



# The Vetrun



No. 150, MARCH 1985

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

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THE MOST DIFFICULT THING TO KNOW IN LIFE IS YOURSELF.

STOP PRESS. STOP PRESS. STOP PRESS. STOP PRESS. STOP PRESS. STOP PR  
MARCH LONG WEEKEND. 1st - 4th March 1985.

This will take place once again at EATON. As this is extremely short notice there is no need to book your place. If you do not wish to sleep in the dormitories, bring along your tent and air mattress, there is plenty of camping space with nice grassed area for pitching tents on.

The format will be as in previous years, arrive on Friday evening or Saturday morning or later if you want. Saturday night will be CASSEROLE NIGHT, bring enough for your party, these are then all put out and everyone has some of every dish if they wish. Sunday evening is BARBECUE NIGHT, everyone brings along enough for their party and the party cooks and eats their own. There will be the usual things going on, shame on you thinking those thoughts, canoeing, crabbing for those who have crabbing nets, Barrie has promised to bring along his windsurfer, so lessons may be available, please bring your own brakes, plus of course general lazing about and visits to the local wineries etc. The Bunbury members have laid on some good runs of varying lengths. Hope to see you there.  
HOW TO GET THERE:- Take the coast road from Mandurah to Australind, as soon as you go over the bridge at Australind turn left into PRATT ROAD, follow this for 2km along the river, then turn left into the gravel track that leads down to the SCOUT CAMP. Cost should work out at approx \$2.50 per night per person. P.S. Don't forget your blow up mattress if you have one, it's easier than the steel hammocks.

COMMITTEE MEETING. DO NOT FORGET THAT THE ANNUAL GENERAL MEETING WILL NOW TAKE PLACE ON THE 10th MARCH 1985 AT McCALLUM PARK, COMMENCING AT 8am. This will be followed by a group jog. All members are requested to attend. We urgently require an ARMOURER who will be responsible for the trailer and equipment. If you are willing to take this job on would you contact Brian Danby on 401 4956 and he will explain all the details.

STATE VETERANS TRACK & FIELD CHAMPIONSHIPS. Do not forget that the closing date is the 5th March. If you have not yet entered do so NOW as there will be no entries accepted after this date. Don't forget to bring along some shade on the days in case its hot, beach umbrella etc. In the field events the old weights will be used as we have not been able to purchase the new weight implements yet.

### CHECK YOUR MARCH PROGRAMME..

10th March	A.G.M. followed by group jog.	8am	McCallum
17th March	Around the Houses. Lorna Butcher.	8am	North Mole Fremantle
23rd/24th March	Track & Field Champs		Gerry Archer Track Belmont.
31st March	Three Way Relay	8am	McCallum

NEW CLUB SINGLETS. These should be available the second week of March  
If you need a new one and haven't ordered one see Frank McLinden NOW.



NEW MEMBERS:-

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It is with pleasure we record the names of new members and old ones who have rejoined. We are delighted to have you with us and look forward to meeting you in friendly competition and social running.

Patricia E Spencer 517, Marmion Street, Booragoon. 6154. 364 2356 16/Apr/41  
John D Spencer " " " " " 26/Sep/36  
Jeffrey D Bowen 207, Townshend Road, Subiaco. 6008. 382 2628 02/Mar/42  
Jon Dartnell 46, The Promenade, Mount Pleasant. 6153. 364 6372 11/May/48  
David Benson 97, Barker Road, Subiaco. 6008. 22/Aug/41  
Gerry Payne 3A, Brown Street, Claremont. 6010. 383 1387 03/Feb/46

WORLD RUNNERS. We have received a letter from the Community Aid Abroad who are hoping to form a branch of "World Runners" in Western Australia. Their aim is to run fund raising runs to help alleviate world hunger. They are hoping to have an inaugural run on the 14th April and runners would be founding members, it is for runners of both sexes and of all fitness levels. There will be a notice put up on the clubs notice board at club runs and anyone interested in more details can ring Brian Connell or Alex Walker on (09) 321 5043.

DISTANCE RUN 24 Hours. 2.30pm Saturday 12th October - 2.30pm Sunday 13th October 1985. It is hoped this run will be taking place in the centre of Fremantle, around the Cathedral and Myers building providing final permission is granted by the council. The start will be outside Charlie Carters and there will be shower facilities in the Federal Hotel. The organiser says so far three members of the Vets have shown interest in competing and he hopes members will give him support as timekeepers and officials, on a roster basis. Runners are responsible for their own timekeepers and lap scorers.

ON THE LONG WEEKEND 3rd MARCH THERE WILL BE A GROUP JOG FROM McCALLUM PARK FOR THOSE WHO ARE NOT GOING DOWN TO EATON.

DO NOT FORGET TO BRING ALONG TO THE A.G.M. YOUR MINUTES OF LAST YEARS MEETING. THEY WERE PUBLISHED IN NEWSLETTER No. 140 MAY 1984.

In Case of delay in obtaining the Fixture Calendar for the next twelve months here are the fixtures for April:-

7th April 1985	MAD MILE		8am. Mills Park, Beckenham	B Sammell
14th April 1985	Bridges Run	10km	8am. McCallum Park.	D Whittam
	Nominated Time.			C Bould
21st April 1985	Bridges Fun Run		8.30am McCallum Park.	
28th April 1985	Darlington Dash.	16&8km	8am Old Railway Station	John/Ruby
			Darlington.	Maddison

The Darlington Dash will have a special section for husband and wife teams with a trophy for the winning couple. The remainder of the runners will be paired up as usual for this event.

Lance Gibbon's Motors, who sponsored our women's teams in the 24 Hour Relay, invited members to a preview of the new Holden 'Barina'. Unfortunately the invitation arrived too late to put it in last months newsletter and the preview was held on the 20th February. Our Secretary attended and reports that the cars were quite impressive, particularly in the fuel consumption area. They are reported to do 64MPG or 4.4lt per 100km on a long journey and 44.1 MPG or 6.4lt per 100km around the city. They are fully imported five door hatchback, so if you are on the lookout for a new car why not pop down to Gosnells and look them over.

The Thursday night run at Coker Park, Cannington, on the 7th March will be followed by a B.Y.O. Barbecue. The events that night are:- 100m, 200m 8000m and 3000m walk. The barbecues are there and there is a fridge to keep your drinks etc. cool.



Here is an extract from the Canberra Veterans Newsletter which I found very interesting.

(Editor's Note: A member found this story in a recent popular magazine and thought others might enjoy to learn of the long distance running feats of an extraordinary old-time ultra-marathoner.)

#### THE MAN WHO RACED MAIL COACHES

He was found dead on the edge of the Nile in 1843 by British travellers, who buried him in the sand. Yet 139 years after his death, he still holds an unchallenged claim to have been the greatest long-distance runner the world has known.

All Europe once knew Mensen Ernst as "the fast-travelling Norseman". Turks and Arabs called him "the Eagle of the Desert". The Queen of Bavaria dubbed him "the shortest man with the longest legs". Fortunes were staked on his races across Europe and Asia, hundreds of thousands hailed his performances and medical men of the day attempted - unsuccessfully - to explain his seemingly superhuman feats.

Born in Bergen in 1799, Mensen was sent off at the age of eight to naval school in Copenhagen and after 1812 became an expatriate for the rest of his life.

In 1819, tired of a seaman's life, he signed off in London to begin his running career. In those days, the British moneyed classes kept footmen as messengers who sometimes ran beside their carriages. They also entered these "running footmen" in races. When Mensen was 20, he ran the 116 kilometres from London to Portsmouth in nine hours, averaging an incredible 13 km an hour.

The short, stocky sailor raced before big crowds in at least 70 European and Asian cities. But what really set him apart were three races that mixed cross-country, steeplechase, distance, orienteering, marathon and any other known kind of running.

With 100,000 francs placed in bets, Mensen set out from Paris at 4.10 am on June 11, 1832. His pledge: to cover in 15 days a 2600 kilometre route to Moscow - through France, Germany, Poland and Russia - that he had mapped himself. Mensen reached the main gate of the Kremlin in 14 days, 5 hours and 50 minutes.

The following year, he promised Bavaria's king and queen that he would carry a personal message to their son, King Otto, in the then Greek royal capital of Navplion within one month. The estimated distance; 2000 kilometres. Setting out from Nymphenburg castle, just outside Munich at 1.05 pm on June 6, 1833, Mensen soon faced steep mountains, trackless forests, numerous streams.

Robbers caught him, the terrain forced him to make detours, he was twice arrested, and held for several days. But at 9.48am on July 1, Mensen reported to the guard of the royal castle in Navplion. It had taken him 24 days, 20 hours and 43 minutes.

Three years later, for a fee of 150 Pounds Ernst promised to take important letters from British merchants in Constantinople to their correspondents in Calcutta, then return to Constantinople, all within two months. The estimated distance: more than 8300 kilometres. He set out at 5 am on July 28, 1836 and made it to Calcutta in 30 days and 4 hours. True to his word, after a four-day rest, he ran all the way back to Constantinople, returning on September 28.

Nagging doubts that such running feats are possible must be weighed against evidence from contemporary sources (his exploits were mentioned in newspapers all over Europe and a book based on Ernst's diaries and interviews. Cheating along the way hardly becomes a question, since only the grandest relay of good horses could possibly have brought Mensen along faster than did his own legs.

cont.



In 1840, he entered the service of Germany's Prince of Puckler-Muskau, who used him as a messenger between his estate and Berlin - a distance Ernst would cover in 14 hours, while the regular mail coach needed 24 hours.

For Mensen Ernst, running must have been a natural urge: it is known that he frequently ran more than 150 kilometres a day. While today's best marathoners cover 42 kilometres in a little over two hours, for an average speed of 18 to 19 kilometres an hour, Ernst could maintain a pace of eight to 10 kilometres an hour for hundreds of kilometres, day after day.

A mostly Spartan way of life helped keep his muscular body trim. On his race from Paris to Moscow, he consumed only about two kilos of cold meat, concentrating on white bread, which he claimed made him feel "light and strengthened" and drinking a good deal of wine. He preferred to sleep outdoors on the bare ground. When indoors, he refused to sleep in a bed and insisted on having a bare, wooden bench put into his room.

At 40, he looked aged and worn. Long exposure to sun and wind, plus constant physical effort, had greyed his hair and turned his face into deeply wrinkled parchment. And he had begun to search for a higher purpose than just running fast. He staged races for charity, donating the proceeds to poor people he had met.

In 1843, Ernst set out to run the length of Africa, from Alexandria to the Cape. But he wanted the venture to be more than a race. Sponsored by the Prince of Puckler-Muskau, Mensen determined to find the source of the Nile. He did not get farther than the river's first cataract. Then disease, presumably dysentery, halted his short legs for ever.

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### STRACHANS' RUN

June and I were delighted to have fifty-eight runners line up for the start of their own choice of three distance events. Also there were eleven other members and wives who came along to help (some injured) and this is the true spirit of the Vets.

Last, but not least, were seven children who, we hope, enjoyed their swim and managed to consume a few 'goodies' before the runners arrived back.

June and I like our run to be a 'fun day', so there are no finishing places given. Instead, all adults attending are given a raffle ticket with two prizes for ladies and two for men.

The weather was lovely, the run undulating, the pool inviting and morning tea appreciated - need we say more.

Finally, to our friends Phyllis and Rob Farrell, thank you for your support and the loan of mugs and urns.

June and Duncan Strachan

#### RESULTS. 6km.

Brian Aldrich	M50	29.27*	Pat Spencer	W40	33.00	Alison Aldrich	W40	41.17
Sandi Walton	W35	31.56*	Shirley Cross	W45	33.17*	Val Tyson	W60	43.37
Jill Pearton	W35	32.13	Barbara Godwin	W45	33.27	Cindy Dartnell	inv	28.29
Carole Cole	W40	32.31*	Enid Crowther	W40	33.40	Merrall Gillam	inv	41.06
Jeff Whittam	M50	32.31	Dorothy Whittam	W45	36.26	Olly Dartnell	inv	????



## Strachan's Run cont. 8km.

John Spencer	M45	34.15*	Bryan Hardy	M40	39.57*	Lorna Butcher	W50	54.19*
Basil Worner	M50	34.17*	Margery Forden	W40	40.03*	Mike Berry	M50	54.19
Hamish McGlashen	M45	34.30	John Smith	M45	41.17	Nora Berry	W50	62.37
Keith Forden	M45	37.16	Dave Benson	M40	41.17	Pat Carr	W50	62.37
Jon Dartnell	M35	37.54	Dick Horsley	M70	54.08*	Dave Carr	M50	64.04

On this course some of the runners missed one of the turns and did some extra milage, the times listed are the times they arrived at the finishing line.

14km.								
Don Caplin	M45	50.51*	Fraser Deanus	M45	60.30	Anne Deanus	W40	76.53*
Derek Crowther	M40	52.39*	George Peet	M50	63.57	Elza O'Dea	W45	76.53
Mike Kahn	M40	55.03	Bernard Godwin	M45	64.00	Phyllis Farrell	W40	76.53*
Graham Thornton	M40	56.09	Joan Pellier	W45	65.53*	Frank Usher	M60	80.10*
John Pellier	M45	57.36	Alan Pomery	M50	66.15	Invitation Runners		
Ken Snowden	M40	57.41	Paul Jones	M45	66.23	Simon Beaumont		54.46
Bob Sammells	M45	57.47	Bob Farrell	M45	66.49	Lindsay Snowden		58.04
Dave Hough	M50	58.00*	Ernie Moyle	M55	72.11*	J. Ramsby		62.39
Dalton Moffett	M50	59.37	Ray Lawrence	M55	72.11*			

## TEDDY BIRDS PICNIC. 3rd February 1985. Kings Park.

On a bright sunny day (too sunny) a new milestone in the clubs history was reached, when over 100 runners assembled for the start of the 2nd Teddy Birds Picnic Run in Kings Park. Fortysix ran the 16km event, producing 6 age records and 55 ran the 8km event in which 9 age records were broken.

Frank Smith broke Colin Leman's overall course record by 8sec to record 55.05 whilst Cheryl Amies, our "Bunbury Express" won the overall ladies in 71.35 beating the previous fastest time by a lady by almost 8 minutes.

Hugh Kirkman, who had just competed in an 8km race at Point Walter, won the 8km event whilst Phyllis Farrell was the fastest lady over this distance.

After the tea and cakes immediately following the race a lot of members stayed on for a BYO barbecue and game of cricket.

We would like to thank Barrie Slinger and John Pellier for helping mark the course and Kath & Bill Mitchell, Jackie Greenfield, and our dear Wally for time-keeping. Ann Smith, Jackie Beaumont, Kurt Johnson, Leo Hassam, Kath Penton, Phyll Bould and Marilyn Acreman for marshalling on the course. June and Dorothy (name) who did the drinks station and made the tea and coffee.

Our congratulations and thanks to all club members for turning out and making this a memorable day, lets make it 120 next year.

The two Joans. (Slinger & Pellier)

## RESULTS:- 16km.

Frank Smith	M40	55.05*	John Pellier	M45	65.08	Allen Tyson	M55	74.03
Bob Harrison	M40	56.41	Vincent Caruso	M35	65.25	Tuula Vaalsta	W45	74.43*
Don Caplin	M45	58.01	Morris Warren	M45	66.07	George Peet	M50	74.46
Peter Sanders	M35	59.08	Joe Yates	M40	67.02	Keith Forden	M40	75.14
George Innes	M45	60.12	Jim Greenfield	M40	67.12	Duncan Strachan	M60	75.39
Derek Crowther	M40	60.45	Dalton Moffett	M50	67.31	Barrie Thomsett	M40	81.50
Kevin Anderson	M40	61.43	Dave Roberts	M40	68.14	Margery Forden	W40	84.20*
Jim Barnes	M40	63.12	Bob Norton	M45	70.22	Fred Hagger	M55	88.04
Dave Hough	M50	63.27*	Barrie Slinger	M45	70.22	Frank Usher	M60	89.56
Bob Bryce	M50	64.01	Tony Butler	M45	71.24	Selby Munsie	M50	91.48
John Bell	M35	64.13	Cheryl Amies	W35	71.35*	Invitation Runners		
Frank McLinden	M50	64.19	Paul Jones	M40	72.07	John Pressley		57.09
Mike Kahn	M40	64.26	Stan Lockwood	M55	72.15	Bob Argyle		58.48
Barrie Evans	M55	64.30*	Maurice Johnston			D. Thomas		64.16
Keijo Vaalsta	M50	64.40		M45	72.23	Jim Travers		65.10
Bob Sammells	M45	64.57	Bob Farrell	M45	73.33	Malcolm Sargent		84.20

8km.								
Hugh Kirkman	M40	29.47*	John Dartnell	M35	34.26	Bryan Hardy	M40	36.04
Barry Harwood	M40	30.11	Merv Moyle	M55	35.03*	Aub Davie	M45	36.06
Dave Carr	M50	30.35*	Alan Pomery	M50	35.04	Winston Hough	M40	36.35
Basil Worner	M50	32.21	Vic Beaumont	M55	35.09	Dick Horsley	M70	37.02
John Spencer	M45	32.39	John Bennington			Cliff Bould	M65	37.35*
Brian Hanks	M45	32.47		M45	35.12			



Phyllis Farrell	W40	39.25*	Mary Robinson	W45	43.56	David Skirbin	34.56
Derek Cowlan	M50	39.25	Jeanette Tomlinson			Richard Spark	35.27
Brian Aldrich	M50	40.09		W50	44.29	John Mussett	36.25
Sandi Walton	W35	40.20*	Jeff Whittam	M50	44.54	Micheal Sanders	36.25
Dave Benson	M40	41.13	Shirley Cross	W45	45.51	Terry Ord	37.00
Lorna Butcher	M50	41.35*	June Strachan	W55	45.51*	Sue Sanders	39.04
Ian Sutherland	M45	42.59	Gloria Sutherland			Barry King	42.09
Pat Carr	W50	43.14		W35	46.50	John Sanders	44.45
Ken Whistler	M50	43.16	Dorothy Whittam	W45	47.50	Markus Klinge	46.14
Carole Cole	W40	43.18	Alison Aldrich	W40	49.32	Merrill Gillam	49.30
Pat Spencer	W40	43.20	Val Tyson	W60	58.54*	Sue Madsen	52.07
Margaret Warren	W45	43.44	Invitation Runners			James Klinge	73.00
Elza O'Dea	W45	43.46	Jim Klinge		29.30	Jeffrey Sanders	84.20
			Andrew Collins		34.13	Ann Barnett	??.??

Johanna and Johan Sanders walked round the course in the opposite direction giving encouragement to all the runners as they passed.

### WEST COAST CHALLENGE. Floreat Beach. 10th February 1985.

The 1985 West Coast Challenge 8km, was run in fairly difficult hot conditions. It could be expected that a run scheduled for February would be in hot weather. This has not always been the case, as Bob Sammells brought to my attention that we had experienced a cold rainy day on one occasion and very strong south-westerly winds on another. Variety is the spice of life!

77 runners started, and from the records 76 finished. We hope that number 77 is not lost in the sandhills.

Frank Smith led from start to finish to win his second Challenge Shield, having won in 1983. Don Caplin and Hugh Kirkman were some 200m apart and the same distance behind Frank for most of the journey.

Jill Chambers looked to be running very freely with 1½km to go and finished well ahead of her nearest rivals in the women's contest.

Having been out of touch with veterans events for some months, due to transport problems, it was very pleasing for me to see such a great turnout of runners, lots of familiar faces but many new ones which proves that the Veteran athletic club of W.A. is alive and kicking.

When checking results and you do not find your name listed this could be due to not handing in your "Finishing Card" to the Race Officials Table, which is necessary for recording.

With the larger fields of runners, the pressure on race officials is greater and all runners should do their best to co-operate and follow the few rules that go to make the race a success.

My thanks to Dick Horsley who is of great help with this event and to Mike Berry, Ian Sutherland, Jeff Bryce as course marshalls. Anne Smith, Rose Johnston and Jeff Whittam recording. Wally Cross on cards and to any other willing helper I may have missed.

Bob Hayres.

### RESULTS:-

<u>Men</u>				<u>Women.</u>			
	1.	Frank Smith	27.26		1.	Jill Chambers	31.35
	2.	Don Caplin	28.48		2.	Joan Pellier	36.09
	3.	Hugh Kirkman	29.36		3.	Tuula Vaalsta	36.57
Frank Smith		27.26	Maurice Johnston	32.11	Morris Warren	36.23	
Don Caplin		28.48*	Keijo Vaalsta	32.14	Stan Lockwood	36.40	
Hugh Kirkman		29.36	Dalton Moffett	33.05	Tuula Vaalsta	36.57	
Brian Danby		30.01	Bob Sammells	33.16	Alan Pomery	37.22	
Peter Sanders		30.12	Hamish McGlashen	33.37	Jon Dartnell	37.33	
Bob Harrison		30.34	Bill Monks	33.40	Vic Beaumont	38.13	
Jim Barnes		31.05	Joe Yates	34.17	Dennis Wilmott	38.17	
Fraser Deanus		31.07	Barrie Slinger	34.17	Margery Forden	38.22*	
John Bell		31.17	Mike Khan	34.43	Tony Butler	38.51	
Vincent Caruso		31.20	Arnold Jenkins	35.09	Ray Lawrence	39.24	
Dave Hough		31.33*	Bob Farrell	35.11	Cliff Bould	39.28*	
Jill Chambers		31.35	Duncan Strachan	35.48	Sandi Walton	40.10	
Frank McLinden		31.35	Allen Tyson	35.50	Barrie Thomsett	40.32	
Mitch Ioly		32.09	Paul Jones	35.56	Joan Slinger	41.43	
Ted Costello		32.09	Joan Pellier	39.09*	Phyllis Farrell	42.08	



Selby Munsie	42.08	Ann Deanus	45.23	Invitation Runners	
Frank Usher	42.25	Carole Cole	45.40	Jim Brown	29.25
Elza O'Dea	42.43	Margaret Warren	47.12	D. Spagnolo	34.43
Lorna Butcher	43.32	Mary Robinson	48.54	Jack Noordyk	38.58
Merv Moyle	43.33	Jeanette Tomlinson	49.09	Paul White	41.02
Keith Forden	43.39	Shirley Cross	49.54	Sue Sanders	42.32
Ken Whistler	45.06	June Strachan	49.56		

In a recent Marathon Club half marathon Frank Smith and Hank Stoffers continued their battle for supremacy over the distance. Frank just pipping Hank by ONE SECOND in 71.37 to Hanks 71.38. In snatching victory Frank improved his best time by 1½ minutes approx.

CHANGE OF ADDRESS. Brian Foley 8, Habgood Street, East Fremantle. 6158.

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Cliff Bould	turns 69	remains M65	12	Jo Stone	turns 40	becomes W40	06
Lorna Butcher	" 55	becomes W55	09	Duncan Strachan	" 63	remains M60	26
Don Caplin	" 46	remains M45	22	Frank Smith	" 43	" M40	06
Brian Foley	" 41	" M40	11	Rob Shand	" 53	" M50	20
Margaret Harman	" 47	" W45	22	Ron Strauch	" 46	" M45	06
Brian Hanks	" 50	becomes M50	28	Rosemary McGlashen	" 46	" W45	31
Rath Holland	" 45	" W45	31	Cheryl Amies	" 37	" W35	17
Bob Harrison	" 43	remains M40	03	Kaitley Johnson	" 56	" M55	14
George Innes	" 50	becomes M50	03	Laurie Elliott	" 45	becomes M45	01
Barry Kernaghan	" 45	" M45	20	Gerry Allen	" 43	remains M40	26
Mitch Loly	" 45	" M45	20	John Bennington	" 48	" M45	19
Ruby Maddison	" 48	remains W45	17	Peter Sanders	" 45	becomes M45	20
John Maddison	" 47	" M45	22	Avril Yates	" 32	remains W30	27
Bill Monks	" 49	" M45	12	Jeffrey Bowen	" 43	" M40	02

CLUB RECORD RUNS FOR MARCH. AROUND THE HOUSES. (Lorna's Run)

15.6km. W30 J Chambers 60.18; W35 J Stone 81.37; W40 A Deanus 81.38; W45 M Warren 85.43; M35 C Leman 54.22; M40 F Smith 54.22; M45 D Caplin 58.10; M50 F McLinden 61.59; M55 A Tyson 68.34; M60 D Strachan 71.28:

6.4km. W35 S Leman 34.49; C Cole 35.09; W45 M Robinson 33.42; W50 N Berry 35.09; W55 J Strachan 38.30; M35 D Roberts 25.51; M50 S Munsie 33.00; M65 C Bould 31.45; M70 D Horsley 28.56:

RESULTS A.A.W.A. 2nd Feb 85.

	100m	200m	400m	100m H.	200m	400m H.	800m	5km
Ol Prescott	14.1	29.7	-	-	29.9	-	-	-
Barry Kernaghan	12.3	-	53.8/53.2	-	-	64.5*	2.14.0	-
David Clive	-	24.0*	-	-	-	-	-	-
Dave Carr	-	-	58.4	-	-	-	-	-
Eileen Hindle	-	-	-	14.4	-	-	-	-
Ted Maslen	-	-	-	-	-	-	-	17.25

On the 27th January Eileen Hindle won the Shirley Strickland 100m Hurdles for the TENTH time. 19th Jan. 300m S/C Ted Maslen 10.50.8

16th Feb 85.	100m	400m	1500m	shot putt
Eileen Hindle	12.6			
Val Prescott	14.6			
Barrie Kernaghan	11.8	52.3*		
Ken Gilbert			4.15.00	
Alan Fraser? Stone				9.14 (161b)

DEFINITIONS:-

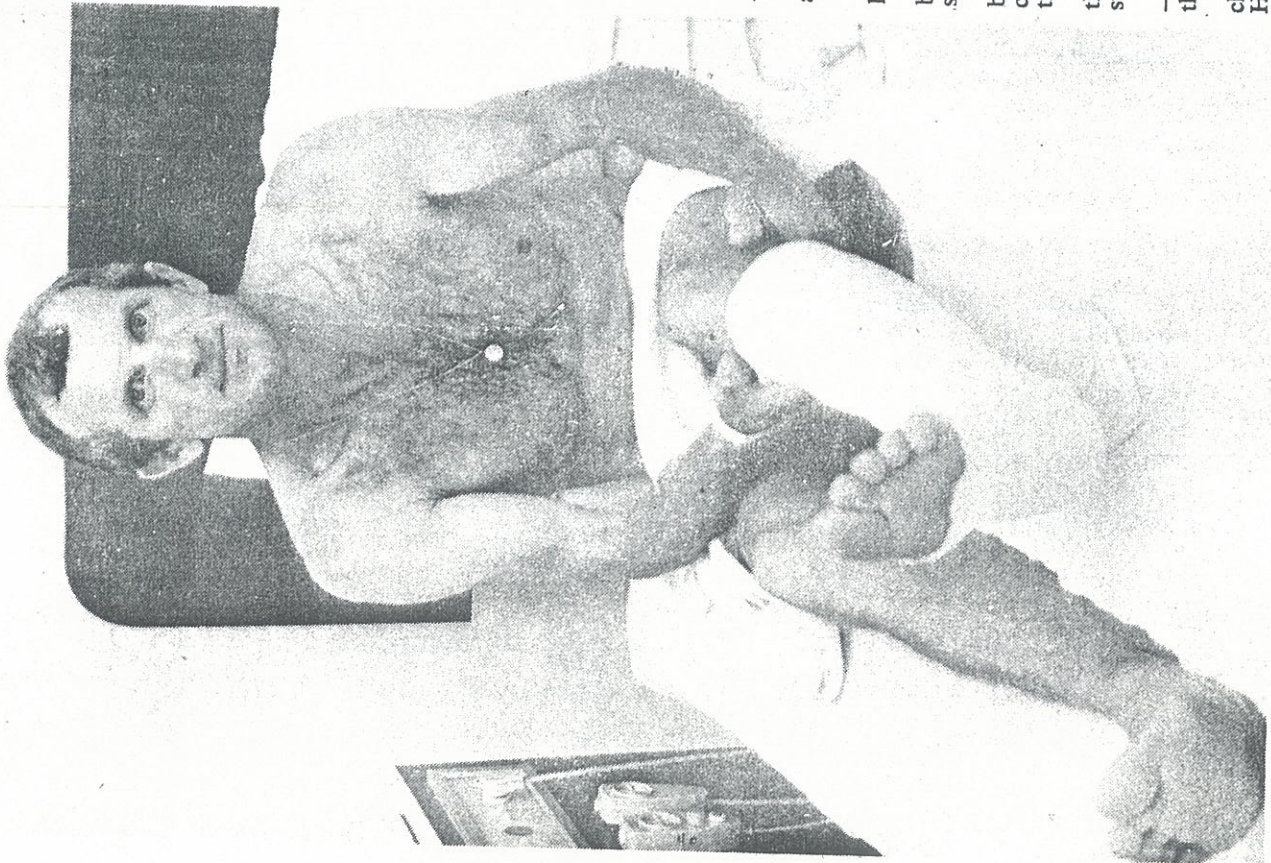
WEIGHT LOSS. A condition experienced only by runners who stop eating.

DOGS. Man's best friend and a runner's worst enemy.

BLOOD PRESSURE. A measure of how red your face turns after a marathon. Running has been known to decrease blood pressure, sometimes stopping it altogether.



# Marathon man out to beat the (medical) odds



●● Ray Purdue pictured in hospital yesterday.

CHAMPION Bunbury marathon runner Ray Purdue hopes to prove the medical profession wrong by coming back better than ever from a crippling achilles tendon injury.

Last week the former State champion snapped in two the tendon in his left heel.

The tendon had been giving the 36-year-old runner trouble for nearly a year since he ran in the 1984 Australian marathon championships.

Doctors and coaches had told him that it was a severe case of tendonitis, but there was no danger of the tendon rupturing.

Now Purdue says he has been devastated by the news from his surgeon that he may never be able to run competitively again.

"I'd be bitterly disappointed if I couldn't run again. 'I just love the feeling of fitness."

Purdue has only had about four weeks of solid training since the injury first flared up.

He is a former cyclist and he has taken up that sport again to keep fit.

He also swims daily.

Purdue expects to be out of plaster in six weeks and he says he will be swimming from the first day.

He hopes it won't be too long after that before he is back on his bicycle and then he will only be a short step away from jogging again.

Since Purdue started to swim and cycle more, because he was unable to run, he has become keen to compete in the ultimate marathon event — the triathlon.

As well as running a marathon the competitors in that gruelling race cycle about 200 kilometres and swim four kilometres.

Purdue has managed all of those feats individually — now he says he has to recover from his operation so that he can string them all together.

He had hoped to compete in the World Triathlon championships which are held each November in Hawaii.

Purdue concedes that he will not be ready this year but he will give 1986 'one hell of a push'.

## What is a champion?

— ask Frank Horwill

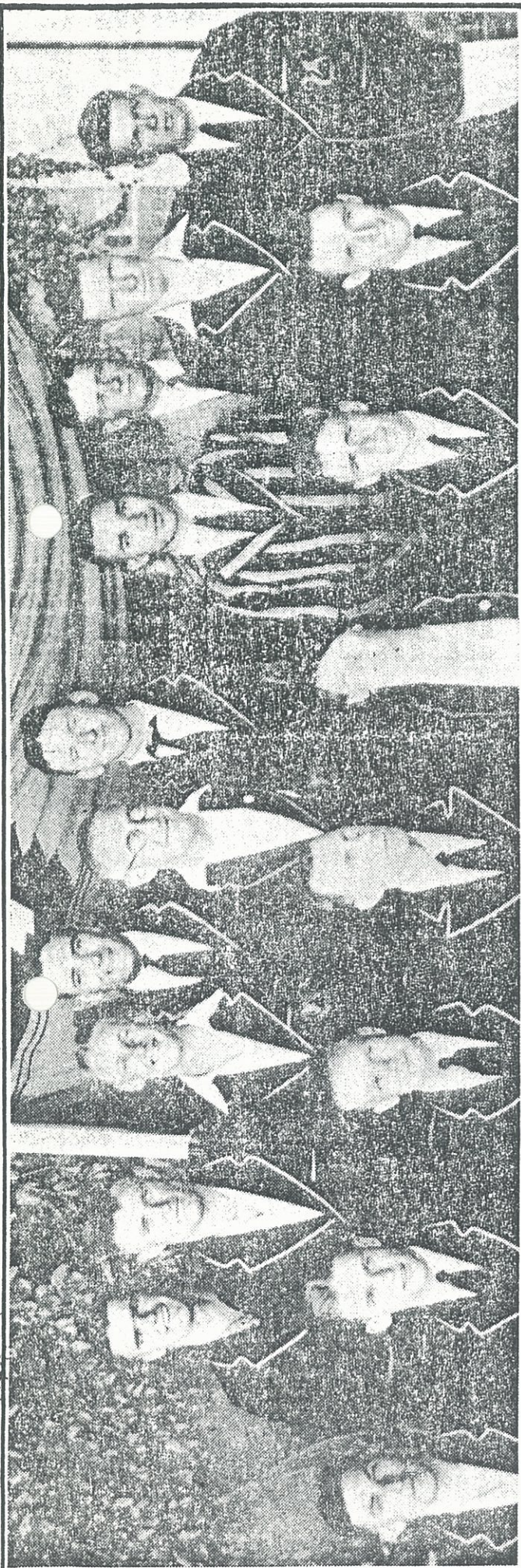
WHAT IS a champion runner? When answering this, most people automatically start thinking of great runners and their physical and mental attributes. Why should the word 'champion' be confined to the record breakers and the title holders? The dictionary tells us that a champion is "a person or thing that defeats all others in a competition; a person who fights or speaks in support of another or of a cause". The dictionary seems not to have included a person who defeats the fears or set-backs in himself. Is not such an individual a champion in his own right? So, another interpretation of a champion runner is as follows:

You are a champion if:

1. Every time you race you know you cannot win or even get a place, but you TRY your best to run faster or beat others who have frequently defeated you in the past. You may have to TRY hard just to finish.
  2. You don't race, but just run for fun along the roads, in parks and forests. You could be sitting in a pub every night, you could be smoking yourself to an early death, you might be on the drug treadmill. You choose not to abuse your body. For you, running is an expression of freedom, no taxes involved, you can run pretty well anywhere at anytime. Sometimes you may deliberately choose a challenging path up a mountain, along sea-shores or even across a continent. You choose to do this in all weathers.
  3. You are infirmed; you might be blind but run with a guide. You might be getting fit from heart surgery. You have deformed legs. Not for you the white stick, the convalescent chair. If you can move you believe you should run.
  4. You are subject to pressures not to run from the 'It's a waste of time' brigade, and the 'You'll drop dead one day' prophets of doom. You choose to 'waste' your time your way, and you risk 'death' each time you run — with a smile!
  5. You are so injury prone that you know that any day the exhilaration of running will come to an abrupt, soul-destroying halt. But you go on. You never give up because running is your religion, for better or worse.
- When you return from a race or a run and people ask you how you got on, they may not be too impressed with your performance. But, as you close the door of your bedroom, you can look into the mirror and say I AM A CHAMPION, for without thousands of other CHAMPIONS like you, there would be no coaches, no officials and less to live for.

"A bit of philosophising after I saw a one-legged man in Zimbabwe run 17 seconds for 100 metres with the aid of an artificial leg". — F.H.





# MOURNING LAUNCHED NATIONAL GAMES

By Lourie Nowell

Forty-eight years ago, almost to the day, 500 young athletes and several thousand spectators crowded into Adelaide Oval for the opening ceremony of the National Games.

Four massed bands played selections suitable for the period of mourning - King George V had died three days before. One thousand voices - women dressed in white - sang the national anthem and the Olympic hymn as 1000 white pigeons were released.

The spectacle must have rivalled any games ceremony of the day as Claire Dennis, Olympic champion and world record holder, recited the oath of amateurism.

The 1936 National Games was the last occasion when national athletics, swimming and other sports bodies held national championships at a single 'games' style event.

## but they led to adventure

The launching of the inaugural Australia Games, this week, marked a new era in Australian athletics but it also stirred the memories of some old Western Australian athletes who were at those 1936 games.

More than 1000 athletes, competing in 21 sports, have assembled in Melbourne this week in that city's biggest sports carnival since the 1956 Olympics.

One man who was at the 1936 games, the 56 Olympics and who is Melbourne this week as an official at the Australia Games is former champion wrestler, George Samios.

Samios was 18 when left he Perth for Adelaide and his first major competition.

Samios was placed second in the heavyweight section of the wrestling competition and received a signed certificate from the Prime Minister, Mr Lyons.

"I won the State heavyweight championship, even though I weighed only 11 stone 4 lb, and they entered me as WA's contestant in the heavyweight competition," he recalled.

"I came up against the great Jack Knight in the final bout.

"Jack weighed about 14 stone and I think I lost the bout as much through fright as anything else.

"But the atmosphere at the games was marvellous and it was a real adventure for me.

"I didn't have a trainer or a second so Percy Oliver, the swimmer, was my second at the games.

"I don't think Percy had ever seen a wrestling match before and I think he was quite bewildered by it all".

swam his way into Australia's Olympic team for the 1936 Berlin Games.

"The National Games were basically conducted as a trial for the Olympics and I was lucky enough to make the team," Percy said.

"I went to Berlin, but I don't remember seeing too much of the political propaganda which everyone associates with those games.

"I was only 17 and preoccupied with training and competing in the events for which I was entered.

"Of course the highlight was seeing the black American, Jesse Owens compete - he was a remarkable athlete."

WA also had some wonderful athletes in the 1930's and the State was represented by a small but accomplished team.

The first gold medal of the National Games was won by WA's F.J. Drew in the shot put. He also

won a bronze in the hammer throw. Dick Horsley was third in the 5000 metres and broke the previous Australian record in the 1500 metres but could only manage fourth place.

Perhaps the highlight for WA was the performance of Wally McKerracher in winning the 400 metres hurdles.

McKerracher streaked away from the field and won in a time which was just short of the Australian record.

● The official picture of the WA team with George Samios (fourth from the right) in the back row and Percy Oliver (second from the left) in the front. Other members of the team were: Wal McKerracher, Gordon Appleton, Dick Horsley, W McGilvray, G.W. Morley, F.J. Drew, Geoff Rossiter, W.R. Hudson, Jerry Hare, R.L. Samble, J.B. Alcock, D Stevenson, J.P. Sheedy and Evelyn De Lacy.



PATRON'S TROPHY.

The winners this year are the same as last year. Jan Fletcher winning the women's trophy and Dick Horsley winning the men's. First three placing in each category were:-

WOMEN

Jan Fletcher 8711 pts  
Dorothy Whittam 5682 pts  
Joan Pellier 4350 pts

MEN

Dick Horsley 8461 pts  
Mel Shead 7413 pts  
Bob Sammells 6727 pts

Trophies will be presented to the winners at the A.G.M. The winner of the Reg Briggs Trophy will also be announced at this time.

TIME TRIAL RESULTS.

	100m	200m	24th Jan 85		3km walk	7th Feb 85			
			10km	3km walk		100m	400m	5km	3km
David Clive	11.75	26.10	-	-	-	12.12	-	-	-
Dave Jones	13.31	27.90	-	-	-	13.35	-	-	-
Dave Carr	13.34	28.10	-	-	-	-	-	-	-
Jim De Gruchy	13.51	-	-	-	-	-	-	-	-
Dorothy Whittam	13.70	29.30	-	-	-	-	-	-	-
Val Prescott	14.01	30.00	-	-	-	-	-	-	-
Pat Carr	15.29	33.00	-	-	-	-	-	-	-
Margery Forden	16.31	33.70	-	-	-	15.67	75.41	-	-
Shirley Cross	16.39	37.80	-	-	-	17.44	-	-	-
Barbara Godwin	16.95	36.40	-	-	-	-	-	-	-
Frank Smith	-	-	34.29	-	-	-	-	16.14	-
Bob Harrison	-	-	35.37	-	-	-	-	-	-
Brian Danby	-	-	35.46	-	-	-	-	-	-
Kevin Anderson	-	-	36.57	-	-	-	-	-	-
Fraser Deanus	-	-	38.30	-	-	-	-	18.29	-
Bob Sammells	-	-	38.32	-	-	-	-	48.34	-
Frank McLinden	-	-	38.36	-	-	-	-	19.02	-
Maurice Johnston	-	-	38.54	-	-	-	-	18.46	-
John Pellier	-	-	39.22	-	-	-	-	18.41	-
Keijo Vaalsta	-	-	39.56	-	-	-	-	-	-
Ted Costello	-	-	40.15	-	-	-	-	18.33	-
Barrie Slinger	-	-	40.28	-	-	-	-	19.44	-
Basil Worner	-	-	42.22	-	-	-	-	-	-
Bernard Godwin	-	-	44.40	-	-	-	-	21.25	-
Bob Farrell	-	-	44.49	-	-	-	-	-	-
Tuula Vaalsta	-	-	44.51	-	-	-	-	-	-
Paul Jones	-	-	45.17	-	-	14.60	68.45	-	-
Cliff Bould	-	-	46.46	-	-	-	-	24.01	-
Sandi Walton	-	-	47.05	-	-	-	-	-	-
Derek Crowther	-	-	17.24(12laps)	-	-	-	-	-	-
Dick Horsley	-	-	-	18.08	-	-	-	-	-
Jeff Whittam	-	-	-	18.59	-	-	-	-	-
Lorna Butcher	-	-	-	19.39	-	-	-	-	19.05
Enid Crowther	-	-	-	20.21	-	-	-	-	20.34
Val Tyson	-	-	-	20.59	-	-	-	-	-
Dave Jones	-	-	-	-	-	13.35	-	-	19.04
Keith Forden	-	-	-	-	-	16.81	74.00	-	-
Duncan Strachan	-	-	-	-	-	16.16	-	-	-
Don Caplin	-	-	-	-	-	-	-	16.49	-
George Innes	-	-	-	-	-	-	-	17.24	-
Bob Bryce	-	-	-	-	-	-	-	19.27	-
Arnold Jenkins	-	-	-	-	-	-	-	19.09	-
Aub Davie	-	-	-	-	-	-	-	21.23	-
Joan Pellier	-	-	-	-	-	-	-	22.00	-
Alison Aldrich	-	-	-	-	-	-	-	28.50	-

HAVE YOU PUT YOUR NOMINATIONS IN FOR THE A.G.M.??? Don't forget we urgently need an ARMOURER to be responsible for the trailer and we also need a news letter editor. I am prepared to help the new one settle into the job.



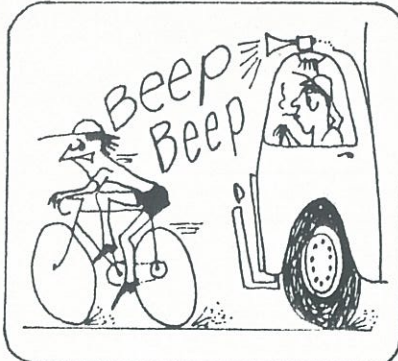
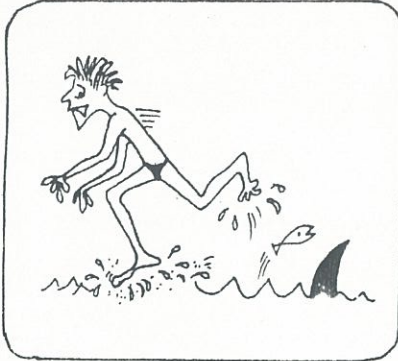
Time Trial Results cont.		31st Jan 85.				
	200m	1500m	2 miles	2km walk	hammer	javelin
Hamish McGlashen	26.66	5.12.0	-	-	-	-
Dave Carr	27.29	4.57.0	13.24	-	15.38	18.80
Ted Costello	28.20	-	12.30	-	-	-
Frank McLinden	28.75	5.06.8	12.28	-	-	-
Dorothy Whittam	29.56	-	-	-	-	17.84
A.N. OTHER	32.07	-	-	-	-	-
Pat Carr	35.06	-	17.59	-	-	-
Cliff Bould	-	6.30.84	14.52	-	-	-
Bob Sammells	-	4.57.86	12.08	-	-	-
Barbara Godwin	-	6.37.56	-	-	-	-
Keith Forden	-	5.39.02	-	-	-	-
Ken Gilbert	-	4.17.00	10.49	-	-	-
Bryan Hardy	-	5.36.67	-	-	?	26.08
Sandi Walton	-	6.15.00	-	-	-	-
Graham Thornton	-	5.07.87	12.07	-	-	-
John Pellier	-	5.38.00	12.34	11.40	?	?
Bernard Godwin	-	5.40.99	14.04	-	-	-
Frank Smith	-	-	10.03	-	-	-
Barrie Slinger	-	-	12.00	-	-	-
Maurice Johnston	-	-	11.27	-	-	-
Joan Pellier	-	-	13.23	-	-	-
Derek Crowther	-	-	11.20	-	-	-
Don Caplin	-	-	10.02	-	-	-
Brian Danby	-	-	10.54	-	-	-
Dick Horsley	-	-	-	11.22	16.64	16.72
Lorna Butcher	-	-	-	12.22*	-	-
Jeff Whittam	-	-	-	12.22	17.86	18.28
Enid Crowther	-	-	-	13.04	-	-
Val Tyson	-	-	-	13.45	-	-
Jack Collins	-	-	-	14.20	-	-
Alan Stone	-	-	-	-	21.60	32.18
Ken Whistler	-	-	-	-	20.38	31.06
Jeff Bowen	-	-	-	-	?	39.80

		14th Feb 85.				
	200m	800m	3000m	1500m walk	Shot	Discus
Allen Tyson	31.75	3.01.34	-	-	-	21.52
Keith Forden	34.78	2.51.26	-	-	-	-
Val Tyson	45.09	-	-	10.02	-	-
Dalton Moffett	28.71	2.35.53	11.19	-	-	-
Frank McLinden	30.35	2.40.31	10.58	-	-	-
John Pellier	30.99	2.43.80	11.53 ?	8.43	-	16.76
Bob Fergie	31.26	-	-	-	9.49	25.52
Don Caplin	-	2.15.34	9.35.10	-	-	-
Joan Pellier	-	2.57.78	11.53 ?	-	-	-
Sandi Walton	-	3.06.00	13.32	-	-	-
Dorothy Whittam	-	3.15.39	-	-	7.43	17.84
Cliff Bould	-	3.24.79	13.34	-	-	-
Hamish McGlashen	-	2.21.04	-	-	-	-
Arnold Jenkins	-	2.22.78	10.59	-	-	-
Bryan Hardy	-	2.46.47	-	-	9.29	19.54
Jim DE Gruchy	-	2.51.88	-	-	-	-
Ted Costello	-	-	10.35	-	-	-
Barrie Slinger	-	-	10.42	-	-	-
Maurice Johnston	-	-	10.43	-	-	-
Bill Monks	-	-	10.57	-	-	-
Ken Whistler	-	-	12.58	-	9.49	25.36
Brian Aldrich	-	-	13.04	-	-	-
Elza O'Dea	-	-	14.01	-	-	-
Alison Aldrich	-	-	16.00	-	-	-
Dick Horsley	-	-	-	8.27.66	7.28	21.70
Jeff Whittam	-	-	-	9.02	7.19	21.06
Lorna Butcher	-	-	-	9.31	-	-
Val Tyson	-	-	-	10.02	-	-
Jack Collins	-	-	-	10.40	-	-



Time Trial results cont.	14th Feb 85		
Val Prescott	shot	-	Discus 20.18
Alan Stone		10.65	24.30
Jeff Bowen		9.43	32.48

AND FOR ALL OUR TRIATHLETE MEMBERS



MOTIVATION: THE KEY TO TRIATHLONS

For those who could not pick out Dick Horsley in the picture on page 9. He is second from the right on the front row. Dick is in his 55th year in athletics