

The Vetrin

NO 166 JULY, 1986

W.A. VETERANS' A.C.

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FROM THE COMMITTEE

"Walliston Wallop"

The President reported that this run was again a great success - thanks to Maurice and Rose Johnston, their helpers and a patch of beautiful weather. The sale of "fuel" was also well-supported by members, with only a few bottles remaining at the end of the day.

The following is the statement presented by the President:

WALLISTON WALLOP STATEMENT

Sales 8 dozen @ \$3.00 a bottle	dr.	cr.
		288.00
Less Purchases & costs:		
Leschenault Winery (Red)	75.00	
Liberty Liquors (D. White)	60.00	
(S. White)	71.60	
(Rose)	35.80	
(Tasting Samples)	19.00	
(Labels)	1.60	
	<u>263.00</u>	
	263.00	
		<u>\$25.00</u>

"Short Aid Famine Appeal"

You may remember that our Half Marathon coincided with this appeal and that the Club agreed to support it "independently". The Club donation (\$250) was supplemented by \$ 91 collected on the day and a contribution from Ray Laurence who drummed up \$ 230 in private sponsorship.

Vets Photo Display

The Club display appeared in Femantle Library during May - June, thanks of course, to the efforts of our secretary, Sandi Walton, who seems to have some connection with it!

Equipment Control Officer

This has become a matter of urgency. There were no nominations at the A.G.M. and no offers after an appeal in the next newsletter. Brian Danby has been generously helping out - he did the job, remember, in 1984? However, as from now he will not be able to do the job.

In short, we still have no Equipment Control Officer. The Club provides a tow-bar if the member does not already have one.

Obviously, we need some equipment at all our runs and we need a member to bring it. If we don't have a volunteer, it doesn't get there.

In the last newsletter, we noted that our typing has been done by volunteers in the past. It was pleasing that this brought an immediate response from new member, Tina Carman, who offered to help if needed.

Club Singlets

There has been some misunderstanding over the past six months and we are sorry that quite a few orders have not been met.

There was also some dissatisfaction with the cut of the present singlet which has caused discomfort. Kath Penton has canvassed a number of manufacturers and discussed samples with members after the last run. She has come up with a product that will be more comfortable and be available at about \$13.00 - \$14.00, including badge.

It appears that the manufacturer will take about six weeks.

Twenty Four Hour Relay

Brian Danby carried out some investigations with members. It appears that there is no demand for this event in 1986.

National Veterans Monthly Newspaper

The secretary has been distributing complimentary copies of the first issue and there are still some available. The committee noted that this publication has reserved a section for each state and urges members to contribute.

Ideally, we should have a "W.A. Correspondent", a role which Sandi ably filled for the first issue. Are there any takers?

Quiz Night

"To be or not to be?"

In recent years this has been a useful fundraiser for our club.

However, it has been suggested that the number of actual members supporting the function has been very small.

Do members want this function?

The Committee will act on your wishes. If you have strong thoughts one way or the other, please drop a line to our secretary at 9/12 Elvira Street, Palmyra 6157.

NewsDesk



"GETTING TO KNOW YOU..."

A warm welcome to our new members:

NAME	ADDRESS	TEL. NO	D.O.B.	D.O.J.
Rosemary McCashan	17 Summerhayes Drive Karrinyup 6018	W 349 6200 H 448 3058	31/3/39	11/5/86
Beverley Thornton	7 Balmoral Road Gooseberry Hill 6076	293 3027	23/2/43	17/5/86
Tina Carman	29 Rawlins Street Glendalough 6016	444 1777	6/4/55	17/5/86
Roger Gregory Pettman	7 Croxton Road Piesse Brook 6076	293 2503	18/4/43	17/5/86
Peter St John Kennedy	6A Crawley Ave Crawley 6009	386 8997	1/4/20	17/5/86
Sidney Ernest Bowler	16 Shelburn Road Thornlie 6108	459 5365	28/4/23	20/5/86
Lesley Richards	46 Barrack Street Merredin 6415	41 1408	18/11/46	30/5/86
Patricia Mary Farquhar	6 Swan Road Attadale 6156	330 2408	5/4/38	30/5/86
John Joseph Hughes	49 Shepperton Road Victoria Park 6100	362 2388	6/12/35	30/5/86
Robert Stuart Harding	29 Parry Street Bunbury 6230	21 1627	7/5/45	30/5/86
Derek Peter Drayson	23 Oceanic Drive Floreath Park 6014	387 2285	19/6/23	15/6/86
Coral Kernagham	3 Dunster Street Karrinyup 6018	447 6862	4/11/42	15/6/86
Angus Munro Sim	12 Aralia Way Forrestfield 6058	453 9825	8/3/48	15/6/86

HAPPY BIRTHDAY TO:

Mike Berry	turns	55	becomes	M55	06	Sandi Walton	turns	40	becomes	W40	31
Peter Cowley	"	47	remains	M45	29	Stan Green	"	72	remains	M70	09
Enid Crowther	"	43	"	W40	26	John Bell	"	41	"	M40	06
Bob Fergie	"	51	"	M50	03	Wally Cross	"	56	"	M55	19
Sue Leman	"	40	becomes	W40	05	Marg Forden	"	45	becomes	M45	29
Thelma Manley	"	51	remains	W50	03	Karen Bennett	"	27	remains	W27	01
Joan Slinger	"	45	becomes	W45	12	Alan Stone	"	54	"	M50	20
Derek Walker	"	54	remains	M50	07	Joy Sanger	"	35	becomes	W35	22
Brian Waldhuter	"	46	"	M45	31	Graham Lane	"	43	remains	M40	01
Dorothy Wheltam	"	50	becomes	W50	10	Lena Hilton	"	40	becomes	W40	07
Duncan Phillip	"	54	remains	M50	11	Bridget Carse	"	43	remains	W40	10
Ken Snowdon	"	44	"	M40	04	Jeff Vargent	"	56	"	M55	10
Keifo Vaalsta	"	52	"	M50	17	Joe Trovato	"	47	"	M45	16
Ernie Moyle	"	61	"	M60	30	Alan Merrett	"	64	"	M60	17
Jim Greenfield	"	43	"	M40	07	Paul Martin	"	45	becomes	M45	18
Harry Whyte	"	43	"	M40	08	Jennifer Clay	"	36	remains	W35	25
Jeanette						Paul Jones	"	51	"	M50	25
Tomlinson	"	52	"	W50	09	Kath Counsel	"	43	"	W40	30
David Branson	"	50	becomes	M50	20						

Geraldton Marathon

This usually attracts a handful of Vets and this year we had Bob Harrison (4TH - 2.48.28), Brian Danby (6TH - 2.50.45), and Barrie Robinson (7TH - 3.14.26).

From the "Deep South"

John Cochrane in the news again!

THE ALBANY ADVERTISER, Tuesday, June 10.

The Sports Star of the Year Award winners for the months of March, April and May were announced this week by the panel of four judges.

There were many outstanding performances by both sportsmen and women during these months and the judges were tested when having to decide the eventual winners.

The senior award for March went to John Cochrane who set new State and National records for shot put at the Veteran State Championships.

The judges finally decided on Greg Hall in the junior section after he took out the State Junior Saloon Car.



LETTERBOX

George Audley
RMB 9210
LWR Denmark Road
ALBANY 6330
13 June 1986

Dear Basil,

Would you please thank the special committee for selecting me as the winner of the Reg Briggs Trophy - most improved Vet 1985.

Only one thing makes me regret leaving Perth over 10 years ago is not being able to join in the Vet Runs. I just hope that the city Vets appreciate how lucky they are to have the opportunity to run with so many other Vets. Down here we are few in number and although welcome in the local Athletic Club in Albany have to run after not with the young athletes. (I don't mean a different starting time either).

Another bit of news (see cutting. The last 3 years the Vet Championships have given us Albany Vets the Sports Person of the Month. 1984: myself: (Walks.); 1985: Carmel Drummond (running); and 1986: John Cockrane (ShotPut). Who will it be for 1987?

All the best from Albany.

George.

(Thanks George for the statistics, and congratulations to Albany Vets! Ed.)

PO Box 672
FREMANTLE WA 6160
3 June 1986

Dear Basil,

Having returned from the U.K. a few days ago with fondest memories of the London Marathon, I'm enclosing a screed that you may wish to include in the next edition of the Vetrun.

I hope to come along to the next run and I look forward to seeing you then. Also enclosed is a brochure on the Vets Championships in Israel in 1987.

Best regards,

Paul Martin

How many of us mere mortals, blessed with at best average athletic ability, have actually dreamt about running with world-class athletes, along a course flanked by an estimated 1 million people and a television audience which outrates Dynasty and Dallas put together? Graham Lane and myself realised this ambition when we competed in this year's London Marathon.

As we made our way to the start in pouring rain and sub-zero temperatures, our only protection against the elements, apart from our tropical weight shorts and singlet was a black dustbin liner with a hole cut out of the top and a supermarket bag covering our heads. Insanity yes - trendy definitely not!

We finally reached a point where we could go no further forwards or for that matter no further backwards. Now there was nothing else to do but wait and soak up the incredible atmosphere that is 'The London'. Many different languages and a full range of British dialects filled the air and produced a magnificent cacophony. All shapes and sizes ranging from an ex world boxing champion to a dwarf shuffled on the spot in a vain attempt to keep warm. It was to be the only time I wished I had worn the gorilla outfit sported by a gentleman just ahead of us. Someone dressed as the the Sugar Plum Fairy was to our left and the oldest competitor 81 year old Pat Riley was somewhere behind us. Then at last after an indeterminable amount of time, Prince Charles, in suitably flamboyant fashion, fired the cannon and we were off amidst an enormous cheer. Well, not exactly off. It took us a couple of minutes before we put one foot in front of the other and at least five before we got into anything resembling a stride. However, we and the 20 000 other starters, were on our way, squelching around the 26 mile course from Greenwich Park through narrow cobbled streets, around the Tower of London and onto the finish overlooked by Big Ben and the Houses of Parliament.

People in the streets up to ten deep, dispensing orange slices, cups of tea, boiled sweets, even beer and wine, shouting support and urging you on. Music also abounds and a variety of different bands playing numbers such as "Keep right on to the end of the road" prevent the weary legs from failing completely.

As I staggered over the line, a total wreck, having hit the wall at about twenty miles, a foil space-blanket was thrown over me, a medal placed around my neck and a kiss firmly planted on my cheek by some poor unfortunate female. What a thought, kissing 20 000 sweaty males who were without doubt not looking their best!

It was only after I had collected my gear, drank copious quantities of water and slowly headed towards the Post-Run Reception, where beer and sandwiches awaited us, that I realised that those last few hours were an experience that I will never forget. The fact that I had not run up to my expectations didn't matter, the loss of my big toenail was even less important. What was important was that I had just completed in one of the major highlights of the British sporting calendar, that had been superbly organised and that had had an atmosphere that in crowd participation alone would have ranked with the Olympics.

The statistics of the race seemed secondary. Toshikiko Seko of Japan won in 2 hours 10.02 seconds. Graham finished in 3 hours 22 and I stumbled over the line a few minutes later. Possibly the most remarkable performance was a 70 year old who finished in 3 hours 11 minutes.

For anybody intending to compete in a future London Marathon, I will be only too pleased to pass on my enthusiasm. I feel if there is one event that all us joggers, athletes or whatever we like to call ourselves should participate in at least once, it has to be "The London".

NEWSLETTER NOTE

Thanks to those members who have changed address and let us know promptly, This has been a big help, especially to Phyllis Farrell who has kindly put in many, many hours in order to get our roll and birthday list on computer. She has also done a super job on our list of labels which is essential for getting the bulk postage discount (19cents). With 320 on our list at the moment, this has been a big job. Thanks Phyll!

RESULTS

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MEN'S PENTATHLON STATE CHAMPIONSHIPS

16 March 1986

AGE GROUP	NAME	PERFORMANCES					FINAL POINTS
		Long Jump	Jav	200m	Discus	1500m	
M35	B. Cornish	5.08	34.84	24.9	25.96	5.16	1873.91
	B. Madsen	3.13	31.50	31.5	21.82	5.33	748.14
M40	B. Landers	4.70	27.24	26.9	16.54	6.07	1442.00
	J. Bowen	4.02	40.30	30.9	29.78	-	1425.12
	J. Froudist	3.78	18.18	30.6	18.20	6.03	710.14
	A. Croxford	2.33	-	39.8	8.72	5.27	9.90
M45	P. Gare (Rec.)	5.49	20.60	24.5	30.10	5.54	2420.10
	P. Muller	4.86	28.01	28.1	23.08	5.17	1871.18
	R. Calnan	4.91	25.93	27.3	21.08	5.57	1849.82
	N. Richards	4.61	27.21	26.3	19.54	5.18	1829.35
M50	K. Whistler	3.21	-	31.7	23.64	6.21	764.78
	R. Hayres	2.98	21.70	33.1	16.60	5.34	742.25
	J. Whittam	2.91	15.80	41.8	21.60	-	458.20

Peter Gare Broke the new long jump record made by David Clive the same day!

Distances P.G. - 5.49

D.C. - 5.41

(Thanks to Dick Horsley for preparing these results and congratulations to all winners in this tough test).

WOMEN'S PENTATHLON STATE CHAMPIONSHIP

16 March 1986

AGE GROUP	NAME	PERFORMANCES					FINAL POINTS
		100m	Shot	Jav	800m	LJP	
W30	B. Wilson	14.6	6.89	16.78	2.53	3.88	2333.61
W35	E. Hindle	13.0	7.14	18.63	2.46	4.59	2936.94
W40	J. Fletcher	14.8	5.88	20.50	3.01	3.98	2362.74
	L. Jenkins	15.3	6.39	13.03	3.10	3.15	1866.88
	V. Prescott	16.0	5.09	11.91	3.18	3.20	1558.84
	K. Counsel	18.6	6.19	11.10	-	2.75	789.87
W45	D. Whittam	14.4	7.08	17.07	3.35	3.68	2394.02

AUSTRALIAN CHAMPIONSHIPS - 1987

A small group is gathering information with a view to travelling to Sydney next year for this event. We are also looking for some very cheap accommodation !

If anyone is interested in joining the group, make yourself known to : Shirley Cross, Jan Johnson, Dorothy Whittam, or the Editor.

RESULTS

ROUND THE HOUSES

March 1986

Thanks to everyone who came and saw, and to those people who came and helped to guide and organize.

Congratulations to Barry Harwood for being first again, in the 6.4km run, in 24 minutes 01 seconds and to Cheryl Bell, first woman, taking 26 minutes 0.3 seconds, beating the record of 29 minutes 0.9 seconds.

Frank Smith won the longer run in 55 minutes 19 seconds with Brian Danby coming second in 56 minutes 05 seconds.

First lady was Jenny Villiers winning her first race in a time of 79 minutes 40 seconds.

15.6.k.

6.4.k.

PLACE	NAME	CAT.	TIME	PLACE	NAME	CAT.	TIME
1	F. Smith	M40	55.19	1	B. Harwood	M40	24.01
2	B. Danby	M35	56.05	2	M. Johnston	M45	24.49
3	D. Caplin	M45	57.21	3	C. Bell	W35	26.03 (1st F)
4	J. Bell	M40	58.55	4	B. Worner	M50	26.40
5	J. Yates	M40	58.57	5	A. Tyson	M60	28.51 (New Record)
6	F. McLinden	M50	59.19	6	J. Pellier	W45	29.08
7	J. Presley	M40	59.30	7	C. Bould	M65	29.08
8	G. Thornton	M45	59.52	8	G. Morgan	M60	30.19
9	D. Roberts	M40	60.57	9	M. Beny	M50	30.28
10	J. Maddison	M45	61.16	10	D. Horsley	M70	30.51
11	B. Evans	M55	62.20	11	I. Sutherland	M45	31.38
12	R. Shand	M50	63.03	12	B. McClean	M50	32.43
13	J. Pellier	M45	63.37	13	M. Warren	M50	33.15
14	A. Duaber	M30	65.07	14	J. Whittam	M50	33.15
15	D. Moffett	M55	65.21	15	A. Aldrich	W40	33.19
16	R. Harris	M45	68.35	16	N. Bery	W55	37.32
17	M. Moyle	M55	68.49	17	D. Whittam	W45	39.29
18	P. Davis	M55	69.22	18	V. Tyson	W60	40.50
19	B. Aldrich	M55	70.00	19	D. Carmichael	W55	41.27 Visitor
20	D. Wilmott	M55	70.06	20	D. Carmichael	M25	41.30 "
21	V. Beaumont	M55	71.30				
22	B. Aellin	M45	71.50				
23	A. Pomery	M50	72.35				
24	R. Farrell	M45	72.37				
25	J. Greenfield	M40	72.40				
26	B. Thomsett	M45	72.42				
27	A. Davie	M50	73.14				
28	D. Stachan	M60	77.34				
29	S. Munsie	M50	77.35				
30	M. Warren	M45	79.07				
31	G. Nordyke	M60	79.22				
32	J. Villiers	W35	79.40 (1st F)				
33	F. Hagger	M60	79.40				
34	S. Walton	W35	80.22				
35	E. O'Dea	W45	80.23				
36	K. Penton	W40	80.28				
37	L. Hassan	M55	80.30				

RESULTS

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BATTERHAM'S RUN

May 4 1986

Position	NAME	AGE GROUP	TIME
1	D. Caplin	M45	27.24
2	D. Crowther	M40	28.24
3	J. Bell	M40	28.51
4	A. Jenkins	M40	28.55
5	D. Roberts	M40	29.21
6	B. Foley	M40	29.57
7	J. Stickles	M45	30.39
8	H. McGlashan	M45	30.40
9	B. Sammells	M45	30.57
10	J. Spencer	M45	31.19
11	B. Slinger	M45	31.31
12	C. Bell	W35	31.52
13	M. Moyle	M55	33.03
14	B. Kernaghan	M45	33.33
15	V. Beaumont	M55	34.10
16	A. Pomery	M50	34.12
17	M. Faunge	M45	35.04 (lost his way)
18	R. Farrell	M45	35.06
19	B. Worner	M50	35.12
20	A. Davie	M50	35.12
21	D. Ryder	Guest Invite	35.44
22	R. Lewis	M35	35.55
23	R. Lawrence	M55	35.56
24	G. Morgan	M60	35.56
25	B. Saunders	Guest	36.28
26	S. Walton	W35	36.40
27	J. Slinger	W40	36.54
28	D. Vincent	M45	36.58
29	K. Penton	W40	36.59
30	J. Russell	M50	37.40
31	C. Bould	M70	38.05
32	J. Sanger	W30	38.56
33	J. McLean	M55	38.56
34	P. Farrell	W40	39.15
35	E. O'Dea	W50	39.15
36	L. Butcher	W55	39.47
37	J. Langdon	W35	40.05
38	M. Warren	W50	40.27
39	P. Weston	W50	40.27
40	W. Vincent	W40	40.42
41	M. Tapper	W35	42.00
42	M. Robinson	W45	42.12
43	J. Johnson	W40	45.52
44	S. Cross	W45	45.52
45	M. Stone	W40	55.42
46	K. Jenkins	Invite	57.00
47	J. Jenkins	W40	57.00

WALLISTON WALLOP 10k Road Race - 11th May, 1986
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On a beautiful morning for our run, forty four runners waited their turn to be off in the 10k open handicap on a very demanding course.

The adrenalin was flowing for Jill Langdon leading the field home, followed by Alana Chambers. Well run!

The handicapping of Bert Carse and Jill Chambers was justified. Nevertheless they must have worked hard to pass most of the field in fastest times on the day - 37.37 and 41.09 - well run!

Thanks to our handicapper Keith Forden who did a great job.

After the run a large contingent stayed back to eat, drink and hopefully, be merry.

Many thanks to my helpers Ted and Clare, Frank and Ann and my good wife Rose. Special thanks to Jackie Greenfield for her imaginative labels for the wine.

Hope to see you next year.

Maurice and Rose Johnston

5k results

			Frank Usher	M60	29.28
Barry Harwood	M40	20.34	Nora Berry		30.36
Keith Forden	M45	22.40	Peter Kennedy		32.30
Barry Johnson		26.52	Leo Massam	M55	32.21
Kirt Johnson		29.10	Coral Kerniham		32.22
Shirly Cross		29.18	June Strachan	W60	33.30
Jan Johnson	W40	29.27	Margaret Stone		36.30

<u>10K</u>			<u>Clock</u>	<u>Actual</u>	<u>10K</u>		<u>Clock</u>	<u>Actual</u>	
			<u>Time</u>	<u>Time</u>			<u>Time</u>	<u>Time</u>	
1	Jill Langdon	W35	62.32	57.02	23	Duncan Strachan	M60	66.45	52.46
2	Alan Chambers	M45	63.43	54.13	24	Robert Carrell	W45	66.46	51.06
3	Margaret Forden	W40	64.04	48.34	25	Brian Danby	M35	67.06	39.51
4	Kevin Martin	M45	64.06	45.51	26	Joan Pellier	W45	67.21	52.21
5	Vic Beaumont	M55	64.14	48.14	27	A. Jenkins	M40	68.02	43.32
6	Bert Carse	M40	64.22	37.37	28	Alan Pomeroy	M55	68.11	48.41
7	Dave Carr	M50	64.37	40.22	29	John Russell	W50	68.30	55.45
8	Jill Chambers	W35	64.39	41.09	30	Dalton Moffett	W55	68.45	46.30
9	Sandi Walton	W35	64.47	52.02	31	Barry Kernaham	M45	68.45	50.30
10	John Pellier	M45	64.54	42.39	32	Dale Hough	M50	69.05	46.20
11	Dave Roberts	M40	64.55	42.10	33	Ernst Moyle	M60	69.06	56.21
12	Mike Khan	M40	65.03	42.18	34	Kath Penton	W40	69.16	55.46
13	Graham Thornton	M45	65.10	40.55	35	Robert Abrahams	M55	69.27	61.57
14	Eliza O'Dea	W50	65.11	54.41	36	Alan Martin		69.31	49.01
15	James Greenfield	M40	65.19	43.49	37	Mary Robinson	M45	69.44	64.44
16	Don Caplin	M45	65.29	39.29	38	Pat Carr	W50	70.10	65.10
17	Merv Moyle	M55	65.36	47.51	39	Jim McLean	M50	70.59	59.44
18	George Innes	M50	65.37	40.07	40	Ray Lawrence	M55	71.14	55.14
19	Barry Slinger	M45	66.16	46.46	41	Julia Vaalsta	W45	71.37	52.52
20	K. Vaalsta	M50	66.19	44.49	42	Joan Slinger	W40	72.31	59.46
21	H. McLashen	M45	66.36	45.06	43	Morris Warren	M45	72.31	51.31
22	Paul Jones	M50	66.41	48.26	44	Phyllis Farrell	W40	72.31	60.46

JIM BARNES RUN

June 1 1986

Cool, crisp conditions, perfect for running plus 102 entries made our run at Thornlie a great success. Don Caplin and Bert Carse exchanged the lead for the first half of the run. A calf muscle injury to Bert forced him to ease up and Don went on to be the first in with a record run of 33.58. It was Don's best time for 10km for some years. Gill Chambers also set a course record which she previously held. Numerous runners achieved personal best for the distance.

Those who stayed back for refreshment after the run were treated to some entertaining tennis from super brat McenWarren in snazzy apparel and wig.

We wish to thank the Farrells, Rose Johnson, Anne Smith, Nicki Mitchell, Wally Cross and Maureen Pomery.

Pat & Jim Barnes.

(Thanks to Jim and Pat for handling the "happy hundreds"!)

<u>POS.</u>		<u>AGE</u> <u>GROUP</u>	<u>CLOCK</u> <u>TIME</u>		<u>POS.</u>		<u>AGE</u> <u>GROUP</u>	<u>CLOCK</u> <u>TIME</u>
1	S. Mitchell		33.44	Visitor	36	G. Hair	M45	43.00
2	D. Caplin	M45	33.52		37	B. Kernaghan	M45	43.24
3	S. Barrie	M50	34.56		38	M. Forden	W40	43.29
4	F. Smith	W40	35.28		39	T. Vaalsta	W45	43.38
5	J. Bell	M40	36.46		40	B. Crellin	M45	43.43
6	B. Foley	M40	36.54		41	P. Jones	M50	44.06
7	A. Jenkins	M40	37.16		42	A. Chambers	M45	45.39
8	D. Carr	M50	37.31		43	R. Lawrence	M55	45.43
9	J. Chambers	W35	37.32		44	R. Farrell	M45	45.44
10	M. Khan	M40	37.44		45	J. Pellier	M45	45.57
11	D. Roberts	M40	37.53		46	S. Walton	W35	45.57
12	T. Wood	M40	38.03		47	R. Whaler	M40	46.28
13	B. Sammells	M45	38.17		48	K. Johnson	M55	46.56
14	M. Johnston	M45	38.27		49	J. McKechnie	M50	47.11
15	T. Speechley	M40	38.53		50	C. Chequer		47.16 Visitor
16	B. Carse	M40	39.00		51	A. Sim	M35	48.04
17	B. Spehr		39.11	Visitor	52	C. Bould	M70	48.06
18	K. Vaalsta	M50	39.16		53	J. Russell	M50	48.06
19	J. Yates	M40	39.20		54	J. Willers	W35	48.20
20	J. Pellier	M45	39.26		55	J. Sanger	W30	48.22
21	D. Moffett	M55	39.42		56	P. Sanders	M40	48.38
22	C. Bell	W35	39.48		57	S. Sanders	W30	48.39
23	T. Kirwan	W35	40.37		58	E. Mercer	W40	49.13
24	D. Hugh	M50	40.52		59	J. McLean	M55	49.20
25	R. Harris	M45	41.07		60	P. Farrell	W40	49.20
26	K. Forden	M45	41.16		61	A. Aldrich	W40	51.17
27	M. Warren	M45	41.22		62	D. O'Donnell		52.17 Visitor
28	B. Mitchell	M50	41.54		63	D. Cowlan	M50	53.19
29	P. Guiton	M50	42.09		64	F. Usher	M60	54.29
30	R. Sheehy		42.18	Visitor	65	L. Hassam	M55	54.32
31	M. Moyle	M55	42.20		66	D. Crowther	M40	54.35
32	A. Davie	M50	42.26		67	I. Lyon	M45	56.02
33	A. Pomery	M55	42.30		68	C. Mitchell	W45	56.48
34	R. Brown	M45	42.58		69	S. Bowler	M60	57.50
35	J. Dartnell	M35	42.59		70	J. Strachan	W60	62.02

JIM BARNES RUN (Cont.)

<u>POS.</u>		<u>AGE GROUP</u>	<u>CLOCK TIME</u>
1	J. Trovato	M45	18.45
2	M. Whalen		22.25 Visitor
3	C. Dartnall		22.34 Visitor
4	S. Salter		22.34 Visitor
5	S. Hair		22.34 Visitor
6	J. Pearce	W35	23.06
7	L. Whalen		23.13 Visitor
8	S. Bell		24.16 Visitor
9	B. Worner	M50	24.19
10	G. Morgan	M60	25.08
11	D. Francis		25.51 Visitor
12	T. Tate	M50	26.05
13	E. Tate	W45	26.05
14	M. Pritchard	W40	26.19
15	G. Sanders		26.36 Visitor
16	P. Carr	W50	26.47
17	C. Kernaghan	W40	27.38
18	G. Francis		27.50 Visitor
19	M. Warren	W50	27.51
20	M. Stewart		28.03 Visitor
21	N. Berry	W55	28.05
22	K. Stewart		28.08 Visitor
23	J. Stone	W40	28.34
24	E. Crowther	W40	30.35
25	D. Whittam	W45	30.35
26	M. Taylor		30.56 Visitor
27	J. Stewart		33.34 Visitor
28	I. Johnston	W35	34.46
29	J. Jenkins	W35	34.46
30	K. Jenkins		34.46 Visitor
31	D. Horsley	M70	36.35
32	S. Cross	W45	36.35

NEWS FROM THE NATIONAL CONFERENCE

Allen Tyson

- As reported in the Vetranner, A.C.T., at the Annual Conference of the A.A.V.A.C. Harry Stanley of N.S.W. was elected President and Peg Smith of Victoria continues as Secretary/Treasurer.
- The 300 metre hurdles for women over 50 and men over 60, and womens hammer and triple jump events will be included in future national championships.
- The Tasmanian Veterans were encouraged to assist with the organisation of the proposed Masters Games in December as visitors to the World Championships in Melbourne might like to go to Tasmania for these events.
- Mike Hall asked all clubs to assist in distribution of a new national newspaper for veterans.
- It was decided to have half-yearly meetings of delegates.
- Peg Smith outlined the progress of the organization of the World Veteran Games to be held in Melbourne 28 November - 7 December 1987 and gave a preview of the attractive new uniforms.
- The 1987 National T & F Championships will be held in Sydney and 1988 in Brisbane. Both promise to hold the 10 000m race under lights.

PERRY LAKES HANDICAP RUN

JUNE 8

Subjective: A great day and the weather smiled on us. Visitors and others with no handicaps came in, in order: Roger Briggs, Harry Femanis, John McAlvey, George Atzenis, John Ferris, Michael Saunders, Maureen Stewart, Peter Sanger, Toni O'Donnell, Alan Tyson, Sherilee Bell, Syd Bower and Ross Parker.

Objective: Most grateful to Ken Whistler for looking menacing as the handicapper's bodyguard. With such a crashhot handicapper, I feel it is mandatory to set up on CHUTE and that everyone stands IN LINE to receive Wally's number. My apologies to those who lost places at the finish - it was a shambles with batches of 20 - 30 people coming through the line together.

Assessment: Good venue. Do we run it cross country on the grass in 1987?

Plan: Re-order the same weather for next year.

Race Organiser: John & Cheryl Bell

		AGE	Clk	H/CA	Adj T			AGE	Clk	H/CA	Adj T
1	K. Martin	M45	44.11	11.30	32.41	* 32	L. Butcher	W55	47.01	4.45	42.16
2	R. Davis	W40	44.35	0.00	44.35	* 33	E. Moyle	M60	47.06	7.15	39.51
3	B. Kernagham	M45	45.03	10.15	34.48	34	B. Godwin	W45	47.06	1.30	45.39
* 4	T. Maslen	M50	45.19	15.15	30.04	35	M. Pritchard	W40	47.12	3.15	43.57
* 5	E. O'Dea	W50	45.20	5.30	39.50	36	B. Crellin	M45	47.13	11.15	35.58
6	K. Forden	M45	45.21	12.00	33.21	37	B. Godwin	M45	47.17	11.15	36.02
7	B. Johnson	M40	45.28	6.00	39.28	38	P. Martin	M40	47.18	14.15	33.05
8	A. Davie	M50	45.29	11.15	34.14	39	R. Lawrence	M55	47.21	9.30	37.51
* 9	C. Bould	M70	45.29	6.00	38.29	40	R. Farrell	M45	47.30	9.30	38.00
10	J. Willers	W35	45.32	4.45	40.47	* 41	M. Warren	W50	47.31	3.45	43.46
* 11	V. Beaumont	M55	45.40	10.00	35.40	42	J. Pellier	W45	47.33	8.45	38.48
* 12	G. Thornton	M45	45.45	15.30	30.15	43	J. McLean	M55	47.36	7.00	40.36
13	R. Whalan	M40	45.46	7.15	38.31	44	G. Morgan	M60	47.38	7.15	40.23
14	I. McGibbon	M40	45.50	15.15	30.35	45	B. Sammells	M45	47.44	15.15	32.29
15	K. Vaalsta	M50	45.51	13.30	32.21	46	T. Vaalsta	W45	47.46	11.30	36.16
16	S. Cross	W45	45.54	0.00	45.54	47	T. Carman	W30	48.02	9.30	38.32
* 17	J. Sanger	W30	45.57	6.00	39.57	48	M. Moyle	M55	48.04	10.45	37.19
* 18	Y. Coruso	W35	45.59	8.45	37.14	49	L. Hassam	M55	48.05	5.30	42.35
19	P. Gwiton	M50	46.01	11.30	34.31	50	A. Pomery	M55	48.06	12.00	36.06
20	A. Sim	M35	46.05	8.00	38.05	51	N. Barry	W55	48.12	1.30	46.42
21	S. Walton	W35	46.08	8.00	38.08	52	R. Davis	M45	48.20	8.45	39.35
22	S. Maslen	W45	46.12	1.30	44.42	53	B. Holmes	M35	48.54	12.45	36.09
23	F. Hagger	M60	46.16	5.30	40.46	54	K. Johnson	M55	48.57	8.45	40.12
24	J. Stickles	M45	46.17	13.30	32.47	55	J. Johnson	W40	49.14	3.15	45.59
25	J. Russell	M50	46.24	7.15	39.09	56	S. Sanders	W30	49.42	6.00	43.42
26	V. Coruso	M40	46.25	13.30	32.55	57	F. Usher	M60	49.52	4.45	45.07
* 27	B. Danby	M35	46.48	18.15	28.33	58	R. Shand	M50	51.10	14.00	37.10
28	P. Farrell	W40	46.49	6.00	40.49	59	P. Kennedy	M65	52.24	3.45	48.39
* 29	M. Forden	W40	46.51	10.00	36.51	60	B. Worner	M50	52.25	12.00	40.25
30	J. Langdon	W35	46.55	3.45	43.10	61	S. Munsie	M50	53.06	8.45	44.21
31	P. Reside	W35	46.58	7.15	39.43	62	M. Stone	W40	54.01	0.00	54.01

ADDENDUM

In last month's Vetrin, we published the list of Club place getters and medal winners in the Australian Championships this year.

The official list did not tell us that Cliff won a Gold Medal in the 10k cross country, in addition to his other successes.

Well done again, Cliff!

CROSS COUNTRY

June 15th 1986

This run was originally advertised a cross country run, to be held over the National Championship course at Perry Lake.

Unfortunately (some may say fortunately) we were informed by the local authority that we could not use this course because it deviated off the track. With one week to go, I had to choose a new course which stayed on the track around Reobold. I chose the "Zamia Trail" run because the council claimed it was 5 kilometres - hence ideal to hold a 5k/10k race.

I believe the course chosen was found to be quite popular although judging by the times a bit shorter than 10k (but not as short as some people claimed!) I have asked Brian Danby to use the "wheel" to check this, and he had promised to do so.

One other minor problem was the lack of parking space at the top of Reobold. This, and the necessity to check at Perry Lake for people who may have gone to the advertised 'start' caused a delay of 10 minutes.

However, once under way, I believe that the 'field' found the course 'testing' but enjoyable. Those runners who wanted to drop out after one lap may not agree with this - but I'm sure they felt a deep satisfaction on completing the 2nd lap, even if Leo Harrison did have to prod them with a sharp stick to make them go round again.

Brian Danby again showed his fine form by finishing first with Don Caplin coming in 2nd and even managed to maintain his famous enigmatic style whilst running up the last hill.

Elza O'Dea and Coral Cole were the only ladies to complete the 10k, finishing in that order. Incidentally Elza had already run 10k before the race!

In the 5k, Barry Harwood finished 1st man with Joyce Sarger 1st woman.

I thank those people who helped on the day and particularly Thelma Manley, Kath Penton and Marilyn Acreman who did the brunt of the work.

Alan Acreman (Race Organizer)

(Special thanks to Race Organizer, Alan, who coped with a difficult situation - the sliding thermometer and the "mountain mist" (!) added to the undoubted charm of the Vets unofficial "King of the Fountain" - Editor)

RESULTS

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CROSS COUNTRY	June 15
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<u>POS.</u>		<u>AGE</u> <u>GROUP</u>	<u>CLOCK</u> <u>TIME</u>	<u>POS.</u>		<u>AGE</u> <u>GROUP</u>	<u>CLOCK</u> <u>TIME</u>
1	B. Harwood	*M40	18.56	36	K. Vaalsta	M50	38.49
2	J. Barnes	*M40	19.14	37	H. David	M50	39.31
3	B. Worner	*M50	19.22	38	R. Shand	M50	39.37
4	J. Sanger	*W30	21.43	39	J. Astwell	M50	39.41
5	P. Sanger	*M35	23.44	40	P. Martin	M40	39.43
6	F. Hagger	*M60	25.31	41	R. Parker	M35	39.50
7	W. Vincent	*W45	25.51	42	D. Moffett	M55	40.08
8	S. Munsie	*M50	26.13	43	K. Matin	M45	40.20
9	S. Cross	*W45	26.28	44	J. Spencer	M45	40.29
10	M. Robinson	*W45	26.53	45	R. Harris	M45	40.47
11	M. Tapper	*W35	26.59	46	N. Richards	M45	41.32
12	D. Horsley	*M70	27.12	47	A. Pomery	M55	41.33
13	B. Abrahams	*M55	27.13	48	K. Forden	M45	42.06
14	I. Lyon	*M45	27.15	49	G. Hair	M45	42.12
15	J. Stone	*W40	28.32	50	M. Moyle	M55	42.33
16	J. Strachan	*W60	29.34	51	A. Martin	M34	42.40 Visitor
17	P. Spencer	*W45	29.54	52	J. Pellier	M45	42.56
18	M. Taylor	*W35	32.23	53	A. Davie	M50	43.17
19	E. Crowther	*W40	33.14	54	P. Davies	M55	43.20
				55	P. Haynes	M45	43.35
10k				56	M. Sanders	M12	44.26 Visitor
				57	B. Crellin	M45	44.29
20	B. Danby	M35	33.14	58	P. Sanders	M45	44.29
21	D. Caplin	M45	33.21	59	A. Tyson	M50	44.42
22	B. Argyle	M40	33.51	60	J. Norden	M40	45.00
23	B. Hanna	M32	34.00 Visitor	61	R. Elmitt	M40	46.05
				62	R. Lawrence	M55	46.28
				63	R. Trott	M36	46.53
				64	G. Peet	M50	47.13
24	V. Tyson	*W60	34.07 (5K)	65	A. Sim	M35	47.14
25	H. Kirkman	M40	34.31	66	B. Slinger	M45	47.23
26	S. Barrie	M50	34.32	67	K. Johnson	M55	47.26
27	D. Clark	M27	34.54 Visitor	68	R. Farrell	M45	47.30
28	J. Ferris	M35	35.53 Visitor	69	D. Strachan	M60	48.10
29	I. McGibbon	M40	36.00	70	J. Russell	M50	48.43
30	J. Bell	M40	36.14	71	E. Moyle	M60	50.35
31	D. Roberts	M40	36.32	72	D. O'Donnell	M35	51.02 Visitor
32	T. Wood	M40	37.34	73	E. O'Dea	W50	51.29
33	F. McLinden	M55	37.44	74	J. McClean	M55	51.36
34	J. Yates	M40	38.04	75	C. Cole	W45	59.31
35	J. Stickles	M45	38.41				

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