



The Vetrun

No. 201 JUNE 1989



W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WB11 (1370)."

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THERE IS NO FAILURE EXCEPT IN NO LONGER TRYING

PRESIDENT'S CORNER

The breaking of a world-age 5 year record by a club member is something which should be given prominence in our newsletter and the athlete involved should be given due praise. When a record is shattered (demolished, wiped-out, etc.) by such an enormous margin it is hard to know how to put in enough superlatives. John Gilmour took just on 10 minutes off the M70 half-marathon record at Bunbury recently, with a run of 81.41 minutes. That's a reduction on the old record of about 12%. Like reducing the world marathon record from 2 hours 6 minutes to 1 hour 51 minutes! A magnificent effort John, well done. John said it was a "weak" record. But that does not detract from his achievement.

A special mention to the man who also ran well in the half-marathon but did not have much of a chance of taking out the M70 trophy. Arthur Leggett showed that he had a great day. Not many of us can say we were second when a world record was set! Also a special mention to Merv Jones for completing his first marathon.

The Bibbulmun track walk was a great success thanks to Mary Robinson, John Maddison and Arthur Leggett. About 20 walkers set out and finished the 25 kilometres. We lost a couple and gained a couple at lunch time. There were a few stiff legs next morning with the climbing and descents. I hope we can arrange to do it again.

Keith and Marg Forden are covering some ground. After a weekend in Bunbury, they then departed for Bali where they are living it up for a couple of weeks.

Finally, it was my great pleasure recently to present trophies to Bill Hughes and Val Prescott in recognition of their being awarded a life membership of the club. Such awards are not given lightly and are well-earned.

Bob

COMMITTEE MEETING. IN HOSPITAL; We have just heard that Joe Gold is in the Mount hospital. We wish him well and hope for a speedy recovery.

SUBSCRIPTION RENEWALS: If you have not yet returned your renewal membership form, along with your subscription for this year, now is the time to do it otherwise this may be the last newsletter that you receive. DO IT NOW WHILST YOU REMEMBER. If you cannot remember if you have paid give Bill Crellin a ring on 448 2924. The renewal form was sent out with the May newsletter.

CLUB CROSS COUNTRY CHAMPIONSHIPS. Jorgensen Park, Kalamunda. 23rd July 1989.

This year the entry fee will be \$4.00 for all those staying for the social this includes entry for the run. (Its still \$4 if you only run.)

WINTER TRACK RUNS. Brian Danby is hoping to be able to organise a series of 5km and 10km runs under lights at McGillivray Oval Starting time will be 7pm with the first run hopefully being on the 21st June. A notice will be put up on the notice board at club runs giving further information.

COURSE MEASUREMENTS. Could race directors please try to get accurate measurement of their courses. This is to help the handicapper to give the most precise handicap he can get for events.

CLUB BADGES and CAR STICKERS. The treasurer has a supply of the iron-on Club Badge and also car stickers. If you have not got a sticker on your car get one from Bill, the club badge looks as good on the front of a hat as well as on your running vest. Both are priced at only \$2.00

24 HOUR RELAY. Are you interested in running in a team in a 24 hour relay? We are hoping to organise one sometime after Easter 1990. For those of you who don't know what a 24 hour relay is here are some details:- A team consists of 10 runners. Each runner runs for 1 mile (or 1600m). You must run in the order that you start, you cannot run more the 1 mile if the next runner is not ready you must wait till he turns up to take his turn. If a runner misses his turn he is out for the rest of the race and the following runners move up one place. If you do not complete your mile the distance you have covered is not counted (in that mile) and you are out of the event.

The atmosphere created in this event has to be experienced to be believed. Our Club already holds the Veterans Mens and Ladies world records which are:- Mens 40+ 430.334km Womens 35+ 341.840km

At the last relay we ran we also had a Mens "B" team 399,255km. A mens 50+ team 356.056km.

If you do not wish to run but would like to help there are lots of officials required to make the event run smoothly. Brian Danby is doing the preliminary organising, so if you're interested in running or helping give your name to him so he can see if there is enough enthusiasm in the club to get it off the ground.

TABLES FOR URNS ETC. The prototype is off the drawing board and has been made and with a very few minor modifications should shortly be in use, thanks to Lynne Shcickerts father for the making of them.

RECORDS

The last list of Western Australian State records was published in N/L 197. Since then, a further 99 records have been broken and equalled, 26 in the lead-up to the National Championships and 73 during them. A complete list of records will be published before the start of the next Track & Field season.

The Championships also saw

- 6 World Age Group records,
- 3 World Age 69 records, and
- 42 National records,

an amazing haul from just under 400 competitors.

HANDICAP SYSTEM

As this year's handicapper, I would like to explain the method that will be used to calculate an individual's handicap.

All the runs since January 1988 for which run times have been recorded, (and published in Vetrin), have been entered into a computer database.

These run times, and all future run times will be corrected for the following factors to give a time equivalent to a 10km run on a flat road course. The factors are:

(a) Degree of difficulty: - Using a base of 1.0 for a flat course, hard courses have been given a difficulty factor, for hills, or cross country terrain.

(b) Speed Factor: This factor is calculated using the Dakes formula (published in March Vetrin) which allows comparisons of times for runs over different distances, in particular the short and long courses on a given day.

(c) Distance Factor: The measured distance for the event

The Run Factor = 10

degree of difficulty x speed x distance

For example " Millers Killer" (4-12-88) run was given the following factors:

Degree of Difficulty = 1.10
 Distance = 8.75km
 Speed Factor = 0.991

Run Factor = 10

1.10 x 8.75 x 0.991

= 1.048

A runner completing the run in 40 minutes would have a corrected time of 40min 10sec for a flat 10km course.

The handicap will be calculated using the average of the three fastest corrected times during the preceding twelve months. Relays, novelty events, and jogs are not included.

If a runner has less than three recorded times the following adjustments will be made:

No recorded runs: Estimated time + 4 mins
 1 run only : Corrected time + 3 mins
 2 runs : Average of corrected times + 2mins

Visitors will specify an estimated time, and a handicap calculated plus four minutes. A list of start times for visitors will be displayed.

A person's handicap will change as the year proceeds due to two things,

(1) If he/she runs a corrected time better than one of the three previous fastest times.

(2) If one of the three fastest times is eliminated as the twelve month calculating period progresses. Handicaps for a race in May will be calculated on times from April 1988 - April 1989, and handicaps for October from September 1988 - September 1989. Fast runs between April 1988 and August 1988, will not be included for the October handicap.

Calculating the handicaps require two things, times and distance. Race directors can help me on both counts, firstly by getting the results in as soon as possible, and also by ensuring that each course is measured.

I hope you all enjoy the handicap runs during the year.

Mike Rhodes

HEREUNDER IS A LIST OF THE TICKET HOLDERS FROM W.A. IN THE RAFFLE FOR THE AIRLINE TICKET TO OREGON. (Eastern States have been notified seperately)

Ticket No.	Name	Ticket No.	Name
10	I Schickert	79	J Beaumont
32	B Schickert	78	I Sutherland
31	D Carr	39	B Worner
3	P Carr	58	R Wilson
100	M Rhodes	93	N Beech
33	B Oliver	80	I Lauchlan
6	R Fearnell	59	D Blom
11	K Wheeler	51	W Higgs
96	J Midolo	29	B Carse
90	F Smith	12	A Jenkins
49	J Groom	62	J Kirkman
50	M Stone	52	B Argyle
44	A Tyson	81	J Argyle
98	V Tyson	84	P Jones
30	J Johnson	14	P Weston
54	B Foley	15	T Jones
53	D Caplin	2	G Jones
82	D Whittam	35	J Gilmour
1	F McLinden	55	A Gilmour
61	C Bould	64	M Santich
8	R Young	97	M Santich
40	B Faxman	68	G Thornton
99	J Greenfield	18	J Maddison
83	M Birks		
34	R Goff		
16	P McLiver		

THE WINNING TICKET WAS No. 100 M Rhodes.

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

John Crawford	48, Albatross Pass, Willetton 6155	18/Nov/38
Helen T Field	18, Manbari Crescent, Wanneroo 6065. 405 4561	07/Oct/44
Judith Kirkman	49, Clifton Crescent, Mt. Lawley. 6050 271 9081	15/Sep/50
Grahame K Rowland	2, Snell Street, Maylands. 6051 370 4007	09/Apr/54
Michele Hay	10 McCourt St, Leederville. 6007	05/Jun/50
Wendy Spencer	11, Albertross Crt, Yangebup. 6164. 417 1000	13/Mar/45
Victor F D Waters	87, First Ave, Mt. Lawley. 6050. 271 7879	03/May/44

all passed at committee meeting 17th May 1989

THE BIBBULMUN TRACK VENTURE.

Jorgenson Park, that challenging arena where the pulsations of many a brave veteran runner's heart has pounded the divine Will to Win into worthless dust and washed it down the creek in a sudden winter rain-squall, was the assembly point for 19 members of our club on Saturday, 29th April, for a hike along portion of The Bibbulmun Track.

The weather was ideal for such a venture as the group, cheerfully embracing the opportunity to display its capabilities in this different type of pedestrianism, meandered merrily down Spring Road towards the track commencement at Kalamunda Conservation Park.

The first few kilometres were hard going as we clambered, in single file, down one side of Piesse Gully and up the other. The thick scrub had, in numerous stretches, overgrown the path whilst the steepness of the gully had a tendency to restrict conversation to a minimum.

The country opened up as we left the boundary of The Conservation Park and a brief pause was made at the point known as 1B where appropriate entries were made in The C.A.L.M.'s Log Book.

The terrain now encouraged a more relaxed style of walking as the charm of the bush began to influence our day.

There were no flies.

A reminder of the perils of civilisation was thrust upon us as, after a couple of hours of bushwalking, we crept out of the scrub to warily cross Mundaring Weir Road before disappearing into the safety of the bush on the other side.

The 3.2Km climb to Mt. Gunjin was made all the more enjoyable by the discovery of several stands of impressive trees as well as numerous wild-flowers whilst the derelict fire-watch tower presents a forlorn, impressive reminder of the part which this area has played in the development of our state.

A short rest then down a circuitous route to The Dell where we were joined by several club members who had motored to this spot to enjoy lunch with us.

We hiked, after lunch, along the cleared path made by the original tram-tracks used to transport timber from The Dell Sawmill to Mundaring Weir before we turned west after 5Km to make our way back to Point 1B.

We were resting, after a few kilometres along the track, when a well-known hills identity and experienced trail guide took the lead and, in a surprisingly short time, Graham Thornton had delivered us back to Jorgenson Park.

It had been a delightful day, further enhanced by companionship, fresh air, scenery and physical effort, during the course of which we had hiked an estimated 24Kms.

An activity such as this is obviously advantageous to dedicated runners as, the very next day, Frank Smith won the 16Km event at McCallum Park.

Yep! There is a message there -- somewhere!

Arthur Leggett



Western Australian Sports Federation

Proudly supported by the Western Australian Government

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President: Tom Hoad
Executive Director: Mick Aitken

28th March, 1989.

Mr E Horsley
c/- PO Box 208
WEMBLEY 6014

Dear Mr Horsley

As you will perhaps know, the Western Australian Sports Federation each year calls for nominations from its member associations for one of its highest awards, the Award of Merit, based on "long and outstanding service to Western Australian Sport".

I am very pleased to advise that you were nominated by the Athletic Association of WA for the 1989 Award of Merit. Although you were not selected as a winner of this year's Award, I have been asked by the Board of the WA Sports Federation to pass on to you our congratulations for the tremendous contribution you have made to your sport over so many years.

Without the tireless efforts of people such as you, sport in this State would be infinitely the poorer. It is nice to know that your dedication and commitment is so highly valued by those who have worked closest with you over the years. We at the WA Sports Federation would like to add this simple but sincere acknowledgment for all that you have done for Western Australian sport.

Every good wish from us all.

Yours sincerely,

Tom Hoad
PRESIDENT

A VERY HAPPY BIRTHDAY TO OUR "JUNE" MEMBERS

01-JUN-48	LINDSAY	: Olga M	turns	41	remains	W40
03-JUN-50	DURRANS	: Keith	"	39	"	M35
03-JUN-18	STRICKLAND	: Eddie	"	71	"	M70
05-JUN-25	WOOTEN	: Cyril	"	64	"	M60
07-JUN-37	CROSS	: Shirley	"	52	"	W50
08-JUN-35	COCHRANE	: John	"	54	"	M50
08-JUN-38	DeSOUZA	: Hilary	"	51	"	W50
08-JUN-26	FOLEY	: Gerald	"	63	"	M60
08-JUN-51	SANGER	: Peter	"	38	"	M35
11-JUN-43	WHEELER	: Keith	"	46	"	M45
13-JUN-35	McKECHNIE	: Joseph	"	54	"	M50
15-JUN-32	CARR	: David	"	57	"	M55
15-JUN-45	FRANK	: Toni	"	44	"	M44
16-JUN-22	JUNNER	: Colin	"	67	"	M65
17-JUN-52	CHEQUER	: Christopher	"	37	"	M35
17-JUN-43	MARSTON	: Rod J	"	46	"	M45
17-JUN-40	THOMSETT	: Barrie	"	49	"	M45
18-JUN-46	JOHNSTONE	: Irene	"	43	"	W40
19-JUN-23	DRAYSON	: Derek P	"	66	"	M65
19-JUN-35	PALMER	: Dawn S	"	54	"	W50
20-JUN-25	STRACHAN	: June	"	64	"	W60
21-JUN-48	HUGGINS	: James F	"	45	becomes	M45
21-JUN-52	NIELSEN	: June L	"	37	remains	W35
26-JUN-50	REID	: Davis A	"	39	"	M35
27-JUN-47	WOOLLARD	: Keith	"	42	"	M40
28-JUN-43	LEONG	: Francis K Y	"	46	"	M45
28-JUN-43	MORRIS	: Glenys	"	46	"	W45
28-JUN-37	WATTS	: Michael	"	52	"	M50
29-JUN-35	DAVIE	: Aubrey	"	54	"	M50
29-JUN-25	HAGGER	: Frederick	"	64	"	M60

NO NAME RUN. (Formerly ROUND THE HOUSES) 9th April 1989

Due to unforeseen circumstances, the longer course was shorter and the short course took a different route, up the coast and back. Gates barred the way to North Mole and however eager the members were, the answer was the same "you can't come in here!" So the joys of the run to the North Mole will have to wait till next year.

Conditions were pleasant and once again congratulations to Frank Smith, who won in a time of 46.02. First Lady, Maureen Stewart ran 54.36. Paul Martin headed the 6.4km run for the second year and won in a time of 22.21 a new record time. Coming in first of the ladies was Paula Szpak in 26.02.

Some of the runners on the short course were suspected of running too fast: as police pointed the radar gun at them.

Many grateful thanks to all the willing helpers who kept the show on the road.

Lorna Lauchlan.

RESULTS:- 6.4km

1	P. Martin	M45	22.21	16	J. Johnson	W40	32.00
2	A. Jenkins	M40	23.47	17	J. Strachan	W60	
3	G. Roberts	W40	24.59	18	R. Spencer	M45	32.50
4	H. Holland	M45	25.35	19	K. Crellin	W45	33.19
5	P. Szpak	W35	26.02	20	M. Robinson	W50	34.27
6	J. Dartnall	M40	27.01	21	P. Carr	W55	34.56
7	A. Jones	Vis	28.43	22	D. Whittam	W50	37.46
8	G. Morgan	M60	29.09	23	J. Jenkins	W40	38.46
9	R. Stewart	M45	29.32	24	C. Holland	W50	39.35
10	R. Davis	M50	29.58	25	J. Whittam	M50	40.25
11	L. Dartnall	Vis	30.02	26	V. Tyson	W65	40.46
12	C. Bould	M70	30.09	27	A. Stone	M55	40.47
13	B. Worner	M55	30.14	28	S. Bowler	M65	41.12
14	J. Thompson	M45	30.15				
15	V. dela Motte	Vis	31.50				

13.4				32	M. Jones	M45	58.50
1	F. Smith	M45	44.59	33	W. Beems	Vis	58.58
2	B. Argyle	M40	46.02	34	R. Harris	M50	59.01
3	T. Savin	M40	46.21	35	A. Pomery	M55	59.04
4	J. Pressley	M40	47.09	36	N. Forden	W45	59.05
5	B. de la Motte	Vis	48.00	36	E. Law	Vis	59.11
6	P. Odam	Vis	48.48	37	B. Aldrich	M55	59.26
7	B. Danby	M40	49.39	38	R. Farrel	M45	60.29
8	D. Hoyer	M50	49.46	39	R. Potter	M45	60.30
9	B. Schickert	M45	49.47	40	M. Binks	W40	60.39
10	G. Thornton	M45	49.49	41	B. Creelin	M50	60.25
11	C. Leman	M40	49.56	42	K. Penton	W45	61.34
12	D. Roberts	M45	49.58	43	D. Drayson	M65	61.35
13	J. Gilmour	M65	50.18	44	E. Strickland	M70	62.20
14	J. Brown	M35	50.40	45	R. Sutton	M50	63.10
15	J. Ferris	M35	51.17	46	J. Pellier	W45	64.43
16	J. Pellier	M45	51.42	47	D. Stachan	M65	66.51
17	F. McLinden	M55	52.14	48	P. Farrel	W40	69.46
18	R. Attwell	M50	53.57	49	S. Munsie	M55	70.57
19	G. Schaefer	M55	54.20	50	L. Hassam	M55	70.57
20	M. Stewart	W45	54.36	51	G. Florence	M55	71.16
21	J. Greenfield	M45	54.43	52	M. Warren	W50	71.59
22	J. Trovato	M45	54.58	53	N. Miller	M55	73.34
23	D. Carr	M55	55.39	54	F. Hagger	M60	73.57
24	B. Hardy	M45	55.41	55	P. Sheerin	M55	73.57
25	K. Forden	M50	56.16	56	A. Aldrich	W45	74.44
26	M. Warren	M50	57.29	57	F. Usher	M65	75.11
27	M. Traynor	M45	57.38	58	E. Moyle	M60	75.42
28	G. Lernaham	Vis	57.38	59	J. Willers	W40	80.55
29	I. Mort	M40	58.01	60	G. Foley	M60	80.56
30	D. Bryant	M40	58.16	61	L. Schickert	W45	87.57
31	S. Beer	Vis	58.21	62	M. Stone	W45	89.04
				63	B. Thomsett	M45	89.04
				64	J. Collins	M75	103.22
				65	J. Beaumont	W50	103.22

Bickley Run

23rd April 1989

Despite the fact that we live right in the middle of the old Walliston Wallop course the Bickley Run was relatively flat, much to the surprise of some of the runners. The run comprised a 10.8 km and a 5 km over gravel and bitumen. Most of the 50 runners stayed for morning tea and some barbecued their lunch too. The weather was kind to us, the rain holding off until late morning. Our thanks to all those who helped, particularly Maurice Johnston.

Maggie Webb and Mike Fermor.

5km.				5km.			
1.	Joe Trovato	M45	21.39	6.	Rob Davis	M50	28.25
2.	Merv Jones	M45	22.02	7.	Fred Hagger	M60	28.26
3.	Basil Worner	M55	25.55	8.	S Turner	M55	30.16
4.	A Jones	vis	26.54	9.	Patricia Carr	W55	30.49
5.	Norm Miller	M55	27.16	10.	Nora Berry	W55	31.56
10km.				10km.			
1.	Derek Hoyer	M50	41.50	10.	Jim Greenfield		46.56
2.	Frank Smith	M45	41.51	11.	George Schaeffer	M55	47.44
3.	Bob Schickert	M45	42.31	12.	Roger Pettman	M45	47.58
4.	Brian Danby	M40	43.04	13.	Mike Watts	M50	48.54
5.	Graham Thornton	M45	43.54	14.	Mike Traynor	M45	48.55
6.	Jim Barnes	M45	44.04	15.	Ron Potter	M45	51.43
7.	Ted Costello	M50	45.43	16.	Brian Aldrich	M55	52.39
8.	John Pellier	M45	46.09	17.	Rob Farrell	M45	52.42
9.	David Carr	M55	46.49	18.	Margery Forden	W45	54.49
				19.	Keith Forden	M50	54.50

20. Ronald Sutton	M50	55.34	29. Pat Sheerin	M55	60.55
21. Peggy McLiver	W45	56.04	30. Alison Aldrich	W45	62.17
22. Joan Pellier	W45	56.17	31. Jackie Greenfield	W45	63.30
23. Duncan Strachan	M65	56.22	32. Syd Butcher	M60	64.27
24. G Salerno	vis	59.13	33. June Strachan	W60	67.59
25. Rod Stewart	M451	59.25	34. Elza O'Dea	W50	68.00
26. Ann Turner	W50	59.38	35. Lynne Schickert	W45	77.13
27. Stewart Hicks	M65	59.59	36. Mary Robinson	W50	77.14
28. Phyllis Farrell	W40	60.54	37. Syd Bowler	M65	77.59

BROCKWELL'S RUN - McCALLUM PARK

SUNDAY 30TH APRIL, 1989

The Inaugural event saw windy conditions with a total field of 82 Runners and Walkers for both events.

In the 6km race Robert Raymen won comfortably in 21.30 from Arnold Jenkins and Mike Khan. Margaret Birks was the first lady home in the excellent time of 28.03 ahead of Joan Pellier and Pat Weston.

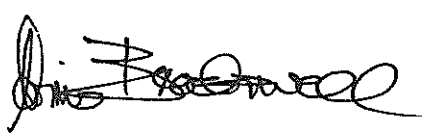
The 13km race saw a fantastic race initially between Frank Smith and Bert Carse with Frank asserting his authority and opening up a 150m lead on the Perth Side into the wind. A late effort from Bob Argyle between 8 and 10km saw him pass Bert and close in to about 100m on Frank. However a strong last 3km from Frank increased the margin to 200m at the end. Frank also won the age standard award. Marg Forden easily won the womens race in the second best age standard performance in the fast time of 58.01. Good performances were also put in from Peggy MacIiver and Phyliss Farrell who finished second and third respectively.

Many thanks to Maureen and Bev on the finish line, Vic for his help with the equipment and Ros and Kate on the Drink Station.

As indicated prior to the race Perpetual trophies will be on display at next year's race with each age group winner's name and time engraved.

Huntsbury Catering Service will provide awards for both races next year together with the morning brunch.

Regards,



Chris Brockwell

RACE RECORDS 6 KILOMETER EVENT

AGE	MEN	AGE	WOMEN
35	-	35	Judy Kirkman 35.21
40	Arnold Jenkins 23.44	40	Margaret Birks 28.03
45	Robert Raymen 21.30	45	Joan Pellier 30.45
50	Jack Campbell 26.49	50	Patricia Weston 32.45
55	David Hough 31.27	55	Patricia Carr 37.56
60	Fred Hagger 34.24	60	June Strachan 33.05
65	-	65	Val Tyson 40.34
70	Arthur Leggett 33.22	70	-

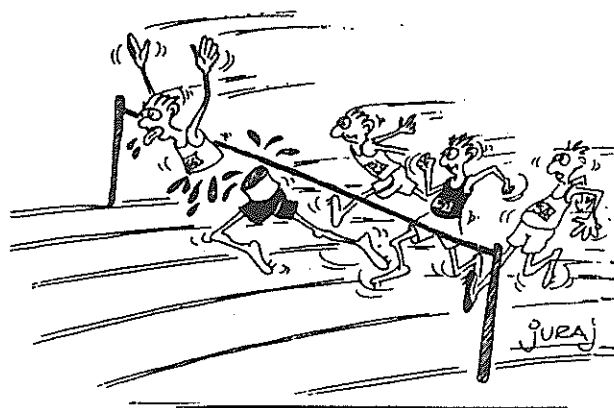
13 KILOMETER EVENT

AGE	MEN	AGE	WOMEN
35	Wayne Pantell	49.53	-
40	Bob Argyle	45.11	Phylliss Farrell
45	Frank Smith	44.18	Marg Forden
50	Keith Forden	55.12	Anne Turner
55	George Schaefer	52.57	-
60	Merv Moyle	60.17	-
65	Duncan Strachan	63.43	-
70	Cliff Bould	65.24	-

RESULTS

POS.	NAME	AGE GROUP	TIME
1	ROBERT RAYMEN	6KM M45	21.30
2	ARNOLD JENKINS	6KM M40	23.44
3	MIKE KHAN	6KM M40	24.10
4	BRYAN IDARDY	6KM M45	26.43
5	JACK CAMPBELL	6KM M50	26.49
6	JOHN SPENCER	6KM M50	27.04
7	MARGARET BIRKS	6KM W40	28.03
8	BILL CRELLIN	6KM M50	28.04
9	VIC WATERS	6KM VISITOR	28.54
10	KEVIN MARTIN	6KM M50	30.14
11	JOAN PELLIER	6KM W45	30.45
12	DAVID HOUGH	6KM M55	31.27
13	ROLI DAVIS	6KM M50	32.43
14	PATRICIA WESTON	6KM W50	32.45
15	JUNE STRACHAN	6KM W60	33.05
16	ARTHUR LEGGETT	6KM M70	33.22
17	JENNY WILLERS	6KM W40	33.52
18	RON SPENCER	6KM M45	34.24
19	FRED HAGGER	6KM M60	34.24
20	LINDA RHODES	6KM M40	34.51
21	JUDY KIRKMAN	6KM W35	35.21
22	KAREN CRELLIN	6KM W45	35.51
23	MAGGIE WEBB	6KM W40	35.53
24	MIKE FERMER	6KM M45	36.54
25	PATRICIA CARR	6KM W55	37.56
26	LYN SCHICKERT	6KM W45	37.56
27	MARY ROBINSON	6KM W50	37.59
28	VALERIE PRESCOTT	6KM W45	38.19
29	JACQUI JENKINS	6KM W40	39.10
30	VAL TYSON	6KM W65	40.34
31	PETER KENNY (WALKED)	6KM VISITOR	40.35
32	BARBARA BUCHANAN	6KM W40	40.45
33	MOIRA THORLUIRN	6KM VISITOR	41.45
34	FRANK SMITH	13KM M45	44.18
35	BOB ARGYLE	13KM M40	45.11
36	BERT CARSE	13KM M45	46.25
35	JOHN PRESSLEY	13KM M40	48.43
38	BOB SCHICKERT	13KM M45	48.54
39	BRIAN DANLEY	13KM M40	49.12
40	GRAHAM THORNTION	13KM M45	49.31
41	DAVE ROBERTS	13KM M45	49.37
42	WAYNE PANTALL	13KM M35	49.53
43	JIM BARNES	13KM M45	50.10
44	JOHN PELLIER	13KM M45	51.51
45	MIKE RHODES	13KM M40	52.54

46	DICK HARSLEY (WALKED)	6KM	M75	52.38
47	JOHN THOMPSON (WALKED)	6KM	M45	52.38
48	GEORGE SCHAEFER	13KM	M55	52.57
49	JIM GREENFIELD	13KM	M45	53.05
50	PAUL MARTIN	13KM	M45	53.16
51	DAVID CARR	13KM	M55	54.25
52	KEITH FORDEN	13KM	M50	55.12
53	ALAN POMERY	13KM	M55	55.55
54	MORRIS WARREN	13KM	M50	57.06
55	BARRY THOMSETT (WALKED)	13KM	M45	57.06
56	MIKE WATTS	13KM	M50	57.21
57	MARGERY FORDEN	13KM	W45	57.06
58	ROBERT FARRELL	13KM	M45	58.08
59	BRIAN ALDRICH	13KM	M45	58.50
60	DREW HASURELL	13KM	VISITOR	58.57
61	RON PATTEN	13KM	M45	59.05
62	VIC BEAUMONT	13KM	M55	59.20
63	MALCOLM BROW	13KM	M55	59.27
64	MERV MOYLRE	13KM	M60	1.00.17
65	RON SUTTON	13KM	M50	1.01.36
66	KIRT JOHNSON	13KM	M60	1.02.43
67	JEFF SPENCER	13KM	M45	1.03.40
68	DUNCAN STRACHAN	13KM	M65	1.03.43
69	PATRICK SHEERIN	13KM	M55	1.03.47
70	PEGGY MACLIVER	13KM	W45	1.03.54
71	PHYLLIS FARRELL	13KM	W40	1.05.02
72	ANN TURNER	13KM	W50	1.05.04
73	GODWIN SALERNS	13KM	VISITOR	1.05.02
74	BILL HUGHES	13KM	M60	1.05.11
75	RAY LAWRENCE	13KM	M60	1.05.11
76	CLIFF BOULD	13KM	M55	1.05.38
77	BAIL WARNER	13KM	M55	1.05.38
78	SELLIY MUNSIE	13KM	M55	1.05.39
79	MARGARET WARREN	13KM	W50	1.05.50
80	ALISON ALDRICH	13KM	W45	1.05.58
81	FRANK USHER	13KM	M65	1.05.59
82	GERRY FOLEY	13KM	M60	1.06.00
83	JACQUI GREENFIELD (WLKD)	13KM	W50	1.32.21
84	JILL MIDOLS (WALKED)	13KM	W50	1.32.31
85	LORNA LACHLAN (WALKED)	13KM	W50	1.32.21
86	JACQUI BEAUMONT (WLKD)	13KM	W50	1.35.59



A.A.W.A. WINTER PROGRAMME.

4th June	George Skeels Handicap.	Hale School	12.30pm
10th June	State 10km Road run Champs	Scenic Drive, Wanneroo	2.00pm
18th June	Darlington Relays (teams of 4)	Darlington Park	9.00am
24th June	National 15km Road Run.	Perry Lakes Rugby Rooms	8.00am
1st July	15km X Country & 5km H'cap	Kings Park NP Nursery	2.00pm

Marathon man aims to break the world record

A WORLD class marathon runner will be attempting to better the record in Bunbury this week-end.

70-year-old runner John Gilmour will attempt to break the world record of 1:30.38 for a half marathon for someone of his age.

He believes he can beat this by as much as five minutes.

Gilmour is the world record holder for the 65-year-old men's 10km track title and the 10km cross country title, both won in Melbourne.

In 1978 and as a 59-year-old, he ran a marathon in two hours, 38min 19sec.

About 100 runners for the marathon and 180 for the half marathon are expected to colour the city's streets this Sunday.

Steve Jones heads a small band of Bunbury runners in the full-distance event. Jones has completed 20 marathons and has a personal best of just over three hours.

Another highlight will be 49-year-old Mount Helena man Barrie Robinson, who will run his 50th marathon.

Robinson started running to accompany his daughter in 1979 when he was 17 stone. He has a personal best marathon time of 2:50:13 and covers about 120km a week in training.

Last year's winner, John West, will compete again and is a likely contender for first. He has a personal best of 2:30:47.

Other Bunbury runners are Barry Spice, George Garland and Peter McGlenn.

The race starts and finishes at Hay Park Recreation Centre with the gun expected to fire at 7am. The half-marathon winner is expected home at 8.10am and the full marathon winner at 9.25am.



• John Gilmour... World record bid.

Marathon - MALE: 1 John West 2:33:52, 2 James McLaughlin 2:37:15, 3 Bill Jones 2:39:51.

Female: 1 Jackie Clarke 3:29:23, 2 Irene Stephens 3:43:55, 3 Coleen Milbourne 3:51:03.

Age group: M 40 Bill Jones 2:39:51, M 45 Barry Spice 2:47:39 (personal best), M 50 Terry Baragh 3:02:13, M 55 Frank McLinden 3:09:54, over M65 Eddie Strickland 3:50:10.

Female age group: F35 Irene Stephens 3:43:55, F40 Coleen Milbourne 3:51:03, F50 Valarie Paeh 4:13:06.

Half marathon:

Male: John Hambleton 1, 1:08:59 record, Paul Barizza 2, 1:11:14, Paul Swan 3, 1:12:15.

Female: Karen Gobby 1, 1:20:42, Mary Bourke 2, 1:24:13, Joanne Collins 3, 1:29:46.

Age groups male: M40 Bob Argyle 1:15:24, M45 Bob Schickert 1:20:05, M50 Steve Barry 1:17:17, M55 Alan Pomery 1:32:42, M60 Eugene Schuler 1:39:38, over 65 John Gilmour 1:21:41 world record.

Age group female: F 35 Karen Gobby 1:20:42, F40 Margaret Birks 1:40:29, F45 Margaret Pearce 1:36:02, F55 Angela Reeve 2:19:26, F60 Joan Cumbers 2:53:37, F65 Phyllis Head 2:13:37.

WORLD class athlete John Gilmour (70) set a new world age half marathon record during the running of the Medibank Private Marathon and Half Marathon on Sunday.

Gilmour set a new record of 1hour 21minutes 41seconds to knock an incredible 8minutes 38seconds from the old record.

Gilmour who turned 70 years-old last Wednesday will now set his training programme for the World Veteran's titles in America in August.

Karen Gobby was successful in the women's section of the Half Marathon, raced on Sunday.



BUNBURY MARATHON and HALF MARATHON 7.5.1989

A fine, crisp Sunday morning. Almost ideal for the half marathon, but a bit warm for the full distance. The highlight of the day was John Gilmour's shattering of the world M70 record by just on 10 minutes as mentioned earlier. Thanks to the Bunbury crew for a great day. Club members took out many of the age division prizes. The trophy winners are underlined. Congratulations also to Barrie Robinson on completing your 50th marathon.

Overall winners in the marathon were John West in 2.33.52 and Jackie Clark in 3.29.23. John also won in 1988.

In the half, John Hambleton won in 1.08.59 (a course record) and the first lady was Veterans' Club member Karen Gobby in 1.20.42.

A happy 40th birthday was enjoyed by Sue Danby.

Marathon Results:

M40	<u>John Pressley</u>	2.45.28	M35	Doug Gilchrist	3.44.34
M50	Barrie Robinson	3.03.39	M70	<u>Eddie Strickland</u>	3.50.10
M55	<u>Frank McLinden</u>	3.09.54	F40	<u>Colleen Milbourne</u>	3.51.03
M40	Brian Danby	3.14.11	M50	Charlie Spare	3.51.03
M50	Raymond Attwell	3.16.59	M45	Merv Jones	3.54.50
M45	John Pellier	3.22.20	F35	June Nielson	3.56.34
M40	Robert Boggs	3.29.49	M40	Leonard Mort	3.57.05
F35	<u>Irene Stephens (PB)</u>	3.43.55			

Half Marathon Results

M40	<u>Bob Argyle</u>	1.15.24	F40	Margaret Birks	1.40.29
M50	<u>Steve Barrie (PB)</u>	1.17.17	F45	Doreen Dow	1.43.13
M45	<u>Bob Schickert</u>	1.20.13	M60	Mervyn Moyle	1.44.10
F35	<u>Karen Gobby</u>	1.20.42	M60	Kirt Johnson	1.45.25
M45	Graham Thornton	1.21.07	M55	Mike Berry	1.46.16
M70	<u>John Gilmore **</u>	1.21.41	F35	Susan Sanders	1.47.33
M45	Jim Barnes	1.21.47	M45	Ron Sutton	1.47.34
M40	Bruce Cornish	1.28.29	M55	Selby Munsie	1.50.54
M45	Keith Field	1.29.28	F45	Mary Pritchard	1.52.27
M45	Rod Marston	1.32.31	M55	Patrick Sheerin	1.53.05
M55	<u>Alan Pomery</u>	1.32.42	F45	Joan Pellier	1.53.40
M40	Peter Sanders	1.34.10	M55	Leo Hassam	1.54.25
M50	Keith Forden	1.34.44	M55	Basil Worner	1.54.26
M50	Brian Jones	1.35.59	M70	Arthur Leggett	1.54.55
M45	Lyle James	1.36.59	M55	Gordon Florance	1.55.41
M55	Brian Aldrich	1.37.36	F40	Teresa Smith	1.57.09
M55	Bob Hayres	1.37.46	F65	Phyllis Head	2.13.37
F45	Marg Forden	1.38.04			

RESULTS FROM TIME TRIALS. (Held over for lack of space)

19th Jan 1989 200m

B Foley	31.2
M Rhodes	28.8
M Jones	35.7
R Stewart	29.0
K Martin	26.1
M Marsh	29.6
N Richards	26.5
B Paxman	29.7
D Moffett	28.9
A Tyson	32.4
W Hughes	34.4
G Morgan	34.0

3km

C Leman	10.31
B Foley	10.13
B Danby	10.49
M Rhodes	10.34
K Gilbert	9.35
J Yates	11.40
M Jones	12.40
R Stewart	11.16
B Sammells	11/08
K Forden	11.54
S Barrie	9.56
B Paxman	11.26
B Worner	12.11
F McLinden	12.05
L Hassett	13.19
A Tyson	12.11
W Hughes	13.35

Discus

B Foley	18.01
M Rhodes	16.64
F Leong	33.60
H Holland	29.85
M Marsh	24.75
N Richards	22.92
A Tyson	21.33
W Hughes	20.61
C Baumann	23.46
D Horsley	18.10

9th Feb 1989 100m

M Rhodes	13.1
K Martin	11.1
J Pellier	14.4
R Stewart	11.8
H De Souza	13.0
P Corley	13.2
C Baumann	16.8
L Choate	12.6
J Johnson	12.8
J Greenfield	14.2
P Carr	16.0

Triple Jump

B Foley	8.70
R Stewart	9.87
D Carr	7.29
P Corley	10.06
L Choate	9.73
J Johnson	10.16
P Carr	7.03

26th Jan 1989 200m

A Jenkins	27.5
B Danby	30.6
M Rhodes	32.3
H Holland	25.7
J Yates	30.7
R Stewart	29.0
K Martin	30.6
M Marsh	29.3
H De Souza	32.6
W Hughes	33.0
A Tyson	31.0
P Corley	28.5

1 Mile /1500?

D Reid	4.32
A Jenkin	5.05
B Danby	4.57
M Rhodes	4.47
A Whitley	4.46
B Carse	4.28
K Gilbert	4.26
B Schickert	5.19
J Yates	5.38
R Stewart	5.23
K Martin	4.59
K Forden	5.26
B Worner	5.57
W Hughes	6.17

Javelin.

A Jenkins	23.24
M Rhodes	12.48
H Holland	35.55
F Leong	36.58
M Marsh	27.02
H De Souza	29.70
W Hughes	20.55
A Tyson	22.82
C Baumann	18.88

9th Feb 1989 1500m

J Molloy	4.14
D Reid	4.46
R Raymen	4.47
M Rhodes	4.49
B Danby	4.57
B Foley	4.31
B Carse	4.22
J Pellier	5.07
R Stewart	5.09
K Martin	4.55
K Forden	5.09
B Sammells	4.58
D Carr	4.59
B Paxman	5.04
F McLinden	5.05
A Tyson	5.49
M Santich	5.11
M Forden	5.43
F Horcer	5.37
L Lauchlan	6.39

2nd Feb 1989 400m.

G Lee	63.3	M Santich	69.3
J Molloy	56.9	P McLiver	69.5
R Stewart	64.8	V Trscott	79.1
B Danby	71.1	A Aldrich	73.8
A Jenkins	59.4	D Whittam	75.0
J Yates	71.0	T Carr	82.9
K Martin	58.3		
N Richards	67.6		
D Moffett	63.7		
G Morgan	75.3		

5km.

D Reid	17.14	M Santich	19.35
D Scott	17.45	M Forden	21.08
B Danby	18.41		
A Whitley	18.29		
B Foley	18.10		
M Rhodes	18.29		
A Jenkins	19.51		
K Gilbert	17.09		
J Yates	20.46		
B Carse	16.40		
F Smith	16.56		
KEV Martin	19.27		
K Forden	20.13		
N Richards	22.42		
B Sammells	18.55		
B Paxman	20.08		
B Worner	21.59		
F McLinden	19.31		
W Hughes	22.19		
A Tyson	21.29		
D Drayson	23.14		
C Bould	25.13		

SHOT.

B Danby	5.87	C Holland	8.67
B Foley	6.17	P McLiver	6.23
H Holland	9.12	D Whittam	8.11
F Leong	9.64	T Carr	5.68
M Marsh	7.69	V Tyson	4.55
W Hughes	8.26	B Baumann	4.98
A Tyson	6.92		
P Corley	7.37		
C Baumann	8.20		
S Coleman	9.29		
D Horsley	6.04		

3km Walk.

A Whitley	14.13	C Holland	19.46
D Horsley	21.42	J Sanger	18.11
		V Tyson	23.07

9th Feb 1989. 3km Walk.

A Whitley	15.29
J Whittam	20.00
D Horsley	21.36
J Greenfield	19.57
L Schickert	20.31
M Stone	18.52
S Cross	22.31
L Lauchlan	19.51
V Tyson	21.27

TIME TRIAL RESULTS

cont.

16th Feb 1989

400m	
G Lee	62.5
D Scott	65.1
B Foley	59.3
K Martin	58.1
R Stewart	66.7
K Gilbert	59.2
K Forden	72.3
Key Martin	65.2
L Hassett	69.2
D Carr	60.3
A Tyson	72.3
P McLiver	67.7
J Johnson	64.0
J Greenfield	85.0
M Forden	79.6
D Whittam	75.7
P Carr	82.7

1500m Walk.

B Danby	9.16
A Whitley	7.55
R Stewart	9.45
J Whittam	9.29
A Stone	9.49
A Tyson	9.45
D Horsley	10.12
J Greenfield	9.52
L Schickert	9.30
L Lauchlan	9.27
V Tyson	10.40

3km.

J Molloy	9.34
D Reid	10.11
D Scott	10.35
B Foley	10.59
B Danby	10.36
A Whitley	11.51
D Roberts	11.04
S Barrie	9.54
B Schickert	10.24
R Stewart	11.41
B Carse	9.41
K Forden	12.04
B Sammells	10.48
D Carr	13.01
F McLinden	11.32
A Ansell	11.51
J Greenfield	15.59
M Forden	12.39

Long Jump

R Stewart	4.05
M Marsh	4.08
L Hassett	3.86
A Stone	2.83
A Tyson	3.30
I Corley	4.75
J Johnson	4.01
J Greenfield	2.98
D Whittam	3.91
F Carr	3.36

23rd Feb 1989.

100m	
G Lee	13.2
H Holland	12.4
D Clive	12.3
H De Souza	13.4
L Hassett	14.6
A Tyson	15.3
P Corley	13.6
C Baumann	18.6
P Carr	15.4

10km.

D Reid	37.04
B Danby	37.48
B Foley	38.19
A Whitley (walk)	49.19
B Schickert	37.11
J Tellier	39.44
B Carse	35.22
F Smith	34.17
K Forden	45.03
B Sammells	38.57
K Martin	40.00
M Warren	42.53
D Carr	44.25
F McLinden	39.33
C Bould	48.50

5km Walk.

C Holland	32.07
J Greenfield	32.34
L Schickert	33.36
L Lauchlan	33.15
V Tyson	36.28

Discus

P Corley	25.75
C Baumann	21.45
C Holland	24.85
G Rapley	22.86
D Palmer	9.96
P Carr	14.45
V Tyson	12.05
B Baumann	13.14

9th Mar 1989 3km.

D Reid 3rd	9.53
B Foley	10.59
A Jenkins	11.08
B Danby	6th
F Smith	2nd
B Carse	1st
G Thornton 8th	10.58
J Tellier	11.10
P Martin	11.44
B Schickert	4th
D Hoye	5th
K Forden	11.39
B Sammells	7th
A Tyson	14.24

3km Walk

P Martin	16.57
A Tyson	20.06
D Horsley	21.26

2nd Mar 1989

100m	
B Danby	33.0
R Stewart	27.3

1 Mile

J Molloy	4:40.3
D Reid	4:55.5
D Scott	5:19.0
B Foley	5:00.3
A Whitley	5:07.8
A Jenkins	5:38.1
B Danby	5:24.2
G Thornton	5:35.3
D Roberts	5:40.4
D Caplin	5:25.9
R Stewart	5:35.4
S Barrie	5:10.9
D Carr	5:32.9
F McLinden	5:36.1
B Worner	6:42.0

5km Walk

A Whitley	32.08
J Whittam	34.20
A Tyson	34.52
D Horsley	36.32

Javelin

A Jenkins	23.70
R Stewart	36.26
J Whittam	16.97
M Marsh	28.35
J McMillan	24.05
A Tyson	21.25
P Corley	25.99
C Baumann	19.12

9th Mar 1989

100m	
J Molloy	12.8
G Thornton	13.1
H Holland	12.1
D Clive	12.0
H Richards	12.0
H De Souza	13.8
D Carr	13.2
C Baumann	18.3

800m

J Molloy	2:01.5
D Reid	2:14.4
B Foley	2:11.5
A Jenkins	2:19.6
B Danby	2:24.4
K Wheeler	1:59.3
G Thornton	2:36.6
J Tellier	2:32.1

Shot.

F Teong	9.64
H Holland	8.92
B Fergie	9.97
A Stone	9.09
A Tyson	6.40
C Baumann	8.18

16
MURDOCH CROSS COUNTRY MAY 7th.

Despite competition from the Bunbury Marathon and the Rottnest Triathlon, it was gratifying to see 91 people taking the annual opportunity to run round the meadows and woods of Murdoch University. In addition to the National Hazards of large pine cones and hidden rabbit holes, runners were also subjected to the Ortomatic Reticulation System which showered all at the finish.

At 23 minutes and 15 seconds the electronic timing ceased to function which may be responsible for some slight inaccuracies of timing in the 10k event.

Thanks once again to Murdoch University for permitting us to use both grounds and changing rooms. Lets hope next year we can break the Century and control the artificial rain.

John Spencer.

RESULTS.

<u>5k.</u>				<u>10k.</u>			
1.	H. Kirkman.	M45.	19.29.	1.	?		35.19.
2.	E. Maslen.	M50.	19.49.	2.	D. Hoye.	M50.	37.40.
3.	F. Martin.	M45.	19.59.	3.	M. Smith.	M55.	37.50.
4.	S. Hill.	Vis.	21.55.	4.	C. Lemon.	M40.	38.01.
5.	B. Crellin.	M50.	22.05.	5.	W. Gee.	M35.	39.27.
6.	P. Szpak.	W35.	23.40.	6.	W. Pantell.	M35.	39.41.
7.	A. Power.	Vis.	23.50.	7.	D. Roberts.	M45.	40.21.
8.	J. Hill.	M45.	24.00.	8.	B. Foley.	M45.	40.23.
9.	B. Jones.	M60.	24.30.	9.	B. Power.	M40.	40.44.
10.	A. Tyson.	M60.	25.06.	10.	D. Carr.	M55.	41.00.
11.	N. Miller.	M55.	25.52.	11.	G. Shaver.	M55.	41.10.
12.	D. Strachan.	M65.	26.39.	12.	A. Jenkins.	M45.	41.15.
13.	B. Hughes.	M50.	27.06.	13.	I. Partington.	Vis.	41.41.
14.	P. Weston.	W50.	28.02.	14.	M. Rhodes.	M40.	42.00.
15.	L. Rhodes.	W40.	29.05.	15.	P. Hill.	M40.	42.23.
16.	E. Moyle.	M60.	29.05.	16.*	M. Stewart.	W45.	42.50.
17.	F. Carr.	W55.	29.15.	17.	E. McCrae.	M45.	42.59.
18.	L. Hardy.	Vis.	29.40.	18.	M. Khan.	M40.	43.05.
19.	J. Whittam.	M50.	29.40.	19.	D. Hazell	M35.	43.10.
20.	R. Davies.	W45.	29.47.	20.	B. Munyard.	M45.	43.17.
21.	M. Stone.	W45.	29.59.	21.	R. Harris.	M50.	44.01.
22.	F. Usher.	M65.	30.11.	22.	B. Hardy.	M45.	44.20.
23.	J. Kirkman.	W35.	30.40.	23.	B. Paxman.	M55.	44.41.
24.	C. Cole.	W45.	30.58.	24.	K. Martin.	M50.	45.00.
25.	J. Willers.	W40.	31.11.	25.	M. Brown.	M55.	45.08.
26.	D. Whittam.	W50.	31.29.	26.	D. Moffat.	M55.	45.12.
27.	V. Willard.	W45.	31.40.	27.	D. Potter.	M45.	45.30.
28.	K. Willard.	M45.	31.40.	28.	T. Speachley.	M45.	47.10.
29.	J. Midolo.	W40.	31.55.	29.	V. Waters.	M45.	47.10.
30.	K. Crellin.	W45.	?	30.	M. Warren.	M50.	48.22.
31.	S. Bowler.	M65.	33.00.	31.	J. Roberts.	W40.	48.45.
32.	A. Stone.	M55.	33.20.	32.	P. Roberts.	M40.	48.59.
33.	M. Thornburn.	W30.	34.01.	33.	A. Nordyk	M35.	49.15.
34.	J. Jenkins.	W40.	35.06.	34.	K. Noordyk.	W35.	49.44.
35.	J. Hill.	W40.	36.11.	35.	R. Sutton.	M50.	50.01.
36.	T. Frank.	W40.	37.40.	36.	C. Bould.	M70	wrong turn
37.	J. Simmonite.	Vis.	37.55.	37.	J. Crawford.	M40?	50.40.
38.	B. Buchanan.	W40.	38.22.	38.	G. Hair.	M45.	50.55.
39.	V. Tyson.	W65.	38.40.	39.	C. Chequer.	M35.	?
40.	P. Miller.	W50.	38.58.	40.	J. Partnoll.	Vis.	51.29.
41.	R. McCliver.	M45.	40.12.	41.			

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MURDOCH CROSS COUNTRY CONT.

10k.

41.	P. McCliver.	W45.	51.40.	49.	R. Davies.	M50.	59.18.
42.	G. Peet.	M55.	52.01.	50.	E. O'Day.	W50.	60.50.
43.	R. Lawrence.	M60.	52.20.	51.	G. Foley.	M60.	60.50.
44.	R. Farrell.	M45.	?	52.	M. Robinson.	W50.	63.18.
45.	P. Farrell.	W40.	?	53.	L. Laughlin.	W55.	65.20.
46.	J. Strachan.	W60.	?	54.	J. Greenfield.	W45.	65.59.
47.	M. Warren.	W50.	?	55.	S. Maslin.	W50.	66.50.
48.	J. Thompson.	M45.	58.00				
	Walker. B. Thomsett.	M45.	74.28.				

I have received a letter from Ross Williams, a Club Member from Geraldton. He is also a Committee Member and Life Member of the Geraldton Harriers and is encouraging Members of Veteran Age to join us. He has sent down their Club Handbook and Fixture List on which a couple of our events are listed. (Club Cross Country Champs and State Cross Country Champs). If anyone is going to Geraldton on holiday or business and would like to have a run see the Editor for the programme or contact Ross at the Fountains Pharmacy, 113, Marine Terrace, Geraldton.

Don't forget Country Members we are interested in your results in your local events, so send them to me (Address on newsletter wrapper.
ED.

3, Melville Street
Claremont.
20th May 1989.

The President
Veterans Athletic Club

Dear Bob,

I would like to express my sincere thanks to the committee and members of the Veterans Athletic Club for honouring me with a Life Membership. During the years I have been with the "Vets" I have enjoyed the running, the socialising and have made some very good friends.

I hope that I have given back a small proportion of the great benefits and enjoyment that the club has given me.

Yours sincerely

Valerie Prescott

ITS ON ITS ON ITS ON ITS ON ITS ON ITS ON ITS ON

21st June 1989 at McGillivray Oval. Brian has obtain the track for a "DO IT YOURSELF" track run. You decide what distance you wish to run. We will provide the Clock, the Lights and the Track. If you can't remember the number of laps you have done or have to do, then bring along your own personal lap scorer (or scrounge one from someone else.) THE START TIME is 6.30pm SHARP. There will be a \$2.00 entry fee to help defray the cost of hiring the track. Results will be published in the Vetrun. (If we can find them.)

You're serious about running when..	You've gone overboard when...
While running you stop your stop-watch at red lights	You don't stop at red lights.
Your doctor says stay off your feet You swim.	You run anyhow.
You've heard of fartleck	You DO fartleck.
You refer to 'pigging out' as carbo loading	You start pigging out at Carbo loading dinners.