

The Vetrun

NO. 177 JUNE 1987

W.A. VETERANS' A.C.

PRESIDENT: Basil Worner 387 9756 (W) TREASURER: Rob Farrell 459 4055
EDITOR: Brian Aldrich 332 6179 (H) SECRETARY: Sandi Walton 339 2988
(messages) 325 5849



FROM THE COMMITTEE

1987 Subscription

A number of subscriptions are still outstanding. If you are not a 'Financial' member this may be your last Vetrun! Subs. to Treasurer, Rob Farrell please (ph. 459-4055).

Change of Address

Please notify Treasurer, Rob Farrell, 15 Tremlett St. Thornlie, 6108 of any change of address as he keeps the Club's records.

1987 Programme

Reabold Cross Country 14/06/87

Please note that the meeting point for this run is now on the East side of Reabold Hill, Corner Perry Drive/Oceanic Drive, Time 8 am.

A.G.M. 1988

It has been suggested to the Committee that it might be appropriate to hold the Club's next A.G.M. at 7 p.m. on Wednesday 6th April at a venue to be arranged.

The Committee welcomes hearing your views on this.

M. Farrell

Herne Hill 21/06/87 25km/10km

Maurice Warren appeals for volunteers as Marshalls, drink-station helpers and two time-keepers for the above event which starts from Herne Hill School at 8 a.m. Maurice may be contacted on 405-4094.

Saturday 20th June - Athletic Association Event

The George Skeels Handicap will be held at 3pm. from Perry Lakes Drive, Reabold Hill. Our club organises this event for the Athletic Association and the Committee would appreciate assistance from our members who, as it is a public event, are also welcome to compete. Offers of assistance please, to Brian Foley, Ph: 339 2716.

State Marathon - Herne Hill 13/09/87

Jim Barnes wishes to bring the above to the notice of members. It is organised by the

W.A.A.A. and is said to be a fast and not too hard a course.

Assistance is also needed for course marshalling and drink/sponge station attendants. Further information may be obtained from Jim on 459 2617 (H) or 459 2142 (W).



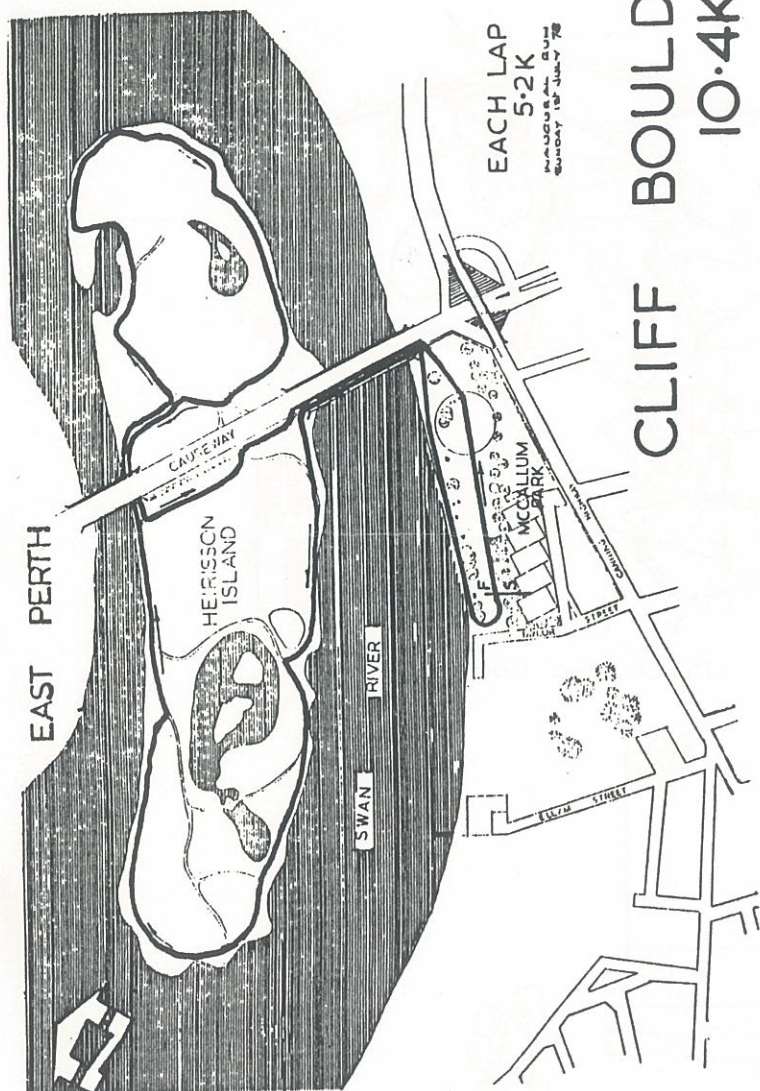
A VERY HAPPY BIRTHDAY TO OUR "JUNE" MEMBERS

01-06-48	LINDSAY	: Olga M	turns	39	remains	W35
02-06-44	DANE	: Peter Bas	"	43	"	M40
05-06-25	WOOTEN	: Cyril	"	62	"	M60
07-06-37	CROSS	: Shirley	"	50	becomes	W50
08-06-35	COCHRANE	: John	"	52	remains	M50
08-06-38	DeSOUZA	: Hilary	"	49	"	W45
08-06-26	FOLEY	: Gerald	"	61	"	M60
08-06-51	SANGER	: Peter	"	36	"	M35
08-06-49	TROTT	: Robert	"	38	"	M35
12-06-38	HOOPER	: Kevin A	"	49	"	M45
12-06-50	STEWART	: Joanne	"	37	"	W35
13-06-51	CLARKE	: Kenneth	"	36	"	M35
13-06-35	McKECHNIE	: Joseph	"	52	"	M50
15-06-32	CARR	: David	"	55	becomes	M55
16-06-22	JUNNER	: Colin	"	65	"	M65
16-06-49	MEAKINS	: Lynne	"	38	remains	W35
17-06-43	MARSTON	: Rod J	"	44	"	M40
17-06-40	THOMSETT	: Barrie	"	47	"	M45
18-06-46	JOHNSTONE	: Irene	"	41	"	W40
19-06-23	DRAYSON	: Derek P	"	64	"	M60
19-06-51	TROTT	: Lesley	"	36	"	W35
20-06-25	STRACHAN	: June	"	62	"	M60
21-06-48	ASHURST	: Susan Ann	"	39	"	W35
21-06-34	LEISKALNS	: Arnold	"	53	"	M50
22-06-39	NORTON	: Robert L	"	48	"	M45
23-06-33	WHISTLER	: Kenneth E	"	54	"	M50
27-06-47	WOOLLARD	: Keith	"	40	becomes	M40
29-06-35	DAVIE	: Aubrey	"	52	remains	M50
29-06-25	HAGGER	: Frederick	"	62	"	M60
30-06-41	WHALAN	: Roger W	"	46	"	M45

NEW MEMBERS

We extend a warm welcome to new members :-

				<u>D.O.B.</u>	<u>D.O.J.</u>
Dennis J. Vincent	48 Canning Ave, Mt. Pleasant 6153	364 1896		2/12/87	1/05/87
Bruce M. Wilson	6 Stirling St. Fremantle 6160	335 4974		31/05/45	5/04/87
Tony Tripp	F100 "Lakeview" 34 Davies Rd. Claremont 6010	-		13/08/46	2/05/87
Barbara G. Buchanan	71 Avocet Rd. Stirling 6021	446 5078		31/04/46	3/05/87
Mary A. Lowes	4 Jefferies Way Leeming 6155	310 3077		4/05/53	11/05/87
Adrian Noordyk	12 Kincaig Way Duncraig 6023	448 3151		15/05/52	28/04/87
Phillipa M. Newby	198 Vincent St. Nth Perth 6006	328 1010		15/08/49	26/04/87
Clyde Bant	74a Tweeddale Rd. Applecross 6153	-		19/05/38	26/04/87
Cathrin Holland	4/15 Filburn St. Scarborough 6019	341 6086		12/09/56	28/04/87
Ray Beckett	491 Safety Bay Rd. Safety Bay 6169	(095) 283494		18/04/36	15/04/87
Daphne Beckett	as above			21/01/34	15/04/87
Karen D. Crellin	17 Kelvin Rd. Duncraig 6023	448 2924		27/11/41	28/04/87



VENUE (Assembly)
McCallum Park, Taylor Street,
SOUTH PERTH

COURSE
10.4km. Starts at throwing circles in park, left over Causeway to island, left onto limestone path on island, follow perimeter, under causeway, keep left follow path around Eastern end of island, back through tunnel, over Causeway back to park. Two lap course.

* Difficulty
Race is suitable for all runners capable of completing a 10,000 metre course.

* Surface
Uneven in places.

* Hazards
Sprinkler hoses and loose stones.

DRINK STATIONS

Nil

FACILITIES: Park and Toilets in Taylor Street.

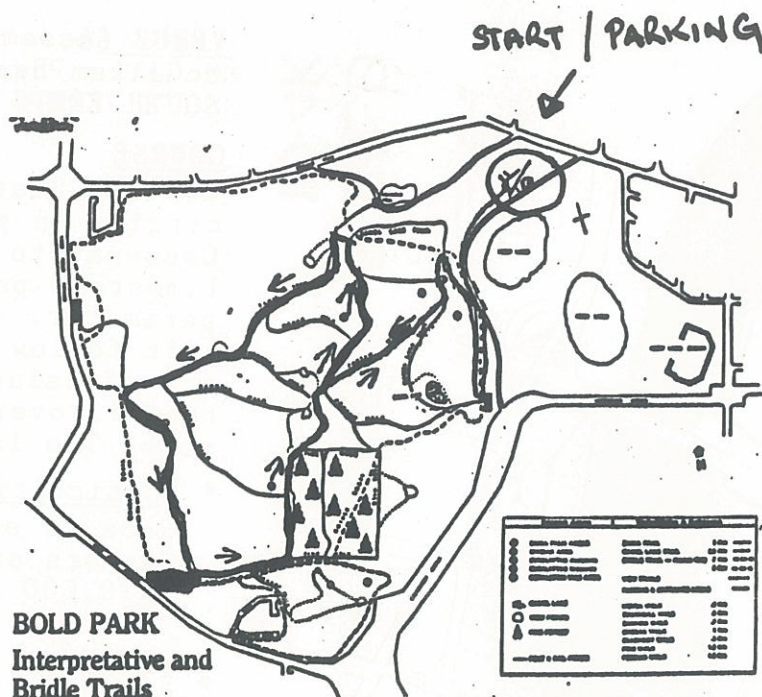
COMMENTS:

COURSE RECORDS

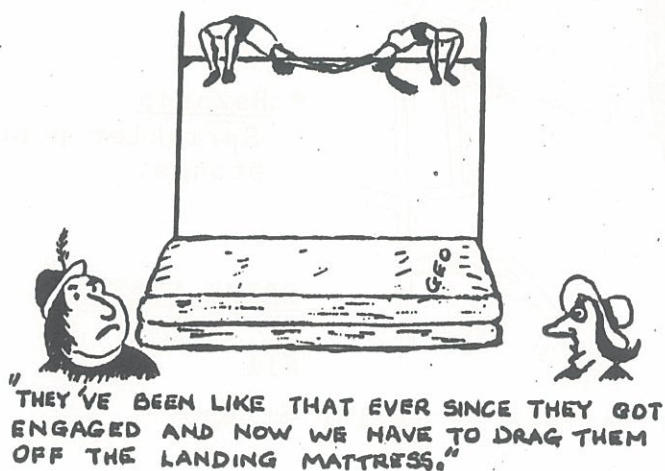
LADIES		Time	Date	MEN		Time	Date
30	S Sanders	50.26	1.9.85	-			
35	C-Bell	44.26	27.7.86	35	H Kirkman	36.26	8.7.79
40	A Ansell	46.21	1.9.85	40	D Caplin	35.37	15.5.83
45	T Vaalsta	48.12	2.9.84	45	D Caplin	36.35	1.9.85
50	L Butcher	50.08	16.5.82	50	R Shand	39.20	15.5.83
55	J Strachan	59.48	16.5.82	55	A Tyson	41.40	14.7.81
60	J Strachan	72.18	1.9.85	60	R Godkin	44.55	14.7.81
65				65	R Horsley	45.07	2.7.78
70				70	R Horsley	50.15	15.5.83

RACE ORGANISER: SANDI WALTON

Address: Unit 9, 12-14 Elvira St. PALMYRA 6157 Phone No: 339 2988



New Course - No Course Records



HANDICAP CHAMPIONSHIPS 1986/87

During the past 12 months we had 174 Competitors in the 1986/87 handicap. Points were allocated as follows:-

1 point for the winner, 2 for the second, 3 for third and so on.

Non participants were allocated points equal to the last competitor plus 1.

Obviously those favoured to win would be those competitors who ran in the most number of events available, and this is the way the championship finally turned out.

A convincing winner was Margery Forden who competed in 9 of the 10 events available.

Second was Vic Beaumont competing in 8 events and third was Paul Martin competing in 7 events.

Next year's championship will be decided on six events as shown in the club programme.

RESULTS

HANDICAP CHAMPIONSHIPS 1986/87 RESULTS

<u>PLACE</u>	<u>NAME</u>	<u>POINTS</u>	<u>NO. OF EVENTS</u>	<u>PLACE</u>	<u>NAME</u>	<u>POINTS</u>	<u>NO. OF EVENTS</u>
1	M. Forden	169	9	60	R. Davis	443	4
2	V. Beaumont	214	8	61	M. Faungo	445	2
3	P. Martin	216	7	62	G. Peet	446	3
4	K. Martin	232	7	63	C. Leman	447	3
5	J. Russell	244	8	*64	C. Cole	448	4
6	A. Davie	257	6	*64	T. Brockwell	448	2
7	B. Sammells	264	8	*66	H. McGlashen	449	3
8	M. Khan	272	6	*66	T. Vaalsta	449	5
9	D. Roberts	274	6	*68	J. Johnson	450	4
10	D. Caplin	289	6	*68	A. Chambers	450	3
11	J. Willers	310	6	70	E. Moyle	451	5
12	L. Butcher	311	5	71	F. Usher	452	5
13	B. Carse	319	4	72	P. Jones	453	4
14	A. Sim	322	5	73	P. Carr	455	5
15	T. Maslen	326	5	74	J. Sanger	457	2
16	S. Walton	333	7	75	B. Worner	461	3
17	C. Bould	335	7	76	B. Godwin	463	3
18	A. Pomery	337	7	*77	M. Pritchard	465	2
19	G. Morgan	341	7	*77	B. Slinger	465	3
20	L. Hassam	343	5	*79	P. Guiton	469	2
21	D. Strachan	351	6	*79	M. Acreman	469	2
22	R. Lawrence	353	7	*79	J. Whittam	469	3
23	K. Forden	355	5	*79	J. Strachan	469	4
24	B. Hardy	359	4	*83	R. Abrahams	470	2
25	M. Johnson	364	5	*83	J. Spencer	470	3
26	D. Carr	365	7	*83	R. Whalam	470	2
27	H. Kirkham	369	3	*86	P. Spencer	473	3
28	A. Jenkins	370	7	*86	K. Mitchell	473	2
29	B. Johnson	374	4	88	R. Cole	474	1
30	A. Aldrich	376	3	89	T. Clark	475	1
31	D. Moffett	378	6	90	P. Weston	476	5
32	S. Cross	379	4	91	J. Trovato	479	2
33	G. Thornton	381	5	92	T. Wood	480	1
34	R. Shand	384	4	*93	F. Smith	481	3
35	M. Moyle	391	7	*93	K. Johnson	481	2
36	B. Kernaghan	394	4	95	J. Slinger	482	2
*37	B. Harwood	399	3	96	C. Brockwell	483	1
*37	D. Hough	399	5	*97	M. Stone	484	3
39	J. Pellier	401	4	*97	F. Hagger	484	2
*40	P. Farrell	402	7	*99	I. Stevens	486	1
*40	M. Warren	402	4	*99	R. Routledge	486	1
42	J. Langdon	406	3	*99	G. Schaeffer	486	1
43	J. Gilmour	407	4	102	S. Bowlen	487	5
44	B. Aldrich	408	4	103	G. Inney	488	2
45	K. Vaalsta	410	5	104	B. Mitchell	489	2
46	J. Barnes	419	3	*105	J. Bell	490	1
*47	E. ODea	423	4	*105	T. Kirwan	490	1
*47	J. Stickles	423	4	107	D. Miller	492	2
49	R. Brown	427	3	108	B. Godwin	494	3
*50	J. Pellier	433	4	108	S. Munsie	494	3
*50	R. Farrell	433	6	110	G. Sutherland	497	1
52	B. Danby	435	4	*111	Y. Caruso	500	1
53	R. Davis	437	5	*111	I. Partington	500	1
54	F. McLinden	439	3	113	M. Warren	501	2


RESULTS

HANDICAP CHAMPIONSHIPS 1986/87 - CONT.....

<u>PLACE</u>	<u>NAME</u>	<u>POINTS</u>	<u>NO. OF EVENTS</u>	<u>PLACE</u>	<u>NAME</u>	<u>POINTS</u>	<u>NO. OF EVENTS</u>
*55	S. Maslen	440	5	114	S. Hicks	502	2
*55	P. McLiver	440	2	114	I. Sutherland	502	1
57	D. Hoye	441	2	114	J. Maddison	502	3
*58	A. Tyson	442	5	117	B. Norton	503	4
*58	R. McLiver	442	2	118	J. Pearce	505	1
				118	B. Thornton	505	1
				120	T. Speechley	506	1
				121	M. Tapper	507	1
				*122	K. Penton	510	2
				*122	B. Thomsett	510	2
				*124	A. Ansell	511	1
				*124	C. Bell	511	1
				*126	J. Chambers	512	1
				*126	B. Joyce	512	1
				*126	V. Caruso	512	1
				*129	S. Lockwood	513	1
				*129	D. Whittam	513	4
				131	P. Cowley	515	1
				*132	J. McLean	516	4
				*132	K. Whistler	516	2
				*132	M. Traynor	516	2
				*135	N. Berry	517	2
				*135	B. Hughes	517	1
				*137	D. Crowther	518	1
				*137	P. Reside	518	1
				139	J. Greenfield	520	1
				*140	J. Ende	521	1
				*140	J. Yates	521	1
				*142	B. Crellin	523	1
				*142	B. Dower	523	2
				144	M. Berry	524	2
				145	D. Philip	525	1
				146	V. Tyson	526	4
				147	D. Scott	527	1
				148	S. Hoskins	528	1
				*149	D. Wilmott	536	1
				*149	W. Vincent	536	1
				151	B. Evans	537	2
				152	D. Muir	538	1
				153	E. Crowther	539	1
				*154	A. Stone	540	3
				*154	B. Holmes	540	1
				*156	P. Airey	541	1
				*156	A. Croxford	541	1
				*158	A. Martin	542	1
				*158	B. Foley	542	1
				*158	M. Robinson	542	1
				*161	S. Sanders	543	1
				*161	P. Davies	543	1
				*163	C. Ansell	544	1
				*163	J. Jenkins	544	3
				165	T. Tate	546	1
				166	P. Farquhar	547	1
				167	J. Lindsay	549	1
				168	P. Kennedy	554	1

OTHERS:			
I. McGibbon	501	1	
T. Carman	505	1	
M. Miller	507	1	
I. Lyons	518	1	
K. Stewart	533	1	
J. Stewart	548	1	

* Denotes tied points.



Sutherland Run 10th May 1987

Mother's Day 1987 did not start well! The black, threatening clouds up above created the mood for what was happening down below at 17 Millington St.

The fool host had neglected to obtain the equipment, so the course was not marked out, no clock to time runners in, the handicaps were running late - chaos reigned supreme !

It was Two Ton Tony Galento who said, after losing one of his heavy weight fights - "I shoulda stood in bed!" That's the way I felt.

But help was on its way! Over the horizon came 'Cool-hand' Basil Worner. The clouds parted and there was a glimpse of sunshine. Basil, in his calm, efficient manner, organised those around him, and before you could say Jack Collins, we were ready for the start.

A quick change of plans to a mass start, Gloria S. out front on her bicycle, and the runners were on their way.

Gloria really had to burn rubber as she strained to stay ahead to the top of Wireless Hill, then on to the finishing line.

The fact that no one got lost shows that it would have been a waste of time to set the course out anyway. (Only Ernie Moyle went a bit astray, but I think he was only trying to take a short-cut!).

Many thanks for all that assistance from Basil, Rosa, Val, Brian Aldrich, Jim and Irene McLean, Mike, Alison and Bob.

Look forward to seeing you all next year, when we will be much better organised!

Ian & Gloria Sutherland

Sutherland Run 8.4 km

<u>Pos.</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Clock Time + Handicap</u>
1	K. Woollard	M35	30.02	
2	M. Chapman	V	30.03	
3	D. Caplin	M45	31.48	52.48
4	T. Maslen	M50	32.24	52.09
5	J. Maddison	M45	32.29	50.59
6	J. Trovato	M45	32.32	51.32
7	D. Roberts	M40	32.42	51.12
8	B. Foley	M40	32.56	52.41
9	D. Carr	M50	33.33	52.48
10	P. Martin	M45	33.38	51.53
11	A. Jenkins	M40	33.52	52.22
12	D. Moffett	M55	34.17 *	50.32
13	B. Harwood	M45	34.25	52.55
14	K. Martin	M45	34.49	52.34
15	T. Kirwan	W35	35.21 *	52.36
16	D. Hough	M55	35.31	53.01
17	M. Faunge	M45	35.33	51.33
18	J. Spencer	M50	35.35	52.20
19	J. Cariss	V	36.13	
20	M. Moyle	M60	36.26	50.41

Sutherland's Run Cont'd.

Pos.	Name	Age Group	Clock Time	Clock Time + Handicap
21	R. Harris	M50	36.43	52.58
22	H. McGlashan	M50	37.13	54.28
23	B. Crellin	M45	37.35	51.50
24	D. Philip	M50	37.52	
25	D. Vincent	M45	39.00	
26	P. McLiver	M40	40.13	
27	J. Russell	M50	40.17	
28	T. Speechley	M40	40.29	
29	A. Aldrich	M40	40.39	
30	P. Jones	M50	40.49	
31	J. Pearce	M35	40.33	
32	P. Sayer	M45	41.11	
33	R. Farrell	M45	41.30	
34	M. Warren	M45	41.33	
35	G. Foley	M60	42.00	
36	S. Lupton	V	42.12	
37	S. Hicks	M60	42.16	
38	R. Davis	M45	42.17	
39	M. Johnson	M50	42.35	
40	M. Warren	M50	44.26	
41	E. Wheatley	M40	44.26	
42	L. Hassam	M55	44.29	
43	P. Weston	M50	44.52	
44	S. Faulkner	M35 (V)	45.00	
45	K. Johnson	M55	45.00	
46	W. Vincent	M45	46.03	
47	L. Butcher	M55	46.12	
48	D. Strachan	M65	46.12	
49	S. Cross	M45	46.46	
50	J. Johnson	M40	46.27	
51	E. Moyle	M60	46.41	
52	R. McLiver	M45	46.15	
53	P. Carr	M55	48.17	
54	J. Strachan	M60	48.52	*
55	P. Farrell	M40	48.53	
56	E. O'Dea	M50	48.54	
57	S. Bowler	M60	49.09	
58	M. Tapper	M35	51.06	
59	B. Thornton	M35	51.06	
60	S. Maslen	M45	51.37	
61	M. Taylor	M35	51.43	
62	N. Berry	M55	51.47	
63	M. Robinson	M50	50.20	
64	K. Crellin	M45	52.00	
65	D. Whittam	M50	55.35	
66	B. Buchanan	M40	55.36	
67	J. Sanger	M35	64.43	
68	J. Stone	M40	64.44	
69	M. Stone	M40	64.45	
70	J. Collins	M75	64.45	
71	J. Willers	M35	DNF	
72	T. Brockwell	M30	DNF	

* New Records

ANDY WRIGHT MEMORIAL RUN 3/5/87

Cool autumn weather provided an excellent setting for this 10 km flat, fast course, the third to be run in this series. The club is once again indebted to Anna and Paul Cosford, their daughter Helena and John Sparks who once again provided an excellent spread. Congratulations to the winners who were presented with their trophies by Anna.

Results	Pos.	Name	Age Group	Clock Time	Adjusted Time
	1	P. Weston	M50	41.24	
	2	S. Whittam	M50	48.25	53.31
	3	P. Newby	M35	53.31	
	4	S. Bower * 1st Man.	M60	57.06	56.06
	5	M. Fermor	M45	57.52	48.52
	6	K. Johnson	M55	58.01	47.01
	7	M. Warren * 1st Wom.	M50	58.45	50.45
	8	G. Schaefer	M50	58.56	38.56
	9	K. Crellin	M45	59.16	59.16
	10	C. Cole	M45	59.48	54.48
	11	J. Cunningham	M45	59.50	39.50
	12	T. Maslen	M50	59.54	46.24
	13	P. Usher	M60	60.13	51.13
	14	M. Webb	M35	60.20	52.20
	15	G. Sutherland	M40	60.33	54.33
	16	B. Crellin	M45	60.35	43.35
	17	M. Moyle	M60	60.40	43.40
	18	J. Russell	M50	60.40	47.40
	19	D. Roberts	M40	60.43	38.28
	20	J. Curtis	M50	60.47	44.47
	21	P. Martin	M45	60.51	39.07
	22	B. Hardy	M40	60.55	41.55
	23	D. Hoye	M45	61.01	36.01
	24	M. Traynor	M45	61.03	45.03
	25	J. Stickles	M45	61.05	39.35
	26	J. Travoto	M45	61.13	38.28
	27	D. Moffett	M55	61.13	41.45
	28	J. Carras	VIS	61.20	
	29	S. Hicks	M60	61.26	50.26
	30	B. Danby	M35	61.28	34.43
	31	L. Sutherland	M45	61.42	48.42
	32	R. Attwell	M50	61.48	40.48
	33	D. Scott	M35	61.49	35.04
	34	S. Walton	M40	62.01	48.04
	35	M. Warren	M45	62.09	42.09
	36	K. Martin	M45	62.13	40.58
	37	K. Forden	M45	62.36	43.36
	38	J. Spencer	M50	62.43	42.43
	39	R. Sammells	M50	62.45	40.45
	40	B. Foley	M40	62.53	39.23
	41	P. Carr	M55	63.30	47.30
	42	M. Johnston	M50	63.31	52.31
	43	J. Johnson	M40	63.35	54.35
	44	S. Cross	M45	63.36	54.36
	45	S. Maslen	M45	63.59	57.59
	46	M. Forden	M45	64.09	47.09
	47	M. Robinson	M50	64.30	58.30
	48	B. Buchanan	M40	64.50	43.34
	49	W. Monks	M50	65.04	50.50
	50	B. Thomsett	M45	65.50	45.50
	51	H. Maglashen	M50	66.22	45.22
	52	D. Carr	M50	66.22	43.22
	53	K. Penton	M45	67.13	55.13
	54	K. Whistler	M50	67.40	51.40
	55	M. Loly	M45	68.46	49.16
	56	J. Sanger	M35	74.59	74.59
	57	J. Collins	M75	74.59	74.59
	58	J. Whittam	M50	74.59	74.59

The Westfield Run 1987 - Sydney to Melbourne

As many of you may already know our country member, George Audley, recently completed the 1060 km Sydney to Melbourne run in 8 days 1 hour and 35 minutes which placed him in sixth position overall. We spoke to him of his experiences:-

Ed: What were your feelings at the start?

George: Same as any other run, - just a bit worried as a strange bed had only let me have one or two hour's sleep. Found out later that the experienced multi-day runners took sleeping tablets, ... next time!!

Ed: How long ago did you start your training?

George: About March 1985 for a 24-hour run with the Sydney/Melbourne at the back of my mind.

Ed: What did you eat and drink en route?

George: Very little solids. I drank Sustagen and a Polycose/Water drink (5% polycose). Otherwise I ate biscuits, bread and jam, beans on toast, soup and bread, lollies-icypoles.

Ed: Did you lose much weight?

George: Weight was checked about 8 times each day. There was no loss or gain.

Ed: How much did it cost to make your attempt?

George: About \$9000 but this includes the cost of taking my own crew from W.A. Although a part of this was raised by my family I received very strong local support from the people of Albany, - people would stop me in the street to give money to enable me to enter. Whereas I looked upon other distance attempts as my own, this one belonged very much to the town which identified closely with my participation

Ed: What shoes did you wear?

George: I started with a pair of Hi-Tec but as my feet began to swell I reverted to an old pair of Adidas Webb shoes. They were modified by having the tongues and much of the toe box cut out. The heels just wore down and down and down!

Ed: How about your running technique - were any tactics involved?

George: I developed a leg injury and had to adapt my style to suit the injury. Because of the injury I spent more time running but at a slower pace. My mileage increased I went up to over 120 and on the last day I did over 130. It was a big learning experience as, after the injury, I built up. Now I know what to do - I've got to run slower but not spend so much time off the road. You've got to alter your style to more or less a shuffle.

Ed: How did you keep a check on your speed?

George: I run mainly using a pacing watch - I had it beeping on 95 times a minute which gave me 190 steps a minute. I kept a mental count which I checked with my crew who would beep the horn every quarter hour.





Ed: What were your feelings at the end?

George: Relief, - elation. I got strong public support and this was particularly wonderful at the finish which took place in the daylight. As there is a considerable gap in time between finishers each one gets a full reception from both the officials and the media.

Ed: A lot of people suffer from a 'low' after a long run. Did this happen to you?

George: Not yet. I still can't go around Albany without having my hand shaken and people saying "well-done." There was a big reception held for myself and my crew in Albany on our arrival followed by a Civic Reception the next day. I have been the guest of honour at several other functions in Albany. I still feel a sense of elation, but each run I've done I've been disappointed - I've never reached my target - this run still took me a day longer than I'd hoped it would.

Ed: So you'll have another go at it?

George: Oh yes! We've already got donations coming in.

Ed: You have obviously enjoyed the well deserved fame. Would you recommend that our members give it a go?

George: If you can run 100 miles in 24 hours you can run the Sydney/Melbourne event. All in all it was a wonderful experience and the weather was good. I only really noticed the downhill. With all the waving and horn-blowing even during the hours of darkness my crew said they felt like royalty! If it's your dream, then do it. If you need advice write to me and I'll help all I can.

Ed: Thank you George. We all wish you continued success in your running.

BUNBURY MARATHON/HALF MARATHON 03/05/87

Due to a change of date this very popular event unfortunately clashed with our own Andy Wright Memorial Run this year. It was run in calm, cool but brilliantly sunny conditions. Hank Stoffers was the first of our members home (in 3rd place) in 2:30:59 and in the Half-Marathon Bob Harrison (in 8th place) completed in 1:17:02. Other results:-

Full Marathon

Hank Stoffers	2:30:59	Richard Harris	1:30:35
Chris Brockwell	2:34:14	Alan Pomery	1:30:45
John Pressley	2:39:33	Roland Matzke	1:30:47
Frank McLinden	2:55:07	Cheryl Bell	1:31:02
Don Caplin	2:56:05	Brian Aldrich	1:36:05
Barry Robinson	2:59:26	Bob Hayres	1:36:31
John Pellier	3:06:08	Kathleen Noordyk	1:37:21
Duncan Strachan	3:39:56		
Mary Pritchard	4:10:17	Erica Mercer	1:43:48
Elza O'Dea	4:16:35	Robert Farrell	1:44:46
		Alison Aldrich	1:44:47
		Gerry Noordyk	1:44:48
		Joanne Pierce	1:45:30
		Arthur Leggett	1:47:40
		Phyllis Farrell	1:52:20
		Leo Hassam	1:53:38
		Selby Munsie	1:56:18
		Bob Johnstone	1:56:20
		Jenny Willers	1:56:56
		June Strachan	2:03:18
		Phyllis Head	2:16:50
		Alison Johnstone	2:18:09

1/2 Marathon

Bob Harrison	1:17:02		
Steve Barrie	1:18:11		
Graham Thornton	1:19:07		
Tessa Brockwell	1:19:57		
John Bell	1:24:19		
Rob Shand	1:25:37		
Charlie Spare	1:25:53		
David Hough	1:26:07		
Joanne Collins	1:29:34		
Peter Airey	1:28:17		
Peter Le Breton	1:29:52		



LETTERBOX

BICENTENNIAL RUN

Margaret Warren writes:

"I want to suggest the Club have a run or an 'Event' next year for the Bicentennial. I have a few thoughts myself but very limited and I feel sure that there would be plenty of ideas among

the club members to make it a really memorial day. Just as a few ideas we could have a run at Fremantle when the "Tall Ships" are here, or wherever the Hot Air Balloons are, combined with the Association if they are having an event. We do have a fair amount of time to get ideas and make arrangements but we should get the suggestions coming soon."



(The Committee thanks Margaret for this thought. Lorna has added the suggestion that we might do a run in period dress - How about it? Long-johns and crinolines! Ed.)

VII WORLD VETERANS' GAMES - MELBOURNE

R & I Travel Services have given us details of a transport/accommodation package into Melbourne on 26th November and out on 8th December. It offers alternative air/coach travel and quotes prices on a per person basis. Further details may be obtained from Bob Sammells on 447-2418.

Run Down

Latest research may give fanatical office runners a sobering thought.

It shows if you run regularly you will live two extra years. But that time will be taken up running. (Western Mail 15/05/87).

London Marathon 1987

We received the following telex from our club's participants:-

"WEATHER FINE AND COOL. WONDERFUL EXPERIENCE WITH GOOD PARTICIPATION, VICE PRESIDENT ALIVE AND WELL AND MIXING WITH ROYALTY. TIMES:-

JOAN PELLIER	4Hr 24Ms
SANDI WALTON	3Hr 58Ms
JOAN SLINGER	4Hrs
MARJ FORDEN	4Hr 17Ms
BRIAN DANBY	3Hr 10Ms
KEITH FORDEN	4Hr 17Ms
BARRIE SLINGER	3Hr 20Ms
MAURICE JOHNSTON	3Hr 29Ms
VIC BEAUMONT	4Hr 05Ms
COLIN LEMAN	2Hr 59Ms
GARNET MORGAN	STARTED TIME NOT KNOWN