



The Vetrun

No 196 JANUARY 1989



W.A. VETERANS' A.C.

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Happy New Year

PRESIDENT'S CORNER.

LONG WEEKEND 4 - 6 March 89. The committee is planning a long weekend at Eaton Scout Camp in early March 89. The Camp is located just east of the Australind estuary on the river. Accommodation is dormitory style or you may bring your own tents. Full details will be published in next months Vetrun. It is hoped to arrange a track and field day in co-operation with the Bunbury Runners Club.

PROGRAMME. Next years draft programme has been published (in this newsletter) for your perusal. Please forward any comments to me, as soon as possible. Whilst on the programme, I am still seeking the assistance of some new race directors for next year.

TIME TRIALS. This years track time trials are attracting large numbers of contestants. With the limited time available before darkness descends on us, it is sometimes difficult to organise events. Please be patient and please do offer your assistance with timing and lap scoring.

ANNUAL DINNER. I was gratified to see the good attendance at the annual dinner. This support is just what the committee needs to round off the year. I would really like to thank Chris Brockweil and his HUNTSBURY CATERING SERVICES for the very professional service they provided for us. If you have a function coming up such as a wedding or 21st Birthday Party or other celebration, do ring Chris on 322 4847 and I am sure he would offer you an excellent service.

SAFETY. I am concerned with continually improving all aspects of the clubs running programme. Race directors must pay attention to placement of marshalls an dangerous corners and crossings and to provide as safe a running area as possible. All marshalls should be wearing red safety vest. Morning tea urns are NOT to be placed on rickety card tables. a solid base for the tea urns is essential.

CHRISTMAS GIFT RUN. A large field assembled this year for the Christmas Gift. A notable absence was Santa Claus, I thank Rob Farrell for his past performances and hope that a JOLLY FELLOW will volunteer his services in future years. Did I overhear the handicapper saying he was interested?

Tom and Pat Savin are back from an extended holiday in Europe, the lucky devils. Take advantage of Tom's lack of fitness you faster runners as I know that once he gets a few runs under his belt you will have to work very hard to keep him at bay.

John Gilmour was telling me about his recent trip to Singapore. On the day he went to visit Changi Prison it was closed and he and his brother could not get in. Its a pity it wasn't the same some 40 odd years ago, when they had no trouble getting in.

HAPPY NEW YEAR and trouble free running throughout it.

Keith.

WOMENS RUN. 8th January 89. For new members who may not know, this run is organised by the women of the club, and men are eligible to run as well as the ladies. The morning tea is fantastic.

STRACHANS RIVER FUN RUN. 22nd January 1989. Starting 8am.

This will provide a choice of 6km, 8km or 14km on undulating bitumen track, which follows the Canning River. Drink stations are provided. At the finish there is a swimming pool and changing rooms, morning tea and two barbeques. Please bring folding chairs. NOTE. NO ANIMALS.

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS AND EX MEMBERS REJOINING.

John Mison	6/63	Comer Street, Como. 6152.	368	2202	28/May/47
Michele V Boyle	"	" " " "	"	"	24/Aug/47
Malcolm M Brown	4A,	Foyle Road, Bayswater. 6053.	344	2288	19/Jan/34
Paul D Cahill	6,	Challenger Drive, City Beach. 6015.	385	9830	16/Apr/45
Sandra Swain	44,	King Street. Moora. 6510.	096	511 773	09/Sep/47
Ronald E Sutton	49,	Stone Street, Bayswater. 6053.	271	5596	10/Apr/38
Toni Frank	41,	Traylen Road, Stoneville. 6554.	295	2996	15/Jun/45
Francis K Y Leong	20,	Thornbill Way, Floreat Waters, Churchlands. 6018.	387	8460	28/Jun/43
Chris Chequer	79,	Beamish Avenue, Brentwood. 6153.	364	4537	17/Jun/52
Pauline F Dawson	41,	Drome Road, Albany. 6330.	098	411 742	10/Aug/55
Marion Fawkes	32,	McAlper Drive, Geraldton. 6530.	099	641 104	03/Dec/48
Garry C Lee	4,	Lawley Place, Mount Lawley. 6056	272	8705	27/Dec/51
Fraser Deanus	31/9,	Brentham Street, Leederville. 6007.	444	4470	01/Jan/40
Ann Deanus	"	" " " " " "	"	"	01/Feb/40
Bill P Amourous	35,	Hicks Street, Forrestfield. 6058.	453	9799	11/Mar/49
Geoffrey H Hughes	5,	Jacaranda Drive, Ballajura. 6066.	249	1315	04/Oct/45

NATIONALS 89 - NEWS UPDATE #8

The days seem to be flying past now that the Championships are only three months away. Some responses to the request for officials (see N/L 195) have been received but more are needed.

Fred Napier of the AAWA attended the last Committee Meeting to give us his advice on the facilities at Perry Lakes Stadium and equipment. Helpers will be needed in the latter area in particular. Fred Stewart, Arena Manager has also been giving the Committee advice and assistance in the conduct and manning required.

While on the subject of officials, Bob Schickert arranged for MLC LIFE LTD to sponsor 200 letters sent to AAWA officials requesting their assistance at Easter. This represents a saving of Club funds for which we are grateful. Thanks, Bob.

Finally, The Mucky Duck Bush Band has been engaged for the function on Easter Sunday. They will be too good to miss so ensure that you book your function tickets early as attendance numbers will be restricted.

NOTES FOR COMPETITORS AND OFFICIALSLong Jump1. General.

Make the sand in the pit level. Make sure that the sand thrown up from the landing area is replaced. When very dry it is advisable to dampen the sand to make sure a clear mark is left by the jumper.

2. The Jump.

The take-off line is the edge of the board closest to the pit. The entire take-off foot must be behind this line for a valid jump. A strip of damp sand immediately beyond the take-off board can assist in detecting a toe over the edge of the board.

The athlete must not swerve to one side of the board and run past the take-off line extended. The landing must be made in the sand. Any contact made outside the pit must be forward of the mark made in the sand.

3. Measurement.

Select the break in the sand made by any part of the athlete's body that is closest to the take-off board. Mark with a steel spike or similar marker. Measure from the mark to the board so that the tape makes a right angle with the take-off line. Record to the nearest full centimetre below the distance measured.

Triple Jump

Generally as for Long Jump.

The Triple Jump consists of three parts:

- a. The first jump is made from the take-off leg to a landing on the same leg.
- b. The second jump is made so that the landing is made on the opposite leg to that used for take-off.
- c. The third jump is made by landing in the sand pit in the manner similar to the Long Jump.

To be valid:

The three jumps must be made according to the above definitions and in the correct order.

The take-off foot must be fully behind the take-off line.

The landing must be made in the sand and any contact made outside the pit must be forward of the mark in the sand.

Does this also apply to runners?

I walked a while with Pleasure.

She chattered all the way,

But left me none the wiser

For all she had to say.

I walked a while with Sorrow,

And ne'er a word said she;

But, oh, the things I learned from her

When Sorrow walked with me.

Robert Browning. Hamilton.

PROPOSED EVENTS LIST FOR 1989/90
(for comment: Keith Forden)

DATE	RUN	DISTANCE	VENUE	START	ORGANISER
1989					
16 Apr	Medibank Fun Run	10km	McCallum Park	8.30am	WAMC
23 Apr	Bickley Run	10km;5km; 5km Walk	Lot 3, Mitchell Road, Bickley.	9.00am	M Fermor & M Webb.BME
30 Apr	Brockwells Run	TBA	McCallum Park	8.00am	C Brockwell VME
7 May	Murdock X Country	10km;5km:	Murdock Uni Sport Ground	8.00am	John Spencer V
14 May	Kings Park X Country & Road Walk	8km;4km; 5km Walk	Saw Ave, Kings Park	8.00am	Ray Lawrence VB
21 May	*Jim Barnes Run,RRC 10km, Road Walk Champ	10km;5km: 10km.	5, Tremlett St. Thornlie.	8.00am	J Barnes VBME
28 May	Andy Wright Mem. Run	10km;5km; 10km Walk:	Cnr Beach/Okely Carine.	8.00am	L Hassam VMEH
4 Jun	*ROAD RACING CHAMPS ROAD WALK CHAMPS	15km: 8km 15km:	McCallum Park	8.00am	D Caplin V
11 Jun	Fremantle Harbour Run & Walk	10mile;6km 10mile;6km	Mews Road Fremantle	8.00am	P Martin VH
18 Jun	Darlington Dash	16km;8km:	Darlington Oval	8.00am	J Maddison VB
25 Jun	*Road Racing Champs 25km.	25km;10km: 10km Walk:	McCallum Park	8.00am	M Warren VB
2 Jul	Danby's Run	10km;5km; 5km Walk	Pinnaroo Mem Park Whitfords Ave Padbury.	8.00am	B Danby VBMEH
9 Jul	PERTH Half Marathon	21.1km	McCallum Park	8.30a,	WAMC
16 Jul	Croxfords Climb (3 laps of 4km)	12km;8km; 6km Walk	Breckler Park, Yokine.	8.00am	A Croxford VH
23 Jul	Club X Country Champs	8km	Jorgensen Park, Kalamunda.	9.00am	Committee ME
30 Jul	Bibra Lake Run	12km;6km: 6km Walk	OPP. Adventure World	8.00am	P Farrell VB
6 Aug	Perth Peoples Marathon Inc State Vets Champs	42.2km.	Richardson Park	8.00am	WAMC
13 Aug	Reabold Hill X Country	10km;5km: 8km Walk	Perry Lakes Dve	8.00am	K Johnson V
20 Aug	Kirkmans Run	TBA	McCallum Park	8.00am	H Kirkman VH
27 Aug	City to Surf	12km	Newspaper House	9.00am	WAMC B
3 Sep	Club Half Marathon Champs *Road Walking Champs	21.1km 21.1km	McCallum Park	8.00am	R Sammells VME
10 Sep	Mussel Pool Muster	10km;5km: 5km Walk	Mussel Pool West Swan	9.00am	B Worner VME
17 Sept	State Cross Country Champs	10km: 5km Walk	Saw Ave, Kings Park	8.00am	B Danby VB
24 Sep	Deepwater Point Run	16km;7.2km 7.2km Walk	Deepwater Point Mount Pleasant	8.00am	D Moffett VB
1 Oct	Clontarf Cross Country	8km;4km:	Clontarf. Manning Road	8.00am	B Worner VME
8 Oct	Sutherlands Run	8.4km 8.4km Walk	Tomkins Park Melville	8.00am	I Sutherland VBMEH
15 Oct	Cliff Bold Trophy	10.4km; 5.2km	McCallum Park	8.00am	D&P Carr VMEH
22 Oct	Mill Point Road Champs	10km 10km Walk	McCallum Park	8.00am	Committee VME
29 Oct	Club Picnic Run	8.2km Approx 5km Walk "	Yanchep Nat. Park	9.30am	B Slinger VB
5 Nov	Round the Lakes	8km;4km: 6km Walk	Perry Lakes	8.00am	J Bell V
12 Nov	West Coast Challenge	8km 8km Walk	Floreat Beach	8.00am	R Hayres V
19 Nov	Hardy's Run	TBA	TBA	8.00am	B Hardy TBA

Proposed Fixture List Cont.

26 Nov	Canning Dist Track Meet	100Yards	Coker Park	9.00am	J Gilmour
		1 Mile & 1 Mile Walk	Cannington		
	Bridges Jog	10km;5km:	McCallum Park	8.00am	Committee
3 Dec	Ravens Rest	10km;5km:	Sloanes Reserve	8.00am	V*J Beaumont
		10km Walk	Kwinana		VBH
10 Dec	Recovery Run	7km	Pelican Point	9.00am	B Slinger
			Nedlands		
17 Dec	Christmas Gift Run	5.2km	McCallum Park	8.00am	A Tyson
	(Bring a gift \$3-4)	5.2km Walk			M
24 Dec	Group Jog	10km	McCallum Park	8.00am	Committee
		10km Walk			V
26 Dec	Boxing Day Run	8km	Kale Leschenaultia	5.00PM	B Robinson
					B
31 Dec	Kings Park Jog	8km	Saw Avenue,	8.00am	Committee
		8km Walk	Kings Park.		VB
<u>1990</u>					
7 Jan	Millers Run	TBA			
14 Jan	Womens Run	7.1km	McCallum Park	7.30am	J Langdon
		7.1km Walk			VMEH
21 Jan	Friendship Run	12km;6km:	Saw Avenue,	7.30am	John Pellier
		6km Walk	Kings Park.		B
28 Jan	Pt Walter Run	11.4km;5.8km	Pt Walter Reserve		
		5.8km Walk	Kiosk	7.30am	VH
4 Feb	Canning Caper	10km;5km	Riverton Drive,		R Schickert
		5km Walk	Shelley. Nr Beatrice Ave.		V
11 Feb	Deadly Medley Team	12km	Yokine Reserve	7.30am	K Penton
	Event (2x1+2x2twice)	6km Walk	Wordsworth Ave.		
18 Feb	Teddy Birds Picnic Run	16km;8km	Childrens Playground		Joan Pellier
		8km Walk	Kings Park	7.30am	VBME
25 Feb	*Lake Monger Run &	10km;6.6km	Dodd Street, Lake	7.30am	
	Road Walking Champs	3.3km;3.3km	Walk. Monger.		
4 Mar	Club Pentathlon Champs		Perry Lakes	7.30am	A Fergie
	& Fun Run of 10km;5km;5km	Walk			Committee
10-11 Mar	State T & F Champs		McGillivray Oval		Committee
15 Mar	10km Track H'Cap	10km	McGillivray Oval	7.00PM	J Whittam
	(Under Lights)				
18 Mar	Hyde Park Horror	13.2km	Hyde Park,	7.30am	L Hassam
	(2x2.5 + 2x800m twice)	5km Walk	Vincent Street.		VB
25 Mar	Easter Bridges Jog	10km;5km;	McCallum Park	9.00am	Committee
		10km Walk			V
1 Apr	Pagoda Run	16km;10km;	McCallum Park	8.00am	R Davis
		5km;10km Walk			V
8 Apr	Around The Houses	15.2km;6.4km	Fremantle	8.00am	L Butcher
		6.4km Walk	North Mole,		VBME
15 Apr	Medibank Fun Run	10km	McCallum Park	8.30am	WAMC
22 Apr	Bickley Run	10km;5km;	Lot 3, Mitchell	9.00am	M Fermor
		5km Walk	Road, Bickley.		M Webb BME
29 Apr	Brockwell's Run	TBA	McCallum Park	8.00am	C Brockwell
					VME
6 May	Murdock X Country	10km;5km	Murdock Uni	8.00am	John Spencer
			Sports Ground		V
13 May	Kings Park X Country	8km;4km:	Saw Avenue,	8.00am	R Lawrence
	& Road Walk	5km.	Kings Park		VB
20 May	*Jim Barnes Run	10km;5km	5, Tremlett St,	8.00am	J Barnes
	RRC 10km, RWC 10km.	10km	Thornlie.		VBME
27 May	Andy Wright Mem. Run	10km;5km	Cnr Beach/Okely	8.00am	L Hassam
		10km Walk	Carine.		VMEH

* Denotes Road Racing Champs or Road Walking Champs.

V-Visitors (Fee \$1.00)

B-BYO Barbeque

M-Morning Tea Provided

E- Entry Fee

H-Handicap Event

Training Groups:-

Time Trial.

Monday 6.00pm 8km.

Point Walter.

PERRY LAKES Main Track.

Tuesday 8.30am Speed Train.

Tuesday 5.30pm Field Events

(Oct - Mar)

Thursday 1.30pm Speed Trng.

1-11-85

	POINTS	W30	W35	W40	W45	W50	W55	W60	W65	70/75
HIGH JUMP	1000	1.50	1.45	1.40	1.30	1.20	1.15	1.10	1.05	
	0	0.90	0.85	0.80	0.70	0.60	0.55	0.50	0.45	
	=	16.7	16.7	16.7	16.7	16.7	16.7	16.7	16.7	16.7
LONG JUMP	1000	5.00	4.50	4.00	3.50	3.00	2.50	2.15	1.80	
	0	2.50	2.20	2.00	1.80	1.60	1.40	1.20	1.00	
	=	4	4.35	5	5.9	7.1	9.1	10.5	12.5	
TRIPLE JUMP	1000	9.30	9.00	8.40	8.10	7.40	7.10	6.00	5.00	
	0	5.00	4.70	4.30	4.00	3.30	3.00	2.50	2.00	
	=	2.3	2.3	2.44	2.44	2.44	2.44	2.7	3.22	
SHOT	1000	11.00	10.50	10.00	9.50	9.00	8.50	7.50	6.50	
	0	5.50	5.00	4.50	4.00	4.00	3.00	2.50	2.00	
	=	1.8	1.8	1.8	1.8	1.8	1.8	2	2.2	
HAMMER	1000	35.00	32.00	30.00	27.00	27.00	24.00	22.00	20.00	
	0	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00	
	=	35.40	43.5	45.5	50	50	52.6	55.6	58.8	
DISCUS	1000	35.00	33.00	30.00	27.00	24.00	20.00	17.00	14.00	
	0	11.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	
	=	41.7	43.5	47.6	52.6	58.8	71.4	83.3	100	
JAVELIN	1000	35.00	32.00	29.00	26.00	23.00	20.00	17.00	14.00	
	0	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00	
	=	40	43.5	47.6	52.6	58.9	66.7	76.9	90.9	

SOUTHEAST TRACK & FIELD CHAMPIONSHIPS. CAPEL.
AUSTRALIA DAY WEEKEND. 29/29 JANUARY 1989.

There will be a full range of events for veterans. The age grouping will be 30 - 45 years and over 45 years. You do NOT have to be registered with the A.A.N.A. to compete. This is a good opportunity to get in some competitive running before our Australian championships at Easter. There are quite a few members going down and you can camp on the Oval or at either Bunbury or Peppermint Beach. Entry forms are available from Brian Foley or Dorothy Whittam. Entries close 16th January 1989.

	POINTS	W30	W35	W40	W45	W50	W55	W60	W65
1000 HURDLES	1000	15.0	16.0	13.0	13.5	14.5	14.0	17.5	19.0
1 SEC = 10 POINTS	0	25.0	26.0	23.0	23.5	24.5	26.0	27.5	29.0
1000 M	1000	12.5	13.0	13.5	14.0	14.5	15.5	16.5	17.5
1 SEC = 20 POINTS	0	17.5	18.0	18.5	19.0	19.5	20.5	21.5	22.5
2000 M	1000	26.0	27.0	28.0	29.0	30.0	32.0	34.0	36.0
1 SEC = 10 POINTS	0	36.0	37.0	38.0	39.0	40.0	42.0	44.0	46.0
4000 M	1000	59.0	60.0	62.0	64.0	67.0	70.0	75.0	80.0
1 SEC = 4 POINTS	0	84.0	85.0	87.0	89.0	92.0	95.0	100.0	105.0
800 M	1000	2.27	2.30	2.35	2.40	2.45	2.00	3.15	3.30
1 SEC = 12 POINTS	0	3.50	3.53	3.58	4.03	4.08	4.23	4.28	4.33
1500 M	1000	5.10	5.15	5.20	5.30	5.45	6.15	6.45	7.20
1 SEC = 6 POINTS	0	7.56	7.61	7.66	7.71	7.76	7.81	7.86	7.91
1 mile	1000	5.30	5.35	5.40	5.50	6.05	6.35	7.05	7.40
1 SEC = 6 POINTS	0	8.16	8.21	8.26	8.31	8.36	8.41	8.46	8.51
3000 M	1000	10.50	11.00	11.10	11.30	12.00	13.00	14.00	15.20
1 SEC = 3 POINTS	0	16.23	16.28	16.33	16.38	16.43	16.48	16.53	16.58
5000 M	1000	11.50	12.00	12.10	12.35	13.05	14.10	15.15	16.40
1 SEC = 3 POINTS	0	17.23	17.28	17.33	17.38	17.43	17.48	17.53	17.58
5000 M	1000	17.45	18.00	18.30	19.15	20.15	21.30	22.30	24.00
1 SEC = 2 POINTS	0	26.05	26.20	26.50	27.35	28.05	29.50	31.50	32.20
10000 M	1000	39.20	40.00	41.00	42.15	43.45	45.45	48.15	52.00
1 SEC = 1 POINT	0	51.00	51.40	52.40	53.55	55.25	56.25	57.55	58.40
8000 M WALK	1000	7.00	7.15	7.30	7.45	8.00	8.15	8.45	9.30
1 SEC = 4 POINTS	0	11.10	11.15	11.40	11.55	12.10	12.25	12.55	13.40
2000 M WALK	1000	10.00	10.20	10.40	11.00	11.20	11.40	12.20	13.20
1 SEC = 4 POINTS	0	14.10	14.30	14.50	15.10	15.30	15.50	16.30	17.30
3000 M WALK	1000	15.00	15.30	16.00	16.30	17.00	17.30	18.30	20.00
1 SEC = 2 POINTS	0	23.20	23.50	24.20	24.50	25.20	25.50	26.50	28.20
5000 M WALK	1000	25.00	25.30	26.00	26.30	27.15	28.00	29.00	31.00
1 SEC = 1 POINT	0	41.40	42.10	42.40	43.10	43.55	44.40	45.40	47.40

1-11-85

EVENT	POINTS	M35	M40	M45	M50	M55	M60	M65	M70	TS
110 m HURDLES	1000	17.0	17.5	18.0	19.0	20.0	21.0	22.0	23.0	
0.1 SEC = 10 POINTS	0	27.0	27.5	28.0	29.0	30.0	31.0	32.0	33.0	
100 M	1000	11.0	11.5	12.0	12.5	13.0	14.0	15.0	16.0	
0.1 SEC = 20 POINTS	0	16.0	16.5	17.0	17.5	18.0	19.0	20.0	21.0	
200 M	1000	23.0	24.0	25.0	26.0	27.0	29.0	31.0	33.0	
0.1 SEC = 10 POINTS	0	33.0	34.0	35.0	36.0	37.0	39.0	41.0	43.0	
400 M	1000	50.0	51.0	52.0	55.0	60.0	65.0	70.0	75.0	
0.1 SEC = 4 POINTS	0	75.0	76.0	78.0	80.0	85.0	90.0	95.0	100.0	
800 M	1000	1.57	2.00	2.05	2.10	2.15	2.25	2.35	2.45	
1 SEC = 12 POINTS	0	3.20.3	3.23.3	3.28.3	3.33.3	3.38.3	3.48.3	3.58.3	4.08.3	
1500 M	1000	4.10	4.15	4.20	4.30	4.45	5.05	5.35	6.00	
1 SEC = 6 POINTS	0	6.56.7	7.01.7	7.06.7	7.16.7	7.31.7	7.51.7	8.21.7	8.46.7	
1 MILE	1000	4.30	4.35	4.40	4.50	5.05	5.30	6.00	6.30	
1 SEC = 6 POINTS	0	7.16.7	7.21.7	7.26.7	7.36.7	7.51.7	8.16.7	8.46.7	9.16.7	
3000 M	1000	8.50	9.00	9.10	9.30	10.00	11.00	12.00	13.20	
1 SEC = 3 POINTS	0	14.23.3	14.33.3	14.43.3	15.07.3	15.37.3	16.37.3	17.37.3	18.53.3	
5000 M	1000	15.15	15.30	16.00	16.30	17.00	18.00	19.00	20.30	
1 SEC = 2 POINTS	0	23.35	23.50	24.20	24.50	25.20	26.20	27.20	28.50	
10000 M	1000	32.30	34.15	35.20	36.30	37.40	39.50	42.00	45.00	
1 SEC = 1 POINT	0	50.10	50.55	52.00	53.10	54.20	56.30	58.40	61.40	
K. STEPLECHASE	1000	9.40	9.50	10.00	10.25	10.55	12.00	13.05	14.30	
1 SEC = 3 POINTS	0	15.13.3	15.27.3	15.37.3	15.58.3	16.28.3	17.33.3	18.38.3	20.03.3	
800 M WALK	1000	3.05	3.15	3.20	3.25	3.35	3.45	3.55	4.20	
1 SEC = 8 POINTS	0	5.10	5.20	5.25	5.30	5.40	5.50	6.00	6.25	
1500 M WALK	1000	6.30	6.45	7.00	7.15	7.30	7.45	8.15	9.00	
1 SEC = 4 POINTS	0	10.40	10.55	11.10	11.25	11.40	11.55	12.25	13.10	
2000 M WALK	1000	8.40	9.00	9.20	9.40	10.00	10.20	11.00	12.00	
1 SEC = 4 POINTS	0	12.50	13.10	13.30	13.50	14.10	14.30	15.10	16.10	
3000 M WALK	1000	14.00	14.30	15.00	15.30	16.00	16.30	17.30	19.00	
1 SEC = 2 POINTS	0	21.20	22.50	23.20	23.50	24.20	24.50	25.50	27.20	
5000 M WALK	1000	24.00	24.30	25.00	25.30	26.15	27.00	28.00	30.00	
1 SEC = 1 POINT	0	40.40	41.10	41.40	42.10	42.55	43.40	44.40	46.40	

1-11-85

EVENT	POINTS	M35	M40	M45	M50	M55	M60	M65	M70
HIGH JUMP	1000	1.65	1.60	1.55	1.50	1.42.5	1.35	1.27.5	1.20
1 cm	0	1.15	1.10	1.05	1.00	0.92.5	0.85	0.77.5	0.70
LONG JUMP	1000	6.50	6.00	5.60	4.90	4.50	4.00	3.67	3.33
1 cm	0	4.00	3.50	3.10	2.90	2.50	2.33	2.00	1.66
TRIPLE JUMP	1000	12.50	12.20	11.80	11.00	10.20	9.00	8.00	7.00
1 cm	0	7.50	7.20	6.80	6.00	5.20	5.00	4.00	3.00
POLE VAULT	1000	3.70	3.50	3.20	2.80	2.50	2.30	2.00	1.80
1 cm	0	2.00	1.90	1.80	1.70	1.60	1.50	1.40	1.30
SHOT	1000	12.00	11.50	11.00	11.00	10.50	10.50	10.00	9.50
1 cm	0	6.01	5.51	5.01	5.01	4.51	4.51	4.01	3.51
HAMMER	1000	48.57	43.57	40.57	40.57	35.57	35.00	31.53	28.22
1 cm	0	20.00	15.00	12.00	12.00	7.00	10.00	8.00	6.00
DISCUS	1000	45.57	42.57	38.57	36.57	33.00	33.00	30.00	27.22
1 cm	0	17.00	14.00	10.00	8.00	8.00	8.00	5.00	5.00
JAVELIN	1000	53.00	50.46	46.71	42.26	37.57	37.57	35.03	30.00
1 cm	0	13.00	12.00	11.00	10.00	9.00	9.00	8.00	5.00
		25	26	27	31	35	35	37	40

NATIONAL CHAMPIONSHIPS - EASTER 1989.

Inlast months newsletter we sent out the entry forms for these Championships. If you should require more, for friends who may wish to enter, ring DAVE GARR on 339 6289 for extra copies. DON'T FORGET TO GET YOUR ENTRIES IN EARLY FOR THE CHAMPIONSHIPS.

PERTH to ALBANY. a personal view by Charlie Spare.

Having just read the first part of the Perth to Albany Ultra in the November Vetrin, one could be excused for believing it was an extended City to Surf Fun Run. It must have been written by Tony Tripp, who else could make it sound so easy.

Certainly it was fun at first, police escort out of Perth, very easy pace, regular drinks and food, even Armadale Hill was not REALLY tough, but certainly a taste of things to come.

We set out with a crew of three, we thought we would make it! How wrong we were. Luckily George Audley knew better, and his crew of eight became seven as Chris made our crew to four. Two on two off, certainly an absolute minimum.

The next big mistake was to have a race plan worked out on distance, run 5km and walk 1km, all right till tiredness takes hold then each run takes longer and uses more energy, therefore longer breaks between drinks, just when they are needed. Much better to run for time, say 15 minutes and walk for 5 minutes.

Williams was reached in just under 24 hours without any great drama, at this point I remarked that the worst of the hills were now over, Chris just laughed, by Kojonup I knew why! At Williams Chris left us to be with George, it was obvious that he was going to place well, and we gained Bruce Wilson, husband of Barbara, well known to the lady sprinters. What a godsend he was, bullying me when needed and encouraging most of the time.

The second 24 hours reached Kojonup, it seemed to be one long drag of hills and rain. It felt miserable and is called the second day blues, it was certainly the hardest part of the race. From this point the memories are very vague. Seemingly endless miles of road. Being told I could have an hours sleep once in a while, only to be thrown out a few seconds later and told to get going again. All I know is my legs seemed to hurt all the while. Every time I suggested we call it off and go home I was told "NO WAY". Apparently the crew were enjoying it all.

Tully was reached, goodness knows when, with sugar and salt depletion and shin splints. Feeling very low. Here I was given a great lift by the couple who run the Roadhouse, they made a very tasty salad for me and refused any payment, I certainly left there feeling a lot happier. From here the run became a walk to Albany, my shins were very sore and getting worse.

We finally made it into Albany 3 days 15 hours and 10 minutes after leaving Perth, feeling terrible, but very happy. The whole crew were with me. Without them the dream could not have come true.

The next few days were pure misery, having to be helped when standing up and my legs hurting more than I ever imagined, but I met some great people, the family from Tully, Bruce and Barbara Wilson and Ron and Dell Grant of round Australia fame, they did a great job of encouraging everybody, after they were forced to drop out.

Will I do the run again? NO WAY, but there again I have learned a lot from this one and it would be a shame to waste it all. My crew have all marked next years date in their diaries. I've assured them not to even think about it but they just laughed at me, we will see who knows best.

P.S. Great to see so many Vets at Ferry Lakes each week, keep it up.

Dear Jeff,

In response to your request in the November issue of The Vetrin, I enclose a short story which you may wish to consider for inclusion in future issues.

I wrote "Lanagan's Run" a few years ago, when living in the Pilbara, and it is very loosely based on fact.

There have been a few races up Mt Nameless over the years, up the access road, but the original race was up the route described in the story, as the result of a wager made under the influence of alcohol!

Yours sincerely,



STAN LATCHFORD.

LANAGAN'S RUN - A MODERN PILGRIM'S PROGRESS

(WITH APOLOGIES TO TOM McNAB)

One of the spin off's of the running boom has been the marked increase in the number of Running related magazines.

These publications give us details of forth coming races around the world, they expound the virtues of running on mini trampolines and hanging upside-down like fruit bats, and tell us that Mary Decker wears a Jog Bra.

They also carry reports on races ranging from the London Marathon to the Albuquerque Turkey Ten Mile Two Man Team Trot, and the life stories of running's heroes and heroines.

You will not, however, have read the following story in any running magazine (or any other kind of publication for that matter) before now. It is an exclusive scoop for this newsletter - a classic race report and the heartwarming story of a country boy's rise to fame and fortune.

Our story begins in the Iron Ore town of Tom Price, one evening a few years ago. I had just finished a 10 mile run (which included the ascent and descent of Mt Nameless) and was sitting on the verandah outside the Wet Canteen in the Construction Camp, enjoying a cold beer.

A rugged old Norwester by the name of Doc Murphy came over, carrying 2 jugs of beer, and sat down beside me. Doc worked for one of the contractors on site, and had lived in Tom Price since the early construction days.

"Oi see'd yez owt havin' a bit of a jog earlier on" - he said in his thick Irish brogue, as he quickly drained his first jug of beer (straight from the jug - no glass - an old Nor'West custom that's all but died out these days).

"I don't jog" I answered, "I've been for a run up Mount Nameless".

"Yer went up the easy way didya?" he asked. "I ran up the road (a 4 wheel drive track) if thats what you mean" was my cool reply.

"Like I said - yer went up the easy way. Thats the hard way" he said, pointing to the sheer North East face which rose steeply from the other side of the railway line.

During the construction of Tom Price Mine and Township, the entire workforce lived in the Construction Camp, at the foot of the 1100 metres high Mt Nameless.

The men worked a basic 60 hour week, plus overtime. Living conditions were spartan to say the least, the climate harsh, and entertainment limited to a weekly film show, pool and darts.

It's not surprising therefore, that much of their leisure time was spent in the Wet Canteen, downing the odd jug or two. As frequently happens between mates over a few beers, conversation often turned to sport and gambling. Many a dollar changed hands over cockroach racing, frog jumping and the odd bareknuckle fight (held secretly off the mining lease - fighting in camp meant automatic dismissal for all involved).

What's all this got to do with running? Nothing at all, except to give a bit of background and colour to my story to which we now return.....

"Seein yez runnin' reminded me of the toime back in 1965 when we had the race up the hill" said Doc, pointing his jug again in the direction of the towering Mount Nameless, as he proceeded to tell me the following tale.

One Sunday afternoon in the early Summer of 1965, a group of Construction Workers were sitting on the verandah outside the Wet Canteen in the Tom Price Camp. The morning session had been finished for some time, but the boys were well supplied with cans of beer, kept cool in ice-filled forty four gallon drums. Having exhausted all other sporting topics of conversation the discussion turned to running. Being a cosmopolitan bunch, the various ethnic groups were extolling the virtues of the champions of their respective homelands.

Great names were bandied about - Wooderson, Nurmi, Bannister, Landy, Pirie, Elliott, Halberg, Clark and even Alf Tupper and Wilson of the Wizard - (the last 2 being sacred names to the Poms who had been schoolboys in the 50's).

One young Irishman by the name of Lanagan boasted that he had seen Herb Elliott break the World Mile record at Santry Stadium, Dublin in 1958. He claimed to have been employed by Billy Morton, selling programmes and ice creams, and had managed to get the autographs of the first 6 finishers.

He said he was so inspired by the race that he had taken up running himself, and after only 6 months training had finished fifth in the Bray Harriers annual 6 mile road race. He raced under an assumed name (Flynn) for the next couple of years at all the local fairs, and won 10 clocks, 7 tea sets and four pound ten in cash, in events ranging from 100 yards to 10 miles.

Officials however, soon began asking questions concerning his true identity and, not wishing to lose his amateur status or get in trouble with the tax man, he bade farewell to his aging mother and boarded the night ferry to Holyhead. On arrival, he took an instant dislike to the Welsh (and they to him) and so he followed the well marked trail (lime on all turns and intersections) to Liverpool, the capital of Ireland.

He was immediately signed up by McAlpine - not for his prowess as a runner, but for his skill with shovel and pick.

The big money, bright lights and Casey's bar, (23 different draught beers) soon pushed dreams of athletic stardom to the back of his mind, were they were to remain until that fateful day years later in Tom Price.

As they were mainly non athletic, we will skip the next 5 years or so of Lanagan's life. Suffice to say he travelled the length of Britain on foot (in a road gang, repairing the motorways), and with the aid of a sponsor - the Australian Government, not Nike, arrived in Fremantle on St Patricks Day, 1965.

After only one week in the Migrant Hostel, Lanagan's sponsors withdrew their support, and left him out in the cold.

With no sponsor, and even less cash, Lanagan decided to take a leaf out of Tony Rafferty's book and see Australia on foot.

He had heard of big things happening in the Pilbara and decided to head North and try his luck. Early one morning, he left Fremantle with all his possessions in a light weight back pack, and liquid refreshment in a Boda Belt.

He covered half the people's Marathon course in reverse at a steady pace, but got lost at the Narrows Interchange and ended up doing 3 laps of The Bridges before eventually finding his way to Midland, and heading out up the Great Northern Highway.

Passing the Swan Settlers Co-op in Herne Hill, he looked east across the railway line, and literally drooled at the sight of the fast, flat bitumen curving away into the distance. "An ideal site for a 2 lap Marathon Course", he thought, "I'll come back here one day and start a running club".

Bad luck still dogged his footsteps however, and he "hit the wall" at Bullsbrook. Gamely he dragged his battered body along to Muchea, where blisters and Hyper (Hypo?) thermia forced him to pull off the road for a pit stop. Lady luck smiled on him however, and he was befriended by a truckie who gave him a lift as far as Nanutarra in the back of a cattle truck (still full of cattle).

Two further days of jogging and walking brought him to Tom Price. Enroute he had to swim Duck Creek which was in full flood, and fight off the advances of an amorous cock Emu, who, mesmerised by Lanagan's peculiar gait, laboured breathing and sagging backpack, mistook him for a hen emu doing a mating dance.

Three recovery days of gentle jogging found Lanagan fit enough for work, and he was signed on by a firm of mining contractors, which brings us back to Doc Murphy's story.....

After recounting the tale of Elliott's mile record in Dublin, Lanagan boasted to the boys of how, after the meeting had finished, he had beaten one of the Australians in a flat out half mile from the Stadium to a bus stop, to catch the last bus into Dublin. (He couldn't remember the Aussie's name but he was only a little bloke, about 5 foot 3 inches tall, wore his hair in a crew cut, and apart from being a sub four minute miler, was quite fast over 3 miles as well).

This claim was greeted by hoots of derision and laughter from those assembled. Doubts were cast not only on the authenticity of his claim, but also on the legality of his parents' marriage.

He was challenged to prove himself and put his money where his mouth was. With honour at stake, and being a bigger fool than he looked, Lanagan rose to the bait. Despite the fact that he had not been training regularly, he was, he said, in reasonable shape, certainly fit enough to run a couple of miles to show them.

The boys went into earnest discussion around the 44 gallon drums full of ice and tinnies, in an attempt to come up with a test that would put this upstart in his place.

But the ice was melting fast, and as they had no wish for the beer to get hot, serious discussion temporarily gave way to serious drinking.

It was almost dark when somebody came up with the suggestion which received loudest acclaim.

"If he only wants to run a couple of miles, that's O.K. We'll let him run up the hill, and then down again" said one of the boys.

That's not too bad, you may think, running up and down a hill, except that this hill rises a sheer 1200 feet in a run of just over a mile! From the camp to the foot of the hill proper is just under a mile of spinifex, rough scrub, huge boulders, broken scree and gravel pits. The "hill" then changes into an almost perpendicular climb of flat rock slabs, more scree and rock outcrops, with stunted, wind blown trees growing here and there out of the cliff face.

The challenge was formally made, and Lanagan had no choice but to accept. The run was to take place the following Sunday afternoon at 3pm. The course was from the Wet Canteen bar to the Radio Mast atop Mount Nameless and back down

again to the bar by the shortest possible route.

According to a surveyor in the Camp the distance for the round trip was 4 miles. A fair time for the journey was agreed at 36 minutes. Lanagan was to put his fortnights pay behind the bar, and an equivalent stake was to be collected from those wishing to partake in the bet.

If Lanagan failed to finish, or took more than 36 minutes for the round trip, he would lose his stake. If, on the otherhand, he finished in less than 36 minutes, he was guaranteed winnings equivalent to his pay. In addition, individual side bets were permitted.

Doc Murphy, who had been something of a runner himself (he had competed in the great Trans America Footrace in his youth), took pity on young Lanagan and volunteered his services as trainer and manager.

Lanagan eagerly accepted, so the pair sat down together to work out a schedule which would make the most of the week between then and race day. Back in his room, Murphy delved deep into his locker and pulled out a tattered yellowy manuscript - his 16 week Marathon training programme. He had written it 30 years before and used it with great success when peaking for his major races. (This document was to mysteriously disappear later, only to reappear rewritten in modern running jargonese years afterwards as a feature article in an American running magazine. Needless to say, the authorship of the article was not accredited to Murphy).

To condense 16 weeks training into 6 days, Murphy cut out the base conditioning mileage period and the weekly long runs. He substituted the 2 interval sessions a week for one fartlek period of 20 minutes, and this, with 2 steady runs of 30 minutes each, was Lanagan's training for the week.

He ran on Monday, Wednesday and Friday, and rested on Tuesday and Saturday. Thursday's session was a walk over the first mile of the course, trying to choose the fastest and safest route.

Excitement built up in the camp throughout the week, and the bookies were doing a brisk trade.

Lanagan's training sessions were far from impressive, and as the days passed, so the odds lengthened.

Murphy pulled a few strings and managed to get Lanagan on to light duties for the week. Doc was probably the earliest experimenter with Carbohydrate loading. Lanagan's diet needed little changing, however. Being Irish, he ate potatoes at every meal. Murphy also believed in his runner being well hydrated. Here again Lanagan co-operated, forcing down at least 4 jugs of beer a night.

TO BE CONTINUED NEXT MONTH.....

MEMBERS TO THE EDITOR.

Peter and I would like to thank the Vets for allowing our son Shayne to run with them over the past few weeks.

Shayne is off to New Zealand on the 5th January to compete in a 7 day Orienteering Carnival in the South Island and has been using the Sunday runs as training.

A special thanks to all the members for their encouragement in making Shayne feel so welcome.

Judy Hill
Judy Hill

THE PRESIDENT, BOARD AND MEMBERS OF THE SCHOOLS ORGANISING COMMITTEE WISH TO THANK THE AFFILIATED CLUBS FOR THE EXCELLENT JOB DONE BY THEIR OFFICIALS AT THE COMMONWEALTH BANK WA ALL SCHOOLS TRACK AND FIELD CHAMPIONSHIPS ON THE 5TH AND 6TH OF NOVEMBER.

IT WAS INDEED A PLEASURE TO SEE A PROGRAMME RUN SMOOTHLY WITH ADEQUATE OFFICIALS TO COVER ALL EVENTS OVER TWO LONG DAYS OF COMPETITION AND THROUGH SOME INCLEMENT WEATHER ON THE SUNDAY.

A PARTICULAR NOTE OF THANKS TO THE VETERANS ATHLETIC CLUB ON AN EXCELLENT JOB AS ROSTERED CLUB FOR THE CHAMPIONSHIPS. THE VETERAN CLUB SHOULD INDEED BE PROUD OF THEIR CONTRIBUTION TO THE SUCCESS OF THESE CHAMPIONSHIPS. THEIR ENTHUSIASM AND HELP WAS APPRECIATED BY ORGANISERS, FELLOW OFFICIALS AND ATHLETES ALIKE.

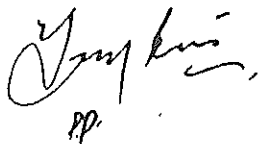
THE ASSOCIATION THANKS YOU ALL FOR YOUR EFFORTS AND LOOKS FORWARD TO THE TREND CONTINUING THROUGHOUT THE SEASON. WE WOULD ALSO LIKE TO THANK YOU ON BEHALF OF THE ATHLETES WHO COMPETED AND OF COURSE OUR SPONSOR.

F STEWART

Enclosed is a copy of Memo sent to all Clubs thanking them for providing Officials at the recent Commonwealth Bank WA All Schools Track and Field Championships. However, such was the enthusiasm and consideration of yourself and colleagues from the Veterans AAC that I feel I must write this brief note to say a big thank you from the Organising Committee for your efforts. It is a long while since I have seen a group of Technical Assistants working as efficiently and conscientiously to produce such a well organised meeting. Would you please pass on my thanks to your colleagues?

I trust that you enjoyed the experience which under the prevailing weather conditions must have been at times quite trying. Many thanks. Kind regards,

Yours sincerely



F Stewart
CONVENOR - SCHOOLS COMMITTEE

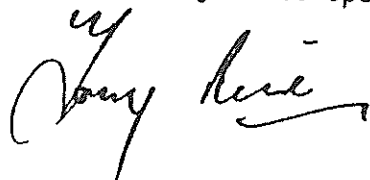
Dear Secretary,

I am writing to you on behalf of the Australian Track and Field Coaches Association to ask for your help. The Coaches Association has recently embarked on a recruiting campaign which will undoubtedly have profound long term benefits for our sport.

You can be of great assistance by providing a list of club members who are either actively coaching or are interested in the area of coaching. Some of these people may be athletes themselves or perhaps parents of athletes. It is not necessary to include the names of people you know are current members of the Coaches Association.

So that this campaign can proceed without any delay I have enclosed a form for you to complete. I look forward to your co-operation in this important project.

Yours faithfully,



A L Rice
EXECUTIVE DIRECTOR/COACHING COORDINATOR

ne interested in coach-
give their name to Jeff
tam as soon as possible.

Sorry for the late publication of these results, they got "lost in the post".

10km.

1. C Brockwell	M35	35.13	16. K Martin	M50	41.34	31. D Drayson	M60	49.20
2. F Smith	M45	36.46	17. D Moffett	M55	41.47	32. R Lawrence	M60	49.21
3. R Schickert	M40	37.06	18. B Byrne	M50	41.54	33. S Hicks	M65	49.49
4. J Pressley	M40	37.34	19. R Boggs	M40	41.55	34. C Bould	M70	49.59
5. J Barnes	M45	37.54	20. B Aldrich	M55	42.10	35. J Slinger	W45	50.32
6. M Johnson	M50	38.20	21. P Cole	M40	42.13	36. J Worden	M45	50.45
7. B Foley	M40	38.25	22. W Crellin	M50	43.01	37. L Rhodes	W40	51.10
8. J Pellier	M45	38.42	23. J Guiton	M50	43.29	38. G Florance	M50	51.21
9. P Martin	M45	38.53	24. M Watts	M50	44.00	39. P Sheerin	M55	51.57
10. R Doust	M35	39.21	25. M Forden	W45	44.02	40. G Morgan	M60	52.30
11. J Trovato	M45	39.54	26. Y Caruso	W35	45.06	41. G Foley	M60	53.48
12. J Yates	M40	40.14	27. B Slinger	M45	45.59	42. B Thomsett	M45	54.07
13. R Stewart	M45	40.17	28. M Moyle	M60	47.16	43. K Crellin	W45	58.21
14. M Khan	M40	40.41	29. K Johnson	M55	47.16	44. M Robinson	W50	59.02
15. D Hough	M50	41.34	30. N Miller	M55	48.28			

6.504km.

1. J Molloy	M35	23.56	6. E Moyle	M60	33.51	11. S Cross	W50	40.21
2. D Caplin	M45	25.25	7. J Johnson	W40	33.53	12. D Whittam	W50	40.22
3. P Airey	M50	26.34	8. R Harris	M50	35.34	13. D Jones	M60	42.38
4. G Roberts	W40	30.23	9. P Newby	W35	36.18	14. M Warren	W50	44.16
5. A Aldrich	W45	31.33	10. S Bowler	M65	40.12			

<u>3.252km.</u>			<u>Walkers 10km.</u>			<u>Walkers 6.504km.</u>		
1. P Jones	M50	16.30	1. M Stone	W45	68.02	1. J Sanger	W35	40.24
2. J Pellier	W45	16.45	2. J Whittam	M50	68.59	2. D Horsley	M75	49.58
3. J Boyd	W40	19.12	3. J Collins	M75	74.34	<u>Visitors.</u>		
4. J Shugar	W45	19.52	4. J Beaumont	W50	77.47	1. M Slinger		45.59
5. L Schickert	W45	20.50				2. R Clarke		47.10
6. N Berry	W55	20.50				J Davenport		30.11
								(6.504km)

WEST COAST CHALLENGE

20th November
1988

77 runners and 8 walkers took to the roads for the 7th West Coast 8Km.

The walkers starting their event 10 minutes before the runners. Conditions were mild although as expected on the coast the wind was strong in certain sections.

Don Caplin threw out the challenge to Frank Smith and at the 2Km mark was 15 metres in front.

At the finish Frank had reversed this position to lead Don in by 27 seconds. Very good run by both and close third was Ray Raymond.

Last year there was a cry for water on this run and the experienced Morris Warren decided to "water pack" the night before having downed numerous glasses lashed liberally with scotch. Morris has learnt another lesson for his training manual.

As usual the many helpers were on hand to help the run go as smooth as we hoped and my thanks to all concerned.

Dick Horsley, Rob Shand, Mike Berry, Keith Forden, Geoff Price Syd Bowler, Bev Thornton, Nora Berry.

Bob Hayres.

1. F Smith	M45	28.02	27. R Schickert	M45	33.47	52. G Florence	M50	40.04
2. D Caplin	M45	28.29	28. S Keane	Vis	34.02	53. J Russell	M55	40.06
3. R Raymond	M45	28.46	29. P Cole	M40	34.12	54. A Tyson	M60	40.59
4. D Hoye	M50	29.13	30. D Bryant	M40	34.25	55. P Sheerin	M55	41.10
5. W Gee	M35	29.37	31. B Aldrich	M55	34.29	56. E Moyle	M60	41.15
6. P Sanders	M40	30.25	32. M Forden	W45	34.30	57. G Bould	M70	41.16
7. F Deanus	M45	30.33	33. A Sim	M40	34.41	58. M Warren	W50	41.18
8. J Ferris	M35	30.40	34. B Crellin	M50	35.06	59. G Foley	M60	41.54
9. A Whitley	M35	30.53	35. B Monks	M50	35.19	60. I Johnson	W40	42.18
10. J Pressley	M40	30.58	36. A Pomery	M55	35.54	61. D Strachan	M65	42.55
11. D Roberts	M45	31.01	37. R Sutton	Vis	36.14	62. B Thomsett	M45	43.08
12. M Rhodes	M40	31.38	38. M Brown	Vis	36.17	63. P Newby	W35	43.26
13. J Pellier	M45	31.44	39. R Potter	M45	36.22	64. F Hagger	M60	43.26
14. T Costello	M50	31.53	40. G Peet	M55	36.50	65. M Warren	M50	43.43
15. K Martin	M50	32.10	41. M Moyle	M60	36.58	66. L Butcher	W55	44.06
16. J Stickles	M50	32.12	42. D Carr	M55	36.59	67. A Deanus	W45	44.17
17. I Brown	Vis	32.38	43. F McLiver	W40	36.59	68. J Strachan	W60	44.24
18. I Thomsett	Vis	32.41	44. D Drayson	M65	37.05	69. J Higgins	M40	44.52
19. J Trovato	M45	32.47	45. A Shaw	Vis	37.17	70. S Swain	Vis	45.44
20. B Harwood	M45	32.49	46. J Greenfield	M45	37.37	71. F Usher	M65	46.54
21. K Field	M45	32.57				72. M Fearmor	M45	46.55
22. B Hardy	M45	33.18	47. A Langford	M45	37.58	73. D Whittam	W50	47.22
23. R Walsh	M45	33.27	48. K Johnson	M55	38.16	74. K Crellin	W45	49.58
24. B Jones	M60	33.28	49. S Sanders	W35	38.49	75. P Carr	W55	50.26
25. D Hough	M55	33.33	50. G Morgan	M60	39.12	76. B Buchanan	W40	50.43
26. D Moffett	M55	33.39	51. L Rhodes	W40	39.52	77. I Ferris	W35	53.09

WALKERS.

1. D Waters	Vis	57.35	4. L Schickert	W45	58.25	7. J Collins	M75	61.08
2. M Stone	W45	57.40	5. M Robinson	W50	60.50	6. V Tyson	W65	61.26
3. J Whittam	M50	57.40	6. ???		61.02			

PLACINGS:- Women.

Margery Forden	W45	34.30
P McLiver	W40	36.59
Sue Sanders	W35	38.49

Men.

F Smith	M45	28.02
Don Caplin	M45	28.22
Ray Raymond	M45	28.46

CANNING DISTRICTS TRACK MEETING. Coker Park 27th Nov 1988.

100 YARDS.

W35	Eileen Hindle	12.25
W45	Jackie Greenfield	15.90
W50	Dorothy Whittam	13.28
M45	Keith Martin	11.89
	Bernie Oliver	12.18
M	Norn Richards	11.62
M55	Ron Potter	14.00
M65	Peter Corley	12.37

1 MILE.

W45	Margery Forden	6.32.6
	Jackie Greenfield	7.52.6
M40	Brian Foley	4.57.0
M45	Don Caplin	4.55.0
	John Pellier	5.46.7
M50	Keith Martin	5.20.4
	Keith Forden	5.53.3
	Norn Richards	6.18.9

ROSTER FOR REMAINDER OF TIME TRIALS.

5	M'Gillivray	400	10k	5k	Shot	R SAITTELS	
12	C.P.	100	800	Hammer	5k	5k	JOHN PELLIER
19	M'G.		3k	Discus	200	1500	LJ B DANBY
26	C.P.	200	2k walk	Jav.		1500	M JOHNSTON
eb. 2	M'G		5k	Shot	400		3k JAN JOHNSON
9	C.P.		1500	T. Jump	100		3k G. MORGAN
16	M'G.	400	1500 walk	L. Jump		3k	M RHODES
23	C.P.		10k		100		5k Discus JAQUI JENKIN.
Nov 2	M'G				200	mile	5k Javelin F. SMITH.
9	C.P.				100	800	3k 3k shot PATRICIA CARR
16	M'G.				400	5k	3k Discus J. YATES

TIME TRIAL RESULTS

24th Nov 88. 100m.

J Greenfield	W45	17.7	Ray Harris	M50	12.6	D Carr	M55	13.6
L Butcher	W55	18.3	N Richards	M50	12.7	B Paxman	M55	14.0
A Jenkins	M40	13.5	M Marsh	M50	13.9	G Morgan	M60	16.5
M Rhodes	M40	13.8						

1500M.

P Szpak	W35	5.52	L Butcher	W55	7.22	K Forden	M45	5.14
P McLiver	W40	5.53	D Reid	M35	4.34	N Richards	M50	5.46
J Fletcher	W40	6.01	B Foley	M40	4.36	D Carr	M55	4.47
V Prescott	W40	7.03	B Argyle	M40	4.46	B Paxman	M55	5.20
M Forden	W45	5.49	A Jenkins	M40	4.55	L Hassett	M55	5.50
J Greenfield	W45	7.26	M Rhodes	M40	4.56	A Tyson	M60	5.47
D Whittam	W50	7.43	J Dartnell	M40	5.31	G Morgan	M60	6.26
P Carr	W55	7.07	D Caplin	M45	4.36			

TRIPLE JUMP

J Fletcher	W40	8.19	B Foley	M40	9.18	D Carr	M55	8.17
J Greenfield	W45	6.09	M Rhodes	M40	7.49	A Tyson	M60	6.57
D Whittam	W50	8.44	A Jenkins	M40	5.94	F Corley	M65	9.40
P Carr	W55	7.30	N Richards	M50	8.82			
L Butcher	W55	5.69	M Marsh	M50	8.29			

3km WALK.

M Stone	W45	19.54	V Tyson	W65	23.40	D Horsley	M75	23.49
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2km WALK.

J Whittam	M50	12.09						
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1st DECEMBER 88. 400M.

P McLiver	W40	70.1	B Foley	M40	58.2	D Caplin	M45	61.4
A Aldrich	W45	76.1	A Jenkins	M40	59.1	J Pellier	M45	67.7
J Greenfield	W45	86.8	M Rhodes	M40	60.0	B Schickert	M45	70.8
P Carr	W55	80.2	B Danby	M40	65.5	P Martin	M45	71.6
L Butcher	W55	96.4	J Dartnell	M40	66.5	D Carr	M55	58.2
D Reid	M35	61.5	K Martin	M50	58.1	B Paxman	M55	64.6
A Tyson	M60	69.5	G Morgan	M60	78.3	L Hassett	M55	70.0

1500m WALK.

M Boyle	W40	9.12	J Manson	M40	6.45	P Martin	M45	7.55
L Schickert	W45	9.43	B Foley	M40	8.24	J Pellier	M45	7.59
J Greenfield	W45	10.14	B Danby	M40	8.31	D Carr	M55	9.17
P Carr	W55	10.33	M Rhodes	M40	8.31	A Tyson	M60	9.45
L Butcher	W55	9.28	A Jenkins	M40	9.14			

LONG JUMP.

J Johnson	W40	4.11	B Foley	M40	3.95	P Martin	M45	3.90
P McLiver	W40	3.76	A Jenkins	M40	3.88	L Hassett	M55	4.09
J Greenfield	W45	3.07	M Rhodes	M40	3.82	D Carr	M55	3.71
L Butcher	W55	2.44	B Danby	M40	3.82	A Tyson	M60	3.11
J Dartnell	M40	4.26	J Pellier	M45	3.67	P Corley	M65	4.57

3km.

C Easton	W40	15.22	J Dartnell	M40	11.54	J Pellier	M45	11.42
M Forden	W45	12.04	B Schickert	M45	9.47	T Costello	M50	10.41
M Stewart	W45	12.09	F Smith	M45	9.55	K Martin	M50	10.41
D Reid	M35	9.46	D Caplin	M45	10.21	M Johnston	M50	10.45
B Danby	M40	10.59	K Forden	M45	11.27			
A Jenkins	M40	10.59	R Pettman	M45	11.30			

8th DECEMBER 88. 10km.

P Szpak	W35	46.09	M Rhodes	M40	39.53	T Costello	M50	40.45
M Forden	W45	44.52	A Jenkins	M40	42.46	M Johnston	M50	40.55
P Carr	W55	57.30	F Smith	M45	36.28	K Forden	M50	42.04
L Butcher	W55	54.12	D Caplin	M45	39.49	D Carr	M55	39.50
J Molloy	M35	36.21	P Martin	M45	39.51	B Paxman	M55	41.13
B Argyle	M40	36.25	J Pellier	M45	40.26	B Aldrich	M55	46.08
C Leman	M40	38.12	D Hoyec	M50	38.27	W Hughes	M60	48.01
B Danby	M40	38.45	K Martin	M50	40.45	A Tyson	M60	51.12
						D Drayson	M65	48:05
						G Bould	M70	52.10

5km.

J Jenkins	W40	30.08						
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2km WALK.

C Holland	W30	12.40	J Whittam	M50	13.15			
M Wall	M35	10.08	R Sammells	M50	13.52			

Time Trial Results	Cont.	Discus							
R McMillan	W60	17.38	M Marsh	M50	21.76	J McMillan	M60	23.87	
B Baumann	W75	8.92	H Richards	M50	18.12	C Baumann	M70	27.33	
A Jenkins	M40	18.59	J Whittam	M50	16.62	D Horsley	M75	19.60	
M Rhodes	M40	18.26	A Tyson	M60	19.24				
F Leong	M45	32.10	W Hughes	M60	16.27				

POINTS COMPETITION.

	27 Oct	* 1st; 3 Nov	+ 2nd; 10 Nov	#3rd; 17 Nov	Sub Total	24 Nov	1 Dec	8 Dec	Total
<u>W30</u>									
C Holland	706	-	456	-	1166	-	-	-	1166
<u>W35</u>									
J Sanger	1817	-	-	-	1817	-	-	-	1817
R Holmes	216	-	118	-	334	-	-	-	334
S Sanders	832	-	-	-	832	-	-	-	832
P Szpak	-	-	-	-	-	-	-	631	631
<u>W40</u>									
M Boyle	-	-	-	-	-	-	592	-	592
V Prescott	456	-	-	-	456	382	-	-	838
P McLiver	1582	730	-	-	2312	802	1556	-	4670
J Fletcher	2123	865	1626	552	5166	1704	-	-	6870#
J Johnson	1262	-	1384	344	2990	-	1000	-	3990
J Hill	-	68	-	47	115	-	-	-	115
<u>M50</u>									
M Jorden	-	-	-	746	746	886	-	843	2475
A Aldrich	688	-	640	-	1328	-	516	-	1844
J Greenfield	722	392	876	523	2413	814	1242	-	4370
F Mercer	-	745	-	-	745	-	-	-	745
M Stewart	-	826	-	-	826	-	-	-	826
L Schickert	-	-	-	-	-	-	528	-	528
<u>W50</u>									
D Whittam	1596	464	1892	747	4699	1292	-	-	5991
<u>W55</u>									
J Butcher	1625	925	1876	1114	5540	1255	1675	493	8963*
P Carr	2014	583	1492	860	4949	1688	1000	295	7932+
<u>W60</u>									
R McMillan	1000	-	-	-	1000	-	-	-	1000
<u>W65</u>									
V Tyson	-	-	804	636	1440	-	-	-	1440
<u>W75</u>									
B Baumann	684	-	-	718	1402	-	-	-	1402
<u>M35</u>									
D Reid	772	814	-	798	2384	862	540	-	3786
C Brockwell	544	-	-	-	544	-	-	-	544
M Wall	-	-	700	-	700	-	-	-	700
J Molloy	-	-	-	-	-	-	-	829	829
<u>M40</u>									
J Dartnell	1322	-	600	-	1922	544	684	-	3150
B Foley	1489	813	1226	-	3528	1276	1586	-	6390#
B Danby	1103	-	465	-	1568	-	1124	730	3422
P Sanders	592	-	-	-	592	-	-	-	592
A Jenkins	1401	732	1035	-	3168	786	1232	489	5916
C Leman	580	-	-	-	580	-	-	763	1343
H Holland	1369	-	691	-	2060	-	-	-	2060
M Rhodes	-	688	853	776	2317	818	1344	662	5141
J Yates	-	613	-	-	613	-	-	-	613
B Wilson	-	-	822	-	822	-	-	-	822
C Chequer	-	-	864	-	864	-	-	-	864
B Argyle	-	-	-	-	-	820	-	869	1689
J Mison	-	-	-	-	-	-	1000	-	1000
<u>M45</u>									
B Kernaghan	1536	-	-	-	1536	-	-	-	1536
B Slinger	876	-	-	-	876	-	-	-	876
F Smith	-	850	-	902	1752	-	-	932	2684
K Forden	-	562	-	440	1002	676	-	666	2344
D Caplin	-	853	829	948	2630	910	664	731	4935
F Martin	-	1715	604	-	1319	-	1088	729	3136
F Leong	-	-	784	685	1469	-	-	-	1469

PUMP COMP. Cont. M45.									
K Martin	-	-	-	-	-	-	796	-	796*
B Schickert	-	-	-	-	-	-	288	-	288
J Pellier	-	-	-	-	-	-	1404	694	2098
<u>M50.</u>									
R Sammells	-	775	-	-	775	-	-	-	775
D Clive	1448	-	-	-	1448	-	-	-	1448
N Richards	1886	-	1579	-	3465	1108	-	-	4573
Ray Harris	820	-	950	-	1770	-	-	-	1770
J Whittam	-	234	608	-	842	-	-	-	842
Kevin Martin	-	784	600	-	1382	-	-	666	2048
M Marsh	-	-	1055	-	1055	458	-	-	1513
D Hoye	-	865	-	874	1739	-	-	883	2622
T Costello	-	-	-	656	656	-	-	745	1401
M Johnston	-	-	-	746	746	-	-	735	1481
<u>M55.</u>									
D Carr	1853	1176	1750	1194	5973	1588	2177	870	10608*
B Paxman	868	784	730	-	2382	790	816	787	4775
L Hasset	-	-	-	-	-	610	1395	-	2005
B Aldrich	-	-	-	-	-	-	-	492	492
<u>M60.</u>									
J McMillan	612	-	-	-	612	-	-	-	612
A Tyson	1896	1228	1352	900	5376	1141	1808	318	8334
G Morgan	1816	514	560	-	1890	514	468	-	2872
W Hughes	1720	-	-	-	1720	-	-	509	2229
<u>M65.</u>									
F Corley	1769	-	1663	-	3432	1000	1000	-	5432
D Drayson	-	-	-	-	-	-	-	635	635
<u>M70.</u>									
C Baumann	692	-	-	772	1464	-	-	-	1464
C Bould	-	-	-	-	-	-	-	570	570
<u>M75.</u>									
D Horsley	543	496	772	-	1811	-	-	-	1811
J Collins	-	-	668	-	668	-	-	-	668

A VERY HAPPY BIRTHDAY TO OUR "JANUARY" MEMBERS

01-JAN-40	DEANUS	: Fraser	turns	49	remains	M45	
02-JAN-49	HINDLE	: Eileen	"	40	becomes	W40	
02-JAN-52	MARTIN	: Allen	"	37	remains	M35	
02-JAN-45	MUIR	: David	"	44	"	M40	
04-JAN-42	SPAIN	: Trisha	"	47	"	W45	
06-JAN-38	MASLEN	: Sheila	"	51	"	W50	
06-JAN-37	SAMMELLS	: Robert	"	52	"	M50	
07-JAN-44	ARGYLE	: Jean E	"	45	becomes	W45	
09-Jan-42	CARRICK	: Mick	"	47	remains	M45	
12-JAN-47	WINSTANLEY	: Loretta	"	42	"	W40	
13-JAN-36	ATTWELL	: Raymond K	"	53	"	M50	
14-JAN-28	JONES	: Brian	"	61	"	M60	
15-JAN-47	JENKINS	: Jacqueline	"	42	"	W40	
15-JAN-48	JONES	: Terry	"	41	"	M40	
19-JAN-34	BROWN	: Malcom M	"	55	becomes	M55	
19-JAN-39	MITCHELL	: Kathleen	"	50	"	W50	
19-JAN-43	PRICHARD	: Mary	"	46	remains	W45	
20-JAN-46	FLETCHER	: Janet	"	43	"	W40	
20-JAN-46	LEMAN	: Colin	"	43	"	M40	
20-JAN-45	OAKLEY	: Les	"	44	"	M40	
24-JAN-43	ALDRICH	: Alison	"	46	"	W45	
24-JAN-36	COSTELLO	: Ted	"	53	"	M50	
24-JAN-40	FARRELL	: Robert	"	49	"	M45	
25-JAN-43	BARNES	: James	"	46	"	M45	
25-JAN-45	BOGGS	: Robert	"	44	"	M40	
25-JAN-49	JONES	: Susan	"	40	"	W40	
27-JAN-36	TURNER	: ANN	"	53	"	W50	
28-JAN-27	MORRISSEY	: Michael P	"	62	"	M60	
29-JAN-30	EVANS	: James B	"	59	"	M55	1000 GALLON
30-JAN-49	DURRANS	: Margaret	"	40	becomes	W40	1000 GALLON
31-JAN-46	BUCHANAN	: Barbara G	"	43	remains	W40	1000 GALLON

RESULTS FROM A.A.W.A. MEETINGS AT FERRY LAKE.

12th Nov 88

<u>60m.</u>		<u>200m</u>		<u>800m.</u>	
Dave Carr	9.1	Dave Carr	28.0	Dave Carr	2.16.5
Garnett Morgan	10.4	Jan Johnson	28.6	Don Caplin	2.17.0
<u>100m.</u>		Brian Foley	29.0	<u>1500m.</u>	
Dave Carr	14.9	Don Caplin	29.3	Brian Foley	4.40.0
Joy Sanger	14.6	Joy Sanger	30.0	Mike Rhodes	5.02.0
Jan Johnson	14.6	Dorothy Whittam	32.2	Joe Yates	5.16.0
Dorothy Whittam	15.7	Patricia Carr	35.3	<u>4 x 400m Relay.</u>	
Patricia Carr	17.0	Garnett Morgan	36.0	Dave Carr	
Garnett Morgan	17.3	<u>Long Jump.</u>		Brian Foley	
<u>Javelin.</u>		Jan Johnson	4.39	Mike Rhodes	
Joy Sanger	20.70	Joy Sanger	4.33	Don Caplin	4.06.0
		Dorothy Whittam	3.60		
		Patricia Carr	3.41		

November 19th. 88.

<u>60m.</u>		<u>200m</u>		<u>400m.</u>	
Jan Johnson	8.6	Mike Rhodes	28.4	Dave Carr	59.6
Joy Sanger	8.8	Dave Carr	29.4	Mike Rhodes	62.0
Dorothy Whittam	9.3	Jan Johnson	29.4	Don Caplin	62.6
Patricia Carr	10.4	Don Caplin	30.0	<u>4 x 100m Relay.</u>	
<u>500m.</u>		Patricia Carr	33.9	Val Prescott	
Don Caplin	4.33.0	<u>Triple Jump.</u>		Dave Carr	
Brian Foley	4.35.0	Joy Sanger	9.75	Don Caplin	
Dave Carr	4.45.0	Jan Johnson	9.64	Mike Rhodes	56.2
Mike Rhodes	4.53.0	Dorothy Whittam	9.14	<u>Javelin.</u>	
		Patricia Carr	7.73	Joy Sanger	22.22
				Dorothy Whittam	16.64

26th November 88.

<u>100m</u>		<u>200m.</u>		<u>Triple Jump</u>	
J De Gruchy	14.9	Jan Johnson	28.3	Joy Sanger	9.44
<u>400m</u>		Kath Holland	28.8	Jan Johnson	9.24
Don Caplin	62.7	Dorothy Whittam	30.0	Kath Holland	8.77
Jim De Gruchy	69.00	Patricia Carr	34.2	Dorothy Whittam	8.68
<u>1500m</u>		<u>800m.</u>		<u>Discus</u>	
Brian Foley	4.38.0	Joy Sanger	2.38.2	Kath Holland	22.44
Don Caplin	4.39.0	Peggy McLiver	2.44.4	Dorothy Whittam	16.00
<u>3km.</u>		<u>90m Hurdles</u>		Val Prescott	14.64
Don Caplin	10.03.9	Joy Sanger	18.0	Jan Johnson	13.94
<u>Hammer</u>		<u>Shot</u>			
Mike Rhodes	10.56	Dorothy Whittam	8.53		
		Jan Johnson	8.03		

3rd December 88

<u>100m</u>		<u>400m</u>		<u>800m.</u>	
Joy Sanger	13.1	Mike Rhodes	61.0	Brian Foley	2.12.3
Mike Rhodes	13.2	Joy Sanger	64.4	Dave Carr	2.16.0
Jan Johnson	13.4	Peggy McLiver	70.2	Don Caplin	2.18.6
Kath Holland	14.2	<u>Shot</u>		Mike Rhodes	2.22.0
Dorothy Whittam	14.2	Dave Carr(12lb)	7.50	Peggy McLiver	2.45.1
<u>Triple Jump</u>		Mike Rhodes(16lb)	7.05	<u>4 x 100m Relay</u>	
Joy Sanger	9.55	Brian Foley "	6.90	Men	1.50.0
Jan Johnson	9.36	<u>Hammer</u>		Women	2.02.0
Dorothy Whittam	9.32x	Dorothy Whittam	20.92	(1st team ever from Vets at an Assoc meeting)	
<u>3km</u>					
Don Caplin	10.04				

10th December 88

<u>100m.</u>		<u>200m</u>		<u>800m</u>	
Joy Sanger	13.9	Jan Johnson	28.8	Brian Foley	2.11.8
Jan Johnson	14.4	Joy Sanger	28.8	Don Caplin	2.15.3
Joe Yates	15.6	Peggy McLiver	31.7	Mike Rhodes	2.22.4
Mike Rhodes	14.2	<u>Long Jump</u>		Peggy McLiver	2.41.4
<u>Hammer</u>		Jan Johnson	4.40	<u>Javelin</u>	
Dorothy Whittam	19.80	Joy Sanger	4.29	Joy Sanger	22.32

PAINFUL SHIN SPLINTS NEED CARING

Shin splints is a complaint well known to many runners.

It is the term used to describe pain on the lower inner bony border of the leg and is a pain that comes on with activity and settles with rest.

The exact pathological nature of this problem is a contentious issue, with some saying the condition represents a tractional irritation of lower muscles of the lower leg at their attachment to the tibia and some saying this pain represents an area of bony reaction to the weight of the athlete being transmitted through the tibia.

The principles of treatment are first to determine the precipitating factors and these are often to be found in the training methods of the athlete.

For people who are predisposed to develop this condition the training program is of great importance.

The frequency, duration and intensity of runs is very important as well as the surface on which the runner is running and the type of shoe.

The next thing to look at is the flexibility of the lower limb and it seems that people who are inflexible, particularly with regards to calf flexibility are more prone to develop this condition.

So, too, is the type of foot and there is a higher incidence of people developing shin splints if they possess a Pes Cavus type (high arched) foot.

Because of the inflexibility of this type of foot it acts as a poor shock absorber and so more force is transmitted through the lower limb.

1. No running! Cardiovascular fitness may be maintained by swimming or cycling but initially running will only continue to aggravate the situation.

2. Ice pack over the affected area for 10 to 15 minutes, three times per day.

3. Anti-inflammatory medication if the condition is moderate to severe.

4. Flexibility program for the lower limb concentrating particularly on calf flexibility.

5. Physiotherapy modalities -- the role of these is contentious but it seems some people do benefit greatly from ultrasound, interferential or magnetic field therapy.

The key to treatment is not to commence running until tenderness has settled and then adhering very strictly to a planned slowly graduating reintroduction of running program that starts with a walk/run session on grass with good shoes, icing afterwards and a rest day the next day.

This distance may only be one kilometre and is repeated after the rest day and if no increase in symptoms after each of these sessions then a jog on the fourth day of one kilometre and then running two out of three days slowly increasing distance.

ALL ABOUT STRESS FRACTURES

Stress fractures are not an uncommon occurrence in runners.

They most often occur with an increase in training so that the out of shape novice or sports runner commencing a training program needs to be careful not to increase distance too quickly.

However, an advanced runner who increases his mileage too quickly can also suffer from stress fractures.

A runner may sustain a stress fracture of the lumbar vertebrae, the sacro iliac joint, pelvis, femur, tibia, fibula, the navicular and the metatarsals.

Most commonly affected are the metatarsal bones (the long bone of the forefoot), the end of the fibula closest to the ankle, the part of the tibia closest to the knee, the pelvis and the femur.

Recent history

A stress fracture should be suspected if there has been a history of a recent increase of mileage and the pain is at one of the characteristic, common fracture sites.

In the lower leg compartment syndromes and shin splints must be excluded.

On examining for stress fractures there is a discrete localised bony tenderness but x rays are initially often not helpful as the fracture may not show up on x-ray for three to four weeks after the onset of symptoms.

Fortunately, there is a more helpful investigation called a bone scan where radioactive labelled material is injected into a vein and this material localises where there are areas of increased bone activity, as in a fracture site.

Hot spots

When x rays are then taken there are areas of increased concentration of this radioactive material and this shows up as what is called a "hot spot".

Most stress fractures do not require plaster but require rest from the precipitating activity.

In order to maintain condition patients are able to swim or, of more value to runners, to run in water with the aid of a buoyancy vest.

Cycling is also a useful activity.

INFORMATION ON THIS PAGE

IS BY COURTESY

OF

"SPORTS BUSINESS"

NEWS - SHEET

JULY 1988

AUSTRALIAN VETERAN T & F CHAMPIONSHIPS.

OFFICIALS REQUIRED

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

DAES AND TIMES I CAN HELP

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

NAME _____ Phone No. _____

ADDRESS _____

Postcode _____

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

Name..... Please Supply the following:-
 ADDRESS..... MENS VESTS SIZE.....
P/Code..... LADIES VESTS SIZE.....

Sizes available:- Men 14-24 Women 10-20; Price Mens \$7.50 Ladies \$8.60

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

Please supply the following:-

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

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

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

Please supply the following

With Collar and Stud Fastening Qty.....Size.....; Qty.....Size.....:

With Collar and V/Neck Qty.....Size.....: Qty.....Size.....:

Without Collar but with V/Neck Qty.....Size.....: Qty.....Size.....:

NAME.....

ADDRESS:.....

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

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