

# The Vetrin

No. 154 JULY, 1985

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

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PATRON: W. J. Hughes  
SECRETARY: Duncan Strachan, 459 3859  
NEWSLETTER EDITOR: Basil Worner, 387 4400

PRESIDENT: Leo Hassam, 272 6556  
TREASURER: David Roberts, 384 5758

OUT OF THE STRAIN OF THE DOING, INTO THE PEACE OF THE DONE  
(Thought for August 4)

### FROM THE COMMITTEE...

#### QUIZ NIGHT

- o Wednesday, August 14, 7.30 p.m.
- o Churchill's Tavern (Rear of Concert Hall)
- o Tickets (\$3.00) available from Committee
- o Jackie Greenfield (291 7835) is asking for donations of prizes.
- o Tables of 6.

This is our one big fund-raiser for 1985. Be part of the big fun!!

#### CLUB CROSS COUNTRY

- o July 14
- o Jorgensen Park :
- o This is a Club Certificate Run.
- o \$3.00 for food and run. B.Y.O.

#### POST-RUN TEA

- o The Committee suggested that we can expect refreshments to be provided after the run when it is a listed "Committee Run".

#### ALSO IN THIS ISSUE

|                             |                       |                           |                    |
|-----------------------------|-----------------------|---------------------------|--------------------|
| Results of June Club Runs : | Pages 3-5             | Runs & Records for July : | Pages 9-10         |
| Newsdesk                    | :                     | Pages 7-8                 | Letterbox : Page 2 |
| "Vetpower" :                | The Astounding Austin | By Allen Tyson            | Page 10            |
|                             | Two in a Week         | From Frank Smith          | Page 11            |

### STOP PRESS

ROME ABOUT : We have found it difficult to get results from the

MONDAY : Veterans Games, but we believe the following are accurate : Kath Holland - first in 200, 400; second in 100. John Gilmour - first in 10K, 5K, 1500 with WRs in the last two. Eileen Hindle - second in hurdles and fifth in pentathlon. Barrie Kernaghan (injured shoulder) into finals of 3 sprints. Lorna Butcher and Pat Carr both performed very well in all events. Sandi Walton overcame fearful heat (100 degrees F) and ancient cobblestones to finish her first marathon, 4:16. She and Kath Penton now slumming and slimming in the Greek islands!

WELCOME TO U.S. VISITORS

July 14 - Jorgensen Park.

Duncan tells us that we may be joined by a group of visitors from the States.

Welcome to Australia, Perth and the W.A. Vets!

It looks as if the Club run could be an International Event!

LONG WEEKEND, 1985

Donnelly River

September 28th-30th - (Not 18th-30th, as printed in our last Vetrun. That would be a long, long week-end!)

|               |                      |       |
|---------------|----------------------|-------|
| <u>Costs:</u> | 3 days for 8 people: | \$100 |
|               | 3 days for 9 people: | \$105 |

**LETTERBOX**

George Audley  
RMB 9210  
Lwr Denmark Road  
ALBANY 6330

26/5/85

Dear Basil

Just a little news from the country. Carmel Drummond who I persuaded to join the vets has been rewarded locally for her efforts. She has 4 children and can only train at 6 in the morning before the family is up.

Also I have a warning for other husbands with running wives. I suggested a run in the hills and mine said O.K. grab a shovel and a ruck sack, there are some plants I want. It was only a hilly sandy 8 k's but I jumped on the scales when I got back. The shovel weighed 1 kilo and the plant with plenty of soil round it came to 4 kilo's. I didn't suggest another hill run for over a week, she then got me lost and we were running along bush tracks with sandy hills for 1 hr 31 minutes. So be warned, stick to the main roads or take a compass and a wheelbarrow.

Regards from Albany

George Audley

George enclosed a copy of the Albany "Advertiser".

It described how Carmel shared the March award for the Albany Sportstar of the Month.

"Carmel Drummond was successful in the women's 40-44 years 5000 metre State Championship", reported the Advertiser.

Members may also remember Carmel was successful in the 10k and made an entertaining picture as she appealed for a hose-down with open arms as she reeled off each lap!

Congratulations Carmel, and thanks George!

.... (Editor).



CLUB HALF MARATHON CHAMPIONSHIP

McCallum Park

June 2, 1985

The conditions for this event were ideal. They were cool, clear and crisp and runners took advantage of them to record some good times. Frank Smith and Margery Fordham were the first male and female runners to finish and our congratulations go to them both. It was also good to see Maurice Smith and George Innes putting in strong performances in the M50 class.

The people who helped to make it all possible were Bev Thorton, Val Tyson, Rose Johnston, Pat Carr, Liz Khan, Jacqui Beaumont. Wally Cross, Rob Shand, Bob Sammells, John Maddison and Alan Acreman. Shirley Cross and June Strachan (with Duncan operating behind the scenes) organised hot drinks and biscuits. To them and anyone not mentioned.....T H A N K S.

| <u>Results</u> |                   | Time   | Post. |                 |                   | Time   | Post. |
|----------------|-------------------|--------|-------|-----------------|-------------------|--------|-------|
| <u>W35</u>     |                   |        |       | <u>M50</u>      |                   |        |       |
| 1              | Kath Noordyk      | 99.13  | 51    | 1               | Maurice Smith     | 78.23  | 4     |
| <u>W40</u>     |                   |        |       | 2               | George Innes      | 78.57  | 5     |
| 1              | Margery Forden    | 97.54  | 47 *  | 3               | Frank McLinden    | 81.23  | 12    |
| 2              | Phyllis Farrell   | 100.19 | 54    | 4               | Dave Hough        | 87.32  | 30    |
| 3              | Marylin Acreman   | 104.56 | 61    | 5               | Dalton Moffett    | 88.30  | 32    |
| <u>W45</u>     |                   |        |       | 6               | Bob Bayres        | 94.35  | 38    |
| 1              | Joan Pellier      | 98.19  | 49*   | 7               | Brian Aldrich     | 100.19 | 53    |
| 2              | Eliza O'Dea       | 107.17 | 65    | 8               | Duncan Phillip    | 100.27 | 55    |
|                |                   |        |       | 9               | Ken Whistler      | 103.46 | 59    |
| <u>M35</u>     |                   |        |       | <u>M55</u>      |                   |        |       |
| 1              | John Bell         | 81.18  | 11    | 1               | Barrie Evans      | 85.13  | 23 *  |
| 2              | Colin Leman       | 85.28  | 25    | 2               | Merv. Moyle       | 96.56  | 44    |
| <u>M40</u>     |                   |        |       | 3               | Vic Beaumont      | 97.18  | 45    |
| 1              | Frank Smith       | 75.02  | 1     | 4               | Ray Lawrence      | 103.56 | 60    |
| 2              | John Pressley     | 75.25  | 2     | 5               | Peter Davies      | 105.27 | 62    |
| 3              | Hugh Kirkman      | 76.22  | 3     | 6               | Ern Moyle         | 106.29 | 63    |
| 4              | Peter Sanders     | 79.24  | 6     | 7               | Leo Hassam        | 114.34 | 67    |
| 5              | Jim Barnes        | 79.37  | 7     |                 |                   |        |       |
| 6              | Graham Thorton    | 81.59  | 14    | <u>M60</u>      |                   |        |       |
| 7              | Dave Roberts      | 83.36  | 17    | 1               | Allen Tyson       | 91.38  | 34    |
| 8              | Jim Greenfield    | 83.45  | 18    | 2               | Duncan Strachan   | 92.46  | 36    |
| 9              | Mike Khan         | 84.09  | 19    | 3               | Gerry Noordyk     | 102.17 | 56    |
| 10             | Arnold Jenkins    | 84.13  | 20    | 4               | Frank Usher       | 120.08 | 68    |
| 11             | Brian Foley       | 84.16  | 21    |                 |                   |        |       |
| 12             | Barrie Thomsett   | 102.38 | 57    | <u>M65</u>      |                   |        |       |
| 13             | Jan Vandendriesen | 103.56 | 59    | 1               | Cliff Bould       | 107.52 | 66    |
| <u>M45</u>     |                   |        |       | <u>Visitors</u> |                   |        |       |
| 1              | Don Caplin        | 80.39  | 10    |                 | Jack Noordyk      | 79.40  | 8     |
| 2              | John Pellier      | 82.32  | 15    |                 | Basil Hanna       | 79.46  | 9     |
| 3              | Bill Monks        | 84.50  | 22    |                 | John Trovata      | 81.52  | 13    |
| 4              | Joe Stickles      | 85.17  | 24    |                 | Paul Odam         | 83.34  | 16    |
| 5              | Maurice Johnston  | 85.28  | 26    |                 | C. Brookes        | 87.29  | 28    |
| 6              | Terry Tate        | 86.26  | 27    |                 | G. Smith          | 87.29  | 29    |
| 7              | Hamish McGlashan  | 88.55  | 33    |                 | R. Taborsky       | 87.50  | 31    |
| 8              | Bob Norton        | 92.38  | 35    |                 | M. Schneider      | 95.13  | 37    |
| 9              | Bob Farrell       | 92.46  | 37    |                 | K. Hughes         | 95.37  | 42    |
| 10             | Morris Warren     | 95.17  | 40    |                 | ANN.Harris        | 98.09  | 48    |
| 11             | Bernard Godwin    | 95.28  | 41    |                 | Eammon Murphy     | 99.26  | 52    |
| 12             | Aub Davie         | 96.54  | 43    |                 | (ex-WAVAC member) |        |       |
| 13             | Keith Forden      | 97.28  | 46    |                 | J. McMahon        | 106.30 | 64    |



There were those who thought the day far too nice to spend it on overmuch running and settled for 10.5 km or 11 km, depending upon where they stopped. The enlightened few were:

|               |     |       |              |     |       |
|---------------|-----|-------|--------------|-----|-------|
| Richard Spark | M45 | 42.44 | Bill Hughs   | M55 | 58.42 |
| Phil Douglas  | M35 | 45.01 | Ed Harkin    | M40 | 59.32 |
| Brian Hanks   | M50 | 46.25 | John Russell | M50 | 60.09 |
| Dick Horsley  | M70 | 55.00 |              |     |       |

BOB HARRISON'S RUN      8.4 KM.      23 June, 1985      \*\* = 2 laps

| Place |                    | Age<br>Group | Time  | Place |                    | Age<br>Group | Time  |
|-------|--------------------|--------------|-------|-------|--------------------|--------------|-------|
| 1     | Bryan Danby        | M35          | 29.53 | 31    | Derek Crowther     | M40          | 37.38 |
| 2     | Don Caplin         | M45          | 30.20 | 32    | Rob Shand          | M50          | 37.44 |
| 3     | Graham Thornton    | M40          | 30.25 | 33    | Bob Farrell        | M45          | 37.46 |
| 4     | Jim Barnes         | M40          | 30.26 | 34    | Jim Freenfield     | M40          | 37.47 |
| 5     | Ian McGibbon       | M40          | 30.29 | 35    | Alan Pomery        | M50          | 38.49 |
| 6     | Arnold Jenkins     | M40          | 30.33 | 36    | Ian Sutherland     | M45          | 39.30 |
| 7     | Bill Monds         | M45          | 30.40 | 37    | Bryan Hardy        | M40          | 39.35 |
| 8     | Simon Beaumont     | Inv.         | 31.31 | 38    | Cliff Bould        | M65          | 39.50 |
| 9     | Joe Yates          | M40          | 31.35 | 39    | John Bennington    | M45          | 39.57 |
| 10    | David Hough        | M50          | 31.41 | 40    | Pat Hayden         | W45          | 40.09 |
| 11    | Bob Sammells       | M45          | 31.57 | 41    | Joan Slinger       | W40          | 40.21 |
| 12    | Maurice Johnstone  | M45          | 32.03 | 42    | Kirt Johnson       | M55          | 40.22 |
| 13    | Barry Harwood      | M40          | 32.20 | 43    | Peter Davies       | M55          | 40.56 |
| 14    | Alison Aldrich**   |              | 32.31 | 44    | Fred Haggard       | M55          | 41.07 |
| 15    | John Pellier       | M45          | 32.33 | 45    | Ernie Moyle        | M55          | 41.14 |
| 16    | Hamish McGlashan   | M45          | 32.45 | 46    | Leo Hassam         | M55          | 41.20 |
| 17    | Basil Worner       | M50          | 33.09 | 47    | Derek Cowlan       | M50          | 41.31 |
| 18    | Frank McLinden     | M50          | 33.13 | 48    | Marilyn Acreman    | W40          | 42.02 |
| 19    | Barry Slinger      | M45          | 33.27 | 49    | Eliza O'Dea        | W45          | 42.06 |
| 20    | Joe Stickles       | M45          | 33.23 | 50    | Mary Robinson      | W45          | 43.53 |
| 21    | Phil Douglas       | M35          | 34.00 | 51    | Stewart Bennington | Inv          | 44.35 |
| 22    | Dorothy Whittam ** | W45          | 34.09 | 52    | Shirley Cross      | W45          | 44.53 |
| 23    | Maurice Warren     | M45          | 34.33 | 53    | Trish Williams     | Inv          | 45.40 |
| 24    | Alan Acreman       | M45          | 36.43 | 54    | Frank Usher        | M60          | 45.41 |
| 25    | Merv Moyle         | M55          | 36.53 | 55    | Norah Berry        | W45          | 45.50 |
| 26    | Ray Lawrence       | M55          | 37.18 | 56    | Margaret Warren    | W45          | 46.20 |
| 27    | Ken Whistler       | M50          | 37.21 | 57    | Phyllis Farrell    | W40          | 46.21 |
| 28    | Paul Jones         | M45          | 37.30 | 58    | Jeff Whittam       | M50          | 46.22 |
| 29    | Joan Pellier       | W45          | 37.33 | 59    |                    |              |       |
| 30    | Brian Aldrich      | M50          | 37.36 | 60    |                    |              |       |

FIRST PLACES:

|                 |     |
|-----------------|-----|
| Brian Danby     | M35 |
| Graham Thornton | M40 |
| David Hough     | M50 |
| Merv Moyle      | M55 |
| Frank Usher     | M60 |
| Cliff Bould     | M65 |
| Don Caplin      |     |
| Joan Slinger    | W40 |
| Joan Pellier    | W45 |



Thanks to Bob and all his helpers for a well-marked and fast course).



PERRY LAKES HANDICAPS

8km

16th June 1985

It was a dark and stormy morning (sorry wrong story!) with lightning flashing as twenty odd (?) members wended their way to Perry Lakes for the first running of this event. As it happened though, the show was all bluff, as the sun broke through and the weather for the event turned out perfect. After last week's hard run around the championship course, it was decided that the run would be around the Lakes and Stadium, nice and flat and grass all the way.

As no runners turned up with a handicap less than 10 minutes, it was decided that those off 10 min would go off at scratch and other handicaps would be altered accordingly.

This caused slight confusion as some runners did not hear the announcement and in consequence set off late. One of these was Cliff Bould who would have come in first if he had set off at his correct time. Finishing positions have been left in order, but actual times have been adjusted in the results.

Our thanks go to all those who turned out for the run on such a threatening morning, especially considering the counter-attraction of the half marathon. Special thanks to Dorothy and Wally for officiating, Duncan for bringing the flags and Leo for use of his school's wheel for measuring the course.

- Dick Horsley & Jeff Whittam.

RESULTS

|                    |                 | Age<br>Group | Clock<br>Time | Handicap | Actual<br>Time | Position |
|--------------------|-----------------|--------------|---------------|----------|----------------|----------|
| 1.                 | Barry Harwood   | M40          | 43.45         | 11.00    | 32.34          | 1*       |
| 2.                 | Harry Pritchard | M40          | 44.02         | 8.30     | 35.32          | 3        |
| 3.                 | Cliff Bould     | M65          | 44.22         | 3.20+    | 41.02          | 7*       |
| 4.                 | Ian Sutherland  | M45          | 45.55         | 6.30     | 39.25          | 6        |
| 5.                 | Shirley Cross   | W45          | 46.08         | 1.00     | 45.08          | 14*      |
| 6.                 | Peter Davies    | M55          | 46.16         | 8.30     | 37.56          | 5*       |
| 7.                 | Carole Cole     | W40          | 47.17         | 3.35+    | 43.42          | 13*      |
| 8.                 | Dick Horsley    | M70          | 47.18         | 6.00     | 41.18          | 9*       |
| 9.                 | Marilyn Acreman | W40          | 47.23         | 2.00     | 45.23          | 15       |
| 10.                | Phyllis Farrell | W40          | 47.30         | 2.00     | 45.30          | 16       |
| 11.                | Alan Acreman    | M45          | 47.36         | 11.00    | 36.36          | 4        |
| 12.                | Mary Robinson   | W40          | 47.50         | 2.00     | 45.50          | 17       |
| 13=                | Mary Pritchard  | W40          | 47.58         | scr      | 47.58          | =19      |
| 13=                | June Strachan   | W55          | 47.58         | scr      | 47.48          | =19*     |
| 15.                | Bob Sammells    | M45          | 48.13         | 14.30    | 33.43          | 2*       |
| 16=                | Duncan Strachan | M60          | 50.22         | 8.30+    | 41.52          | =10*     |
| 16=                | Bob Farrell     | M45          | 50.22         | 8.30     | 41.52          | =10      |
| 18                 | Jo Stone        | W40          | 52.03         | 6.00     | 46.03          | 18       |
| 19                 | Alan Pomery     | M50          | 52.09         | 11.00    | 41.09          | 8*       |
| 20.                | John Russell    | M50          | 52.55         | 11.00    | 41.55          | 12       |
| INVITATION RUNNERS |                 |              |               |          |                |          |
|                    | Chris Ford      |              | 47.15         | 11.00    | 36.15          |          |
|                    | Ed Harkin       |              | 49.59         | 11.00    | 38.59          |          |

+ started late

\* inaugural record



NATIONAL CROSS COUNTRY COURSE

Perry Lakes

June 9, 1985

Sixty-five runners gathered at Perry Lakes to tackle this demanding course and 64 completed 1 or 2 laps of the 5k course.

Thanks to Sandi Walton, John Pellier, Wally Cross and Keith Forden and all who assisted.

John Pellier showed that he will not miss marathons for anyone by bringing his telly so we could all watch "The Wang Marathon". Thanks John!!

- Brian Danby.

| Place |                | Age Gp | Time    | Place |                 | Age Gp | Time    |
|-------|----------------|--------|---------|-------|-----------------|--------|---------|
| 1     | George Innes   | M50    | 42.55 * | 16    | Dave Hough      | M50    | 51.11   |
| 2     | B. Vincent     | Inv    | 42.56   | 17    | Ted Maslen      | M50    | 51.13   |
| 3     | Don Caplin     | M45    | 43.38 * | 18    | John White      | Inv    | 51.14   |
| 4     | Hugh Kirkman   | M40    | 44.05 * | 19    | Alan Croxford   | M40    | 51.38   |
| 5     | Derek Crowther | M40    | 44.47   | 20    | Basil Worner    | M50    | 51.51   |
| 6     | John Bell      | M40    | 46.07   | 21    | John Pellier    | M45    | 51.53   |
| 7     | Bill Monks     | M45    | 46.07   | 22    | Phillip Douglas | M35    | 52.22   |
| 8     | Ian McGibbon   | M40    | 46.36   | 23    | Alan Tyson      | M60    | 53.17   |
| 9     | Arnold Jenkins | M40    | 46.52   | 24    | Alan Pomery     | M50    | 53.22   |
| 10    | Peter Sanders  | M40    | 48.04   | 25    | Chris Ford      | Inv    | 54.18   |
| 11    | Frazer Deanus  | M45    | 48.13   | 26    | Merv Moyle      | M55    | 56.00 * |
| 12    | Dalton Moffett | M50    | 48.15   | 27    | Duncan Phillip  | M50    | 56.05   |
| 13    | Jim Barnes     | M40    | 49.13   | 28    | Stan Lockwood   | M55    | 58.54   |
| 14    | Ray Atwell     | M45    | 50.02   | 29    | Sheryl Bell     | M30    | 59.07   |
| 15    | Dave Roberts   | M40    | 50.02   | 30    | Robert Farrell  | M45    | 60.47   |
| 31    | D. Strachan    | M60    | 60.47   | 36    | June Strachan   | W55    | 68.18   |
| 32    | Ian Sutherland | M45    | 61.03   | 37    | Shirley Cross   | W45    | 73.01   |
| 33    | Ray Lawrence   | M55    | 61.03   | 38    | Sheila Maslen   | W45    | 80.17   |
| 34    | Ernie Moyle    | M55    | 63.22   |       | Ken Whistler    |        | DNF     |
| 35    | Gerry Nordyk   | M60    | 64.00   |       |                 |        |         |

CROSS COUNTRY 5k

|    |                |     |         |    |               |     |       |
|----|----------------|-----|---------|----|---------------|-----|-------|
| 1  | John Spencer   | M50 | 26.51   | 16 | Jill Ranger   | W35 | 35.05 |
| 2  | Rob Shand      | M50 | 28.36   | 17 | Enid Crowther | W40 | 35.07 |
| 3  | Dick Horsley   | M70 | 28.47   | 18 | Frank Usher   | M60 | 36.02 |
| 4  | Ian Sutherland | M45 | 29.33   | 19 | Carol Cole    | W40 | 36.28 |
| 5  | Ed Horkin      | M45 | 29.49   | 20 | Pat Spencer   | W40 | 36.28 |
| 6  | Roger Briggs   | M40 | 30.49   | 21 |               |     |       |
| 7  | Selby Munsie   | M50 | 31.47   | 22 | Val Tyson     | W60 | 47.07 |
| 8  | J. Chamberlin  | W35 | 32.13 * | 23 | Sue           | W30 |       |
| 9  | Wilma Vincent  | W40 | 32.35 * | 24 |               |     |       |
| 10 | Elza O'Dea     | W45 | 32.57 * | 25 | J. Mussett    | Inv | 23.27 |
| 11 | Fred Hagger    | M55 | 32.59   | 26 | Mich Sanders  | Inv | 27.35 |
| 12 | Leon Hassan    | M55 | 30.00   | 27 | Cherli Bell   | Inv | 36.56 |
| 13 | Many Robinson  | M45 | 33.04   | 28 | Jeff Sanders  | Inv | 36.56 |
| 14 | Jo Stone       | W35 | 33.05   |    |               |     |       |
| 15 | Jim Hatton     | M35 | 33.53   |    |               |     |       |



# NewsDesk



## PROGRESSIVE SCORES IN THE HANDICAP CHAMPIONSHIPS (After three events)

|                 |    |
|-----------------|----|
| Phyllis Farrell | 31 |
| Shirley Cross   | 41 |
| Joan Pellier    | 42 |
| Duncan Strachan | 42 |
| Lorna BUTcher   | 44 |
| Ray Lawrence    | 44 |
| Sandi Walton    | 45 |
| Cliff Bould     | 47 |
| Bob Farrell     | 48 |
| Bob Sammells    | 52 |
| Ernie Moyls     | 53 |
| Selby Munsie    | 54 |
| June Strachan   | 54 |

These are the first few placings only. Those who did not compete in the Women's Run were credited with 35 pts. The Walliston Wallop Run 35pts, and Perry Lakes Handicap with 21 pts. This is one more point than the last finisher in each of the events.

## STATEMENT OF RECEIPTS AND PAYMENTS FOR THE PERIOD 6TH MARCH, 1985 to 8 JUNE, 1985

### Receipts

|                       |                    |
|-----------------------|--------------------|
| Subscriptions         | \$ 2,432.00        |
| Sportswear and Badges | 711.00             |
| State Championships   | 543.00             |
| Sundry Events         | 50.61              |
| <b>TOTAL DEPOSITS</b> | <b>\$ 3,736.61</b> |

### Less Payments

|   |           |                    |
|---|-----------|--------------------|
| Sportswear and Badges                     | \$ 790.00 |                    |
| Newsletter                                | 79.50     |                    |
| State Championship                        | 61.68     |                    |
| Postage, Stationery and Phone             | 143.14    |                    |
| Fees                                      | 36.00     |                    |
| Sundry Events                             | 10.05     |                    |
| Name Badges                               | 44.88     |                    |
| Advances                                  | 200.00    |                    |
| Booking Fee Long Weekends                 | 340.00    |                    |
| Repairs Equipment                         | 190.00    |                    |
| Trailer Licence                           | 23.60     |                    |
| <b>TOTAL PAYMENTS</b>                     |           | <b>1,918.85</b>    |
| Net Surplus for Period                    |           | 1,817.76           |
| Add Opening Bank Balance 6th March, 1985  |           | 935.89             |
| <b>BANK BALANCE 8TH JUNE, 1985</b>        |           | <b>\$ 2,753.65</b> |
| Saving Investment Account 8th June, 1985  |           | 2,776.27           |
| <b>TOTAL FUNDS AT BANK 8TH JUNE, 1985</b> |           | <b>\$ 5,529.92</b> |

### A WARM WELCOME TO NEW MEMBERS

|                    |                                     |         |
|--------------------|-------------------------------------|---------|
| IAN F. MCGIBBON    | 15 Belvedere Road, HAMERSLEY 6022   | 26/9/43 |
| JOE TROVATO        | 18 Stonehouse Cresc. BENTLEY 6102   | 16/7/39 |
| JACQUELINE JENKINS | 56 Phoenix Road, HAMILTON HILL 6163 | 15/1/47 |
| ROGER BRIGGS       | 22 Kildare Road, FLOREAT PARK 6014  | 9/5/45  |
| MARGARET BRIGGS    | 22 Kildare Road, FLOREAT PARK 6014  | 30/8/48 |



BOB'S BACK

Good to see Rob Shand, of our first members and contributors, around again.

Rob has been commuting between Perth and Alice Springs in his business but is now back in circulation.

"GRANDFATHER CLAUSE"

Congratulations to Bob Sammells who now enters the G1 Division in the Vets. (G1 is defined as: "Grandfather for the first time"!)

We hope grandson Liam is as good a runner and clubman as his forebear.

NEXT MARATHON PICK-ME-UP

Barrie and Joan Slinger again invite members to a get-together after the Broadlands' People's Marathon on August 4.

PLACE: 28 Florence , Nedlands.

TIME: When you have recovered - or even before! (Doctor on call!)

BRING: Casseroles and Fluids.

METEOROLOGICAL MYSTERY

On Tuesday, June 18, the Bureau of Meteorology was thrown into complete chaos.

Visitors to King's Park at 6.00 pm in the fading light, reported sighting strangely moving luminous objects.

One cyclist is reported to have been partly blinded and blundered into a lurking log.

The mystery was solved by some Vet runners when it was found that Allen Tyson was shortless, and had risked running in a set of foreshortened and very revealing jockettes!!

Gentleman Merv Mo yle eventually came to the rescue with his tee-shirt which tended to cover Allen's knees and give the impression of a nebulous nightdress!

Whose fault was it? Valerie's of course - she didn't pack the shorts!

HAPPY BIRTHDAY TO.....

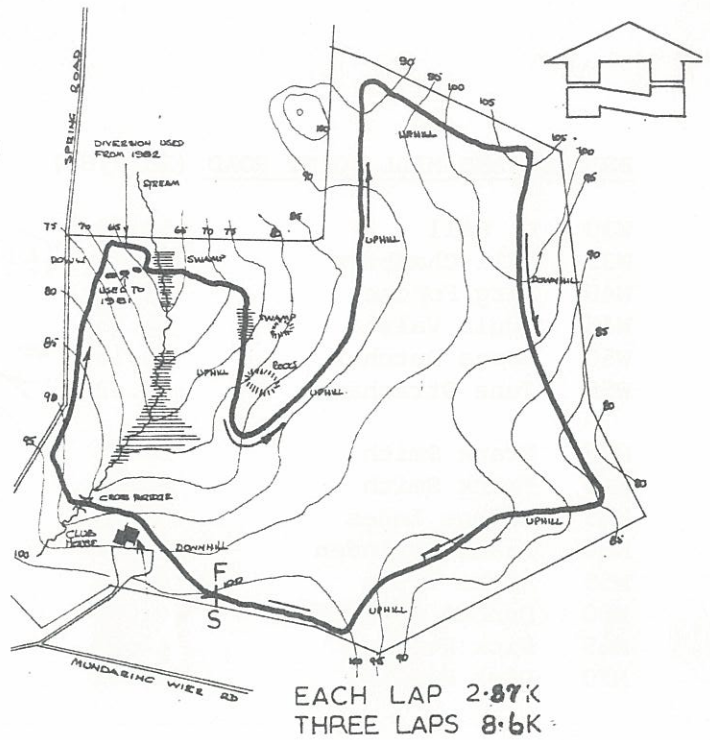
|                 |          |             |    |                    |          |             |    |
|-----------------|----------|-------------|----|--------------------|----------|-------------|----|
| Mike Berry      | turns 54 | remains M50 | 06 | Ernest Moyle       | turns 60 | becomes M60 | 30 |
| Peter Cowley    | 46       | " M45       | 29 | Jim Greenfield     | 42       | remains M40 | 07 |
| Enid Crawther   | 43       | " W40       | 26 | Harry Whyte        | 42       | " M40       | 08 |
| A.R. Fergie     | 50       | becomes M50 | 03 | Jeanette Tomlinson | 51       | " W50       | 09 |
| Sue Leman       | 39       | remains W35 | 05 | David Branson      | 49       | " M45       | 20 |
| Helma Manley    | 50       | " W50       | 03 | Sandi Walton       | 39       | " W35       | 31 |
| Derek Walker    | 53       | " 50        | 07 | Stanley Green      | 71       | " M70       | 09 |
| Brean Waldhater | 45       | becomes M45 | 31 | John Bell          | 40       | becomes M40 | 06 |
| Duncan Phillip  | 53       | remains M50 | 11 | Wally Cross        | 55       | " M55       | 19 |
| Kenneth Snowdon | 43       | " M40       | 04 | Marg Forden        | 44       | remains W40 | 29 |
| Keijo Vaalsta   | 51       | " M50       | 17 | Karen Bennett      | 27       |             |    |
|                 |          |             |    | Alan Stone         | 53       | " M50       | 20 |



# JULY RUNS & RECORDS

## JORGENSEN PARK CROSS COUNTRY (14/7/85)

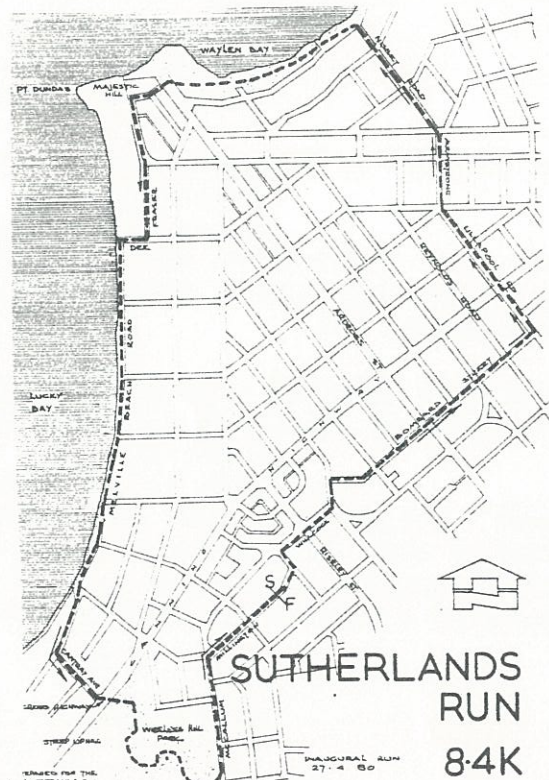
|     |                 |       |
|-----|-----------------|-------|
| W30 | Jo Stone        | 44.30 |
| W35 | Jill Chambers   | 36.03 |
| W40 | Marg Forden     | 42.33 |
| W45 | Marg Warren     | 43.03 |
| W50 | Lorna Butcher   | 44.03 |
| W55 | Val Tysan       | 55.40 |
| M35 | Hugh Kirkman    | 30.55 |
| M40 | D. Hoyer        | 30.30 |
| M45 | M. South        | 32.06 |
| M50 | Rob Shand       | 35.13 |
| M55 | A. Merrett      | 35.07 |
| M60 | Duncan Strachan | 39.55 |
| M65 | Dick Horsley    | 41.47 |
| M70 | Dick Horsley    | 42.39 |



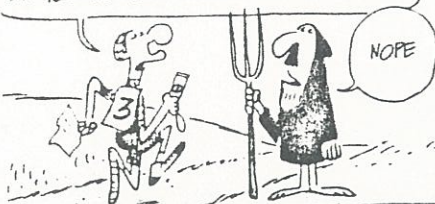
## JORGENSEN PARK CROSS COUNTRY COURSE 8.6K

## SUTHERLAND'S RUN (31/7/85)

|     |                 |       |
|-----|-----------------|-------|
| W30 | Jill Barton     | 43.26 |
| W35 | Joan Slinger    | 40.37 |
| W40 | Joan Slinger    | 39.10 |
| W45 | Marg Warren     | 41.58 |
| W50 | Lorna Butcher   | 40.44 |
| W55 | June Strachan   | 48.00 |
| M35 | Hugh Kirkman    | 29.12 |
| M40 | Frank Smith     | 29.15 |
| M45 | Don Caplin      | 29.42 |
| M50 | Dave Carr       | 30.57 |
| M55 | Allen Tyson     | 36.08 |
| M60 | Duncan Strachan | 35.21 |
| M65 | Dick Horsley    | 38.05 |
| M70 | Dick Horsley    | 38.54 |



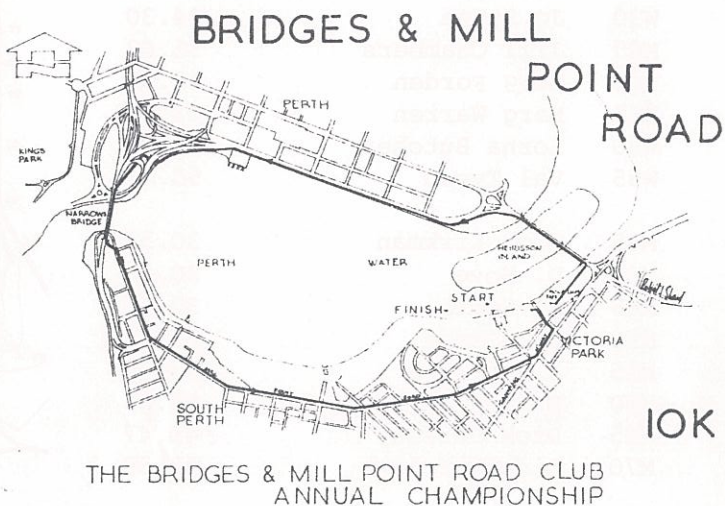
DID YOU SEE SOME RUNNERS PASS BY HERE?





## BRIDGES AND MILL POINT ROAD (28/7/85)

|     |                 |       |
|-----|-----------------|-------|
| W30 | G. Hall         | 50.26 |
| W35 | Jill Chambers   | 38.00 |
| W40 | Marg Forden     | 44.00 |
| W45 | Tuula Valsta    | 44.55 |
| W50 | Lorna Butcher   | 46.13 |
| W55 | June Strachan   | 54.43 |
| M35 | Frank Smith     | 32.46 |
| M40 | Frank Smith     | 33.20 |
| M45 | George Innes    | 33.42 |
| M50 | Frank McLinden  | 37.45 |
| M55 | Allen Tyson     | 40.09 |
| M60 | Duncan Strachan | 41.42 |
| M65 | Dick Horsley    | 42.56 |
| M70 | Dick Horsley    | 45.01 |

**"VETPOWER"**THE ASTOUNDING AUSTIN ... .. by Allen Tyson

One of Australia's least known champions is N.S.W. sprinter Reg Austin who has held the following World records as an M.40

100 metres in 10.6 seconds  
 200 metres in 21.7 seconds  
 400 metres in 48.4 seconds.

At present, an M45, he holds the 400 metres in 50.61 seconds.

HANDICAPPED OUT

Austin's incredible feats come from a man who did not win his first sprint until the age of 28. After 25 years of professional running he has won every major Australian gift except the Stawell in which he is handicapped out.

A game of rugby as an 18 year-old in which he received £2 cost him the chance to represent Australia in amateur athletics.

SPEED WORK

His secret is his fitness. He trains by himself five days a week - mostly speed work, doing repetitions of 100, 200 x 400 metres. As a trainer with Manly-Warringah Rugby League Club, he does everything his players do in training, three nights a week. On top of this he completes three sessions a week on the Nautilus machine.





TWO IN A WEEK

From Frank Smith

Bob Harrison recently created something of a record for a Club member when he completed two marathons in a week.

Bob not only completed them, but won both in very smart times.

"ANOTHER MARATHON"

After capturing the Geraldton prize in 2.41.57 on June 2nd, Bob had to travel to Whyalla, where he "heard about another marathon" on June 9.

Unable to resist the chance of a "home run" - Bob came from Whyalla - he went in it for fun and found he was in with a chance.

A good chance! He won in 2:45.

"My time was not quite as good as Geraldton, but I was pleased", said Bob.

(Well done, Bob! But your effort is not for everyone! Thanks to Frank Smith, too, for this item of news. We reprint the account from the local paper :

WALKAWAY MARATHON TO PERTH RUNNER - June 2, 1985

The third Walkaway Tavern Marathon held last Sunday saw some of the state's leading marathon runners complete fast times

The field was reduced to 14 runners this year with other marathon events being held at the same time in different parts of the state.

A combination of wind and chilly weather conditions took its toll on competitors but they picked up their pace as the race progressed.

The first to complete the flat Edward Rd course was Bob Harrison who ran a state class time of 2 hours 41 minutes 57 seconds for the 42 kilometre race.

Bob is a 43-year-old Perth runner who has a personal best marathon time of 2 hours 38 minutes.

He was followed in by another Perth runner, Viv Bryant in the time of 2 hours 47.35. Viv finished third in last year's race and hopes to go one better than this year's second next year.

Third to finish was Graham McDonald who came in only minutes behind the second place-getter, Bryant. Graham's official finishing time was listed as 2.50:04.

The winner's time was marginally slower than the record set in last year's race which was run in ideal marathon conditions.

Max Grieve was the first Geraldton competitor to finish in sixth place. He completed the course in the smart time of 3.04:18 and with continued training is sure to finish higher up in next year's event.

The second Geraldton runner to complete the marathon was veteran runner Dick Davies (49) who has run in several marathons.

He completed the course in 3.15:21 and was still running strongly as he crossed the finishing line. Some credit must be given to local competitor Bill Taylor who came in at the tail of the field.



KEVIN Anderson gives runner Bob Harrison a refreshing drink in Sunday's Walkaway Tavern Marathon. Bob eventually outpaced his rival to win the event.