	-	783	920	-	2568	28
Jim Greenfield	546	-	-	307	-	-	655	1508	49
Bob Farrell	263	361	222	-	20	-	481	1347	54
Derek Crowther	842	-	-	-	809	1020	905	3576	14
Frank Usher	190	255	372	20	-	-	20	857	77
John Maddison	-	-	835	-	-	-	-	835	78
John Smith	231	351	238	-	-	-	-	820	79
Alicia Ansell	-	-	-	778	-	-	-	778	83
Arthur Leggett	-	775	631	-	418	-	-	1406	52
Joe Stickles	-	773	-	-	533	-	-	1326	56
Barrie Robinson	-	-	-	773	-	-	-	773	84
Sandy Walton	251	505	-	-	220	340	495	1811	39
Tuula Vaalsta	-	-	747	-	651	761	-	2159	32
Stephen Barrie	742	-	-	-	-	-	-	742	88
George Audley	-	-	-	738	-	-	-	738	89
Cheryl Amies	715	-	-	-	526	-	-	715	91
Hamish McGlashen	-	-	694	-	-	-	-	694	94=
Charlie Spare	-	-	-	690	-	490	-	690	96
Brian Foley	-	-	-	681	-	-	-	681	97
Margaret Harman	-	-	-	658	-	-	-	658	99

12 Event Champs Cont.

Peter Davies	-	604	-	-	381	-	478	1463	50
Mary Robinson	20	314	261	-	125	277	840	1837	38
Ken Snowden	593	-	-	433	-	703	-	1765	41
Bruce Hollier	-	-	-	569	556	-	-	1125	64
Terry Tate	560	-	-	-	-	-	-	560	103
Alan Pomery	-	-	556	-	-	489	-	1045	68
Duncan Phillips	-	527	-	-	-	-	-	527	105
Elza O'Dea	20	-	507	-	136	380	-	993	73
Mel Shead	501	-	-	-	-	440	-	949	74
June Strachan	-	-	496	-	20	20	700	1234	59
Stan Latchford	-	-	-	483	-	-	-	483	107
Bob Norton	435	-	-	-	700	819	708	2662	26
Joan Pellier	-	431	-	-	320	475	459	1685	43
Vic Beaumont	-	-	421	-	319	-	534	1274	58
Mitch Loly	-	-	417	-	532	-	647	1598	44
Rod Marston	397	-	-	-	-	-	-	397	109
Ernie Moyle	167	39	189	-	-	-	-	946	72
Duncan Strachan	391	-	-	-	-	261	290	1072	67
Stan Lockwood	-	-	374	-	357	465	681	1196	61
Margaret Warren	-	180	189	-	-	-	818	1187	62
Gerry Noordyk	366	-	-	-	-	450	-	816	980
Kirt Johnson	-	-	363	-	-	240	-	603	101
Erica Mercer	361	-	-	-	-	-	-	361	110
Ron Strauch	353	-	-	-	-	-	-	353	111
Bob Hayres	-	-	-	350	-	-	-	350	112
Keith Forden	22	313	-	-	-	-	-	561	104
Allen Tyson	324	-	-	-	-	226	-	324	114
Jo Stone	-	-	314	-	70	276	749	1409	51
Ann Deanus	306	-	-	-	-	-	-	306	116
Tony Denham	-	-	296	-	-	-	-	256	123
Ken Whistler	-	238	20	20	40	20	-	338	113
Joe Froudish	-	-	-	275	-	-	-	275	119
Kath Noordyk	272	-	-	-	-	-	-	272	120
John Bissett	-	-	269	-	-	-	-	269	121
Nora Berry	-	191	-	-	-	-	-	191	126
Barrie Thomsett	188	-	-	-	-	200	398	796	82
Sheila Maslen	-	-	189	-	-	90	-	279	117
Carole Cole	-	-	161	-	49	306	-	516	106
Phyllis Farrell	160	-	-	-	20	276	569	1025	69
Fred Hagger	125	-	-	20	-	-	621	766	85
Selby Munsie	-	-	139	-	-	-	180	319	115
Dorothy Whittam	-	20	20	-	20	20	595	675	98
Alan Chambers	-	20	20	-	-	-	-	40	128
Val Prescott	-	20	-	-	-	-	-	20	129=
Bev Whistler	-	20	-	-	-	-	-	20	129=
Bernard Godwin	20	-	-	-	-	-	-	20	129=
Basil Worner	-	-	-	-	466	767	783	803	81
Alan Acreman	-	-	-	-	594	726	726	1213	60
Harry White	-	-	-	-	694	-	-	1320	77
John Bell	-	-	-	-	394	-	700	694	94=
Jim Langford	-	-	-	-	1020	-	-	1094	66
Cheryl Bell	-	-	-	-	20	-	-	1020	70=
Shirley Cross	-	-	-	-	20	-	-	20	129=
Jeanette Tomlinson	-	-	-	-	20	20	425	465	108
Maurice Johnston	-	-	-	-	-	-	-	20	129=
Ian Sutherland	-	-	-	-	639	746	746	1385	53
Derek Cowlan	-	-	-	-	244	-	-	244	124
Ron Torkildsen	-	-	-	-	276	-	-	276	118
Enid Crowther	-	-	-	-	268	-	-	268	122
John Gilmour	-	-	-	-	315	789	789	1184	63
Arnold Jenkins	-	-	-	-	-	1329	1329	1329	55
Dave Roberts	-	-	-	-	-	759	87	87	
Dave Carr	-	-	-	-	-	766	766	766	86
Kath Penton	-	-	-	-	-	589	589	589	102
Ray Lawrence	-	-	-	-	-	711	711	711	93
	-	-	-	-	-	233	233	233	125

12 Event Champs Cont.

Pat Hayden				71	71	127
Marilyn Acreman				934	934	76
Barbara Godwin				722	722	90
Pat Carr				713	713	92
Jeff Whittam				20	20	129=
Bob Norton	529	-	-	-	529	104*
John Bell	363	-	-	-	363	110*
Rod Marston	248	-	-	-	248	123
Stanley Green	768	-	-	-	768	85*

* Out of position on list.

LETTERS TO THE EDITOR:-

On the European Champs. The winners performances were the cause of a deep depression over Willetton, but I cheered up somewhat on reading that I might be able to latch on to an East German girl, age 71, provided that she was not wind assisted. Never mend, as the late W.C. Fields once gagged "exercise daily and you'll die healthy. Anon.

Dear Editor,

Upon reaching the end of the first paragraph of McAllister's (mode of address used to indicate indiscrimination and compassion for feminists) letter a great big grin overran some of my ugly features at the thought of comedy to come. But for our editors comment I would still be looking for the laugh. Perhaps it lies somewhere in the fact that, to my knowledge, our editor has only ever made one backward slip when, in 1982, his posterior hit the sand well behind his feet in a long jump.

Before Kate joins us she should prepare herself with a long course of weight training so she can have an equal opportunity of carting hurdles, high jump apparatus, judges seat and the like. Outside of athletics perhaps she could help arrange for pensions to be levelled off at 62½ years!

In the meantime I appeal to all our 'Ws" to remain as they are - 'Ladies", in the finest sense of the word.

Yours Worriedly

George Boakes.

I have also received a letter from Barbara Laech in which she supports Kate's view, unfortunately it was too long to publish. It was displayed on the notice board at the Christmas Gift Run.

Dear Editor,

I would like to commend you on your choice of comedy for the Vetrun. The last issue had fine cartoons and at least two amusing prose articles. I liked the one from the lady who wrote about equal opportunity. I hope, when she eventually becomes a veteran and, perhaps starts to jog, that she continues to have time to amuse us by her rhetoric. She may even be able to relate amusing anecdotes as she jogs, hopefully not arousing more than a ladylike glow.

Yours sincerely,

Hugh Kirkman

H. KIRKMAN

Letters to the editor cont.

Dear Editor,

May I just offer a few words in response to Miss McAllister's letter printed in the ~~last~~ *Vetrun*. I believe the following opinion to come from the hearts of most of our female members.

All our "gentlemen" members are exactly that and the words that they select to address us is O.K. by me.

Just as an afterthought, ladies do sweat; if in any doubt, stand next to me after the next hard Sunday morning run.

Yours Sincerely

Sandi Walton

Unit 9,
12-14 Elvira Street,
PALMYRA, 6157.

This subject is now CLOSED. Ed.

ATTACHED TO THE FRONT OF THIS NEWSLETTER IS AN ENTRY FORM FOR THE TRACK & FIELD CHAMPIONSHIPS. THEY ARE TWO WEEKS BEFORE EASTER, TO HELP THOSE WHO ARE GOING TO THE CHAMPS IN TASMANIA. PLEASE SEND YOUR ENTRY IN AS SOON AS POSSIBLE .



"I KNOW YOU'VE GOT TO MARK OUT
THE RUNNING TRACK BUT YOU'RE
NOT PRACTICING IN MY KITCHEN"

Life begins at 40

Turning 40 is not as easy as it used to be. Now, the body has to be as fit as the intellect. ELAINE CANTY gives a personal insight into this growing dilemma.

IT'S very stressful turning 40.

A body that's chalked up 40 tough years is begging to give up the fight against gravity. Mine is certainly no exception.

When I take off after my 10-year-old following a particularly cheery transgression, she has less trouble than ever keeping an easy half-lap lead around the vegetable patch.

The depressing truth is that as soon as you've extinguished the blaze on the birthday cake, parts of you begin to go wrong.

For a start, you'll have come over all peculiar after all that puffing and blowing.

Of course, if you've always felt that the body you were dealt was a lemon in the first place, it's a secret relief to be able to blame its sorry state on the ravages of time.

Unhappily, the whole

world is into aerobics, jogging and flashdancing. It's no longer the go for your level of physical fitness to be inversely proportional to your intellect.

Quite the opposite. Top people don't sag. Only the streamlined can hold the pace in the fast lane.

This is the "Me" generation facing up to life on the other side of the hill and the pressure is on to stave off "The Droop."

So, now you can see us everywhere, us 40-year-olds - flogging the flagging flesh into shape.

Balding joggers desperately pound the city footpaths in brilliantly hued shiny shorts and matching faces.

We book in droves for adventure holidays - (better get that Himalayan trek under the belt before the knees go!)

You can see us on our brand new sailboard in



"You can see us on our brand new sailboard in the shallows of the beach, flexing our rather ordinary quadriceps as we haul inexpertly on waterlogged canvas."

the shallows at the beach, flexing our rather ordinary quadriceps as we haul inexpertly on waterlogged canvas.

We are horribly aware of the 12-year-old and his junior rig skimming by as we clutch yet again at our lower back.

At our weekly tennis doubles, it's a safe bet that at least half of the players will look like early releases from an orthopaedic ward. With all vulnerable joints braced in flesh-colored devices, we can muster up a list of injuries as long as your arm - torn achilles, strained ligaments, spent cartil-

ages and shot elbows. "When you get to our age," says a friend reassuringly, "you can't expect to go more than 24 hours without pain."

And there we are as well, clinging grimly to the aerobics bandwagon. Twice a week we go - at the back of the class - leaping and stretching, creaking and groaning. We are beginning to hate "The Village People".

The diet question, of course, assumes enormous proportions in the day of a 40-year-old.

Our health and beauty regime insists that we become strangers to the

salt cellar and the sugar bowl.

At the mid-week tennis lunch, I pick piously at Tom Thumb tomatoes and spread tarantulas on water crackers like the other girls.

At 4pm, I scoff a blackberry jam sandwich with the kids and am eaten up with self-loathing.

Mealtimes become a challenge. We either resist temptation or succumb with guilty abandon.

Yes. It's very stressful turning 40.

You have no idea how I'm looking forward to 50 and a good lie down.

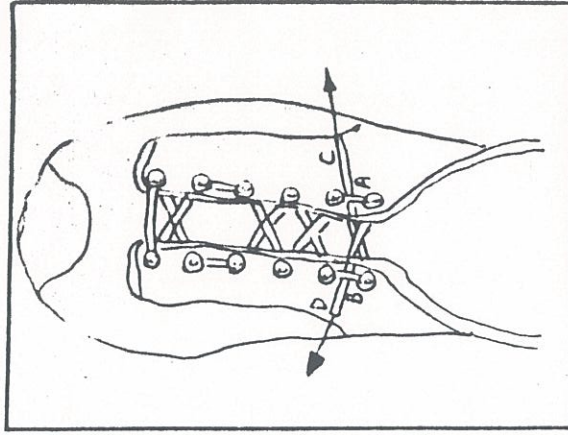


Figure 5 Maron lacing techniques. Lift up lace A, pull lace C under lace A. Lift up lace B, pull lace D under lace B. Pull tight in direction of arrows. Tie in usual way. Try doing one shoe your usual way and the other the Maron way - NOTE THE DIFFERENCE.

JOGGERS seem to be the butt of every witless type of nut who waste their precious living days in finding fault with others' ways.

Unless those ways should give offence, then try to have the common sense to leave us all who like to run, to follow our own kind of fun.

We would not seek to interfere by gibe with such that you hold dear, unless provoked - so, if you must, prepare to take a counterthrust.

Perhaps your favourite occupation is sitting there in meditation,

Producing aimless thoughts in legion. From an intellect found in your nether region?

ATHLETE'S WORLD
AUGUST, 1984.