

# The Vetrin

No. 160 JANUARY, 1986

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

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PATRON: W. J. Hughes

PRESIDENT: Leo Hassam, 272 5556

SECRETARY: Duncan Strachan, 459 3859

TREASURER: David Roberts, 384 5758

NEWSLETTER EDITOR: Basil Womer, 387 9702 (w)

### FROM THE COMMITTEE...

#### Clubrooms - McCallum Park

The Committee requested the President, Rob Shand and Basil Womer to meet with the Head of Perth City Council's Recreation Department on December 10. The purpose of the meeting was:

- \* to present Rob Shand's drawings and notes
- \* to discuss any difficulties
- \* to find out what procedure to follow to get an "approval in principle".

Miss Colyer pointed out that we would need to discuss the matter with the Gun Dog Club of W.A. and draw up a management proposal.

If Council approves in principle, the Committee suggested that Rob Shand could cost the project.

The Committee would then be in a position to take the proposal to members to see if they wished to proceed.

#### Sundown Run

Bob Sammells reported that 94 took part this year (78 last year).

Bob pointed out that the original purpose of this run was to promote our club. While the numbers were high, he questioned whether we were getting beyond our normal members.

Any ideas for next year?

#### Annual Dinner

Jacki Greenfield reported that we sold 116 tickets - our biggest ever.

Many thanks again to Barrie Slinger for organising the venue and menu. (He went to a lot of trouble and a lot of frustration!).

Following a remark from Barrie about the desirability of a change of scene, the committee made a tentative booking for 1986: December 8 at PINWOOD LODGE, Watsonia Road, Maida Vale.

Have you written it in your diary?

#### DARWIN VETS

The committee noted that a club had been formed in Darwin and gave them a formal "welcome aboard". Their address:

BOX 4704

DARWIN N.T. 5794

#### JANUARY RUNS

Please see Page 8 for change of venues/dates. See P.11 for January 19 run.

VETERANS CHAMPIONSHIPS"Athlete of the Meet"

The committee nominated Don Caplin, Bob Sammells and Jeff Whittam to draw up guidelines for judging this award.

OFFICE BEARERS

The Secretary suggested that committee members be elected for specific tasks, e.g. race organisation, social, publicity/promotion.

To help members, and to improve efficiency the committee agreed that "duty statements" could be published in the February Vetrun so that members could nominate for appropriate positions.

TREASURER'S REPORT

Bank balance 9.12.85

Cheque Account	\$5,193.69
Savings Account	\$3,009.19
	<u>                    </u>
	\$8,202.88
	<u>                    </u>

RESULTS OF HANDICAP CHAMPIONSHIPS AFTER NINE EVENTS

		<i>Position after last event</i>	
1.	Selby Munsie	155 (= 1)	11. Alan Pomery 219 ( 6
2.	Rob Shand	172 ( 3)	12. Bob Sammells 239 (13
3.	Ray Lawrence	173 ( 4)	13. Duncan Strachan
4.	John Russell	178 (= 1)	255 (
5.	Dick Horsley	201 ( 8)	14. Dave Roberts 266 (
6.	Maurice Johnston	208 ( 9)	15. Graham Thornton
= 7.	Cliff Bould	214 (10)	274 (15
= 7.	Merv Moyle	214 ( 7)	16. Brian Danby 279 (12
= 9.	Ernie Moyle	218 ( 5)	= 17. Dalton Moffett
= 9.	Don Caplin	218 (11)	285 (
			= 17. Arnold Jenkins
			285 (=19
			= 19. Jill Langdon 288 (
			= 19. Bob Norton 288 (14

Victorian 24-Hour

There will be a 24 hour at Box Hill, Melbourne organised by Dot Browne on the 15-16th February 1986. Anyone interested in running the event Tony Tripp has details (you may ring the Editor if you wish to contact Tony).

"Sportique" at the corner of Murray and Barrack Streets are offering a 15% discount to Vets members. See Ross Parker at the shop and tell him you are a member of the Vets.

Colin and Sue Leman, 87 Avon Terrace, York 096 41 1557

Yes - they're moving. Many thanks for your club contribution and good luck!

RECORD ROUND-UP

Bridges cycle tracks - W30 Cheryl Bell 42.19; W35 Jill Chambers 37.07; W40 Kath Penton 41.06; W45 Tuula Vaalsta 40.16; W55 Lorna Butcher 48.49; W60 June Strachan 56.21; M40 Hugh Kirkman 33.23; M45 Don Caplin 33.08; M50 Maurice Smith 34.50; M55 Merv Moyle 41.09; M65 Cliff Bould 47.16; M70 Dick Horsley 45.35; M80 Johan Sanders 87.00.

TROY HORSE RUN - 11.4KM W35 Cheryl Bell 51.58; W40 Kath Penton 53.45; W45 Tuula Vaalsta 47.41; M40 High Kirkman 40.03; M45 Derek Hoyer 41.17; M50 Ted Maslin 41.09; M55 Stan Lockwood 47.30; M60 Duncan Strachan 56.19; M65 Cliff Bould 56.18. 5.8KM W35 Jill Langdon 34.06; W40 Margery Forden 30.08; W45 Joan Pellier 32.16; W55 Lorna Butcher 34.06; W60 Val Tyson 42.14; M40 Winston Hough 27.31; M50 Basil Worner 25.02; M55 Peter Davies 29.58.

3 PARKS & HEIRISSON ISLAND - W30 Sue Sanders 38.02; W35 Jill Chambers 29.06; W55 Lorna Butcher 37.22; M35 Brian Danby 26.46; M40 Bob Harrison 26.35; M45 Don Caplin 26.45; M50 Frank McLinden 28.28; M55 Barry Evans 30.31.



TIME TRIALS - 1985 - FINAL RESULTS

A total of 72 members competed on at least one night.

Two competed on all nights and 5 missed only once.

In the ladies competition, despite a tremendous effort in the 10K on the final night, Lorna just failed to catch Jan by 6 points, the closest result so far. Well done Jan, and a great effort Lorna!

The winners of the Patron's Trophy for 1985 are:

LADIES:                   JAN FLETCHER                   7613 points  
 MEN :                    BASIL WORNER                   9798 points

Special thanks to:

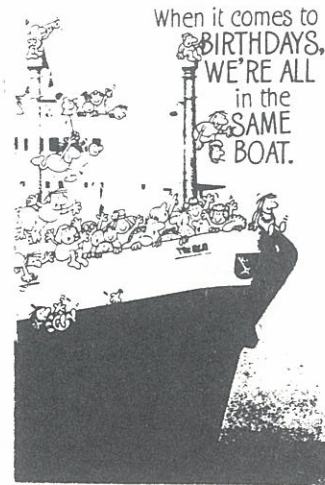
Bob Fergie               : organiser, point-scorer, recorder, competitor  
 Jeff Whittam            : who acted in these roles for the last two weeks  
 Duncan Strachan       : our hard-working secretary who kept working to keep everyone happy

NAME	AGE Group	Total Pts.	Pos.	Nights competed	NAME	AGE Group	Total Pts.	Pos.	Nights competed				
Jan Fletcher	W35	7613	1	9	Joan Pellier	W45	596	13	1				
Lorna Butcher	W55	7607	2	9	Jo Stone	W40	592	14	1				
Dorothy Whittam	W45	7049	3	7	Enid Crowther	W40	572	15	3				
Cheryl Bell	W35	5870	4	8	Margaret Stone	W40	445	16	2				
Margery Forden	W40	3823	5	5	Val Prescott	W40	437	17	2				
Jan Johnson	W40	3126	6	4	Marilyn Acreman	W45	380	18	2				
Jill Chambers	W35	1788	7	3	Jill Langdon	W35	244	19	1				
Tuula Vaalsta	W45	1604	8	2	Val Tyson	W60	103	20	2				
Sue Sanders	W35	1388	9	4	Sheila Maslen	W45	72	21	2				
Shirley Cross	W45	1101	10	6	Pat Carr	W50	28	22	1				
Alison Aldrich	W40	846	11	5	Mary Pritchard	W40	20	23	1				
Kath Penton	W40	604	12	1									
Basil Worner					M50	9798	1	10	Ken Gilbert	M40	1853	26	2
Ted Costello					M45	8064	2	10	Brian Foley	M40	1659	27	2
Brian Danby					M35	6931	3	9	Bob Harrison	M40	1630	28	2
Bob Fergie					M50	4837	4	8	Jeff Bowen	M40	1594	29	4
Ken Whistler					M50	4614	5	9	Bert Carse	M40	1328	30	2
Maurice Johnston					M45	4561	6	9	Brian Aldrich	M55	1312	31	3
John Bell					M40	4372	7	7	Allen Tyson	M60	1116	32	2
Bob Sammells					M45	4282	8	7	Barrie Slinger	M45	1059	33	2
Peter Sanders					M40	4099	9	7	Ted Maslin	M50	959	34	1
Dick Horsley					M70	3746	10	4	Frank Smith	M40	868	35	1
Geoffrey Hughes					M40	3069	11	4	Bob Argyle	M40	844	36	1
Keith Forden					M45	3039	12	6	Arnold Jenkins	M40	799	37	2
Norman Richards					M45	2937	= 13	4	Derek Crowther	M40	761	38	3
Jeff Whittam					M50	2937	= 13	6	Dave Carr	M50	732	39	1
Frank McLinden					M50	2935	15	4	Kevin Martin	M45	678	40	1*
Cliff Bould					M65	2698	16	5	Joe Yates	M40	670	41	1
Dave Jones					M55	2377	17	4	Kevin Martin	M45	655	42	1*
Don Caplin					M45	2314	18	3	Morris Warren	M45	536	43	1
Jim Barnes					M40	2196	19	3	Aub Davie	M50	505	44	1
Graham Thornton					M45	2194	20	3	John Bennington	M45	499	45	1
Alan Stone					M50	2042	21	3	Arthur Leggett	M65	469	46	1
Keijo Vaalsta					M50	1995	22	3	Ernie Moyle	M60	440	47	1
John Pellier					M45	1962	23	3	Garnett Morgan	M60	423	48	1
Barrie Kernaghan					M45	1936	24	2	Bert Healy	M50	371	49	2
Bill Monks					M45	1900	25	2	Peter Davies	M55	177	50	1

\* These two lots of points should be added together which would place Kevin between Jeff Bowen and Bert Carse.

## HAPPY BIRTHDAY TO:

Jim Barnes	turns	43	remains	M40	25
Ted Costello	"	50	becomes	M50	24
Fraser Deanus	"	46	remains	M45	01
Robert Farrell	"	46	"	M45	24
Jan Fletcher	"	40	becomes	W40	20
Eileen Hindle	"	37	remains	W35	02
Colin Leman	"	40	becomes	M40	20
Les Oakley	"	41	remains	M40	20
Bob Sammells	"	49	"	M45	06
Sheila Maslen	"	48	"	W45	06
Michael Hill	"	43	"	M40	16
Terry Tate	"	50	becomes	M50	22
Charles McKenna	"	40	"	M40	04
Peter Mouller	"	47	remains	M45	02
Mary Pritchard	"	43	"	W40	19
Alison Aldrich	"	43	"	W40	24
Ray Attwell	"	50	becomes	M50	13
Trisha Spain	"	44	remains	W40	04
Barry Evans	"	56	"	M55	29
Susan Hill	"	43	"	W40	22

GEORGE McGRATH

The "gentleman of the road and track" suffered a heart attack in late September. News spread rapidly, but by the time most people phoned or called on George, he was out of hospital intensive care and recovering! Recovering...cheerfully, as we would expect, and fast, again as we would expect. Marie, in fact was concerned at first, that he looked so well, people might not believe the attack, but she indeed had a rather worrying time when it happened.

However, the "bush telegraph" works across the world. Two letters from U.K. arrived C/- your Editor for George recently, and another one has now appeared, plus an anxious phone call from Jim Beisty in Newcastle, who was late getting the news. Such is the mateship of Veterans' Athletics and the respect and affection inspired by George. Thanks from George to all his well-wishers, and more news hopefully before we go to press.

(From "Waratah" - newsletter of the N.S.W. Veterans Athletics.)

*Many of our local Vets know George and we all wish him a full recovery.*

"METRO MARCH"

A special invitation to all veteran members

Six hours of running....jogging....walking through the northern coastal suburbs

TEAM: 2 to 5 persons (make up your team)

REQUIREMENTS: A strong pair of legs...a torch..pencil...and compass (not essential) and plastic bag...for map (approx. 300 x 400mm).

ORGANISERS: Rogaining Association of W.A. COURSE SETTERS: B. Thomsett & B. Hardy

VENUE: 30A Paine Court, Karrinyup

DATE: Saturday 22nd February 1986

TIME: Entries open 3.00 p.m.

SUPPLIED: Map...1:40.000

Event starts 4.00 p.m.

Black and white street map

Finish 10.00 p.m.

Clue sheet

Tea and coffee after event

ENTRY FEE: \$1.00 per person

COME AND MEET OTHER RUNNERS. YOU CAN STILL COMPETE  
WITH THE VETERAN CLUB NEXT MORNING !!

Note: BYO BBQ after event 10.00 p.m. till late

FURTHER INFORMATION: Barrie Thomsett 420 6256 (W) 446 8442 (H)



## "VETPOWER"

"Old Soldiers Never Die - Even in Fun Runs"

by Arthur Leggett

(Reprinted from "Legs Eleven Minor" - Newsletter of the 11th and 2/11 A.I.F. Battalions Association).

There is a certain semi-senile runner in our mob who had trained diligently for 2 months prior to the recent City to Surf Fun Run simply because No. 1 grandson, who now stands 6 inches taller than his ancient ancestor, implied this was the year when the old soldier was going to be run into the bitumen. The venerable veteran was feeling in fine form on the Friday evening before the contest, when the phone rang.

Everyone in The Battalion immediately recognises the ear-shattering voice of Owen (Professor Nimbus) Kenrick when they hear it on the phone. "Ay! Art!" it announced. "Allen Knee is over 'ere from Melbourne an' The Sig Platoon 'as got to 'ave a few drinks with 'im, 11 a.m. ter-morrer. You be there, eh!"

As the ageing athlete replaced the phone he had a funny feeling that this clarion call somehow sounded like the tolling of a distant bell. Nevertheless, next day, complete with a leave pass which read "Go on and have a couple of beers with your old mates", this merry meanderer assembled with a group from No. 1 (Signals) Platoon in a cosy corner of an hotel in town.

There was Allen Knee, Andy Mulgrave, Arthur Leggett, Owen Kenrick, Vic Powell and, just to ensure nobody told any lies, Arthur Robinson joined them as well. It was one of those spontaneous assemblies in which oft told episodes are recalled to mind and made to shine like precious gems polished with the magic of comradeship.

Mine Host of The Grosvenor Hotel was intrigued by this bunch of bulldusting blokes whose noisy yarn spinning increased in volume as "the few drinks" expanded into "another round"; especially when two visiting R.S.L. members from Queensland passed the table on journeys from the front bar to the back room. Indeed, it was noticed that a nude female form reclining on a bed in a wall picture, at one stage put her fingers in her ears and turned away.

Approximately 5 hours after assembling for "a couple of beers with your old mates" this group of Len Dowling's boys rolled out on to the footpath leaving behind a bar full of wrecked and smoking Heinkel Bombers, Stukas, Benelli Motor Bikes, Iti tanks and Junkers Troop Carriers liberally interspersed with barbed wire and Red Cross parcels.

Next evening the T.V. News announced, "3500 fit and healthy people lined up for The Annual City to Surf Fun Run," but the Sig Platoon Rep knew damm well that there were only 3499 fit and healthy people there. Oh, he ran all right! (6th Divvy and all that sort of thing). But during the 12 kms, on several occasions, he had to peel off from the field to engage in a life and death struggle with a bad bout of Brewer's Asthma.

After the event an indignant No. 1 grandson loomed up: "I was trotting along slowly worrying about you and waiting for you to catch up, but I didn't see you go past me! By cripes, that's the last time! Next year.....".

Next year, if that b... phone rings.....!

DO YOU KNOW THIS MAN?

A few weeks ago, Alan Pomery said "Why don't we revive our pen pictures of prominent members?"

So Alan became our first writer in the revival, and our reliable equipment man our first subject.

So, come in. . . . .

Maurice Johnston (48)

by Alan Pomery

Born in Liverpool, U.K.

First became interested in running when doing National Service in 1956, when he often had to go on 12 mile runs carrying back pack, and this gave him an interest in running.

After National Service he joined Liverpool Boundary Harriers and after a few years with them, went on to Liverpool Pembroke and says he usually came in at the back in his races.

Came to W.A. in 1971 and joined Canning Districts. For the first 4 or 5 years he did not do much running and when he turned 40 he joined the W.A. Vets.

Hero

His running hero is Emil Zatopek.

Likes the Vets not only for the running but for its great social side and finds it marvellous mixing with different people who are in it for the love of the sport. He warns everyone - don't pass him in a race, he will probably abuse you.

He still has a few ambitions. He would like to run 10 miles in less than an hour and a marathon in under 3 hours.

Had a few injuries over the past few years but has got over them by sheer persistence.

Speed Work

He finds speed work and long slow distance training has helped greatly.

Best time for marathon is 2 hours 44 mins. at Herne Hill, so consider this his favourite course.

Does not like training in the morning.

Does about 80km a week but feels should do more. Favourite distance is 10 mile (16km) and shorter distance 1500 metres.

Trains with Ted Costello and says the only way to beat Ted is to do more training!

Tries to do his long training runs on Tuesday and Wednesday.

1987

Next year would like to do the Wanneroo 20 and the Bunbury Marathon, both of which he has not yet competed in.

1987 - watch out London! He hopes to run the London Marathon along with a group of other Vets.

Considers he is your average club runner.

Favourite song - "In my Liverpool home".

AUSTRALIAN VETERANS CHAMPIONSHIPS, '86

THE HON. SEC. HAS ENTRY FORMS FOR THESE CHAMPIONSHIPS TO BE HELD IN ADELAIDE IN APRIL NEXT YEAR. YOU MAY RING DUNCAN ON 459 3859 FOR FURTHER INFORMATION ON THESE CHAMPIONSHIPS.



THE CHAMPIONS

Bob Sammells

Western Australian State Veterans Track & Field and Cross Country Championships have been held only from 1982. Nevertheless some remarkable tallies of wins have been notched up by competitors. By age group the most successful have been:

W30 Eileen Hindle	16	M35 Joe Gold	16	M75 Jack Shepherd	2
W35 Eileen Hindle	10	M40 Brian Landers	8	M80 Jack Shepherd	
W40 Lovella Jenkins	11	M45 Ted Maslen	16	M85 Tom Jones	1
W45 Dorothy Whittam	28	M50 Dave Carr	11	M90 Tom Jones	1
W50 Pat Cox	15	M55 Dave Jones	13		
W55 June Strachan	16	M60 Duncan Strachan	17		
W60 Phyllis Head	25	M65 Cliff Bould	8		
W65 Phyllis Head	6	M70 Dick Horsley	21		

I leave it to you to dig through old newsletters to see who is breathing down their necks.

The top seven athletes in events now have been:

Phyllis Head	31	Dick Horsley	28
Dorothy Whittam	28	Ted Maslen	17
Eileen Hindle	26	Allan Tyson	17
		Duncan Strachan	17

While for married couples:

June and Duncan Strachan	34
Dorothy & Jeff Whittam	30
Valerie & Allan Tyson	29
Pat and Dave Carr	28

were the clear leaders.

All the above figures are unchecked but, hopefully, the most successful performers have been identified. The next Championships are in March 1986. If, like me, you have never won a State Championship (and are not likely to) not to worry. They are a lot of fun for competitors and officials alike so how about an entry form from every member next year.

VETS ON THE TRACK

Dick Horsley, our Saturday track official and roving reporter sent us the following list of veteran performances at the AAWA competitions:

## TRACK TIMES NOVEMBER 1985

<u>100</u>	E. Hindle (W35)	12.5	<u>200</u>	E. Hindle (W35)	26.8	<u>Pole Vault</u>		
	V. Prescott (W40)	14.3		V. Prescott (W40)	31.8	E. Maslen (M50)	2.50	
		14.5			30.3	E. Maslen (M50)	2.55	
	N. Richards (M45)	12.8		N. Richards (M45)	28.0	<i>Both records</i>		
				J. De Gruchy (M55)	28.9			
			<i>All 200's into strong breeze</i>					
<u>400</u>	B. Kernaghan (M45)	53.2	<u>3000m S/Ch</u>					
	J. De Gruchy (M55)	67.9		E. Maslen (M50)	11.07			
		66.4			<i>Record</i>			

SUPER SUPERVETS

In the recent New York City Marathon 87 year old Johann Bossman of Schlucksee, West Germany, completed the distance in 5 hours 57 minutes 44 seconds.

Bess James of San Jacinto, California, U.S.A., completed the distance in 6:53:56. Bess is 76 years young.

(From: "Footnotes", Newsletter of the Veterans Athletic Association of Tasmania).



## LETTERBOX

40 Strathallen Ave.,  
NORTHBRIDGE NSW 2063

Dear Basil,

Before starting this letter let me tell you that I don't have a clue as to how I am going to get it to you because all that is offered in the newsletter is your phone number.....no address! But I'll get it to you somehow.

Thank you indeed for sending me your great little newsletter regularly. I am honored indeed.

You seem to have a great group of people over there and there seems to be a lot of fun.....real fun....in your activities.

Just for the record, I turned 66 on Nov. 04 and do you know what I did? At 8am I ran 19k over to Talays Runners Shop. At 4pm I ran 16k. At 6pm I got on my bike and did a mart 10k. 7pm I swam a very slow 800m. Let me tell you that I slept well that night. Last year George McGrath and I (both 65) celebrating our becoming Senior Citizens, rang 65 laps of Chatswood Oval with some 300 boys from a nearby college, and about eight adult distance running friends. It didn't take us long to burn the kids off, but the other guys hung in a little longer. Afterwards we had a beautiful party in a steak house overlooking the Lane Cove River. But the idea of running 66 laps this year didn't excite me very much.....hence the "triathlon".

David Carr, one of your well respected members is an old R.A.N. friend of mine from some 30 years (God help us) ago. Dave was quite a useful 400m runner with our Navy club ALBATROSS A.A.C. Please give my best regards to David, John Gilmour (fat slob!) Cliff Bould and all your great members. I only wish that West. Aust. was just a little closer to us than it is!

Sincerely,

FRANK McCAFFREY

*(Many thanks for your letter Frank. We hope you are now training for your 70 laps at Chatswood! - Editor).*

JANUARY RUNS - PROGRAMME CHANGE

REMEMBER:

THE "NOVELTY DAY", McCALLUM PARK AT  
8.00 a.m. IS NOW ON JANUARY 12 NOT  
MARCH 23.

CONSEQUENTLY, THE TEDDY BIRDS PICNIC  
IS ON MARCH 23 NOT JANUARY 12.



**RESULTS**

SUNDOWN RUN - W.A.I.T.

17 November 1985

There was quite a good entry for this Fun Run although, as in previous years, it was not as well supported by members as it might have been.

Originally for Veteran runners only, it has been made 'open', had three different venues and been switched from sundown to morning and back to sundown again in attempts to attract greater participation by members. All had little success. Non-runners are reminded that last year's proceeds were donated to charity and this year's went into club funds, both worthy causes. Will we see you at Sundown '86.

Runners this year ranged from the very young to the very old. They had the choice of one, two or three laps of the 3km road circuit within the campus. The warmish temperature and course seemed to take their toll as a few runners looked 'all in' when finishing. Overall, most seemed to enjoy the run almost as much as they did the barbecue that followed.

Our thanks go to Shirley and Wally Cross, Derek Crowther, Jackie Greenfield, Les Hassam, Maurice Johnston, John Maddison, Dave Roberts, Bob and Maureen Sammells, Charlie Spare, Duncan Strachan, Allan and Val Tyson, Jeff Whittam and Basil Worner for their sterling efforts before and on the day.

BOB SAMMELLS

(And thanks to you Bob, for keeping the flag flying in a worthy cause! - Ed.)

Alphabetical list of participants

Alison ALDRICH	33.13	Greg HARRIS	39.29
Brian ALDRICH	42.01	Bob HAYRES	26.03
Bob ARGYLE	32.39	Mary HEPPLÉ	19.34
Mark BATTEN	33.34	Dick HORSLEY	35.30
Cheryl BELL	41.57	David HOUGH	38.03
John BELL	34.21	Jeff HUGHES	35.10
Lorna BUTCHER	33.00	Arnold JENKINS	36.02
Don CAPLIN	34.51	Lucinda JENKINS	40.11
David CARR	35.59	Maurice JOHNSTON	38.24
Pat CARR	54.00	Paul JONES	42.44
Alan CHAMBERS	57.51	Darryl KELLY	41.48
Jill CHAMBERS	36.00	Mike KHAN	35.06
Tom CLARKE	11.42	Hugh KIRKMAN	32.53
Jennifer CLAY	54.19	John LANEY	41.55
Greg CONSLON	46.38	Jill LANGDON	33.00
Jan COOK	43.21	Peter LE BRETON	44.16
Ted COSTELLO	35.23	Mitch LOLY	39.39
Maurice CREAGH	39.14	Ian LYON	56.20
Brian DANBY	32.46	Hamish McGLASHAN	25.40
Rob DAVIS	45.56		
Rosa DAVIS	34.31	Jim McLEAY	48.09
Phyllis FARRELL	33.00	Bill MITCHELL	42.46
Robert FARRELL	31.59	Cathy MITCHELL	53.49
Marj FORDEN	30.01	Steve MITCHELL	31.35
Jimmy GREENFIELD	31.31	Dalton MOFFETT	36.38
Barbara GODWIN	34.33	Ernie MOYLE	16.21
Bernard GODWIN	39.43	Merv MOYLE	41.45
		Selby MUNSIE	43.20

**RESULTS**

## SUNDOWN RUN - W.A.I.T. cont...

Gerry NOORDYK	44.54	Tim SARGEANT	36.25
Jack NOORDYK	35.47	Rob SHAND	36.44
George PEET	42.23	Dominic SPAGNOLO	34.54
Joan PELLIER	29.20	John STONE	16.27
John PELLIER	37.36	June STRACHAN	54.51
Tia POLAIN	18.27	Graeme THORNTON	37.00
Alan POMERY	40.06	Joe TROVATO	35.52
Val PRESCOTT	35.29	Keijo VAALSTA	37.30
Mary ROBINSON	20.20	Tuula VAALSTA	39.34
David ROBERTS	38.05	Sandi WALTON	46.49
Steve ROGEN	38.59	Margaret WARREN	54.19
John RUSSELL	46.42	Maurice WARREN	39.34
Johanne SANDERS	56.06	Louise WHALAN	15.37
John SANDERS	56.08	Roger WHALAN	47.27
Jeffrey SANDERS	35.16	Jeff WHITTAM	48.14
Michael SANDERS	40.21	Dorothy WHITTAM	40.30
Peter SANDERS	45.09	Ken WHISTLER	31.37
Sue SANDERS	45.09	Basil WORNER	15.58
Malcolm SARGEANT	39.12	Joe YATES	35.16

A special late starter was the "Bishop" of Bullsbrook, who completed the course in 42.10. As to who completed what distance in the above results - we refer you to the individuals. They are all honest.

## LEMAN'S RUN - DEEPWATER POINT

23 November 1985

A good turnout of 70 members arrived at Deepwater Point for the annual Leman's Run of 7km or 10 miles. A surprising 30 opted for the shorter distance, probably due to the warm conditions, with some making the decision only when reaching the turn-off point.

The 7km race was won by Hugh Kirkman in 26:41 with Maurice Smith (who can believe that he is over 50?) hot on his heels in 27:09. The first lady member was 'globe-trotter' Joan Pellier in 34:29.

## PEAK FORM

The 10 mile race saw a bunch of runners until the 6km point, when Frank Smith moved into second gear and took off in his normal style to win in 55.52. Brian Danby, who has hit peak form in recent weeks, achieved another PB with 57:34. First lady home was Tuula Vaalsta in 69.05.

After the run, a large contingent stayed on for a barbecue breakfast by the river.

Thanks to Dalton Moffett, Frank Usher, Kath Penton, Joan Slinger, Ann Smith and Alan Tyson for their help.

Colin and Sue Leman.



**RESULTS**

LEMAN'S RUN - DEEPWATER POINT cont...

23 November 1985

## 10km

1. Frank Smith	M40	55.52	21. Barrie Slinger	M45	1.11.46
2. Brian Danby	M35	57.34	22. Bernard Godwin	M45	1.12.39
3. Derek Crowther	M40	59.54	23. Alan Croxford	M40	1.14.28
4. Don Caplin	M45	1.00.44	24. George Peet	M50	1.16.17
5. Bert Carse	M40	1.01.44	25. Brian Aldrich	M55	1.16.51
6. Dominic Spagnolo	M30	1.01.59	26. Tony Speechley	M40	1.16.51
7. Jim Barnes	M40	1.02.12	27. Merv Moyle	M55	1.21.13
8. Joe Yates	M40	1.02.18	28. Ray Lawrence	M55	1.22.06
9. Ted Costello	M45	1.02.29	29. Barrie Thombsett	M45	1.22.29
10. Maurice Johnston	M45	1.02.38	30. Sara Kennedy	W35	1.22.32
11. Ray Attwell	M45	1.04.45	31. John Kennedy	M35	1.22.32
12. Ron Jones (Vis)	M25	1.04.46	32. Alan Pomery	M50	1.22.48
13. Keijo Vaalsta	M50	1.05.42	33. Ernie Moyle	M60	1.23.12
14. Dalton Moffett	M50	1.05.48	34. Margery Forden	W40	1.23.24
15. Rob Shand	M50	1.05.52	35. Duncan Strachan	M60	1.26.38
16. John Pellier	M45	1.07.05	36. John Russell	M50	1.26.38
17. David Hough	M50	1.07.53	37. Sandy Walton	W35	1.28.56
18. Jim Greenfield	M40	1.07.55	38. Marilyn Acreman	W45	1.28.56
19. Tuula Vaalsta	W45	1.09.05	39. Phyllis Farrell	W40	1.29.00
20. Morris Warren	M45	1.10.50	40. Jim McClean	M50	1.33.34

## 7km

1. Hugh Kirkman	M40	26.41	16. Keith Forden	M45	38.25
2. Maurice Smith	M50	27.09	17. Jenny Willers	W35	39.07
3. Barry Harewood	M40	29.13	18. Bob Farrell	M45	39.07
4. John Spencer	M45	31.01	19. Glorna Butcher	W55	39.47
5. Mitchell Whalen	Vis	34.06	20. Fred Hagger	M60	39.47
6. Jan Cook (Vis)	W30	34.12	21. Rosa Davis	W40	41.32
7. Joan Pellier	W45	34.29	22. Margaret Warren	W50	41.51
8. Paul Jones	M50	34.29	23. Leo Hassam	M55	41.51
9. Basil Worner	M50	35.09	24. Carol Cole	W40	41.57
10. Dick Horsley	M70	35.12	25. Ian Lyon	M45	41.57
11. Louise Whaylen	Vis	35.16	26. Sheila Maslen	W45	43.33
12. Roger Whaylen	M40	35.57	27. Val Tyson	W60	62.05
13. Greg Goulson	Vis	36.32	28. Dorothy Whittam	W45	62.05
14. Cliff Bould	M65	37.38	29. Shirley Cross	W45	62.05
15. Jeff Whittam	M50	37.38	30. Mary Robinson	W45	62.05

"STRACHAN'S RUN"JANUARY 19

Your menu : 6k or 8K or 14k

The run is followed by morning tea and, for the brave, a swim.

Then :           BBQ  
                   BYO  
                   BYB       = "Bring your bathers"  
                   LYP       = "Leave your puppy"

**RESULTS**

THREE PARKS AND HEIRISSON ISLAND - OPEN HANDICAP

1 DECEMBER 1985

Blue skies, light cloud and the morning temperature just under 20°C set the score for the first event of summer.

103 runners, including 20 visitors, awaited Colim Leman's call to the starting line as the open handicap got underway at McCallum Park.

Vic Baumont, fresh off night shift, sped over the parks and round Heirrisson to be first home ahead of fast finishing Bob Shand (running back into form) with Alan Pomery looking strong in 3rd spot.

Jill Langdon, who finished 6th overall, led the ladies home followed by Jill Chambers (12th) and Cheryl Bell (28th).

A group of 5 ladies were spotted walking over part of the Heirrisson Island course and unless substantial bribes are offered by the offenders, their names will appear in the next "Vetrum".

Many thanks to Kath Penton, Maureen Pomery, Bev Thornton (recorders), Wally Cross (cards), Colin, Paul Jones, Maurice Smith (flags) and many others for the smooth running of the event and to all who took part to make it a fun morning.

		Age	Clk	H/cp	Adj.T		Age	Clk	H/cp	Adj.T	
1	Vic Beumont	M55	41.38	8.45	32.53	31	Don Caplin	M45	43.45	17.00	26.45
2	Rob Shand	M50	41.58	12.45	29.13	32	Dick Horsley	M70	43.55	9.00	34.55
3	Alan Pomery	M50	42.11	11.00	31.11	33	Dave Roberts	M40	43.56	15.00	28.56
4	Ken Whistles	M50	42.16	8.30	33.46	34	Paul Jones	M50	43.59	11.30	32.29
5	Bill Monks	M45	42.19	13.15	29.04	35	Merv Moyle	M55	44.06	11.30	32.36
6	Jill Langdon	W35	42.30	3.00	39.30	36	George Peet	M50	44.16	11.30	32.46
7	Bert Carse	M40	42.31	15.30	27.01	37	Jim Brown	Inv	44.17	17.00	27.17
8	Stan Mitchell	Inv	42.43	17.00	25.43	38	Barry Thomsett	M45	44.20	9.00	35.20
9	John Russell	M50	42.51	6.15	36.36	39	Bob Sammells	M45	44.21	15.30	28.51
10	John West	Inv	42.57	17.00	25.57	40	Ted Maslen	M50	44.36	15.45	28.36
11	Bob Hayres	M50	42.59	12.00	30.59	41	John Madison	M45	44.41	15.15	29.26
12	Jill Chambers	W35	43.06	14.00	29.06	42	Les Monks	Inv	44.42	13.15	31.27
13	Bob Norton	M45	43.07	14.30	28.37	43	Brian Aldrich	M55	44.47	11.15	33.32
14	John Bell	M40	43.10	16.00	27.10	44	Kirt Johnson	M55	44.47	8.45	36.02
15	M. Johnson	M45	43.11	15.15	27.56	45	Greg Coulson	Inv	44.47	17.00	27.47
16	Joe Stickle	M45	43.12	12.30	30.42	46	B. Godwin	M45	44.57	12.30	32.27
17	Brian Danby	M35	43.16	16.30	24.46	47	B. Evans	M55	45.01	14.30	30.31
18	Selby Munsie	M50	43.18	8.45	34.33	48	M. Archer	Inv	45.02	17.00	28.02
19	Harry White	M40	43.23	15.45	27.38	49	Anthony Wood	M40	45.06	17.00	28.06
20	H McGlashan	M45	43.24	14.00	29.24	50	Ernie Moyle	M60	45.10	8.00	37.10
21	Ted Costello	M45	43.25	15.15	28.10	51	Maxine Tapper	W35	45.15	5.00	40.15
22	Frank McLinden	M50	43.28	15.00	28.28	52	Jan Cook	Inv	45.16	10.00	35.16
23	Ian McGillon	M40	43.30	16.00	27.30	53	J. Pellier	M45	45.20	15.00	30.20
24	Steve Barrie	M45	43.31	16.30	27.01	54	D. Strachan	M60	45.21	10.15	35.06
25	Dave Hough	M50	43.33	13.00	30.33	55	G. Thornton	M45	45.30	16.30	29.00
26	Bob Harrison	M40	43.35	17.00	26.35	56	D Spagnolo	Inv	45.31	17.00	28.31
27	Joe Yates	M40	43.37	15.30	28.07	57	D. Clark	Inv	45.38	17.00	28.38
28	Cheryl Bell	W35	43.38	11.15	32.23	58	Peter Le Breton	M40	45.39	14.00	31.39
29	Arnold Jenkins	M40	43.41	15.45	26.56	59					
30	Ray Lawrence	M55	43.42	10.00	33.42	60	Lorna Butcher	W55	45.32	8.30	37.22



**RESULTS**

## THREE PARKS AND HEIRISSON ISLAND cont...

	<u>Age</u>	<u>Clk</u>	<u>H/cp</u>	<u>Adj.T</u>		<u>Age</u>	<u>Clk</u>	<u>H/cp</u>	<u>Adj.T</u>
61 Cliff Bould	M65	45.52	7.45	38.07	76 M Robinson	W45	47.35	5.15	42.20
62 Kath Noordyk	W35	46.03	11.45	34.18	77 I Bell	Inv	47.42		
63 Roger Whalan	M40	46.04	10.00	36.04	78 Phyllis Farrell	W40	47.52	9.15	38.37
64 Wendy Forden	W40	46.05	11.45	34.20	79 S. Maslen	W45	47.55	5.45	42.10
65 G. Nordyke	M60	46.12	9.15	36.59	80 S. Walton	W35	47.57	10.00	37.57
66 M. Warren	W50	46.13	6.45	39.28	81 Sue Sanders	W30	48.02	10.00	38.02
67 Kath Mitchell	W45	46.17	5.00	41.17	82 Greg Buchanan	Inv	48.26	17.00	31.26
68 Carol Cole	W40	46.22	4.45	41.37	83 Bill Mitchell	M50	48.42	13.15	35.27
69 M. Warren	M45	46.28	13.45	32.33	84 Craig Willers	Inv	48.54		
70 Greg Knuckey	Inv	46.36	17.00	29.36	85 Nicole Willers	Inv	48.57		
71 Jim Greenfield	M40	46.50	12.45	34.05	86 Michael Revese	Inv	49.01	17.00	32.01
72 E. O'Dea	W45	47.16	8.00	39.16	87 R. Peters		49.06	17.00	32.06
73 Peter Sanders	M40	47.17	16.30	30.47	88 M. Acreman	W45	49.07	7.30	41.37
74 S. Rogers	Inv	37.31	17.00	30.31	89 J. Strachan	W40	49.26	4.45	44.41
75 J. Pellier	W45	47.33	12.00	35.33	90 Alison Aldrich	W40	49.54	2.30	47.24

## RECOVERY RUN

8/12/85

1 Barry Slinger	M45	27.00	5k		31 Cherry Bell	W35	42.55		
2 Basil Worner	M50	27.05	"		32 Brian Aldrich	M55	43.07		
3 Jeff Whittam	M50	29.25	"		33 Bill Mitchell	M50	43.39		
4 Barry Thompsett	M45	29.26	"		34 Ray Lawrence	M55	44.48		
5 Leo Hassam	M55	30.07	"		35 Dorothy Whittam	W45	45.15	5k	
6 Patricia Hayden	W50	30.28	"		36 Val Tyson	W60	45.15	5k	
7 Alison Aldrich	W40	30.50	"		37 Rob Farrell	M45	46.46		
8 Alan Tyson	W60	31.13	"		38 Dunca Stachan	M60	46.47		
9 June Strachan	W60	31.15	"		39 Jim Barnes	M40	46.48		
10 Alan Stone	M50	33.26	"		40 Vic Beaumont	M55	46.49		
11 Don Caplin	M45	34.30			41 Michael Revere	Inv	46.55		
12 John Bell	M40	35.39			42 Joe Yates	M40	46.58		
13 Graham Thornton	M45	35.48			43 Margery Forden	W40	47.33		
14 Bob Willers	Inv	36.07			44 Joan Pellier	W45	47.33		
15 Barry Harwood	M40	36.08			45 Ernie Moyle	M60	47.55		
16 Arnold Jenkins	M40	36.28			46 Kirt Johnson	M55	47.56		
17 Joe Trovato	M45	36.36			47 Peter Davies	M55	49.08		
18 John Bennington	M45	36.46	5k		48 Phyllis Farrell	W40	49.16		
19 Margaret Stone	W40	37.21	5k		49 Ken Whistler	M50	49.16		
20 Rob Shand	M50	38.14			50 Selby Munsie	M50	49.17		
21 Dalton Moffett	M50	38.14			51 Jenny Willers	W35	49.35		
22 Bob Sammells	M45	38.14			52 Fred Hagger	M60	49.37		
23 M. Johnston	M45	38.14			53 Ian Lyon	M45	50.22		
24 J. Pellier	M45	38.33			54 Cliff Bould	M65	50.48		
25 John Spencer	M45	38.39			55 Morris Warren	M45	53.28		
26 Shirley Cross	W45	39.37	5k		56 Marg Warren	W45	53.28		
27 Mary Robinson	W45	39.41	5k		57 Kath Mitchell	W45	55.10		
28 Dave Hough	M50	39.51							
29 Merv Moyle	M55	42.48							
30 Paul Jones	M50	42.50							

TIME TRIALS1986 PROGRAMME

START 6.00 P.M.

JANUARY 7TH	100m Discus	800m Hammer	5000m Triple Jump	1500m Walk	Bob Fergie Dick Horsley	McG
JANUARY 14TH	200m Shot	1500m Javelin	3000m Long Jump	2000m Walk	Basil Worner Lorna Butcher	C
JANUARY 21ST	100m Discus	400m Shot	10000m Triple Jump	3000m Walk	Brian Danby Bill Monks	McG
JANUARY 28TH	200m Javelin	800m Hammer	5000m Long Jump	1500m Walk	Bob Sammells Dave Jones	C
FEBRUARY 4TH	100m Discus	1500m Javelin	3000m Triple Jump	2000m Walk	Jeff Whittam Dorothy Whittam	McG
FEBRUARY 11TH	200m Shot	400m Hammer	10000m Long Jump	3000m Walk	Maurice Johnston Val Prescott	C
FEBRUARY 18TH	100m Discus	800m Hammer	5000m Triple Jump	1500m Walk	Ian Fletcher Alan Tyson	McG
FEBRUARY 25TH	200m Shot	1500m Javelin	3000m Long Jump	2000m Walk	Dick Horsley Ted Costello	C
MARCH 4TH	100m Discus	400m Shot	10000m Triple Jump	3000m Walk	Bob Fergie Ken Whistler	McG
MARCH 11TH	200m Hammer	400m Javelin	1 mile Long Jump	1500m Walk	Norm Richards Bob Sammells	C

*If you cannot officiate on the night you are rostered, can you please find someone to take your place.*