

# The Vetrun

NO.165, JUNE, 1986

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

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PATRON : BILL HUGHES

PRESIDENT : LEO HASSAM 2725556

TREASURER : ROB FARRELL 4594055

EDITOR : BASIL WORNER 3879702(W)

SECRETARY : SANDI WALTON 3392988

### FROM THE COMMITTEE...

#### Incorporation of the Club

Rob Shand wrote to the Committee asking for clarification of a number of issues, amongst them the question of the Club's incorporation. It appears that the necessary steps were taken some years ago and that the Club is registered under the Associations' Incorporation Act. This Act is intended to give some protection to officers of the Club as individuals.

#### "The Mad Mile"

Rob also requested the Committee to consider whether this event should be excluded from the Club Handicap Championship on the grounds that there was some misunderstanding about the fixture because the calendar had not been produced. The Committee decided that the fixture should stand and that points gained by the participants should be awarded.

#### Matters not dealt with at the A.G.M.

The Treasurer's report for 1985/86 was presented and received by the members present. This is included on page 2 of this Vetrun.

The President thanked David Roberts for his work as Treasurer during this period and for preparing the financial statement. He also thanked our Honorary Auditor, Ray Laurence.

#### The "Reg Briggs Trophy"

The special committee for this award announced that the 1985 winner is Albany member, George Audley, who had a most successful year not only as a walker but also in completing 100 miles in 24 hours in the inaugural 100-miler held at McGillivray Oval in October last year. Congratulations, George!

#### "Vetrun" - Editor's Report

The Editor presented a report which showed that an average of 248 newsletters was posted each month during the Club year. The lowest number was in May, 1985 (211) and the highest in March, 1986 (250). The figures for 1984 may be of interest : May:153 , March:192. These figures give a rough idea of membership growth, remembering that one newsletter goes to "doubles" which comprise about 25% of our members.

Postage costs : \$632.94 (Bulk mailing gives us a concessional rate of 19c a copy)  
Paper costs : \$200 (approximate)

Members should be aware that typing of the newsletter has been done on an honorary basis. If future editors are not able to find typists who can offer this service, then it may be necessary for members to consider some options : e.g. reduce the number of issues or use a typing service or both of these.

TREASURER'S REPORT : 1985/86

<u>1984/85</u>	<u>EXPENDITURE</u>	
173.73	Singlets and Badges	\$820.00
213.29	Sports Equipment	829.09
151.98	State Championships	607.48
1,456.13	Newsletter	398.00
1,580.00	Christmas Dinner	1,988.00
189.54	Sundry Events	432.52
-	Track Hire Time Trials	450.00
-	Name Badges	286.56
-	Publicity	218.00
-	Repairs Equipment	316.60
269.90	Fees	296.70
592.80	Donnelly River Weekend	415.00
-	Wellington Mills Weekend	509.20
344.34	24 Hour Relay	-
-	Trailer Licence	43.03
-	Magazines	99.24
-	Booking Deposits	150.00
200.00	Donation W.A.D.S.A.	-
222.23	Postage, Telephone, etc.	484.61
871.41	Sundries	242.52
-----	<u>TOTAL EXPENDITURE</u>	-----
\$6,265.35		\$8,586.55
-----		-----

\$1,646.31	<u>EXCESS OF RECEIPTS OVER EXPENDITURE</u>	\$3,168.19
=====		=====

BANK BALANCES - R & I BANK, PERTH

Cheque Account - 6th March, 1985	\$935.89
Savings Investment Account - 6th March, 1985	2,776.27
	-----
	\$3,712.16
<u>ADD</u> Excess of Receipts Over Expenditure	3,168.19
	-----
<u>TOTAL BANK FUNDS AT 30TH MARCH, 1986</u>	\$6,880.35
	-----

Represented by:-

Cheque Account	\$1,871.16
Savings Investment Account	5,009.19
	-----
	\$6,880.35
	=====

*D.V. Roberts*  
-----  
TREASURER

*A. Lawrence*  
-----  
AUDITOR



## RESULTS

"GUESS THE DISTANCE"

18/5/86

I think it is quite appropriate for my run to rely on intellectual rather than running skills - after all, if I can't think better than I can run, I must have been going under a false banner for a good number of years!

Rain was forecast for the day so no-one was surprised that it was gloriously sunny with dew sparkling on the grass.

It seems that fifty nine runners took part, which is very good. We thought it was sixty but Wally tells me that someone has purloined finishing ticket No.24. (Will members please go through their pockets!)

Since the results are based on guessing it could be said that times are not important. However, a good number of runners quite properly accept pace as a challenge and really exert themselves. (Brian Danbey was obviously trying to finish before some runners left Heirisson Island. I think he made it too.) For those reasons I am also submitting to the Editor a list of placegetters racewise.

I have also worked out a rate per km. so we can declare record holders if we wish. Since the length is variable this may not be 100 per cent valid, although providing the course is always between eight and ten km. and as long as no-one knows the distance, I feel that no great injustice will be done to anyone. If that is accepted it follows that all times today will be inaugural records.

Finally, my thanks to a number of people. To Selby Munsie, who always surveys what I do on these occasions. To Ann Smith and friends for pushing people under the causeway when, like a herd of evening cows they may have headed straight for the home paddock. To the ever-faithful Wally for giving out the finishing numbers; to Maurice Johnson who got all the way down from the hills and beat me to McCallum, then helped in every possible way; to Basil Worner who, as a good committee man, accepted a share of responsibility for the success of the run; to Rob Farrell for the use of his voice (what would I have done without him?) and to all the runners and their supporters. To all a very hearty thanks.

FRANK USHER RACE DIRECTOR

P.S. I think we should get used to using this rather pretentious title - after all, it is the only title most of us will ever get!

GUESSING (The distance was: 9,368m)

		<u>Estimate</u>	<u>Error</u>
1st	G. THORNTON	9,375m	+ 7m
2nd	R. LAWRENCE	9,360m	- 8m
3rd	J. JOHNSON	9,340m	-28m



"THEY RECKON HIS MOTHER  
WAS FRIGHTENED BY A SAILOR"



## RESULTS

4

Pos.	Name	Age Group	Clock Time	Est. Dist.	Time per Km
1	B. DANBY	M35	31'36"	9.250	3'22"
2	B. CARSE	M40	31'52"	9.000	3'24"
3	D. CAPLIN	M45	32'57"	9.451	3'31"
4	J. BELL	M40	35'27"	9.600	3'47"
5	G. THORNTON	M45	35'37"	9.375	3'48"
6	J. TROVATO	M45	36'32"	9.600	3'53"
7	M. KHAN	M40	37'29"	8.200	4'00"
8	J. SPENCER	M45	39'49"	9.700	4'15"
9	J. FERRIS	M35	40'28"	9.900	4'19"
10	F. SMITH	M40	40'28"	9.821	4'19"
11	J. YATES	M40	44'02"	9.625	4'42"
12	J. BARNES	M40	44'05"	9.150	4'42"
13	C. BELL	W35	44'06"	9.300	4'42"
14	K. FORDEN	M45	44'20"	9.925	4'43"
15	M. MOYLE	M55	44'30"	9.285	4'45"
16	A. POMERY	M50	44'40"	9.800	4'46"
17	S. WALTON	W35	44'42"	9.270	4'46"
18	M. JOHNSTON	M45	44'43"	7.800	4'46"
19	V. BEAMONT	M55	44'45"	8.960	4'46"
20	J. PELLIER	M45	44'50"	9.672	4'47"
21	R. LAWRENCE	M55	44'55"	9.360	4'47"
22	J. NORDEN	M40	44'56"	9.555	4'47"
23	R. FARREL	M45	45'31"	8.276	4'51"
24	K. PENTON	W40	45'50"	9.100	4'53"
25	E. MOYLE	M60	46'43"	9.736	4'59"
26	J. PELLIER	W45	47'21"	8.700	5'03"
27	M. FORDEN	W40	47'21"	8.950	5'03"
28	J. SANGER	W30	47'27"	9.550	5'03"
29	B. JOHNSON	M40	47'30"	9.350	5'04"
30	J. RUSSELL	M50	47'47"	8.250	5'06"
31	F. HAGGER	M60	48'02"	9.250	5'07"
32	A. DAVIE	M50	48'02"	9.850	5'07"
33	L. HASSAM	M55	48'17"	9.250	5'09"
34	L. BUTCHER	W55	48'30"	9.540	5'10"
35	J. McLEAN	M55	48'31"	9.200	5'10"
36	C. BOULD	M70	48'44"	9.750	5'12"
37	J. PEARCE	W35	48'45"	9.150	5'12"
38	K. JOHNSON	M55	48'46"	9.400	5'12"
39	K. WHISTLER	M50	49'05"	9.333	5'14"
40	M. ACREMAN	W45	50'49"	8.900	5'25"
41	P. FARRELL	W40	50'49"	9.550	5'25"
42	J. JOHNSON	W40	50'57"	9.340	5'26"
43	B. WORNER	M50	50'58"	8.600	5'26"
44	E. O'DEA	W45	51'02"	8.700	5'26"
45	M. WARREN	W50	51'16"	8.800	5'28"
46	P. SANGER	M35	51'17"	9.100	5'28"
47	M. PRITCHARD	W40	51'27"	9.200	5'29"
48	H. PRITCHARD	M40	51'27"	8.500	5'29"
49	S. CROSS	W45	51'35"	9.420	5'30"
50	M. ROBINSON	W45	52'36"	8.750	5'36"
51	C. COLE	W45	53'03"	9.000	5'39"
52	J. LANGDON	W35	53'14"	9.400	5'40"
53	N. BERRY	W55	53'14"	8.900	5'40"
54	B. GODWIN	W45	54'04"	8.900	5'46"
55	I. LYON	M45	54'29"	9.101	5'48"
56	L. TROTT	W35	54'40"	9.150	5'50"
57	C. WILLETTS	W36	54'40"	9.250	5'50"
58	D. WHITTAM	W45	61'50"	8.700	6'36"
59	BOWLER	M60	61'50"	9.001	6'36"



"GUESS THE DISTANCE"

18/5/86 (Cont.)

## RACE RESULT BY SEX AND AGE GROUPS:

PLACE	CAT.	NAME	EST. DIST.	TIME	RATE PER KM.
1	M35	B. DANBY	9,250	31'36"	3'22"
2	M40	B. CARSE	9,000	31'52"	3'24"
3	M45	D. CAPLIN	9,457	32'57"	3'31"
16	M50	A. POMEROY	9,800	44'40"	4'46"
15	M55	M. MOYLE	9,785	44'30"	4'45"
25	M60	E. MOYLE	9,736	46'43"	4'59"
	M65				
36	M70	C. BOULD	9,750	48'44"	5'12"
28	W30	J. SANGER	9,550	47'27"	5'03"
13	W35	C. BELL	9,300	44'06"	4'42"
24	W40	K. PENTON	9,100	45'50"	4'53"
26	W45	J. PELLIER	8,700	47'21"	5'03"
45	W50	M. WARREN	8,800	51'16"	5'28"
34	W55	L. BUTCHER	9,540	48'30"	5'10"


**LETTERBOX**

Dear Basil,

 162a Rochdale Rd.  
 MT CLAREMONT 6010  
 May 28, 1986

Just a note to let runners know that a group of us will be getting together on Sunday July 27 at McGillivray Oval for a training run for the 24hour run, which we hope will take place again this October.

The 1000 metre track has been made available for us from 6a.m. to 6p.m. but, naturally, not everyone will want to run 12 hours.

It is a good opportunity for interested runners to try running round a grass track for a few hours to see whether they would like to have a go at the 24 hour run later this year.

To counteract boredom we shall change direction (and shorts and singlets it has been suggested) at 12 noon.

This is just a training run - you will not need a support crew, tent or any of the trimmings. You will need a well-stocked Esky, plenty of crushed ice, vaseline to prevent rubbing and blisters (or "Spenco - 2nd skin" if you can get it), shoes that have been run in etc., and a method of lap scoring. This can be as ingenious as you like - tying knots in a piece of string, 2 coloured rings - 1 to count 1 k's and 1 to count 10 k's, a row counter (can be bought at wool and knitting shops). These go to 99 so if you fancy yourself as a Cliff or a Yiannis, buy 2!

There will be a small fee to help pay for the hire of the track.

Hoping to see a good turnout.

Yours sincerely TRISHA SPAIN (Phone 383 2856)

CLUB HALF MARATHON CHAMPIONSHIP

McCallum Park

May 25, 1986

The Sport Aid 10K and a Club Championship on the same morning meant that neither got the support from members that each deserved. But while our numbers for the 'Half' were down, quality was not and some excellent performances were recorded. Congratulations to those who ran PBs and to Lorna Butcher and Cliff Bould for setting inaugural age group records. Congratulations also to Cheryl Bell and Frank Smith for leading the women and men home.

We tend to get rather blasé about running long distances yet the large majority of people could not run two kilometres, let alone 10 or 21. So all who turned out for these two events, why not give yourselves a self-satisfied pat on the back?

ResultsW35

1	Cheryl Bell	92.36
2	Kath Noordyk	95.55
3	Sandi Walton	102.14
4	Jenny Willers	108.51
5	Jill Langdon	118.03

W40

1	Trish Spain	100.40
2	Margery Forden	102.52
3	Phyllis Farrell	107.15
4	Mary Pritchard	122.52

W50

1	Elza O'Dea	108.31
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W55

1	Lorna Butcher	118.03*
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M35

1	Brian Danby	76.13
2	Bernie Holmes	103.11

M40

1	Frank Smith	75.12
2	Bob Harrison	79.44
3	John Bell	81.51
4	Derek Crowther	82.38
5	Mike Khan	84.43
6	Dave Roberts	86.22
7	Jim Greenfield	86.53
8	Tony Speechley	89.16

M45

1	Joe Trovata	83.32
2	Don Caplin	84.03
3	John Pellier	84.24
4	Maurice Johnston	89.10
5	John Spencer	92.40
6	Mike Faunge	93.50
7	Morris Warren	95.20
8	Richard Harris	95.47
9	Kevin Martin	97.35
10	Bernard Godwin	98.18
11	Roger Whalan	107.48

M50

1	Maurice Smith	80.55
2	Bill Monks	86.18
3	Terry Tate	88.05
4	Aub Davie	97.35
5	Duncan Phillip	100.06
6	Ken Whistler	100.19
7	Joe McKechnie	104.59

M55

1	Bob Bryce	85.45
2	Frank McLinden	86.34
3	Dennis Willmott	92.23
4	Alan Pomery	93.32
5	Merv Moyle	99.30
6	Ray Lawrence	106.07
7	Leo Hassam	112.38
8	Jim Mclean	114.35

M60

1	Gerry Noordyk	101.13
2	Ern Moyle	106.44

M70

1	Cliff Bould	110.52*
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Visitors

1	Chris Benn	75.24
2	Lou Antonioli	80.11
3	Ross Gorton	81.38
4	Peter Priest	81.58
5	Bill Ross	85.05
6	Robert Taborsky	86.43
7	Alan Martin	93.43
8	Eddy Strickland	98.12
9	Adrian Noordyk	101.14
10	Jim Norden	104.44

Runners opting for half of a Half

Bob Farrell	54.50
Basil Worner	55.21
Kirt Johnson	56.06
Frank Usher	64.35
Carole Cole	-
Hugh Kirkman	-
Keith Forden	-
Dalton Moffett	- and visitors
Frank Steere	48.44
Peter Nowland	49.17



WA VETERANS STATE CHAMPIONSHIPS 15/16 MARCH 1986  
FULL RESULTS

100 Metres

<u>W30</u>		<u>W35</u>		<u>W40</u>		<u>W45</u>	
P. Dawson	13.3	E. Hindle	13.1	J. Johnson	14.2	D. Whittam	14.2
J. Sanger	13.9	T. Smith	15.4	G. Dow	15.3	S. Cross	17.1
B. Wilson	14.9	S. Walton	16.1	L. Jenkins	15.6	M. Acreman	17.5
S. Sanders	15.9			G. Waldhuter	18.1		
		<u>W55</u>		<u>W60</u>		<u>W65</u>	
<u>W50</u>		L. Butcher	17.3	J. Strachan	19.6	P. Head	25.2
P. Carr	15.7			V. Tyson	19.7	(Inaug.Rec.)	
T. Manley	16.8	<u>M45</u>				<u>M60</u>	
		B. Kernaghan	12.00	<u>M50</u>		A. Tyson	15.2
<u>M35</u>		D. Clive	12.3	D. Carr	13.8	G. Morgan	16.2
B. Cornish	12.8	K. Hooper	12.7	J. Cochrane	14.5	N. Chapman	16.6
		H. McGlashin	13.2	J. Manley	14.7		
<u>M40</u>		R. Calnan	13.4	J. Russell	14.9	<u>M70</u>	
H. Holland	12.4	B. Waldhuter	13.5			G. Boakes	19.0
B. Landers	12.8	A. Chambers	13.5	<u>M55</u>			
A. Jenkins	13.5			D. Moffett	13.5	<u>M90</u>	
R. Whalen	NT			J. De Gruchy	14.0	T. Jones	29.0
P. Sanders	15.2						

200 Metres

<u>W30</u>		<u>W35</u>		<u>W40</u>		<u>W45</u>	
P. Dawson	27.9	E. Hindle	27.4	J. Johnson	29.5	S. Cross	37.2
J. Sanger	30.1	C. Bell	30.0	M. Forden	32.7	M. Acreman	38.2
T. Kirwan	30.7	T. Smith	32.9	D. Dow	33.0		
B. Wilson	31.0	S. Walton	33.7	E. Mercer	33.3	<u>W50</u>	
S. Sanders	36.9			L. Jenkins	34.5	P. Carr	33.9
		<u>W60</u>		G. Waldhuter	39.9		
<u>W55</u>		V. Tyson	44.4			<u>W65</u>	
L. Butcher	38.9			<u>M50</u>		P. Head	54.2 (Rec)
		<u>M45</u>		D. Carr	28.2		
<u>M35</u>		B. Kernaghan	24.3	E. Costello	28.4	<u>M60</u>	
D. McCauley	25.0	D. Clive	25.0	J. Manley	31.0	A. Tyson	31.7
B. Cornish	25.4	H. McGlashin	26.1			G. Morgan	33.4
		B. Waldhuter	27.4	<u>M55</u>			
<u>M40</u>		G. Thornton	29.0	D. Moffett	27.8		
H. Holland	26.5	M. Johnston	30.7	J. De Gruchy	30.2		
A. Jenkins	27.9	K. Forden	32.6				
B. Foley	28.9						
B. Oliver	30.5						

400 Metres

<u>W30</u>		<u>W35</u>		<u>W40</u>		<u>W45</u>	
P. Dawson	64.0	E. Hindle	64.0	J. Johnson	69.0	D. Whittam	75.0
J. Sanger	67.0	C. Bell	66.0	M. Forden	73.0	S. Cross	88.0
B. Wilson	69.0	T. Smith	76.0	E. Mercer	76.0		
T. Kirwan	69.0	S. Walton	78.0	G. Waldhuter	96.0	<u>W65</u>	
S. Sanders	NT					P. Head	1m57s
		<u>W50</u>		<u>W55</u>			
<u>M35</u>		P. Carr	84.0	L. Butcher	86.0	<u>M50</u>	
J. Molloy	55.0			<u>M45</u>		D. Carr	60.0
D. McAuley	55.0	<u>M40</u>		B. Kernaghan	54.0	E. Costello	62.0
B. Cornish	57.0	K. Gilbert	58.0	D. Clive	58.0	B. Worner	62.0
N. Bailey	62.0	H. Holland	60.0	H. McGlashin	59.0	F. McLinden	65.0
		A. Jenkins	61.0	B. Waldhuter	60.0	K. Whistler	76.0
<u>M55</u>		B. Foley	65.0				
D. Moffett	62.0	R. Whalen	65.0	M. Johnson	69.0		
J. De Gruchy	69.0	J. Bell	67.0	J. Stickles	72.0		
		<u>M60</u>					
		A. Tyson (Rec)	69.0				
		G. Morgan	76.0				

5000 MetresW30

S. Sanders 25.17

W35

J. Chambers 18.49

T. Smith 25.37

J. Langdon 27.09

W40

D. Dow 24.06

P. Farrell 25.02

A. Aldrich 25.47

W45

S. Maslen 31.47

P. Hayden 28.21

(Inv.)

W55

L. Butcher 26.12

M35

B. Danby 17.02

M40

F. Smith 16.17

P. Sanders 17.25

A. Carse 17.53

J. Bell 17.56

K. Snowden 19.13

J. Barnes 19.29

A. Jenkins 20.25

T. Speechly 21.08

L. James 21.34

M45

H. Stoffers 16.27

D. Caplin 17.02

J. Trovato 18.03

C. Spare 18.20

R. Sammells 19.13

G. Thornton 19.13

J. Pellier 19.37

B. Slinger 20.27

M45 contd...

M. Johnston 20.32

J. Stickles 20.37

R. Farrell 20.37

K. Forden NT

R. Davis 22.24

M50

E. Maslen 18.07

F. McLinden 18.30

K. Vaalsta 18.49

E. Costello 19.33

B. Kennedy 19.46

R. Hayres 19.50

D. Carr 21.24

K. Whistler 28.46

M55

M. Moyle 19.58

D. Willmott 21.53

B. Aldrich 21.58

V. Beaumont 22.11

M60

D. Strachan 22.43

G. Noordyk 22.49

G. Morgan 25.02

M65

J. Gilmour 18.35

M70

C. Bould 22.59

10,000 MetresW30

S. Sanders 53.27

W35

J. Chambers 40.27

W40

D. Dow 50.45

P. Farrell 52.21

W45

S. Maslen 63.50

M35

B. Danby 35.45

B. Madson 41.11

M40

F. Smith 34.22

P. Sanders 35.47

A. Carse 37.31

J. Bell 37.49

J. Pressley 39.13

P. Martin 39.14

J. Barnes 40.21

M. Khan 41.07

K. Snowden 41.11

G. Lane 41.50

J. Greenfield 43.14

T. Speechley 44.09

J. Froudist 45.28

P. Le Breton 45.34

L. James 52.19

M45

H. Stoffers 34.13

G. Thornton 38.10

J. Trovato 39.28

C. Spare 39.36

B. Sammells 39.37

J. Pellier 40.59

B. Slinger 45.02

R. Farrell 47.31

A. Chambers 48.32

M50

G. Innes 38.17

F. McLinden 38.54

K. Vaalsta 40.40

B. Kennedy 41.36

D. Hough 41.53

M50 contd....

A. Pomery 43.52

W. Mitchell 44.56

M55

R. Brice 39.40

S. Lockwood 44.42

V. Beaumont 46.39

D. Willmott 47.02

M60

G. Noordyk 49.11

E. Moyle 54.11

M65

J. Gilmour 38.17

M70

C. Bould (Rec) 49.14

1500m S/ChaseM50

E. Maslen 5.21

F. McLinden 5.53

E. Costello 6.05

D. Carr 6.07

M55

M. Moyle 6.45

M60

A. Tyson 6.09

D. Strachan 6.46

3000m S/ChaseM35

B. Danby 10.57

D. McCauley 11.43

M40

A. Carse 11.51

P. Sanders 12.12

A. Jenkins 13.38

M45

D. Caplin 10.58

J. Pellier 13.02

J. Bennington 13.36

1500m WalkW35

J. Langdon 9.44

W40

J. Fletcher 9.04

(Rec)

L. Jenkins 9.17

E. Mercer 9.38

W45

J. Beaumont 10.56

W60

V. Tyson 9.58

W65

P. Head (Rec) 11.02

M70

D. Horsley 8.47

J. Collins 11.02

HIGH JUMPW35

E. Hindle 1.45

W40

E. Mercer 1.27

(Rec)

W50

T. Manley 1.15

(Rec)

M35

B. Cornish 1.40

M40

B. Landers 1.45

J. Bowen 1.30

M50

A. Fergie 1.45

(Rec)

B. Worner 1.40

J. Cochrane 1.30



800 MetresW30

T. Kirwan	2m28s
B. Wilson	2.41
J. Sanger	2.49
S. Sanders	3.25

W35

C. Bell	2m28s
S. Walton	2.56
T. Smith	3.05

W40

M. Forden	2m41s
E. Mercer	2.53
A. Aldrich	3.29
G. Waldhuter	3.50

W45

J. Pellier	2.58
S. Cross	3.30

W50

P. Carr	3.12
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W55

L. Butcher(Rec)	3.22
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W65

P. Head (Rec)	4.04
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M35

J. Molloy	2.03
D. McCauley	2.11
B. Danby	2.31

M40

K. Gilbert	2.08
B. Foley	2.10
A. Carse	2.16
A. Jenkins	2.20
B. Gale	2.25
R. Whalen	2.34
J. Bell	2.37
P. Sanders	2.43

M45

B. Kernaghan	2.10
D. Caplin	2.11
H. McGlashen	2.15
B. Waldhuter	2.16
M. Johnston	2.25
R. Sammells	2.26
K. Forden	2.33
J. Pellier	2.36
J. Trovato	2.44

M50

E. Maslen	2.13
D. Carr	2.14
E. Costello	2.19
F. McLinden	2.35
R. Hayres	2.38
B. Kennedy	2.50

M55

D. Moffett	2.20
M. Moyle	2.36
B. Aldrich	2.48
L. Hassam	3.14

M60

D. Strachan	3.02
G. Morgan	3.06

M65

J. Gilmour(Rec)	2.36
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M70

D. Horsley	3.11
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1500 MetresW30

T. Kirwan	5.08
S. Sanders	6.42

W35

C. Bell	5.13
S. Walton	6.02

W40

M. Forden	5.34
E. Mercer	5.41
D. Dow	6.16

W45

J. Pellier	5.59
M. Acreman	7.24
S. Maslen	8.08

W65

P. Head (Rec)	8.36
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M40

J. Langford	4.19
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A. Carse	4.24
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B. Foley	4.30
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J. Bell	4.45
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P. Sanders	4.46
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K. Gilbert	4.54
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A. Jenkins	5.00
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B. Gale	5.19
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T. Speechley	5.22
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A. Croxford	5.23
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P. Le Breton	5.36
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L. James	5.53
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M35

J. Molloy	4.18
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B. Danby	4.22
----------	------

D. McCauley	4.36
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N. Bailey	4.50
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M45

D. Caplin	4.30
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R. Sammells	4.47
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G. Thornton	4.52
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M. Johnston	4.52
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J. Pellier	4.56
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K. Forden	5.10
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A. Chambers	5.56
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M50

E. Maslen	4.37
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D. Carr	4.39
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F. McLinden	4.48
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E. Costello	4.54
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R. Hayres	5.21
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K. Whistler	5.59
-------------	------

J. Russell	6.24
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M55

A. Moyle	5.37
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B. Aldrich	5.43
------------	------

V. Beaumont	6.02
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L. Hassam	6.36
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M60

A. Tyson	5.36
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G. Noordyk	6.25
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M65

J. Gilmour	5.22
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M80

J. Sanders (Inaug Rec)	10.23
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100m HurdlesW35

E. Hindle	15.6
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80mW40

J. Fletcher	15.4
(Rec)	

100mM35

B. Cornish	20.8
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400mW30

J. Sanger	83.0
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W35

E. Hingle	76.0
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M35

J. Molloy	58.7
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(Rec)

M45

B. Kernaghan	1.21
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M50

E. Costello	72.0
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F. McLinden	73.0
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E. Maslen	76.0
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Javelin contd.....M45

A. Fergie (Rec)	31.58
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K. Whistler	28.08
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R. Hayres	23.58
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D. Carr	23.20
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J. Whittam	21.12
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<u>M55</u>	
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F. Fay	24.12
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<u>M60</u>	
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W. Chapman	20.44
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<u>M70</u>	
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D. Horsley	16.10
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JAVELINW30

B. Wilson	19.39
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W35

E. Hindle	20.38
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W40

J. Fletcher	23.86
(Rec)	

W40 contd.....

L. Jenkins	18.34
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V. Prescott	15.38
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K. Counsel	11.13
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W45

D. Whittam	22.80
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(Rec)

W65

P. Head (Rec)	9.94
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M35

B. Cornish	36.94
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M40

J. Bowen	41.84
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3000m Walk

<u>W35</u>	
B. Salter	17.47
<u>W40</u>	
J. Stone	19.05
(Rec)	
L. Jenkins	19.08
E. Mercer	20.15
<u>W45</u>	
S. Cross	22.08
J. Beaumont	22.59
<u>W55</u>	
L. Butcher	19.43
<u>W60</u>	
V. Tyson	20.29
<u>W65</u>	
P. Head (Rec)	22.27

M40

J. Back	18.23
A. Croxford	21.37

M45

J. Turnbull	18.18
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M50

G. Audley	15.59
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M55

P. Davies	17.59
(Rec)	

M70

D. Horsley	18.38
J. Collins	22.11

M80

J. Sanders	25.55
(Rec)	

5000m WalkW40

J. Stone	33.03
(Rec)	

W45

S. Cross	38.11
(Rec)	

M45

J. Turnbull	32.11
J. Back	34.20

M50

G. Audley	26.56
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M55

P. Davies	30.21
(Rec)	

M60

S. Jones	28.42
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M70

J. Collins	38.08
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M80

J. Sanders	44.58
(Rec)	

LONG JUMPW30

P. Dawson	4.45
J. Sanger	4.10
B. Wilson	3.93

W35

E. Hindle	5.00
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W40

J. Johnson	4.29
(Rec)	
J. Fletcher	4.28
E. Mercer	3.61
D. Dow	3.23
L. Jenkins	3.03
K. Counsel	2.90

W45

D. Whittam	3.77
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W50

T. Manley	2.94
(Rec)	

M35

B. Cornish	5.33
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M40

B. Landers	5.01
J. Bowen	4.35

M45

D. Clive(Rec)	5.41
R. Calnan	4.78
B. Kernaghan	4.74
P. Muller	4.72
A. Chambers	3.40
J. Turnbull	3.34

M50

W. Monks	4.72
J. Cochrane	4.54
A. Fergie	4.29
D. Carr	3.62
J. Whittam	3.48

M55

J. De Gruchy	3.96
F. Fay	3.96

TRIPLE JUMPM35

B. Cornish	10.27
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M40

J. Bowen	9.56
B. Landers	9.45
B. Foley	8.90

M45

D. Clive (Rec)	11.20
B. Kernaghan	10.46
P. Muller	9.35

M50

J. Cochrane	10.25
A. Fergie	9.06
D. Carr	8.18

M55

F. Fay	8.37
J. De Gruchy	6.68

M70

G. Boakes	6.19
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SHOT PUTW30

B. Wilson	7.54
(Rec)	

J. Sanger	6.10
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W35

E. Hindle	7.17
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W40

L. Jenkins	6.68
K. Counsel	6.54

W45

D. Whittam	7.47
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W65

P. Head (Rec)	4.79
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M35

B. Madsen	9.47
B. Cornish	8.38

M40

J. Bowen	9.45
J. Froudish	8.65
B. Landers	8.48

DISCUSW30

B. Wilson	18.14
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W35

E. Hindle	19.98
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W40

J. Fletcher	22.21
K. Counsel	19.25
V. Prescott	17.60
L. Jenkins	16.88
E. Mercer	16.08

W45

D. Whittam	18.01
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W65

P. Head (Rec)	11.21
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M35

B. Cornish	28.20
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M40

H. Holland	32.18
J. Bowen	30.38
B. Landers	23.84
B. Foley	18.94

M45

R. Sammells	15.82
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M50

J. Cochrane	31.84
A. Fergie	30.86
K. Whistler	22.84
T. Manley	21.46
J. Whittam	20.22

M55

J. De Gruchy	14.68
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M60

A. Tyson	22.10
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M70

D. Horsley	19.32
G. Boakes	14.54



HAMMERM45

J. Turnbull 19.86

M50

A. Fergie 28.46  
 J. Whittam 19.16  
 K. Whistler 18.48  
 D. Carr 18.48  
 R. Hayres 17.32

M70

D. Horsley 17.26

NEW RECORDS

<u>100m</u>	<u>W60</u>	J. Strachan	19.6	<u>W65</u>	P. Head	25.2 (Inaug)
<u>200m</u>	<u>W65</u>	P. Head	54.2			
<u>400m</u>	<u>W55</u>	L. Butcher	86.0	<u>M60</u>	A. Tyson	69.0
<u>800m</u>	<u>W55</u>	L. Butcher	3.22.0	<u>M65</u>	J. Gilmour	2.36.0
	<u>W65</u>	P. Head *	4.04.0			
<u>1500m</u>	<u>W65</u>	P. Head *	8.36.0	<u>M80</u>	J. Sanders	10.23.0 (Inaug)
<u>5000m</u>	<u>W55</u>	L. Butcher	26.12.0			
<u>10,000m</u>	<u>M70</u>	C. Bould	49.14			
<u>80m H</u>	<u>W40</u>	J. Fletcher	15.4			
<u>400m H</u>	<u>M35</u>	J. Molloy	58.7			
<u>1500m Walk</u>	<u>W40</u>	J. Fletcher	9.04	<u>W65</u>	P. Head	11.02 (Inaug)
<u>3000m Walk</u>	<u>W40</u>	J. Stone	19.05	<u>W65</u>	P. Head	22.27 (Inaug)
	<u>M55</u>	P. Davies *	17.59	<u>M80</u>	J. Sanders	25.55 (Inaug)
<u>5000m Walk</u>	<u>W40</u>	J. Stone *	33.03	<u>W45</u>	S. Cross	38.11 (Inaug)
	<u>M55</u>	P. Davies *	30.21	<u>M80</u>	J. Sanders	44.58 (Inaug)
<u>High Jump</u>	<u>W40</u>	E. Mercer	1.27	<u>W50</u>	T. Manley	1.15
	<u>M50</u>	A. Fergie	1.45			
<u>Long Jump</u>	<u>W40</u>	J. Johnson	4.29	<u>W50</u>	T. Manley	2.94
	<u>M45</u>	D. Clive	5.41			
<u>Triple Jump</u>	<u>M45</u>	D. Clive	11.20			
<u>Shot Put</u>	<u>W30</u>	B. Wilson	7.54	<u>W65</u>	P. Head	4.79
	<u>M50</u>	J. Cochrane	12.94			
<u>Discus</u>	<u>W65</u>	P. Head	11.21 (Inaug)			
<u>Javelin</u>	<u>W40</u>	J. Fletcher	23.86	<u>W45</u>	D. Whittam	22.80
	<u>W65</u>	P. Head *	9.94	<u>M50</u>	A. Fergie	31.58

\* (Inaug)

# NewsDesk



## HAPPY BIRTHDAY

Dave Carr	turns 54	remains M50	15
Aub Davie	" 51	" M50	29
Hilary De Souza	" 48	" M45	08
Col Junner	" 64	" M60	16
June Strachan	" 61	" W60	30
Barrie Thomsett	" 46	" M45	17
Ken Whistler	" 53	" M50	23
Jo-Anne Walker	" 31	" W30	19
Shirley Cross	" 49	" W45	07
Allan Lean	" 52	" M50	02

Fred Hagger	turns 61	remains M60	29	John Cochrane	turns 51	remains M50	08
Rod Marston	" 43	" M40	17	Olga Lindsay	" 36	" W35	01
Kevin Hooper	" 48	" M45	12	Peter Dane	" 42	" M40	02
Robert Norton	" 47	" M45	22	Ken Clarke	" 35	becomes M35	13
Paul Jones	" 51	" M50	26	Irene Johnston	" 40	" W40	18
Eva-Marie Reimann	" 65	becomes W65	03	Arnold Leiskalns	" 52	remains M50	21
John Bell	" 41	remains M40	06	Roger Whalan	" 45	becomes M45	30

### "IN FROM THE COLD"

Trish Kirwan has returned from "spying" on the London Marathon. She reported it was "very cold, very crowded".

Trish has now started out in private practice as a physiotherapist. which means she can now treat Club members officially, and not just on the run!

### THANKS

Bonnie Sheppard sent us her thanks for our expressions of sympathy and support at the time of Wal's death in April.

### LONDON MARATHON, 1987

A group met after the Club Half- Marathon and agreed to pursue the possibility of travelling together. It appears that veterans may be guaranteed entry if they meet the following standards :

Men 40-49 : 3.00; 50-59: 3.20; 60+ : 3.40. Women : 40-49 : 3.20; 50-59 : 3.40; 60+ : 4.00

Please note that these figures are not confirmed, but it may be of some use to you. If you want further information, you can make contact with Barrie Slinger or Joan Pellier.

### "LOOKING FOR MATT DILLON"

Alan Acreman is looking for marshalls for the cross country on June 15 at Reabold Hill. Can you help? If so, please ring Alan on 3847843(H) or 4101511(W)

### "WAY UP NORTH"

Stan Latchford has sent us Newsletter No 2 of the Pilbara Running Association. The new association appears to be not only most active but very strong on communication. The newsletter is a comprehensive and entertaining missive which is a credit to the organizers. Well done Bob Povey, Gary Clark, Kevin Martin and, of course, our own Stan!

### ON THE ROAD

It has been pointed out that we sometimes take risks in our road runs- especially on the Sunday runs. Perhaps members should remember to run on the correct side of the road and take some of the worry from the Race Organizer.



# "VETPOWER"

13

AUSTRALIAN VETERANS CHAMPIONSHIPS, ADELAIDE, APRIL, 1986

The full results of these titles is just to hand in the last few days, thanks to Shirley Cross.

Congratulations to all our Club members who participated and especially to the "Medal Winners".

A fine effort by John Gilmour (4 Golds) and Eileen Hindle (4 Golds) and very pleasing to see Val Tyson featuring amongst the winners with Cliff Bould again demonstrating his ability to stay at the top. (Eileen was also a breath away from a win in the Pentathlon where she was shaded by a mere 22 points)

## GOLD MEDALS

100 metres	W35 Eileen Hindle	12.6
200 metres	W35 Eileen Hindle	27.1
10000 metres	M65 John Gilmour	37:49.9
100 metres (H)	W35 Eileen Hindle	15.5
5000 Metres(W)	W60 Val Tyson	36:4.0
High Jump	W35 Eileen Hindle	1.40
10000 metres(CC)	M65 John Gilmour	36:07
1500 metres	M65 John Gilmour	4:55.6
5000 metres	M65 John Gilmour	17:44.4
5000 metres	M70 Cliff Bould	22:53.2

## SILVER MEDALS

800 metres	M50 Dave Carr	2:14.6
400 metres	W50 Pat Carr	75.1
10000 metres	M70 Cliff Bould	49:15.1
3000 Metres (S)	M35 Brian Danby	10:32.1
1500 metres (S)	M60 Allen Tyson	5:55.6
Long Jump	W35 Eileen Hindle	5.34
Pentathlon	W35 Eileen Hindle	3505
10000 metres(CC)	M70 Cliff Bould	50:38

## BRONZE MEDALS

100 metres	M45 Dave Clive	11.8
800 metres	W40 Erica Mercer	2:39.4
High Jump	W40 Erica Mercer	1.20
400 metres	M50 Dave Carr	58.4
400 metres	W35 Eileen Hindle	60.5
1500 metres	M60 Allen Tyson	5:14.7

## FOURTH PLACES

100 metres	W50 Pat Carr	15.5
200 metres	W50 Pat Carr	34.5
10000 metres	M35 Brian Danby	35:11.5
Shot Put	M50 Alan Stone	10:17.0
10000 metres(CC)	W40 Erica Mercer	45:55.0
10000 metres	M60 Allen Tyson	44:28.2
Long Jump	W40 Erica Mercer	3.98

## FIFTH PLACES

100 metres	W60 Val Tyson	19.7
200 metres	W45 Shirley Cross	36.4
400 metres (H)	M45 Norm Richards	75.9
5000 metres(W)	W45 Shirley Cross	37:55.0
Triple Jump	M45 Dave Clive	10.9
10000 metres(CC)	M35 Brian Danby	33:57
10000 metres(CC)	M60 Allen Tyson	42:52

## SIXTH PLACES

1500 metres	M35 Brian Danby	4:24.8
1500 metres	W40 Erica Mercer	6:12.2
Discus	M50 Alan Stone	31.66
110 metres (H)	M45 Norm Richards	22.6

## SEVENTH PLACES

200 metres	M50 Dave Carr	28.2
5000 metres	M35 Brian Danby	16:18.9

## EIGHTH PLACES

Long Jump	M45 Norm Richards	4.77
5000 metres	M60 Allen Tyson	21:4.7

## TENTH PLACE

10000 metres	M50 Alan Pomery	44:40.4
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## ELEVENTH PLACE

10000 metres (CC)	M50 Dave Carr	50:39.0
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