

The Vetrun

No. 153 JUNE, 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

SUCCESS IS NEVER FINAL AND FAILURE NEVER FATAL.
IT'S EFFORT AND COURAGE THAT COUNT.

FROM THE COMMITTEE...

THE ANDY WRIGHT MEMORIAL RUN

Transferred from June 16 to July 7.

The Perry Lakes Run is, therefore transferred from July 7 to June 16.

CERTIFICATES

The Club will award coloured certificates for State championships wins and for club records.

QUIZ NIGHT

Wednesday, August 14, Churchill's Tavern.

Make it a firm date.

LONG WEEK-ENDS

1985 : September 18 - 30

DONNELLY RIVER

- * Four cottages and the hall are booked.
- * Eight people/cottage/3 days : \$100.00
- * Five dollars surcharge/person

1986 : March

WELLINGTON MILLS - Details later.

SUGGESTED RUNS TO BE INCLUDED IN HANDICAP CHAMPIONSHIP

| | | | |
|-------------|-------------------------------------|------------|---------------|
| APRIL 7 | Mad Mile | 1 mile | Sealed (1986) |
| MAY 12 | Walliston Wallop | 7.1 km | Open |
| JUNE 16 | Perry Lakes H'cap Run | 8 km | Open * |
| JULY 7 | Andy Wright Memorial Run | 10 km | Open * |
| JULY 21 | Sutherlands Run | 8.4 km | Open * |
| SEPTEMBER 1 | Cliff Bould Trophy | 10.4 km | Sealed * |
| OCTOBER 20 | 3 x Dave Jones | 6.6 | Open |
| DECEMBER 1 | 3 Parks & Herisson Island | 7.4 km | Open |
| DECEMBER 15 | Mitchells Run | 9 km | Sealed |
| JANUARY 26 | 1 x Cliff Bould | 5.2 km | Open |
| FEBRUARY 23 | Shoalwater (Dennis Wilmott's Run | 10 km only | Sealed |

* These runs are already designated as such in the programme.

"THE GEORGE SKEELS TROPHY" - Saturday, JUNE 29

The Veterans Club is rostered to run this event.

We also are rostered to help with the W.A. School's Cross Country Championships the same day between 12.30 and 4.30.

We supply marshalls and people to take registrations.

BRIAN FOLEY will be pleased to have your help. You can ring Brian on 339 2716.

ASSOCIATION RUNS

The Veterans Club are also rostered to officiate on the following events:

- JUNE 29 - State Schools x Country Championships - 12.30 start
Cnr. Perry Drive & Oceanic Drive
Perry Lakes.
- JULY 27 - Australian Schools x Country Champs. - T.B.A. start
Perry Lakes.
- SEPT 14 - State Marathon Championships - 1.30 start
Perry Lakes.

For these events we help to set the course and provide marshalls.

Can you Help?

Please ring: JEFF WHITTAM - 387 6438

"ARRIVEDERCI PERTH - SALUTE ROMA"

Club members turned out in force on Friday, May 24 to farewell our "Roman Legion", competing in the Rome Veterans Games later this month.

Allen Tyson and Val Tyson were prime movers in securing the Rugby Union headquarters for the Barbeque and social.

Our President wished the athletes well and ensured that they could correctly ask for the "Number 46" bus in Italian. Why should that bus be so attractive? The travellers may get to the bottom of the mystery in Rome!

Dave Carr responded to the good wishes and thanked club members like Cliff and Dick who have helped so much over many months.

The athletes did a lap of honour, some with such indifferent form that certain cynical people were calling "Stewards!"

Who are going:

| | |
|------------------|---------------|
| Dave & Pat Carr | Lorna Butcher |
| Barrie Kernaghan | Kath Penton |
| Sandi Walton | Kath Holland |
| Eileen Hindle | John Gilmour |
| Val Prescott | Art Briffa |
| Derek Walker | Gerry Allen |
| Bill Jones | |

BUONA FORTUNA

A nice crisp morning, 12^o, with clear skies saw the start of this run. There was a slight delay to the start as Keijo was still swathed in clothes and the other runners waited whilst he divested himself of them, then as he rushed over to the start line the 'OFF' was given and he was away to a flying start. As the runners ran up the park a figure hurdled over the fence and streaked off after them calling over his shoulder 46.27 nominated time. The rush must have been too much for him though as he was the only member to do a slower time than had been nominated.

It was a nice surprise to see ex-member Val Anderson down for a run as practice for the following weeks Fun Run. Val is now very much into cycle racing which he took up when forced to give up running through injury. We also had a few visitors running who came down the wrong week for the Fun Run.

We would like to thank; Kath Mitchell for recording; she reckons the new system with the two tables makes recording much easier; Basil Worner and Jeff for time-keeping and giving the finishing numbers out.

- Dorothy Whittam & Cliff Bould

| | age group | Difference in time | nominated time | actual time | psn | |
|--------------------|------------------|-----------------------|-------------------|----------------|-------|----|
| 1. | Hugh Kirkman | M40 | - .35 | 34.34 | 33.59 | 1 |
| 2. | Frank Usher | M60 | - .39 | 49.35 | 48.56 | 22 |
| 3. | Dave Jones | M55 | + .45 | 46.27 | 47.12 | 20 |
| 4. | Jo Stone | W40 | - 1.21 | 53.00 | 51.39 | 25 |
| 5. | John Spencer | M45 | - 1.22 | 40.00 | 38.38 | 9 |
| 6. | Bill Mitchell | M50 | - 1.39 | 42.30 | 40.51 | 12 |
| 7. | Wes Carter | M45 | - 1.49 | 46.30 | 44.41 | 16 |
| 8. | Bob Sammells | M45 | - 1.50 | 38.00 | 36.10 | 7 |
| 9. | Dave Roberts | M40 | - 2.16 | 38.15 | 35.59 | 3 |
| =10. | Barry Evans | M55 | - 2.25 | 38.30 | 36.05 | 5 |
| =10. | Ken Whistler | M50 | - 2.25 | 47.47 | 45.22 | 17 |
| 12. | Ray Lawrence | M55 | - 2.30 | 46.50 | 44.20 | 15 |
| 13. | Marilyn Acreman | W45 | - 2.40 | 48.48 | 46.08 | 19 |
| 14. | Fraser Deanus | M45 | - 2.57 | 38.00 | 35.03 | 2 |
| 15. | Tuula Vaalsta | W45 | - 3.03 | 45.40 | 41.37 | 13 |
| 16. | Keijo Vaalsta | M50 | - 3.22 | 40.15 | 36.53 | 8 |
| 17. | Bill Monks | M45 | - 3.30 | 39.30 | 36.00 | 4 |
| 18. | Bernard Godwin | M45 | - 3.38 | 44.44 | 40.46 | 11 |
| 19. | Dick Horsley | M70 | - 4.09 | 50.00 | 45.51 | 18 |
| 20. | George Peet | M50 | - 4.15 | 45.00 | 40.45 | 10 |
| 21. | Dalton Moffett | M50 | - 4.38 | 40.45 | 36.07 | 6 |
| 22. | Barbara Godwin | W45 | - 5.06 | 57.00 | 51.54 | 26 |
| 23. | Merv Moyle | M55 | - 6.40 | 55.10 | 48.30 | 21 |
| 24. | Paul Jones | M45 | - 7.01 | 51.00 | 42.53 | 14 |
| 25. | Carole Cole | W40 | - 9.18 | 60.00 | 50.42 | 24 |
| 26. | Pat Spencer | W40 | - 9.20 | 60.00 | 50.40 | 23 |
| INVITATION RUNNERS | | | | | | |
| 1. | Chris Forde | M33 | * .06 | 41.00 | 41.06 | 2 |
| =2. | Gary Thomas | M30 | - 2.01 | 45.50 | 43.49 | 6 |
| =2. | Norm Richards | M45 | - 2.01 | 43.20 | 41.19 | 3 |
| 4. | Jim Cavill | M25 | - 3.19 | 50.00 | 46.41 | 8 |
| 5. | Val Anderson | M65 | - 4.56 | 50.00 | 45.04 | 7 |
| 6. | Jim McMahon | M33 | - 6.44 | 50.00 | 43.16 | 5 |
| 7. | David Hannah | M50 | - 7.57 | 50.00 | 42.03 | 4 |
| 8. | Brian Wainwright | M45 | -19.11 | 60.00 | 40.49 | 1 |

| FIRST NAME | SURNAME | AGE GROUP | CLOCK TIME | H'CAP | ADJUSTED TIME |
|------------|------------|-----------|------------|-------|---------------|
| Hugh | Kirkman | M40 | 25.18 | 24.30 | + 0.48 |
| Mike | Khan | M40 | 28.13 | 28.30 | - 0.17 |
| Bob | Sammells | M45 | 28.19 | 27.15 | + 1.04 |
| Alan | Tyson | M60 | 30.42 | 31.45 | + 1.03 |
| Joan | Pellier | W45 | 31.42 | 34.30 | - 2.48 |
| Alan | Pomery | M50 | 32.15 | 31.00 | + 1.15 |
| Brian | Aldrich | M50 | 32.26 | 32.00 | + 0.26 |
| Merv | Moyle | M55 | 32.40 | 31.15 | + 1.25 |
| Kath | Penton | W40 | 32.55 | 38.00 | - 5.05 |
| Ray | Lawrence | M55 | 33.04 | 32.00 | + 1.04 |
| Basil | Worner | M50 | 33.06 | 30.00 | + 3.06 |
| Duncan | Strachan | M60 | 33.08 | 33.15 | - 0.07 |
| Rob | Farrell | M45 | 33.08 | 32.45 | + 0.23 |
| Maurice | Johnston | M45 | 33.49 | 30.45 | + 3.04 |
| Elza | O'Dea | W45 | 34.36 | 36.30 | - 1.54 |
| Ian | Sutherland | M45 | 34.53 | 31.00 | + 3.53 |
| Selby | Munsie | M50 | 34.53 | 31.00 | + 3.53 |
| Dave | Jones | M55 | 35.23 | 33.45 | + 1.38 |
| Lorna | Butcher | W55 | 36.07 | 36.00 | + 0.07 |
| Sandi | Walton | W35 | 36.07 | 35.30 | + 0.37 |
| Fred | Hagger | M55 | 36.15 | 35.30 | + 0.45 |
| John | Smith | M50 | 36.57 | 31.00 | + 5.57 |
| Ernie | Moyle | M55 | 36.57 | 32.00 | + 4.57 |
| Cliff | Bould | M65 | 38.04 | 37.45 | + 0.19 |
| Leo | Hassam | M50 | 38.05 | 32.00 | + 6.05 |
| Mary | Robinson | W45 | 38.16 | 35.45 | + 2.31 |
| Joanne | Pearce | (Inv W35) | 38.17 | | |
| Phyllis | Farrell | W40 | 38.46 | 43.15 | - 4.29 |
| Marilyn | Acreman | W40 | 38.46 | 36.15 | + 2.31 |
| Shirley | Cross | W45 | 39.47 | 47.15 | - 7.28 |
| Carole | Cole | W40 | 40.07 | 37.30 | + 2.37 |
| June | Strachan | W55 | 40.24 | 40.00 | + 0.24 |
| Kirt | Johnson | M55 | 40.24 | 32.15 | + 8.09 |
| Nora | Berry | W55 | 41.53 | 38.13 | + 3.40 |
| Gloria | Sutherland | W40 | 41.53 | 40.30 | + 1.23 |
| Val | Tyson | | D.N.F. | | |

PLACE-GETTERS ON HANDICAP

- (1) Shirley Cross - 7.28
- (2) Kath Penton - 5.05
- (3) Phyllis Fammell - 4.29

EVENT: WALLISTON WALLOP 10 Km 5.

| FIRST NAME | SURNAME | CLOCK TIME | H'CAP | ADJUSTED TIME | POSITION |
|------------|------------|------------|-------|---------------|----------|
| D | Caplin | 39.11 | 5.00 | 34.11 | 7 |
| J | Barnes | 39.22 | 5.30 | 33.52 | 5 |
| F | Deanus | 40.01 | 5.00 | 35.01 | 10 |
| D | Crowther | 40.04 | 5.30 | 34.34 | 8 |
| F | Smith | 40.05 | 2.00 | 38.05 | 23 |
| G | Thornton | 40.51 | 5.00 | 35.51 | 14 |
| | McGibbon | 41.35 | - | 41.35 | 31 |
| J | Pellier | 42.10 | 6.00 | 36.10 | 15 |
| B | Sammells | 42.48 | 6.00 | 36.48 | 20 |
| T | Tait | 44.49 | 9.00 | 35.49 | 13 |
| D | Hough | 45.19 | 7.00 | 38.19 | 24 |
| H | McGlaskin | 45.40 | - | 45.40 | 35 |
| B | Slinger | 46.53 | 8.00 | 38.53 | 25 |
| A | Davey | 46.53 | 15.00 | 31.53 | 2 |
| W | Mitchell | 47.36 | 14.00 | 33.36 | 4 |
| M | Moyle | 49.33 | 10.00 | 39.33 | 27 |
| A | Aldritch | 49.44 | 14.00 | 35.44 | 12 |
| J | Pellier | 50.12 | 14.00 | 36.12 | 17 |
| A | Ackerman | 50.13 | 9.00 | 41.13 | 30 |
| S | Munsey | 50.55 | 18.00 | 32.55 | 3 |
| D | Strachan | 51.39 | 15.00 | 36.39 | 19 |
| R | Farrell | 51.39 | 14.00 | 37.39 | 21 |
| J | Greenfield | 51.39 | 10.00 | 41.39 | 32 |
| J | Smith | 52.57 | - | 52.57 | 36 |
| R | Lawrence | 53.06 | 19.00 | 34.06 | 6 |
| E | Moyle | 53.31 | 22.00 | 31.31 | 1 |
| E | Harkin | 53.32 | - | 53.32 | 37 |
| J | Slinger | 53.54 | 19.00 | 34.54 | 9 |
| S | Walton | 54.11 | 19.00 | 35.11 | 11 |
| L | Butcher | 55.10 | 19.00 | 36.10 | 15 |
| J | Stone | 56.54 | 19.00 | 37.54 | 22 |
| P | Haydon | 58.54 | 20.00 | 38.54 | 26 |
| P | Farrell | 60.34 | 24.00 | 36.34 | 18 |
| M | Ackeman | 60.34 | 16.00 | 44.34 | 34 |
| A | Deanus | 60.44 | 21.00 | 39.44 | 28 |
| J | Langdon | 60.44 | 18.00 | 42.44 | 33 |
| J | Strachan | 64.12 | 24.00 | 40.12 | 29 |

EVENT: WALLISTON WALLOP - 5 km

| | | |
|--------|----------------------|-------|
| No. 42 | B. Kernaghan | 22.20 |
| 43 | A. Johnson (visitor) | 23.23 |
| 44 | E. Crowther | 28.55 |
| 45 | A. Tyson | 28.55 |
| 46 | S. Cross | 30.13 |
| 47 | K. Johnson | 30.14 |
| 48 | V. Tyson | 39.21 |

Our thanks to the President for his selection of fluid. Everyone voted the labelling exercise more palatable than the bottling.



News Desk



6.

VETS IN STATE TEAM

Three Club members have won places in the Western Australian team for the Australian Marathon Championships.

They are: ALICIA ANSELL
JOANNE COLLINS
FRANK SMITH

A spokesman for the W.A. Athletics Association said: "It's a tribute to the standard of the Vets Club that 3 athletes can make the State team in open competition".

The championships will be held in Sydney on June 9.

WELCOME TO: (new members)

Margaret H. Stone
53a Brentwood Avenue
WOODLANDS 6018
17.8.42

Jacqueline Beaumont
9 Chester Court
ORELIA 6167
8.9.36

Susan M Hill
5 Doradeen Close
HILLMAN 6168
22.1.43

John S Pressley
8 Nichols Crescent
BULLCREEK 6155
17.5.45

Geoffrey H. Hughes
5 Jacaranda Drive
BALLAJURA 6066
4.10.45

Norman Richards
P.O. Box 87
KARRINYUP 6018
29.8.37

James W. Manley
45 Stewart Street
SCARBOROUGH 6019
5.3.36

....and old! (rejoined)
Fred Langford
34 Collier Street
MANDURAH 6210
30.5.46

Colleen F. Milbourne.
7 Wynyard Way
THORNIE 6108
14.2.48

Anthony Speechley
47 The Strand
APPLECROSS 6153
23.3.44

John Russell
413 Light Street
DIANELLA 6062
12.12.32

Country Member:
Luella Jenkins
14 Goldsmith Street
BUNBURY 6230
31.3.42

EILEEN'S TROPHY

A Club special committee last month named Eileen Hindle as 1985 "Athlete of the Meet".

Eileen won the nomination for her 10 wins in the Club Championships and because her performance in the hurdles came closest to a national standard.

Eileen won the 100 m, 200m, 400m, 100m hurdles, 400m hurdles, discus, javelin shot put, long jump and high jump.

"RUN A TON"

The talked about 100 mile run is definitely on.

It will be held at McGillivray Oval, University Sports Ground, on the 12 - 13 October, 1985, starting at 2 p.m.

The course follows the light poles along the perimeter of the grounds. At the moment there are about 14 entries, including Joe Record and Ross Parker. Entry forms will be available shortly. A few members have expressed interest in running. Anyone interested in helping to officiate would be most welcome.

MORE DETAILS LATER!

MARATHON TRAINING CLINIC

ROD MARSTON wrote to say he "got a lot out of the training clinic" held on May 4 and May 5 - unfortunately clashing with the Walliston Wallop.

Others to attend were Mary Robinson, Dalton Maffett, Frank McLinden, Joan Pellier, Kath Penton, Sandi Walton, Vic Beaumont, Hank Stoffers, Brian Kennedy and many others.

Dalton and Frank both thought that the information might be useful to other Club members unable to attend and they are investigating the possibility of a "round-table talk".

*HAPPY BIRTHDAY TO:

| | | | | | | | |
|-----------------|---|-------|----|---------|-----|---|----|
| Denys Butcher | - | turns | 58 | remains | M55 | - | 22 |
| Dave Carr | - | " | 53 | " | M55 | - | 15 |
| Aubrey Davie | - | " | 50 | becomes | M50 | - | 29 |
| Hilary De Souza | - | " | 47 | remains | M45 | - | 8 |
| Col Junner | - | " | 63 | " | M60 | - | 16 |
| June Strachan | - | " | 60 | becomes | W60 | - | 30 |
| Ernie Thomsett | " | " | 45 | " | M45 | - | 17 |
| Ken Whistler | - | " | 52 | remains | M50 | - | 23 |
| Jo-Anne Walker | " | " | 30 | becomes | W30 | - | 19 |

| | | | | | | | | |
|-------------------|---|-------|----|---|---------|-----|---|----|
| Shirley Cross | - | turns | 48 | - | remains | W45 | - | 07 |
| Allan Lean | - | " | 51 | - | " | M50 | - | 02 |
| Frederick Hagger | - | " | 60 | - | becomes | M60 | - | 29 |
| Rod Marston | - | " | 42 | - | remains | M40 | - | 17 |
| Kevin Hooper | - | " | 47 | - | " | M45 | - | 22 |
| Robert Norton | - | " | 46 | - | " | M45 | - | 22 |
| Paul Jones | - | " | 50 | - | becomes | M50 | - | 26 |
| Eva-Maria Reimann | - | " | 64 | - | remains | W60 | - | 03 |
| John Bell | - | " | 40 | - | becomes | M40 | - | 06 |



J.P., the Club's front-line non-conformist, displays his conservative bow-tie at the Christmas Box run.

(We're not too sure what else he's got on - or whether he has!)

Jim Barnes (R) looks and laughs while Duncan, Merv and Barry turn aside in disbelief.

TUULA TOPS

Tuula Valsta won a State Open Women's road race early last month.

Tuula (W45) completed the 16km event at W.A.I.T. in 69.05.

Other Club members who performed well on the day were:

| | | | |
|------------------|----|---------|-----|
| Frank Smith | 14 | (54.49) | M40 |
| Stephen Bunny | 24 | (58.34) | M45 |
| Ted Moslin | 32 | (62.00) | M45 |
| Brian Foley | 34 | (63.44) | M40 |
| Keijo Valsta | 35 | (63.56) | M50 |
| Maurice Johnston | 36 | (64.53) | M45 |

SHEILA MASLIN is reported to have been drinking from the Fountain of Youth. She participated in the 3 km event for under 14's and returned a smart 15.28.

HAT TRICK

Allen Tyson took first place in the veterans M60 marathon championship run in conjunction with the Canberra Nike.

This made Allen's third success in this event.

He had previously won the M50 and M55.

His time this year was 3:22.

"Not as fast as my two others", said Allen. "However, I was a bit flat after the Hobart Championships the previous week".

Allen also performed well in these championships.

WORLD RECORD 24 HOUR RELAY - From "FOOTNOTES":NEWSLETTER of the VAA of Tasmania

Following the VAAT men setting a new world record for the 24 hour relay early last year, the Western Australia men's 40 and over team promptly improved on it.

Now two W.A. women's teams have each set a world record for the same event. Last October the women's 35 - 39 team set a record of 353.437km and the 40 and over team set a record of 314.313km. An excellent achievement to hold three world records at the same time if the men's record was still current when the women created theirs.

Jim Burr (M65)

OVERSEAS MARATHON IN MIND?

David Hough recommends the ROTORUA MARATHON.

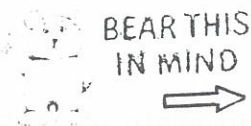
The 1985 event was run on April 20, and David was one of 3,800 keen contestants.

He finished 845th in a time of 3:19:51.

"It's not unlike Boston", said Dave. "Everyone seems affected with 'Marathon madness' and it's a really great experience".

AUSTRALIAN VETERAN CHAMPIONSHIPS - HOBART 5-8 APRIL

| | | 100m | 200m | 400m | 800m | 1500m | 1500stee | 5000m | 10000m | 10000XC |
|-----|------------------|---------------|---------------|---------------|-----------------|-----------------|-----------------|----------------|----------------|---------|
| W40 | Margery Forden | 15.0 | 31.4 | 69.5 (2nd) | 2:46:1 (1st) | 5:37:0 (2nd) | | | | 52.30 |
| W45 | Shirley Cross | 16.7 | 35.7 | 85.3 | | | | | | |
| M45 | Barrie Kernaghan | 11.5 (1st) | 23.4 (1st) | 53.1 (1st) | | | | | | |
| M45 | Keith Forden | | | 70.0 | 2:36:9 | 5:10:8 | | 20:29:5 | | 46.51 |
| M60 | Allan Tyson | | | | 2:36:3 (3rd) | 5:26:3 | 6:10:7 (1st) | 20.01 (3rd) | 41.09 (2nd) | 46.30 |



"Man will remember:

10 per cent of what he hears,

15 per cent of what he sees,

75 per cent of what he does."

'Don't give a lengthy description of the course - mark it properly!

1985 NATIONAL T.&F. CHAMPIONSHIPS - Allen Tyson

Some competitors came by air, others by car or bus and then ferry, but we all arrived at Hobart before Easter in good time for the Veterans's National Championships.

In fact some of us managed a familiarization run on the Thursday. The track is similar to the Perry Lakes one. Although the stadium at the Queen's Domain is close to the city, we were unprepared for its situation at the top of a hill - a picturesque area but we wondered about the wind factor. Fortunately, it remained calm.

IMPROVED

All West Australian runners improved their times. Barry Kernaghan's victories were outstanding. Marj Forden was thrilled with her win (we all were), and I was glad I entered the steepchase. Shirley Cross and Keith Forden ran well and they both know that they have benefited greatly by the experience. Our supporters, Coral Kernaghan and Wally cross, enjoyed the events.

The Governor of Tasmania presented medals for outstanding efforts at the previous World Championships and afterwards met representatives from all states. Shirley Cross and I were introduced to him.

ROCKY

The cross-country course was in a hilly area near a Boy Scouts' camp and we went by bus. The two-loop course was fairly hilly, quite rocky and muddy and seemed difficult to me, but we were assured by the Tasmanians that it was fast. We must have missed the sand! It was very interesting after the race - there was only one change room with hot showers.

An al fresco lunch with loaded tables followed and was throughly enjoyed. Many runners passed on greetings to people they know in the West. Former club member George Cavell was an interesting person to talk to.

Just when we thought we were going to ease up after our strenuous four days, Bruce Longmore convinced us that we would: "like a run with the local Hash House Harriers"! Although Hobart's hills are steeper than those in Perth we did enjoy it, and also the refreshments and stories afterwards.

OLD ACQUAINTANCES

The annual championships make a wonderful opportunity to meet the runners from other states, renew old acquaintances, and worth going to just to see the record-breaking efforts. Most people said that they would be at Adelaide next year.

The dinner at the Casino was well attended, of a high standard with top entertainment. Wal Sheppard was thanked for his efforts over the years as Association Secretary. The new Secretary, Peg Smith, spoke of efforts to obtain acceptance of Melbourne as the venue for the 1987 World Veterans' Championships. Dave Mallett, President of S.A. Veterans, urged visitors to next Easter's meeting to book early, as 1986 is an exciting year in Adelaide - their 150th anniversary.

After leaving Hobart, the W.A. visitors saw some of the scenic parts of the Apple Isle and all were impressed - to the extent that several considered permanent residence.

*He's springy, elastic and light when he's running,
Comes up to the mark in time and to spare;
His opponents can't match him or beat him in cunning
They say: "We were beat because Dinnie was there!"*

The man who did the beating was an idol of the Scottish sporting public in the 19th century, Donald Dinnie. He was a Highland Games athlete and wrestler whose professional career lasted 47 years, from 1853, when he was 16, until 1900. During this period he won over 100 medals and 7,500 cash prizes totalling over 25,000 pounds sterling. He also won more than 200 weight-lifting contests.

ALL-ROUND ATHLETE

Dinnie was 6'½" tall and weighed 218 lbs in his prime. He combined speed and agility with great strength, and was a great all-round athlete as the following performances show:

- * "Put up" (presumably pressed) a pair of 56 lb dumbbells 52 times
- * Carried the "Dinnie Stones" 5 yards. These weighed 785 lbs.
- * Threw a wooden-handled 22 lb Hammer 84' 9".
- * Put the shot : 22 lb stone 42'3", 18 lb stone 44'8", 14 lb stone 52'.
16 lb weight 45'7" and unofficially 49'6".
- * High jumped 5'11" (scissors style).
- * Long jumped 20'1".
- * Did a hop, step and jump of 44'.
- * Sprinted 100 yards in 10.4 seconds.

The unbeatable athletic performances may seem to be moderate by modern standards but he was one of the best throwers of his time. His unofficial 16 lb shot putt extrapolated forward by David Willoughby, from whose book these facts are taken, is worth 64', 100 years later in 1968. Only specialist shot putters were making throws of this distance in the late 1960's. As further evidence of his strength, he was virtually unbeatable in tossing the caber in the 1860's and regularly tossed cabers of 19 feet length.

GRIPPING STRENGTH

The Dinnie Stones referred to above are famous not just for their weight but because they only allow of single-handed lifts. They are a test of gripping strength as well as of dead-lifting. They weigh 340 lbs and 445 lbs and each has an iron ring inset that was used for tethering horses. The rings are just wide enough for one hand.

Few men have been able to lift the smaller stone in a one-handed lift, yet Dinnie's father was reputed to have lifted the larger one onto a 3'6" high wall. Dinnie himself held one stone in front of him and one behind when he walked the five yards mentioned.

In Aberdeen in 1954, a weight-lifting competition was held in which 20 pounds sterling was offered to anyone who could walk 20 yards with the 340 lb stone. One weight-lifter managed 18 yards before his grip failed. He was unable to raise the 445 lb stone. Only one man did so, a Scottish Dead Lift record holder.

STAR WARS

Ten years later, Dave Prowse (6'7" and 273 lbs), the British heavyweight weight-lifting champion and an Olympic representative (also Lord Darth Vader in Star Wars!) repeatedly lifted the two stones together. To maintain his grip, however, he used lifting straps attached to the rings and looped around his wrists.

Dinnie retained his great strength into old age and at 75 could still "muscle out" (hold with a straight arm at shoulder height) a 56 lb weight with one hand.

I regret that this will be the last 'blast from the past' for the time being. Any future items will be submitted as I come across them.

(On behalf of our readers, a "thank you" to Bob the historical "ferret". We have enjoyed his column and will be looking for a second series in late 1985 - Editor)

STOP PRESS

"HYDE PARK HORROR" - President's 55th

Four and a half teams lined up for a medley relay on Saturday May 25 in Hyde Park to agonize on the President's 55th birthday!

Medley relays are not usually part of the Club's programme and this was by way of a "proving run" to test the water.

The teams were:

- | | | |
|-------------------------------|-------------------------|-----------------|
| 1. <u>PRESIDENT'S PUFFERS</u> | 3. <u>SEC'S AIDES</u> | |
| Leo Hassam Basil Worner | Duncan Strachan | Dorothy Whittam |
| John Pellier June Strachan | Kath Penton | Shirley Cross |
| 2. <u>VICE SQUAD</u> | 4. <u>JOAN'S JONAHS</u> | |
| Lorna Butcher Dalton Moffett | Joan Pellier | Sandi Walton |
| Derek Cowlan Jeff Whittam | Paul Jones | Joan Slinger |

Two runners from each team ran 2,500m (twice) and two ran 800m (twice).

And what about the "half team"? Don Caplin and Barrie Slinger did the lot between them and finished an unofficial first.

The official first team was (appropriately) "The President's Puffers" in the time of 57:29.

The "proving run" did prove effective and popular and was voted well worth a further trial.

The "Hyde Park Horror" was also a proving run for the Roman Legion's new track uniform.

There were some problems. It was agreed that Sandi had developed either a new running technique or could invest in a pair of old-fashioned braces!

The runners then strolled sedately to Kath Penton's where we killed the pains with anaesthetic potions of a non-pharmaceutical nature!

JO-ANNE'S JOLLY JAUNT

Tuula and Keijo Valsta took off the Carr-Shand Trophy on Sunday, May 26 in what someone optimistically called "fair conditions" !

Tuula and Keijo must also have won points for navigation when it was found that the track marks (done in salt) had found their way into sundry streamlets during the watery hours of the night.

It appears that our marking team, June and Duncan Strachan and Bob Sammells, had been warned off from using lime in the area. So they spent a long Saturday afternoon diligently dabbing salt spots on the course only to see their good work go literally "down the drain".

Bob's full report in the next issue of Vetrin.

"VETPOWER"

V1 WORLD VETERANS GAMES

An estimated 4,500 veterans will participate in the V1 World Veterans Games in Rome this month.

The athletes, from over 50 nations, will include many former Olympic Champions like the incredible American, Al Oerta.

Oerter won the discus in the 1956 Olympics and repeated the success 3 times!

Although Rome will put many former champions on display, the Games are for "Veteran athletes" - the chance to meet other athletes and enjoy talking about our "second chance" in sport.

And there will be plenty to talk to: the numbers far exceed the 3,126 of Hanover's 1979 total, and double Puerto Rico's 1935 two years ago.

The Games are on an individual basis.

Even relay teams are formed from regions, (e.g. Asia, Oceania) nor nations, and you can form a team at the stadium.

The events will be held in four stadiums; Olympic, dei Marmi, della Farnesina and dell' Acqua Acetosa.

The competition begins on June 22.

MASTERS GAMES

Toronto, August 1985

Sometimes known as veterans or seniors, the Masters are mature sports men and women. Some have been international champions others will become champions among masters. Some are latecomers to their sport; others play solely for the pleasure for the pleasure of beating their age. More than 10,000 will participate in Metropolitan Toronto.

The Masters will come from around the globe but not as members of national teams. They will compete as individuals wearing the colours and uniforms of their sport. They will come to Toronto with their families and friends to meet, compete, have fun and enjoy the many celebrations, functions, tours, vacation and business opportunities that Metropolitan Toronto, Ontario and Canada have to offer.

Twenty-two sports have been selected for the First Games. They are open to those who meet the minimum age criteria. In most of the sports, competition is structured in five or ten year age categories.

The MASTERS MEDAL, will be awarded to the winner in each age category in each event. All registrants will receive a distinctive MASTERS GAMES commemorative award in recognition of their participation in the First MASTERS GAMES.

Three major events will be staged in conjunction with the sport competition - The Opening Celebration, The Mid-Games Jubilee and The Closing Festival.

RUNNERS TIPS

(From the Metro Toronto Fitness Club)*

When you buy a 4-litre carton of wine, don't throw away the empty container. Break open the carton and remove the silver mylar bag. There is usually at least a half glass of wine left inside which can't be emptied while in the original carton. Consume this at once. Notice the good feeling - almost like a runner's high.

The nozzle tap is very efficiently air tight, and the bag can be inflated by blowing into it with little difficulty. When in bed, place the fully inflated bag under your throbbing knee, maintaining it in a slightly bent position. Deflate the bag to just the right degree for comfort and stability by pressing the valve on the nozzle.

Place your heating pad or a bag of frozen peas, depending on which your type of trauma calls for, over the joint. Unlike a pillow, the bag will maintain its shape and position. Mine has not required any reinflation since its original blow up, about 2 weeks. I also tested its strength by standing on it with my full weight.

Applying this method with a heating pad every evening I have successfully reduced the pain of runner's knee to the point where I have been able to run up to 13 miles without exacerbating the condition.

The following method, although untested, suggests itself for ankle pain or sprain:

Using two bags, inflate both fully. Place one under the ankle, the other under the knee. Deflate the knee bag for comfort. This will maintain elevation. In the case of a new sprain, apply a bag of frozen peas. For an older injury, a heating pad might be preferable. I'll further advise on this method after my next sprain.

Other uses suggest themselves. The bag is a suitable object for hugging in bed, in the absence of a companion or the usual teddy bear. Remember to point the nozzle away from the body to avoid bruising the wishbone.

For those with a cottage on the lake, a highly visible marker can be made by attaching to the nozzle a strong nylon string of appropriate length, with a weight attached. Place in the water to mark your channel or rock out-cropping. The reflective surface of the bag at night will be far superior to the usual Javex bottles.

The above ideas are really courtesy of my wife Lou, who refuses to throw away containers.

BILL FERGUSON

* Ken Whistler's old club.