

The Vetrun

NO 172, JANUARY 1987

W.A. VETERANS' A.C.

PATRON : BILL HUGHES

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FROM THE COMMITTEE

This issue of Vetrun will be remarkable for the number of nomination forms it contains!

1. Our State Championships : Remember, these will take place on two week-ends : the last in March and the first in April- 10ks and pentathlon on the first week-end. See page 15.
2. Nomination form for positions on the Club Committee. Remember that the AGM is on March 22nd with a group run after. See page 3
3. Entry form for the "Deadly Medley Relay" on February 15. This is a new style of run and we are asking for entries beforehand if you want to be eligible for the team prize. However, you can still enter on the day. See page 3.
4. March long week-end. The application form is below.

Librarian : Allen Tyson has been our tireless noticeboard-man and librarian. If you have any club books, Allen would like to have them back as soon as convenient.

MARCH LONG WEEK-END, 1987 - EATON

From Friday, 28th February to Monday 2nd March, 1987

Cost \$3.00 per night

Names	Friday 28.2.87.	Saturday 1.3.87.	Sunday 2.3.87.
_____	\$ _____	\$ _____	\$ _____
_____	\$ _____	\$ _____	\$ _____
_____	\$ _____	\$ _____	\$ _____
_____	\$ _____	\$ _____	\$ _____
_____	\$ _____	\$ _____	\$ _____
_____	\$ _____	\$ _____	\$ _____
_____	\$ _____	\$ _____	\$ _____
Total	\$ _____	\$ _____	\$ _____

I enclose a cheque for \$ _____

Please send cheque to S. Walton, Secretary, Unit 9, 12 Elvira Street, Palmyra, 6157 by 16th February, 1987.



HAPPY BIRTHDAY TO:

02-01-49	HINDLE	: Eileen	turns	38	remains	W35
02-01-45	MUIR	: David M	"	42	"	M40
02-01-39	MULLER	: Peter E	"	48	"	M45
04-01-42	SPAIN	: Trisha	"	45	becomes	W45
06-01-38	MASLEN	: Sheila	"	49	remains	W45
06-01-37	SAMMELLS	: Robert	"	50	becomes	M50
07-01-36	ROUTLEDGE	: Raymond	"	51	remains	M50
09-01-46	LYONS	: Frederick J	"	41	"	M40
13-01-36	ATTWELL	: Raymond K	"	51	"	M50
15-01-47	JENKINS	: Jacqueline	"	40	becomes	W40
16-01-43	HILL	: Mike	"	44	remains	M40
17-01-50	WOOD	: Margaret	"	37	"	W35
18-01-45	GALE	: Brian	"	42	"	M40
19-01-39	MITCHELL	: Kathleen	"	48	"	W45
19-01-43	PRICHARD	: Mary	"	44	"	W40
20-01-46	FLETCHER	: Janet	"	41	"	W40
20-01-46	LEMAN	: Colin	"	41	"	M40
20-01-45	OAKLEY	: Les	"	42	"	M40
22-01-43	HILL	: Susan M	"	44	"	W40
22-01-51	TAYLOR	: Margaret A	"	36	"	W35
22-01-36	TATE	: Terry	"	51	"	M50
24-01-43	ALDRICH	: Alison	"	44	"	W40
24-01-36	COSTELLO	: Ted	"	51	"	M50
24-01-40	FARRELL	: Robert	"	47	"	M45
25-01-43	BARNES	: James	"	44	"	M40
27-01-44	ENDE	: JAN D	"	43	"	M40
28-01-27	MORRISSEY	: Michael P	"	60	becomes	M60
29-01-30	EVANS	: James B	"	57	remains	M55

Orienteering Super-supermaster

Jeff Whittam handed us some material on orienteering ("cunning running!").

It included a piece on Stewart Nicholl Snr., Australia's oldest orienteer. Stewart is a mere 100! Yes - M100. The story also notes that the ACT Championships are offering an M100 class this year.

THEY SAID IT:

SLOGAN on the back of a hockey veteran's tee shirt: "The older we are the faster we were."

STRACHAN'S RIVER RUN 18TH JANUARY, 1987

A choice of 6km, 8km or 14km; two drink stations; run follows the river on a bitumen path. Pool and change rooms available. Morning tea provided. B.Y.O. two B.B.Q's. Please, no animals. Please bring foldings chairs.

This is the official nomination form for positions on the committee of the W.A. Veterans' Athletic Club. You may obtain further copies from committee members .

I nominate
for the position of

Proposed by :Seconded by :.....

I am willing to stand for the above position

Signed :

Date :

Please send nomination forms to the secretary before the AGM which is on March 22nd, 1987

Hon. Secretary
9/12 Elvira Street
Palmyra
6157

.....
"DEADLEY MEDLEY RELAY" - YOKINE 15 FEBRUARY, 1987

The Relay

- o This is a teams relay.
- o There are 4 in a team.
- o Two runners run 2 kms twice.
- o Two runners run 1 km twice.
- o Total: 12 km.

Entry

- o There will be a prize for the winning team.
- o There will also be "mystery prizes" !
- o To qualify for the winning team prize, please enter beforehand.
- o You can do this by filling in the form on this page.
- o Please hand to a committee member or post to Kath Penton, Box 9, Cloverdale, 6105

Teams

- o We will pick teams and try to make them as even as we can.

After-race

- o There are showers and facilities for a picnic lunch.

DEADLEY MEDLEY RELAY
15 FEBRUARY, 1987

ENTRY FORM

NAME _____

AGE GROUP _____

TELEPHONE _____

Please return by Sunday, February 8, 1987



This is a little extract which Allen Tyson came across some time ago. Don Quarrie is one of the greatest sprinters of all time - certainly one of the most enduring.

We have space to include only the first half of this sensible piece of advice :

VETPOWER THE DON QUARRIE WAY

From: Queensland Veterans Athletic Club Newsletter

"Coaches should not only study the basics of sprint running but just as importantly, be able to impart such knowledge to aspiring runners.

Technique

Sprinting is an art in itself. Correct technique is essential for maximum performance.

It is true that some individual champions have some mannerisms and practices that conflict with the basic rules for correct running style and practices but that does not negate the need to start young athletes in particular, running as correctly as possible.

The art of sprinting is basically the ability to propel the body forward at maximum speed with the minimum of effort. In order to achieve this, it is necessary to develop body control. In fact, the faster we run the better able we are to achieve this control.

Body and Arms

First of all, the position of the head is important. It should be erect and relaxed. When the head is tilted back the neck becomes tense and the back bent and strained. If carried too far forward, the buttocks stick out, the knees don't come up and the running action becomes a plodding style.

There is often a tendency for sprinters to focus their eyes on the finish line - the entire distance. This tends to take the mind away from the essentials in maintaining running form with consequent loss of form and drive.

During sprints we should be thinking all the time of what we should be doing, what we are doing and how we are doing it.

If we can master the art of controlling form, then drive will produce rhythm which is necessary for maximum speed.

There are many different ideas on how the arms should be used, whilst there is general agreement that the best results can only be achieved by the powerful use of arms and shoulders.

Therefore, it would seem to be only common sense that unnecessary movements should be eliminated as far as possible.

To achieve this, visualise your running action as simply an extension of walking with the knees and hips in unison, lifting higher and driving harder as speed increases.

High knee lift is essential but must be accompanied by a lift of the hips which helps to get drive and lengthens the stride.

We should always strive to run at maximum height.

The body angle should be slightly forward and should be over the leading foot at point of contact.

The drive off the back leg should be part of the forward movement - a flowing action.

(To be continued)

POINT WALTER RUN - 2-11-86

85 runners took part in this year's Point Walter Run. The weather was 'warm to hot', in marked contrast to last year's when it rained and a strong cold wind made the run to the finish a feat of endurance. Times were fast with Jill Chambers winning the shorter run (5.8 K) in 23m 41secs. and Don Caplin the longer (11.4 K) in 38m 54secs.

After the event many members enjoyed the hospitality of Carole Cole for a barbecue and swim.

Many thanks to the helpers who made the run a very pleasant occasion.

Barbara & Bernard Godwin

5.8 K							
Pos.	Name	Age Group	Time	Pos.	Name	Group	Time
1.	J. Chambers	W35	23.41	21.	P. Macliver	W40	32.37
2.	P. Martin	M45	24.03	22.	R. Davis	M45	32.38
3.	A. Croxford	M40	24.35	23.	M. Webb	W35	33.33
4.	B. Sammells	M45	25.21	24.	R. Macliver	M45	33.34
5.	A. Pomery	M55	25.51	25.	R. Davis	W40	34.12
6.	J. Cariss	Visitor	27.07	26.	F. Hagger	M60	35.26
7.	V. Beaumont	M55	28.13	27.	M. Robinson	W45	36.48
8.	B. Johnson	M40	28.21	28.	S. Bowler	M60	37.05
9.	J. Pellier	W45	29.18	29.	M. Tapper	W35	37.23
10.	J. Lindsay	M35	29.20	30.	D. Whittam	W50	37.38
11.	J. Johnson	W40	30.02	31.	A. Stone	M50	37.39
12.	R. Whalan	M40	30.20	32.	M. Stone	W40	37.49
13.	S. Kennedy	W35	30.54	33.	V. Tyson	W60	44.29
14.	C. Cole	W45	31.12	34.	J. Beaumont	W50	44.37
15.	S. Walton	W40	31.23	35.	J. Langdon	W35	46.49
16.	L. Hassam	M55	31.24	36.	O. Lindsay	W30	46.50
17.	K. Forden	M45	32.01	37.	?	Visitor	55.36
18.	M. Fermor	M45	32.17	38.	S. Brown	W50	55.37
19.	J. Whittam	M50	32.27	39.	P. Farquhar	W45	55.44
20.	R. Lawrence	M55	32.28				
11.4 K							
1.	D. Caplin	M45	38.54	24.	A. Davie	M50	49.50
2.	H. Kirkman	M40	39.07	25.	M. Forden	W45	49.53
3.	D. Muir	Visitor	40.10	26.	P. Jones	M50	49.54
4.	G. Thornton	M45	40.56	27.	J. Pellier	M45	50.33
5.	J. Barnes	M40	41.05	28.	J. Yates	M40	50.35
6.	E. Maslen	M50	41.29	29.	R. Routledge	M50	51.09
7.	D. Roberts	M40	42.22	30.	J. Curtis	M50	51.57
8.	B. Harwood	M40	42.55	31.	P. Farrell	W40	52.46
9.	J. Pressley	M40	43.28	32.	M. Polkinghorne	Visitor	52.57
10.	B. Danby	M35	44.57	33.	B. Thomsett	M45	53.05
11.	B. Evans	M55	45.16	34.	J. Willis	W35	53.14
12.	C. Leman	M40	45.55	35.	J. Russell	M50	53.21
13.	D. Moffett	M55	46.05	36.	R. Farrell	M45	55.06
14.	R. Shand	M50	46.06	37.	S. Hicks	M60	57.25
15.	B. Norton	M45	46.13	38.	E. Moyle	M60	58.03
16.	A. Tyson	M60	46.45	39.	F. Usher	M60	58.18
17.	B. Hayres	M55	46.47	40.	M. Warren	W50	59.56
18.	R. Brown	M50	47.13	41.	M. Warren	M45	59.57
19.	J. Ende	M40	47.23	42.	A. Chambers	M45	63.08
20.	B. Aldrich	M55	48.12	43.	P. Weston	W50	63.50
21.	D. Miller	M45	48.16	44.	S. Maslen	W45	63.54
22.	B. Hardy	M40	48.37	45.	G. Morgan	M60	67.50
23.	R. Harris	M50	49.17	46.	C. Bould	M70	67.51

THREE PARKS AND HEIRISSON ISLAND - HANDICAP 9.11.86

This event was programmed as an open handicap event, however, due to a slight misunderstanding the event was handicapped for 10KM as per programme and not the 7.4M as published in the booklet of club runs. Consequently the event was run under sealed handicap conditions.

Blue skies greeted the 84 runners including 16 visitors who lined up to await the starters gun.

Paul Martin gained first position on adjusted time for the men, followed by John Gilmour and Barry Harwood whilst Jill Chambers and Marge Forden were best for the ladies.

A small group of ladies decided that the rigors of a 7.5KM sprint would be too much so decided to take a jaunt around Heirisson Island.

Special thanks to Stuart and Louise Hoskins, Kirt Johnson, Wally Cross and Dick Horsley for their assistance in making the event successful and also to handicapper Keith Forden for recalculating the handicaps.

- E. Moyle

Pos.	Name	Age Group	Clock Time	Adj. Time	Pos.	Name	Age Group	Clock Time	Adj. Time
* 1.	D. Scott	M35	26.34	26.34	43.	K. Forden	M45	35.04	26.19
2.	G. Knuckey	Visitor	27.10	27.10	44.	M. Traynor	M45	35.19	35.19
3.	J. Molloy	"	27.14	27.14	45.	B. Fraser	Visitor	35.33	35.33
4.	D. Muir	M40	27.38	27.38	46.	B. Johnson	M40	35.46	25.45
5.	B. Power	M40	27.44	27.44	47.	B. Godwin	M45	35.55	26.10
* 6.	J. Gilmour	M65	27.57	23.12	48.	J. Lindsay	M35	36.05	36.05
7.	J. Ferris	Visitor	28.01	28.01	49.	K. Whistler	M50	36.22	25.22
8.	E. Maslen	M50	28.47	24.02	50.	G. Peet	M50	36.47	26.17
9.	A. Martin	M35	28.48	28.48	51.	J. Cariss	Visitor	37.19	37.19
10.	D. Roberts	M40	29.03	23.18	52.	B. Thomsett	M45	37.46	27.46
11.	J. Chambers	W35	29.10	23.40	53.	R. Farrell	M45	38.08	26.23
12.	C. Leman	M40	29.13	24.43	54.	R. Lawrence	M55	38.15	27.35
13.	B. Harwood	M45	29.15	23.15	55.	J. Slinger	W45	38.17	25.47
14.	S. McDonald	Visitor	29.31	29.31	56.	S. Hicks	M60	38.20	24.50
15.	P. Martin	M45	29.48	23.03	57.	J. Russell	M50	38.40	25.10
16.	B. Cahill	Visitor	29.54	29.54	58.	J. Willers	W35	38.44	26.14
* 17.	F. McLinden	M55	29.59	24.29	59.	A. Chambers	M45	38.52	27.07
18.	R. Sammells	M45	30.00	24.00	60.	G. Morgan	M60	38.53	26.38
19.	J. Travato	M45	30.06	24.36	61.	M. Polkinghorne	Vis.	39.27	39.27
20.	M. Johnston	M45	30.10	23.55	62.	R. Whalan	M45	39.30	27.00
21.	K. Martin	M50	30.24	24.24	63.	S. Kennedy	Visitor	39.32	39.32
22.	P. Airey	Visitor	30.50	30.50	64.	C. Bould	M70	39.47	26.47
23.	B. Slinger	M45	30.56	23.26	65.	P. Weston	W50	39.55	26.40
24.	J. Stickles	M45	31.02	24.47	66.	F. Usher	M60	40.26	24.56
25.	D. Branson	Visitor	31.03	31.03	67.	P. Macliver	W40	40.56	26.09
26.	R. Shand	M50	31.04	24.04	68.	C. Ansell	M40	40.57	31.12
27.	T. Speechley	M40	31.18	24.33	69.	L. Whalan	Visitor	42.13	42.13
28.	M. Faunge	M45	31.31	23.16	70.	B. Thornton	W35	42.15	24.30
29.	J. Spencer	M50	31.35	24.05	71.	G. Whittam	M50	42.16	26.46
30.	B. Durant	Visitor	31.49	31.49	72.	P. Spencer	W45	44.24	25.09
31.	D. Moffett	M55	31.50	25.05	73.	C. Cole	W45	44.26	27.26
* 32.	A. Ansell	W40	32.27	24.57	74.	B. Godwin	W45	44.35	27.35
33.	D. Hough	M50	32.46	26.01	75.	S. Bowler	M60	46.53	27.38
34.	M. Moyle	M55	33.06	24.21	76.	M. Stone	W40	47.43	26.58
35.	D. Miller	M45	33.40	33.40	77.	M. Taylor	W35	47.50	27.05
36.	J. Keys	Visitor	33.41	33.41	78.	A. Stone	M50	48.28	30.43
37.	J. Maddison	M45	33.47	28.32	79.	V. Tyson	W60	54.40	33.55
* 38.	M. Forden	W45	33.48	23.48	80.	P. Farquhar	W45	58.35	37.50
40.	B. Hardey	M40	34.13	25.28					
41.	B. Copley	Visitor	34.28	34.28					
42.	D. Ryder	"	34.52	34.52					

* Denotes record for this course

SUNDOWNER FUN RUN	W.A.I.T.	16.11.86
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1 LAP 3.31K

Pos.	Name	Age Group	Time
1.	J. Airey	M50	13.16
2.	J. Cariss	Visitor	13.43
3.	D. Ende	Visitor	14.22
4.	B. Regts	Visitor	15.45
5.	K. Whistler	M50	15.51
6.	J. Johnson	W40	17.04
7.	S. Cross	W45	17.05
8.	E. Moyle	M60	17.24
9.	J. Langdon	W35	17.59
10.	L. Hughes	Visitor	18.45
11.	G. Hughes	Visitor	18.46
12.	D. Whittam	W50	19.50
13.	J. Stewart	W35	20.34
14.	P. Ende	W40	21.02
15.	S. Antoniulli	Visitor	22.26
16.	B. Whistler	W45	25.54
17.	J. Francis	Visitor	26.42
18.	P. Francis	Visitor	26.43

2 LAPS 5.24K

1.	S. Mitchell	Visitor	20.46
2.	J. Chambers	W35	25.20
3.	Fitzpatrick	M40	25.54
4.	A. Pomery	M55	26.33
5.	B. Young	Visitor	27.20
6.	V. Beaumont	M55	29.49
7.	S. Walton	W40	32.03
8.	L. Butcher	W55	32.24
9.	K. Stewart	M35	32.40
10.	M. Webb	W35	33.54
11.	D. Francis	Visitor	34.20
12.	S. Kegts	Visitor	35.28
13.	P. Carr	W50	35.34
14.	G. Francis	M35	35.59
15.	M. Taylor	W35	37.13
16.	J. Sanger	W35	40.04
17.	J. Beaumont	W50	42.39
18.	K. Forden	M45	42.52

Summary1 Lap

Winner	J. Airey	M50	13.16
	J. Johnson	W40	17.04

2 Laps

Winner	Fitzpatrick	M40	25.54
	J. Chambers	W35	25.20
	(S. Mitchell fastest time		20.46)

3 Laps

Winner	B. Carse	M45	31.18
	M. Forden	W45	42.01

3 LAPS 9.17KM

Pos.	Name	Age Group	Time
1.	B. Carse	M45	31.18
2.	C. Brockwell	M35	32.45
3.	D. Hoye	M45	33.29
4.	G. Thornton	M45	33.41
5.	T. Maslen	M50	34.29
6.	W. Pantall	Visitor	34.51
7.	L. Antinoilli	"	34.58
8.	J. Barnes	M40	35.03
9.	A. Martin	Visitor	35.09
10.	D. Roberts	M40	35.16
11.	D. Carr	M50	35.31
12.	B. Sammells	M45	35.36
13.	R. O'Neill	Visitor	35.41
14.	M. Kahn	M40	35.46
15.	D. Weir	Visitor	36.00
16.	M. Johnston	M45	36.01
17.	G. Hughes	M40	36.28
18.	T. Costello	M50	36.38
19.	K. Martin	M45	36.52
20.	J. Pellier	M45	37.50
21.	A. Davie	M50	38.16
22.	D. Branson	M50	38.36
23.	B. Durant	Visitor	39.05
24.	M. Moyle	M55	39.08
25.	J. Ende	M40	39.14
26.	J. Maddison	M45	39.17
27.	B. Aldrich	M55	39.37
28.	D. Philip	M50	40.57
29.	G. Peet	M50	41.09
30.	B. Godwin	M45	41.46
31.	M. Forden	W45	42.01
32.	B. Wilson	Visitor	42.03
33.	M. Traynor	M45	42.10
34.	G. Rowland	Visitor	42.35
35.	E. Murphy	Visitor	42.57
36.	B. Mitchell	M50	43.27
37.	A. Aldrich	W40	43.47
38.	A. Chambers	M45	45.36
39.	G. Morgan	M60	46.30
40.	J. Russell	M50	46.40
41.	R. Davis	M45	46.42
42.	E. O'Dea	W50	47.07
43.	M. Fermor	M45	47.35
44.	R. Davis	W40	50.42
45.	C. Ende	Visitor	50.50
46.	C. Cole	W45	50.56
47.	K. Mitchell	W45	53.15
48.	B. Godwin	W45	54.09
49.	S. Maslen	W45	54.09

DEEPWATER POINT - 23.11.86.

A large field of 114, including 17 visitors, headed off to Mt. Henry Bridge in sunny but warm conditions with a choice of a 7 K or 16 K run.

43 completed the shorter run with the majority going for the '10 miler'

The easterly didn't encourage course records but there were many outstanding performances.

The drink station on Melville Parade, Como, was very welcome and our thanks to Jill Langdon and Wendy Norton for this.

Also making the morning a success was Maureen Pomery, Bev Thornton, Maurice Smith, Colin Leman, Wally Cross and Dick Horsley. Special thanks also to Stuart Hoskin.

- Dalton Moffett

7 K

Pos.	Name	Age Group	Time	Pos.	Name	Age Group	Time
1.	T. Maslen	M50	28.35	23.	T. Macliver	M45	42.01
2.	B. Harwood	M40	29.41	24.	M. Tapper	W35	42.11
3.	T. Brockwell	W30	29.54	25.	B. Thornton	W35	42.18
4.	J. Spencer	M50	30.37	26.	R. Joyce	M50	42.19
5.	L. Rapmund	M35	34.54	27.	K. Penton	W40	42.55
6.	J. Cariss	Visitor	35.45	28.	S. Maslen	W45	42.56
7.	J. Pellier	W45	35.47	29.	P. Spencer	W45	42.57
8.	P. Guiton	M50	36.31	30.	K. Mitchell	W45	43.20
9.	J. Pearce	W35	36.53	31.	B. Godwin	W45	43.27
10.	A. Tyson	M60	36.53	32.	C. Cole	W45	43.27
11.	J. Willers	W35	37.27	33.	P. Carr	W50	44.35
12.	S. Walton	W40	37.34	34.	J. Strachan	W60	45.01
13.	J. Whittam	M50	38.53	35.	D. Whittam	W50	48.52
14.	P. Macliver	W40	39.07	36.	J. Sanger	W35	49.07
15.	P. Sanger	M35	39.07	37.	M. Miller	W40	49.34
16.	I. Butcher	W55	39.26	38.	K. Crellin	W40	49.35
17.	N. Mole	Visitor	40.07	39.	J. Beaumont	W50	54.00
18.	P. Rafferty	Visitor	40.08	40.	V. Tyson	W60	63.33
19.	M. Webb	W35	40.52	41.	P. Farquhar	W45	63.33
20.	M. Acreman	W45	41.01	42.	H. Manchese	W35	63.33
21.	R. Davis	W40	41.18	43.	S. Brown	W50	73.12
22.	E. O'Dea	W50	41.52				

16 K

1.	S. Mitchell	Visitor	56.10	21.	J. Greenfield	M40	69.57
2.	D. Scott	M35	58.46	22.	V. Caruso	M40	70.07
3.	D. Muir	M40	59.36	23.	M. Faunge	M45	70.09
4.	C. Brockwell	M35	60.02	24.	D. Branson	M50	70.11
5.	K. Woollard	M35	60.24	25.	B. Norton	M45	70.31
6.	B. Danby	M35	60.28	26.	B. Evans	M55	70.37
7.	D. Caplin	M45	62.32	27.	K. Martin	M45	71.02
8.	P. Odam		62.54	28.	B. Munyard	Visitor	71.29
9.	G. Thornton	M45	63.16	29.	D. Miller	M45	72.06
10.	J. Yates	M40	64.12	30.	R. Harris	M45	72.49
11.	A. Martin	Visitor	65.04	31.	B. Hardy	M40	73.05
12.	J. Noordyk	Visitor	65.48	32.	B. Aldrich	M55	73.54
13.	F. McLinden	M55	65.54	33.	J. Ende	M40	74.10
14.	D. Roberts	M40	66.03	34.	R. Brown	M50	74.20
15.	M. Kahn	M40	66.19	35.	V. Beaumont	M55	74.44
16.	D. Hough	M50	66.45	36.	T. Miller	Visitor	76.06
17.	B. Sammells	M45	66.47	37.	M. Forden	W45	76.10
18.	R. O'Neil	Visitor	67.28	38.	J. Woolhouse	Visitor	76.13
19.	M. Johnston	M45	67.55	39.	A. Pomery	M55	76.34
20.	J. Pellier	M45	69.07	40.	M. Traynor	M45	78.18

Pos.	Name	Age Group	Time	Pos.	Name	Age Group	Time
41.	G. Peet	M50	78.22	57.	L. Hassam	M55	84.54
42.	J. Curtis	M50	78.46	58.	R. Farrell	M45	85.16
43.	B. Mitchell	M50	79.20	59.	B. Wilson	Visitor	85.50
44.	A. Lebel	Visitor	79.36	60.	G. Morgan	M50	86.03
45.	G. Rowland	Visitor	79.58	61.	S. Hicks	M60	86.04
46.	R. Davis	M45	80.14	62.	K. Forden	M45	86.27
47.	M. Egan	Visitor	80.37	63.	C. Arndt	Visitor	86.41
48.	B. Godwin	M45	81.35	64.	C. Bould	M70	86.42
49.	G. Noordyk	M65	82.25	65.	A. Aldrich	W40	87.09
50.	B. Crellin	M45	82.30	66.	D. Strachan	M60	87.10
51.	K. Whistler	M50	83.35	67.	E. Moyle	M60	87.43
52.	J. Ellis	Visitor	83.36	68.	R. Lawrence	M55	88.43
53.	B. Fraser	Visitor	83.50	69.	F. Usher	M60	92.37
54.	J. Russell	M50	84.19	70.	D. Carr	M50	92.44
55.	A. Chambers	M45	84.20	71.	S. Bowler	M60	100.29
56.	B. Thomsett	M45	84.53				

DAVE JONES COURSE RELAY - 7-12-86

The Dave Jones Course Relay was run on 7th December, 1986 and attracted a total of 47 members as competitors. The event was run over 6 laps of the Dave Jones Course and the competitors divided into 6 teams, which contained quite an even spread of 'talent' as the closeness of the results indicate.

Thanks for assistance given by Jacqy Jenkins, John Gilmour and Wally Cross.

Arnold Jenkins.

RESULTS

FIRST - Don Caplin's 'Black' team in 37 mins. 28 secs.

Team members: Trish Kirwan, Jan Johnson, John Mussett, Dave Scott, John Russell, Dave Hough, John Molloy.

SECOND - Jim Barne's 'Red' team in 40 mins. 48 secs.

Team members: Cliff Bould, Sheila Maslen, Ted Maslen, Vic Beaumont, Dave Roberts, Jeremy Cariss, George Schagt

THIRD - Keith Forden's 'White' team in 41 mins. 05 secs.

Team members: Jan Ende, Dave Jones, Frank McLinden, Jo Steward, Marge Forden, Peter Airey, Brad Bull.

FOURTH - Paul Martin's 'Gold' team in 41 mins. 47 secs.

Team members: Dick Blom, Bill Hughes, Allan Tyson, Ray Brown, Scott Ashurst, Syd Bowler, Kevin Stewart.

FIFTH - Brian Danby's 'Green' team in 42 mins. 02 secs.

Team members: Patricia Weston, Dot Whittam, Jeff Whittam, Bob Sammells, Dalton Moffett, Bob Norton, Stuart Hicks

SIXTH - Paul Jones's 'Brown' team in 44 mins. 56 secs.

Team members: John Pellier, Sandi Walton, Barry Thomsett, Ray Lawrence, Brian Hardy, Wendy Norton

RESULTS

LAKE LECHANAULTIA - 26-12-86

Not bad weather conditions, overcast, humid about 26^o, we're on for the 10th Lake Lechanaultia 8K run. Unfortunately the rumour got round that the run was on at 9.00am and a few poor souls made an early morning trek up to the lake, hope they managed to get a decent run in. Everything went off smoothly, Derek Hoyer set off at a blistering pace and kept going to set a new M45 record of 27.10, and I think a fastest time ever for the course. Second Vet was Tom Clarke who ran very well with a fast 28.04, Derek Crowther a regular for this course was third in a good 29.19 ahead of two other regulars who sprinted to the finish to record D. Carr 31.23 and M. Johnston 31.25. Jan Morrey led the women home in an excellent 32.14 from Alison Aldrich 37.41 and Patricia Weston 42.43. Pat Carr coasted in looking very professional in 45.37 with Margaret Stone 53.18 helping in daughter Lisa.

Once again I had many beautiful assistants, namely Jackie Greenfield, Bev Thornton, Louise Hoskins, Rose Johnston and Ann Smith, thank's very much.

Following the run everyone retired to the lake B.B.Q. area for food and beverage, where half bottles of 1943 Napoleon Brandy was distributed among the runners by Father Christmas unfortunately I don't believe in the old sod and consequently didn't get a bottle.

Barry Robinson.

Pos.	Name	Age Group	Time	Pos.	Name	Age Group	Time
1.	D. Hoyer	M45	27.10	14.	D. Hill	Visitor	35.09
2.	J. West	Visitor	28.04	15.	C. West	Visitor	37.36
3.	T. Clarke	M40	28.21	16.	A. Aldrich	W40	37.41
4.	D. Crowther	M40	29.19	17.	J. Russell	M50	37.42
5.	D. Carr	M50	31.23	18.	A. Tyson	M60	37.56
6.	M. Johnston	M45	31.25	19.	K. Cameron	M45	39.40
7.	F. Smith	M40	31.30	20.	S. Cameron	Visitor	42.36
8.	D. Branson	M50	32.03	21.	P. Weston	W50	42.43
9.	J. Morrey	W45	32.14	22.	K. O'Reilly	Visitor	44.19
10.	J. Maddison	M45	33.04	23.	P. Carr	W50	45.37
11.	B. Morrey	M55	33.41	24.	M. Stone	W40	53.18
12.	S. Hoskins	M40	33.44	25.	L. Stone	Visitor	53.18
13.	G. Thornton	M45	35.09				



LETTERBOX

21/12/86

Dear Sandy,

Many thanks to you, the Committee and members for the many good wishes sent to me by cards, telephone and visits during my short sojourn in hospital - I can assure you they were much appreciated. The flowers were lovely too and admired by all those who saw them.

I'm home again, complete with plaster cast, but give fair warning to all ancient vets to watch out in 1987!

Thanks again.

Dick Horsley

TIME TRIALS -1986

These are the full results of the 1986 Time Trials competition for the Patron's Trophies. Our thanks to the Race Director, Bob Sammells and to Bob Fergie for organizing these ten twilight meets and to Bob Fergie for keeping the statistics right up to date week by week. Also our thanks to the Race Organizers for each of the meets. We generally started on time and the programme went according to plan.

Pos.	Name	Age	Points	Pos.	Name	Age	Points
1.	B. Worner	M55	11033	28.	A. Martin	M35	1614
2.	A. Davie	M50	8609	29.	J. Ende	M40	1527
3.	B. Danby	M35	7220	30.	V. Beaumont	M55	1504
4.	R. Sammells	M45	6969	31.	A. Stone	M50	1429
5.	J. Pellier	M45	6368	32.	D. Reid	M35	1423
6.	D. Caplin	M45	6234	33.	D. Moffett	M55	1422
7.	G. Thornton	M45	6136	34.	B. Slinger	M45	1320
8.	M. Johnston	M45	5651	35.	D. Drayson	M60	1201
9.	K. Martin	M40	5133	36.	J. Walker	M35	1063
10.	F. McLinden	M55	5038	37.	M. Fermor	M45	1017
11.	B. Fergie	M50	4801	38.	D. Scott	M35	909
12.	R. Norton	M45	4565	39.	H. Kirkman	M40	862
13.	C. Bould	M70	4111	40.	K. Martin	M45	801
14.	C. Baumann	M70	3987	41.	K. Forden	M40	798
15.	B. Gale	M40	3803	42.	B. Carse	M40	704
16.	E. Costello	M50	3517	43.	D. Branson	M50	576
17.	A. Tyson	M60	3354	44.	B. Aldrich	M55	574
18.	J. Whittam	M50	3312	45.	J. Travato	M45	559
19.	D. Clive	M45	3311	46.	K. Eccleston	M35	528
20.	K. Forden	M45	2899	47.	G. Morgan	M60	516
21.	G. Innes	M50	2670	48.	M. Warren	M45	512
22.	D. Carr	M50	2603	49.	R. Harris	M45	454
23.	A. Stillaway	M60	2295	50.	J. McLaughlan	M45	406
24.	D. Jones	M60	2259	51.	P. Jones	M50	378
25.	J. Yates	M40	2144	52.	J. Manley	M50	262
26.	K. Whistler	M50	1938	53.	B. Amorous	M35	40
27.	N. Richards	M45	1639				

Pos.	Name	Age	Points	Pos.	Name	Age	Points
1.	J. Fletcher	W40	9984	12.	J. Stone	W40	1580
2.	D. Whittam	W50	9122	13.	C. Bell	W35	1534
3.	J. Johnson	W40	8449	14.	B. Baumann	W70	1388
4.	E. Hindle	W35	5837	15.	J. Sanger	W35	1327
5.	S. Cross	W45	4410	16.	V. Tyson	W60	1236
6.	M. Forden	W45	3862	17.	T. Brockwell	W30	910
7.	L. Butcher	W55	3158	18.	S. Walton	W40	804
8.	K. Holland	W45	2162	19.	A. Aldrich	W40	587
9.	L. Meakins	W35	1970	20.	M. Stone	W40	60
10.	J. Pellier	W45	1952	21.	J. Beaumont	W50	20
11.	A. Ansell	W40	1760	22.	M. Webb	W35	20

Name	Age Group	100	200	400	800	1500	Mile	3KM	5KM	10KM	Walk 1500	Walk 2 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer
T. Brockwell	W30						5.45											
E. Hindle	W35	12.93	26.60	63.8	3:07.4													
L. Meakins	W35	13.18	26.94										4.85	*10.34				
J. Sanger	W35										8.35	11.56						* 9.72
M. Webb	W35										11.38							
C. Bell	W35							11.54	20.32									
A. Aldrich	W40						6.48.8											
A. Ansell	W40					5.46				42.24								
J. Fletcher	W40	15.36	31.87	71.2	2:46.9		6.15.4	12.55	22.22		8.14	11.48	4.22	8.83	6.26	21.72	20.74	-
J. Johnson	W40	13.70	28.50	66.1	2:39.5	6.27	6.44.8	14.12					4.55	*10.04	6.50	13.44	-	-
V. Prescott	W40																	
J. Stone	W40										*8.13	11.42						
M. Stone	W40							18.21	30.47			15.20						
S. Walton	W40							13.26										
S. Cross	W45	16.71	34.73	80.9	3:16.5	7.03	7.15.7	14.31			*9.23	13.03						*12.66
J. Beaumont	W45											15.22						
M. Forden	W45				2:46.4	5.54	6.08.2		21.37			13.11						
K. Holland	W45	13.63	28.12															
J. Pellier	W45						6.37.4											
D. Whittam	W50	*14.39	*29.94	74.0	3:15.3	7.06		17.03	22.56	47.35								
L. Butcher	W55				3:20.4				29.25									
V. Tyson	W60										*9.10	14.01	3.79	* 8.15	7.21	17.14	18.54	*14.58
B. Bauman	W70										10.05	14.11		* 5.48	5.15			
															5.00			

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 1500	Walk 2 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer
M. Amorous	M35				3:54.6						10.58							
B. Danby	M35	14.57	28.50	66.7	2:23.4	4.46	5.14.9	9.44	16.49	34.51	8.35	11.41	4.26	9.48	5.57	16.12	16.14	9.84
K. Eggleston	M35			61.8														
A. Martin	M35								18.33									
D. Reid	M35			60.8			4.54.1											
D. Scott	M35									35.01								
J. Walker	M35			63.4	2:30.4													
J. Ende	M40				2:32.5				20.49	41.40								
B. Gale	M40	13.40	27.20	62.8	2:29.9	5.23	5.56.7						4.08					
H. Kirkman	M40							9.46										
F. Smith	M40								17.11									
J. Yates	M40							10.53	18.25	37.02								
D. Caplin	M45	14.57	29.00	62.4	2:16.6	4.32	4.49.7		16.56	35.25								
B. Carse	M45			60.4														
D. Clive	M45	11.90	25.12		2:33.4								4.71					
M. Fermor	M45					6.35			24.48	50.42	10.54	15.07			6.45		22.68	13.32
K. Forden	M45				2:42.4	5.20	5.44.0		20.35	45.02		12.34						
R. Harris	M45							12.12										
M. Johnston	M45	15.24	30.46	65.6	2:29.1	5.03	5.25.4	10.48	18.29	39.13	9.55							
K. Martin	M45	12.30	25.13	55.7	2:19.2		5.30.9	11.46								17.22		
R. Norton	M45			70.0	2:36.7	5.15	5.40.0	11.29	19.54	42.55		15.43	3.02		6.90	13.52		
J. Pellier	M45	13.60	28.60	65.0	2:33.2		5.36.9	10.42	18.23	37.54	8.10					15.24		11.50
N. Richards	M45					5.10				40.57		12.21						
R. Sammells	M45	15.01	30.40	66.4	2:29.4	5.03	5.19.4	10.52	18.31	38.56	9.32	13.24	3.61	7.27	5.49	14.54	20.82	6.90
E. Slinger	M45							11.15		40.25								
G. Thornton	M45			59.7	2:20.7	4.52		10.20	17.43	36.47	8.54	12.56	3.42	7.65	5.69		16.08	
J. Trovato	M45						5.53.5											
M. Warren	M45									43.28								
D. Branson	M50										10.27			6.87				16.86
D. Carr	M50	13.34	27.09									11.41			6.71			
E. Costello	M50			62.3	2:40.4		5.23.1	10.47	19.18									
A. Davie	M50	13.80	29.81	67.3	2:30.0	5.07	5.30.0	11.20	19.37	39.53	8.55	12.25	3.58	7.67	6.51	16.44	13.44	12.68
R. Fergie	M50	14.00	31.40	73.3	3:13.8	6.43		15.07	26.14				4.10		10.43		27.54	36.24
B. Innes	M50					4.54			17.46	37.26		13.56						
P. Jones	M50						6.33.1											
I. Manley	M50														6.58			
K. Whistler	M50					5.49			21.43								28.64	
J. Whittam	M50				3:11.1	6.25	6.52.0	14.03			8.46	12.19		7.71	7.32	19.66	20.82	18.36
B. Aldrich	M55						6.16.0											
V. Beaumont	M55					6.09			21.56		10.00							
F. McLinden	M55			65.7	2:27.6	5.03		11.13	18.46	38.44		15.25						
D. Moffett	M55				2:25.8				20.14									
A. Stone	M55											13.39	3.80		9.41			
B. Worner	M55	14.10	27.00	*60.3	2:24.2	5.14	5.40.0	11.40	20.24	43.29	*8.17	*12.05	4.16	9.06	7.30	15.86	19.74	18.10
D. Drayton	M60							14.13	24.00	48.10								
D. Jones	M60	*13.13	*28.15															
G. Morgan	M60						6.50.9											
A. Stillaway	M60	14.40	30.50													21.12		
A. Tyson	M60								21.26	42.49	*9.08	12.38			6.26		15.38	17.80
C. Baumann	M70	*16.00									11.39				8.80	23.00	19.34	13.90
C. Bold	M70					6.39	6.52.0	13.52	23.26	46.15								
R. McPherson	?										6.42							

TIME TRIALS, JANUARY - MARCH, 1987

Jan 8	6.00pm	McGillivray	*100m	800m	5000m	*1500m Walk	Triple Jump	*Discus	Javelin	Bob Sammells Sandi Walton
Jan 15	6.00pm	McGillivray	*200m	1500m	3000m	*2000m Walk	Long Jump	*Shot Putt	Javelin	Don Caplin Allan Tyson
Jan 22	6.00pm	McGillivray	*100m	400m	10,000m	*3000m Walk	Triple Jump	*Shot Putt	Discus	Frank McLinden Bill Monks
Jan 29	6.00pm	McGillivray	*200m	800m	5000m	*1500m Walk	Long Jump	*Shot Putt	Javelin	Jeff Whittam Dorothy Whittam
Feb 5	6.00pm	McGillivray	*100m	1500m	3000m	*5000m Walk	Triple Jump	*Shot Putt	Discus	Keith Forden Margery Forden
Feb 12	6.00pm	McGillivray	*200m	400m	10,000m	*3000m Walk	Long Jump	*Discus	Javelin	Barry Kernaghan Bob Fergie
Feb 19	6.00pm	Coker	*100m	800m	5000m	*1500m Walk	Triple Jump	*Shot Putt	Hammer	Brian Danby Basil Worner
Feb 26	6.00pm	Coker	*200m	1500m	3000m	*2000m Walk	Long Jump	*Javelin	Hammer	David Clive Maurice Johnston
Mar 5	6.00pm	Coker	*100m	400m	10,000m	*1500m Walk	Triple Jump	*Discus	Hammer	Aub Davie Kath Penton
Mar 12	6.00pm	Coker	*200m	800m	3000m	*3000m Walk	Long Jump	*Javelin	Hammer	Bob Norton Jacqui Greenfield
Mar 19	5.30pm	Coker	*100m	400m	2 Miles	*5000m Walk	Triple Jump	*Shot Putt	Hammer	John Pellier Joan Pellier
Mar 26	5.30pm	Coker	*200m	1 Mile	400m	*2000m Walk	Long Jump	*Discus	Hammer	Bob Sammells Frank Smith

* These events are to commence promptly at the programmed time.
Other events are to commence as soon as facilities are available.