

The Vetrin

NO. 174 MARCH, 1987

W.A. VETERANS' A.C.

PATRON : BILL HUGHES

PRESIDENT : LEO HASSAM 2725556

TREASURER : ROB FARRELL 4594055

EDITOR : BASIL WORNER 3879702(W)

SECRETARY : SANDI WALTON 3392988



FROM THE COMMITTEE

STATE CHAMPIONSHIPS

Bob Fergie, Bob Sammels, Colin Leman, Dick Horsley are making good progress on our main club event for the year.

We are asking all members to participate.

HELP!!

If you are unable to run, jump or throw, these are some ways you can help.

1. On the day

Officials - Technical (e.g. time keeping)
- Non Technical (e.g. lap scoring, pit attending)

Non-Official - Equipment moving
Contact: Stuart Hoskins - 332 4435

Physiotherapists - Contact: Basil Worner 387 9753 (wk)

2. Lead-up

- Preparation of Documents - Typists - Collators - Staplers

Provisional dates: March 18-25

Contact: Bob Sammels

- Ground lay-out - Friday, 3rd April and early Saturday 4th April.

Contact: Basil Worner 387 9753

- Trophy Holders

Please return relevant trophies before the A.G.M. (22nd March) They will be needed for presentation either at the Championships or at the A.G.M.

- Pentathlon Members

Please note the change of programme for the last weekend in March. (see Page 10)

- Country Members

A certain amount of accommodation has been offered.

Contact: Sandi Walton 339 2988

- "Athlete of the Meet"

Dick Horsley is chairman of the committee which selects the leading Veteran Athlete. The selection is based on a scaled set of criteria

FINANCIAL STATEMENT

W.A. Veterans Athletic Club - Statement of Payment and Receipts for the period
20th January, 1987 to 18th February, 1987

Receipts

Subscriptions		4322.00
Sportwear & Badges		509.00
Club Championships		634.50
Jorgensen Park		189.40
Tea and Visitors Fees		349.80
York Weekend		378.00
Time Trails		486.15
Christmas Dinner		2380.00
Sundowner Run		204.40
Sundries		293.55
		<u>9746.80</u>

Less Payments

Club Championships	1157.68	
Sport Equipment	2291.30	
Secretary Advance	300.00	
Newletter	857.71	
Programmes 1986/87	555.88	
Telephone, Stationery, Stamps	398.00	
Name Badges	285.68	
Donations	450.00	
Jorgensen Park	100.00	
Air Fare Veterans Annual Conference	342.00	
York Weekend	241.20	
Weekend September, 1987	100.00	
Christmas Dinner	2630.00	
Sundries	813.83	
	<u>\$10523.28</u>	<u>10523.28</u>
		- 776.48
Net surplus for the period		- 776.48
Add opening bank balance 30th March		<u>1871.16</u>
Bank balance to 18th February, 1987		1094.68
Saving Investment account 6th May, 1986		<u>5009.49</u>
TOTAL FUND AT BANK 18TH FEBRUARY, 1987		<u><u>\$ 6104.17</u></u>

R. Farrell
Treasurer

The Treasurer will recommend in his financial report:

- A rise in fees of \$2.00
- that the new committee investigate a system of indexation so that members may expect small rises in fees at regular intervals. This will prevent the traumas that clubs experience when they impose massive rises unexpectedly.

This year, there has been substantial expenditure on:

- club singlets
- equipment



NEW MEMBERS

A warm welcome to:

				<u>D.O.B.</u>	<u>D.O.J.</u>
Frits Heijne	38 Birdswood Parade DALKEITH 6009	386 6528		3.4.31	10.1.87
Barry Wolts	333 Knutsford Avenue KEWDALE 6105	277 6091		23.3.44	17.1.87
Jock Campbell	3A Grower Street, SPEARWOOD 6163	418 4449		24.4.36	9.2.87
Ken Gilbert	152 Alderberry Street FLOREAT 6014				

TIME TRIALS - FINAL NIGHT

John Gilmour again invites us on behalf of Canning Districts to use the facilities at Coker Park for a wind-up.

Available: BBQ, Pie warmer and urn.

NEW BAR-B-QUE

Because of the increase in members this year, the Committee agreed to purchase a second gas barbeque and Bob Farrell has kindly undertaken to get quotes and make the purchase.

UNAIDED

Great to see Dick Horsley minus crutches, walking reasonably well and, as usual, doing his bit at the "Deadly Medley Relay". Thanks Dick!

RECORDS GALORE

Two of our real veteran throwers, Betty and Carlo Baumann (W & M 70) continue to create new records, Betty's latest was a 10.48 javelin on February 12, while Carlo was recording 23.60. Well done!

Jo Stone maintains her consistent record form for walking a 31.06 for the 5K on 5th February and, of course, evergreen Jack Collins recorded a 37.37 on the same day for an M70 best.

Also a fine performance was Dave Jones 27.9, 200m (M60) recorded on January 29th.

Alan Stone seems to have overcome his problem of training in the far north with a fine javelin throw of 35.60 (M50)

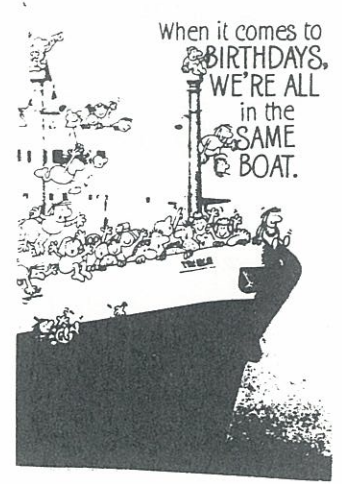
Lorna Butcher also had a return to walking form with a 19:10.6 for the 3K walk.

What about Dorothy Whittam's 8.45 Triple Jump(W50). We believe this is an Australian best in an event which has finally gained full recognition. Congratulations Dorothy - those 20s are working!

Eileen Hindle continues to be a model of consistent jumping technique and a big help to our other jumpers, particularly Jan Johnson and Keith Martin.

Bert Carse is showing fine form on the track and his 16.23 5K on February 19th was close to a P.B.

02-03-42	BOWEN	: Jeffrey	turns	45	becomes	M45
03-03-42	HARRISON	: Robert D	"	45	"	M45
03-03-35	INNES	: George B	"	52	remains	M50
05-03-46	PARTINGTON	: Ian	"	41	"	M40
05-03-36	MANLEY	: James W	"	51	"	M50
06-03-38	FAUNGE	: Michael J	"	49	"	M45
06-03-42	SMITH	: Frank	"	45	becomes	M45
06-03-45	STONE	: Jo	"	42	remains	W40
08-03-48	SIM	: Angus M	"	39	"	M35
09-03-30	BUTCHER	: Lorna	"	57	"	W55
11-03-49	AMOUROUS	: Bill	"	38	"	M35
11-03-44	FOLEY	: Brian	"	43	"	M40
12-03-16	BOULD	: Clifford	"	71	"	M70
12-03-36	MONKS	: William	"	51	"	M50
13-03-40	SLATER	: Cyril	"	47	"	M45
14-03-29	JOHNSON	: Kirt	"	58	"	M55
16-03-35	GUITON	: Patrick	"	52	"	M50
17-03-48	AMIES	: Cheryl	"	39	"	W35
19-03-46	HOSKINS	: Stuart H	"	41	"	M40
20-03-40	KERNAGHAN	: Barrie	"	47	"	M45
20-03-40	LOLY	: Mitch	"	47	"	M45
20-03-45	SANDERS	: Peter	"	42	"	M40
20-03-32	SHAND	: Robert Ian	"	55	becomes	M55
21-03-48	LINDSAY	: John C	"	39	remains	M35
22-03-39	CAPLIN	: Donald	"	48	"	M45
22-03-38	HARMAN	: Margaret	"	49	"	W45
22-03-38	MADDISON	: John	"	49	"	M45
23-03-44	SPEECHLEY	: Anthony	"	43	"	M40
26-03-22	STRACHAN	: Duncan	"	65	becomes	M65
27-03-53	YATES	: Avril	"	34	remains	W30
28-03-35	HANKS	: Brian	"	52	"	M50
31-03-40	HOLLAND	: Kathleen	"	47	"	W45
31-03-42	JENKINS	: Luella	"	45	becomes	W45
31-03-39	McGLASHAN	: Rosemary	"	48	remains	W45



HAPPY
BIRTHDAY
TO ALL



ELECTIONS

Having seen the club evolve over the past thirteen years, may I offer some suggestions?

We need to keep in mind the basic activities of the club: Athletics for Veterans.

Runners, throwers, walkers and jumpers should be catered for. All veteran age groups should be catered for.

Incoming committee should have experience (or the willingness and ability to acquire it) in athletics.

Such experience should be in administration, competition coaching or co-ordinating the efforts of others.

Among the candidates who have accepted nomination are those who have these credentials or interests. By supporting such candidates we ensure the future of the club as an athletic club for veterans.

David Carr,
Life Member

WEST COAST CHALLENGE 1-2-87

A warm humid morning was the scene as runners arrived and gathered around the starting point.

Some last minute organising was required due to some of my regular helpers deciding to run in the Fremantle Hotel Run.

Good to have co-director in Dick Horsley at the start who is just itching to throw away those crutches and kick off the plaster.

The race got off to the scheduled 8.00 a.m. start with 64 runners and 4 walkers in the field. Due to the humid conditions it made the going difficult and three of the ladies decided to cut the run short and go for a swim instead.

Frank Smith led them home again and was given a good push along by new member Norm Beech. Congratulations Frank and well done Norm.

Cheryl Bell led the ladies home in a good run and becomes the winner of the Ladies Perpetual Trophy which was introduced for the first time. Congratulations Cheryl and I regret the trophy was not on show on the day. It will be suitably inscribed and presented to you very soon.

Well done Margery Forden in second place and great to see Joan Pellier running into third position.

As usual helpers were found on the morning to make life easier. Many thanks to the following: Basil, Dick, Averil, Jill, Ann and my friend Jerry Hughes who I got out of bed to marshall a corner.

With your help the run went off without, hopefully, too much discomfort.

Bob Hayres.

<u>POS</u>	<u>NAME</u>	<u>AGE GROUP</u>	<u>TIME</u>	<u>POS.</u>	<u>NAME</u>	<u>AGE GROUP</u>	<u>TIME</u>
1.	F. Smith	M40	28.06	23.	A. Sim	M35	36.18
2.	N. Beech	M40	29.23	24.	M. Forden	W45	36.30
3.	J. Barnes	M40	30.32	25.	B. Crellin	M45	36.55
4.	T. Maslen	M50	31.07	26.	J. Pellier	W45	37.08
5.	B. Harewood	M45	31.14	27.	D. Carr	M50	37.09
6.	B. Sammells	M50	31.25	28.	A. Croxton	M40	37.19
7.	R. Shand	M50	31.32	29.	J. Campbell	M50	37.27
8.	J. Pellier	M45	31.50	30.	K. Forden	M45	37.37
9.	M. Khan	M40	32.02	31.	T. Carmen	W30	37.59
10.	J. Yates	M40	32.32	32.	G. Morgan	M60	38.01
11.	G. Schaeffer	M50	32.35	33.	I. Stephens	W35	38.07
12.	P. Sanders	M40	32.38	34.	P. Keogh	W50	38.56
13.	D. Crowther	M40	D.N.F.	35.	P. Sanger	M35	39.04
14.	D. Moffett	M55	33.25	36.	J. Willers	W35	39.05
15.	B. Hardy	M40	33.50	37.	P. Jones	M50	40.08
16.	R. Matzke	M45	34.17	38.	R. Lawrence	M55	40.39
17.	M. Warren	M45	34.27	39.	C. Bould	M70	40.40
18.	C. Bell	W35	34.57	40.	M. Fermor	M45	40.50
19.	A. Tyson	M60	35.20	41.	P. Macliver	W40	40.58
20.	R. Brown	M50	35.29	42.	B. Thomsett	M45	41.18
21.	R. Routledge	M50	36.04	43.	F. Hagger	M60	41.41
22.	M. Moyle	M60	36.17	44.	E. Moyle	M60	41.50

POS	NAME	AGE GROUP	TIME	POS.	NAME	AGE GROUP	TIME
45.	M. Johnson	M50	42.11	55.	A. Stone	W50	64.00
46.	S. Walton	W40	42.57	56.	J. Sanger	W35	64.00
47.	L. Butcher	W55	43.02	57.	M. Stone	W40	64.00
48.	B. Abraham	M55	43.22	58.	J. Whittam	M50	64.00
49.	M. Webb	W35	43.35	The four above walked the course			
50.	F. Usher	M60	44.00				
51.	S. Sanders	W30	45.20				
52.	P. Carr	W50	46.52		D. Whittam		DNF
53.	S. Bowler	M60	47.06		M. Warren		DNF
54.	S. Maslen	W45	49.14		M. Robinson		DNF

Visitors R. Jones 30.32
P. Wingade 37.46
C. Ende 42.37

Cliff Bould sets M70 record for the course in a time of 40.40.

STRACHANS' RIVER RUN 181.87

To the 140 (approx) runners and family members who attended the run and made our effort worthwhile, June and I wish to express our thanks.

Also, June would like to express her appreciation to the ladies who assisted in the kitchen. Finally, to our friends Phyllis and Robert Farrell, our thanks for their help and the loan of their water dispenser and mugs.

Special guest - June and I would like to thank Jan and Bob Braid, Suzette and Grame Lambert from the Marathon Club for attending and look forward to seeing you at our run in 1988.

"The Strachans"

Found

At McGillvray (about three weeks ago) One pair of Nike shoes
Contact editor.

Commonwealth Games T-shirt was left at McCallum Park on 22nd February.
Contact Bob Sammells

"DON'T PANIC - THEY'RE ON THE WAY !"

Club iron-on badges for use at the national championships are on order and will be available in Mid-March.
Contact the Treasurer.

CLUB PENTATHLON 8-2-87

Name	Age Group	Long Jump		Javelin		100M		Discus		1500M		Total Points	Place
		Distance	Points	Distance	Points	Time	Points	Distance	Points	Time	Points		
D. Whittam	W50	3.47	1193	23.78	1047	14.6	980	15.82	519	7.49	256	3995	1
J. Johnson	W40	4.07	1035	15.18	342	13.8	940	-	-	-	-	2317	2
P. Carr	W50	2.30	497	8.42	143	16.2	660	12.08	299	7.04	526	2125	3
M. Taylor	W35	3.40	522	16.90	344	16.6	280	18.26	359	7.42	118	1623	4
J. Sanger	W35	-	-	12.60	157	14.8	640	12.44	106	6.11	664	1567	5
M. Robinson	W50	2.66	753	7.88	111	21.5	20	11.12	242	8.16	94	1220	6
M. Stone	W40	2.21	105	13.90	281	21.6	20	18.42	448	7.57	58	912	7
V. Tyson	W60	-	-	9.12	394	-	-	11.02	501	-	-	895	8
D. Jones	M60	3.81	886	21.66	443	13.4	1120	23.42	617	6.35	460	3526	1
A. Tyson	M60	2.94	366	15.94	243	16.0	600	21.46	538	5.41	784	2531	2
D. Carr	M50	3.47	285	23.32	413	14.1	680	18.76	377	5.12	748	2503	3
A. Fergie	M50	3.89	495	29.44	603	15.1	480	29.86	765	7.34	20	2363	4
A. Davie	M50	3.62	360	14.24	131	14.8	540	17.76	342	5.15	730	2103	5
R. Routledge	M50	3.71	405	16.48	201	15.1	480	19.98	419	5.43	562	2067	6
N. Richards	M45	4.43	532	29.44	498	13.4	720	19.44	330	5.58	412	2012	7
R. Whalan	M45	4.27	468	24.28	359	14.3	540	18.78	307	6.16	304	1978	8
P. Sanger	M35	4.17	68	29.02	401	14.4	320	16.50	20	6.05	370	1179	9
J. Whittam	M50	3.16	130	22.64	392	20.8	20	19.64	407	6.57	118	1067	10
R. Joyce	M50	3.30	200	20.48	325	18.2	140	17.24	323	7.25	20	1008	11
I. Lyons	M45	-	-	28.68	477	-	-	20.46	366	-	-	843	12
K. Whistler	M50	3.00	50	26.26	504	-	-	-	-	-	-	554	13
L. Whalan	Visitor	3.57	-	12.66	-	15.54	-	11.58	-	6.05	-	-	-
J. Routledge	"	3.28	-	-	-	14.24	-	16.14	-	-	-	-	-

An unsympathetic easterly wind greeted 60 starters in the inaugural Deadly Medley Relay held at Yokine Reserve on 15.2.87. The runners formed 15 teams of 4 each and alternated between two and one kilometre laps until the full distance of 12KM was completed.

Congratulations to the winning team "C" comprising D. Hoye, S. Maslen, D. Scott and M. Traynor. The other teams followed in hot pursuit and the brave efforts of the last team over the finishing line (J. Yates, B. MacIiver, P. Newby and P. Carr) were not forgotten when the prizes were given out.

Teams were handicapped by a secret formula; so secret, in fact, that the handicappers didn't know what it was.

A mob run was suggested after the relay event, but it was interesting to note only a handful seemed to have enough energy left. Maybe this goes to show that running hard over short distances can be just as taxing as the longer runs.

Thanks to everyone who supported this new event. Special thanks to the people who pitched in and helped on the day - Rose Johnston, Anne and Frank Smith, Avril Yates, Lorna Butcher, Hugh Kirkman, Wally Cross, Jim Barnes, Alan Pomery, Maurice Warren, Fred Haggart, Alan Croxford and Basil Worner.

Your suggestions towards improving the event for next year would be appreciated.

Kath Penton.

POS.

- | | | | | | |
|----|---------------|---|-----|---------------|--|
| 1. | <u>Team C</u> | D. Hoye
S. Maslen
D. Scott
M. Traynor | 6. | <u>Team B</u> | T. Maslen
J. Willers
D. Caplin
I. Stephens |
| | Time: | 41.02 | | Time: | 46.00 |
| 2. | <u>Team D</u> | C. Innes
T. Carmen
D. Carr
S. Cross | 7. | <u>Team A</u> | G. Schaeffer
M. Pritchard
H. Kirkman
M. Stone |
| | Time: | 41.27 | | Time: | 46.19 |
| 3. | <u>Team O</u> | J. Cunningham
D. Roberts
R. Routledge
J. Cariss (Vis.) | 8. | <u>Team L</u> | K. Martin
Joan Pellier
M. Forden
J. Sanger |
| | Time: | 41.52 | | Time: | 46.23 |
| 4. | <u>Team M</u> | B. Hardy
B. Hayres
S. Hoskins
J. Russell | 9. | <u>Team E</u> | A. Jenkins
A. Pomery
D. Moffett
D. Whittam |
| | Time: | 42.20 | | Time: | 46.27 |
| 5. | <u>Team I</u> | M. Johnston
P. Davies
J. Stickles
P. Airey | 10. | <u>Team N</u> | D. Hough
M. Warren
Margaret Warren
J. Barnes |
| | Time: | 43.40 | | Time: | 46.41 |

11. Team F John Pellier
 B. Amorous
 G. Hughes
 J. Whittam

Time: 47.00

12. Team K A. Tyson
 P. Macliver
 B. Power
 B. Crellin

Time: 48.00

13. Team H A. Martin
 B. Thornton
 L. Hassam
 B. Thomsett

Time: 50.36

14. Team J K. Forden
 S. Walton
 J. Johnson
 M. Taylor

Time: 51.20

15. Team G J. Yates
 B. Macliver
 P. Newby
 P. Carr

Time: 52.15

ROUND THE BRIDGES - 22-2-87

This race was over the original 'Bridges' course, that is, the shortest route of approximately 9.5k. Times generally were very good but that of John Gilmour, with another World-class performance, was outstanding. Tuula Vaalsta, too, ran an excellent time, as did some of our visitors.

Our thanks go to Jackie Greenfield, Maureen Pomery and Bev Thornton, our main officials on the day.

RESULTS

Pos

W30
 40 Tina Carmen 42.34

W35
 49 Irene Stephens 44.45
 59 Joanne Pearce 47.44

W40
 52 Pat MacLiver 46.10
 57 Phyllis Farrell 47.34
 63 Mary Pritchard 49.03
 76 Alison Aldrich 54.28
 83 Mary Miller 64.21
 86 Jackie Jenkins 71.10

W45
 41 Tuula Vaalsta 42.44
 46 Margery Forden 44.30
 53 Joan Pellier 46.28
 66 Marilyn Acreman 51.10
 78 Sheila Maslen 57.29

W50
 65 Pat Weston 50.56
 72 Margaret Warren 52.38
 75 Elza O'Dea 54.09
 84 Mary Robinson 65.12
 85 Jackie Beaumont 71.10

W60
 80 June Strachan 59.22

M45
 4 Bert Carse 33.34
 9 Ken Gilbert 35.39
 11 Don Caplin 36.08
 12 Graham Thornton 36.13
 21 Joe Stickles 37.57
 22 Kevin Martin 38.03
 24 Joe Trovato 38.16
 26 Mike Faunge 38.41
 29 John Pellier 39.24
 30 John Maddison 40.04
 38 Morris Warren 41.54
 54 Bob Farrell 47.01
 55 John Bennington 47.26
 70 Barrie Thomsett 52.32
 77 Ron MacLiver 55.00
 82 D. Miller 64.20

M50
 10 Ted Maslen 35.53
 14 Dave Carr 36.47
 17 Rob Shand 37.01
 20 George Schaefer 37.38
 23 Peter Airey 38.08
 33 Aub Davie 40.35
 34 Ray Brown 40.41
 42 J. Curtis 42.50
 44 R. Harris 43.43
 67 Selby Munsie 52.24
 68 John Russell 52.24
 69 Jock Campbell 52.32
 88 Jeff Whittam 80.18

M63	81 Phyllis Head	59.23**	M55	28 Dalton Moffatt	38.53
M35				31 Alan Pomery	40.06
	7 Dave Scott	34.02		36 Brian Aldrich	41.27
	37 Alan Sim	41.34		56 Ray Lawrence	47.33
	45 John Lindsay	44.06		71 Leo Hassam	52.33
M40			M60		
	8 Norman Beech	35.29		35 Alan Tyson	40.51**
	17 Tony Wood	36.23		48 Merv Moyle	44.38
	19 Arnold Jenkins	36.50		73 Fred Hagger	52.38
	16 Dave Roberts	36.54			
	18 Mike Khan	37.19	M65		
	13 Joe Yates	37.30		5 John Gilmour	33.56**
	25 Jim Greenfield	38.22			
	39 Brian Hardy	42.12	M70		
	51 Serge Toussaint	45.55		58 Cliff Bould	47.35
	74 Alan Croxford	52.39		79 Frank Hansford-Miller	59.01
Visitors			M75		
	1 Steve Mitchell	31.50		87 Jack Collins	80.18**
	2 Tom Savi	33.08			
	3 Paul Odam	33.23			
	6 Jeremy Lowes	33.57			
	27 L. Irvine	38.45			
	32 J. Toussaint	40.26			
	43 J. Keys	42.58			
	47 R. Apthorpe	44.37			
	50 J. Thompson	45.05			
	60 D. Smith	48.00			
	61 B. Cooper	48.07			
	62 T. Smorgiassi	49.02			
	64 C. Smorgiassi	49.03			

ANNUAL DINNER - 1987

5th December, 1987

Mulberry Farm, Hammersley Road, Caversham

\$20.00 per head

\$3.50 for bus fare if required

** New Course Record

The Australian Veterans Association has determined that the Pentathlon for Men and Women will be the same except for the distance event.

Men Long Jump, Javelin, 200M, Discus, 1500M

Women Long Jump, Javelin, 200M, Discus, 800M

This will mean a revised timetable for Day 1 of our 1987 Championships.

12.00md	Hammer	Men all age grades Women all age grades
1.00pm	Pentathlon, Long Jump	Men all age grades
2.00pm	Pentathlon, Long Jump	Women all age grades
2.00pm	Pentathlon, Javelin	Men all age grades
2.30pm	10,000M	Men, 35 - 45
3.00pm	Pentathlon, Javelin	Women all age grades
3.00pm	Pentathlon, 200M	Men all age grades
3.15pm	Pentathlon, Discus	Men all age grades
3.30pm	10,000M	Women all age grades
4.00pm	Pentathlon, 200M	Women all age grades
4.15pm	Pentathlon, Discus	Women all age grades
4.30pm	Pentathlon, 1,500M	Men all age grades
5.00pm	Pentathlon, 800M	Women all age grades
5.15pm	10,000M	Men, 50 and over

TIME TRIALS - JANUARY TO FEBRUARY 1987

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 1500	Walk 3 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer	
1ST WEEK																			
A. Aldrich	W40				3:11.1				*21.35							10.54	10.30		
A. Ansell	W70																		
B. Baumann	W50	16.4			3:20.0														
P. Carr	W45	17.3																	
S. Cross	W45				2:53.2														
M. Forden	W45				2:50.2														
K. Holland	W35	13.9																	
J. Jenkins	W40	18.3																	
J. Johnson	W40	13.6																	
P. MacIiver	W40				2:57.6														
J. Morrey	W45	14.6			2:35.4				20.58										
J. Pellier	W45								22.57										
J. Sanger	W35																		
M. Stone	W40	20.6														17.14			
D. Whittam	W50	14.7														19.84	18.70		
C. Bould	M70								*23.18										
D. Carr	M50	14.2			2:21.1											19.42	18.45		
C. Baumann	M70															23.60	21.50		
B. Carse	M45								16.21										
J. Collins	M75															13.90	13.50		
T. Costello	M50				2:28.0				19.03										
B. Danby	M35				2:26.0				17.00										
A. Davie	M50				2:34.6														
J. DeGruchy	M60	14.9																	
K. Forden	M45								20.02										
J. Gale	M40				2:30.0														
B. Harrison	M40								17.37										
K. Hooper	M45	13.4			2:42.8														
G. Hughes	M40	14.1			2:21.4				19.37										
A. Jenkins	M40	14.1			2:26.6				18.53										
M. Johnston	M45								18.56										
K. Martin	M40	12.6			2:23.0														
F. McLinden	M55								*19.50										
J. Pellier	M45				2:34.5				19.18										
B. Morrey	M55								21.04										
T. Roberts	M40								*19.16										
D. Sammells	M50								*19.00										
P. Shand	M50				2:35.2				19.12										
D. Clive	M45	12.3																	
F. Smith	M40								17.14										
G. Thornton	M45	14.1			2:50.5				19.45										
A. Tyson	M60	15.6							22.03							21.48			
K. Whistler	M50															24.18	25.20		
J. Whittam	M50															19.06	21.14		
B. Worner	M55				2:30.6														
Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 1500	Walk 2 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer	
WEEK 2																			
A. Aldrich	W40		35.75			6.18.0									*5.21		9.43		
B. Baumann	W70					6.47.13													
P. Carr	W50		33.15																
S. Cross	W45		35.38								9.51	13.16			7.25		17.45		
K. Holland	W45		28.16																
J. Johnson	W40		28.20																
J. Jenkins	W35										11.33								
J. Sanger	W35										8.24	11.24	4.45		6.27				
M. Stone	W40										11.33	15.06							
D. Whittam	W50		29.81										3.65				18.37		
J. Fletcher	W40														4.71		20.56		
V. Tyson	W60					6.55.27													
J. Willers	W35					5.18.06		12.32											
C. Bell	W35															9.00		19.54	
C. Baumann	M70																		
C. Bould	M70					6.36.07		13.47								7.50		22.74	
D. Carr	M50		27.50			5.01.50		10.51											
B. Carse	M45					4.25.07													
J. Collins	M75																		
T. Costello	M50										11.03	*14.34							
B. Danby	M35		28.29			4.49.41		9.59											
K. Forden	M45					5.14.23													
B. Gale	M40		27.97			5.34.27													
K. Hooper	M45		26.06																
A. Hughes	M40					5.02.81		11.26											
M. Johnston	M45							10.51											
K. Martin	M45		24.80										4.60				28.45		
F. McLinden	M55					5.21.55		11.14											
B. Sammells	M50																		
R. Shand	M50					5.15.27		11.18											
F. Smith	M40							10.01											
G. Thornton	M45							11.02											
A. Tyson	M60		31.96			6.02.09													
J. Whittam	M50										8.54	11.20			7.03		21.07		
C. Wooten	M60		38.01																
D. Jones	M60		27.93										13.15						
D. Moffett	M55		28.04			5.12.45		12.32											
B. Kernaghan	M45		24.32																
D. Scott	M35							10.00											
J. Bell	M40					5.10.86		10.40											
D. Drayton	M60							13.43											
J. Bowen	M40																		
J. Manley	M50														9.10		35.83		
															6.66				

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 1500	Walk 3 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer
WEEK 3																		
B. Baumann	W70	18.06													5.19	9.78		
S. Cross	W45											19.48			7.47	22.58*		
K. Holland	W45	13.46																
J. Johnson	W40	13.05		65.51										8.80				
J. Pellier	W45									47.23								
M. Stone	W40											22.49			6.32	17.18		
D. Whittam	W50	14.60													7.07	17.71		
V. Tyson	W60														4.97	10.36		
J. Stone	W40																	
C. Baumann	M70	18.06													9.22*	24.28*		
C. Bould	M70																	
B. Carse	M45									50.09								
J. Collins	M75									34.37								
T. Costello	M50											22.36					12.21	
A. Davie	M50									41.28								
B. Harrison	M40									42.14								
K. Hooper	M45	12.49		63.07						37.52								
M. Johnston	M45																	
K. Martin	M45	12.40		56.80						40.01					9.24			
J. Pellier	M45																	
F. Smith	M40									39.45								
J. Whittam	M50									36.59					6.88			
I. Lyon	M45	13.24		67.15											8.90			
A. Stillaway	M60	15.25													6.86	25.15		
A. Stone	M50	16.06													9.85	32.64		
D. Caplin	M45																	
G. Morgan	M60									36.15								
D. Jones	M60	13.11								48.46								

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 1500	Walk 3 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer
4TH WEEK																		
C. Holland	W30														*8.20			
J. Willers	W35				2.23.2				24.56									
G. Sanders	W40								24.47									
J. Johnson	W40		27.7														9.41	
M. Stone	W40										10.21				6.19			
V. Prescott	W40				3:26.0													
J. Pankhurst	W40																	
S. Cross	W45		41.8															
D. Whittam	W50		35.2								9.46							
V. Tyson	W60		30.16												6.72		17.45	
D. Morris	M35														*5.38		10.15	
B. Danby	M35																*45.60	
C. Leman	M40								17.11									
B. Gale	M40				2.23.5				18.31									
K. Martin	M40		24.8														21.22'	
H. Holland	M40														10.0		36.30	
P. Sanders	M40																	
F. Smith	M40								19.29									
K. Forden	M45								17.09.0									
K. Hooper	M45																	
M. Johnston	M45		25.6							18.40								
B. Kernaghan	M45		23.9		2.43.5												25.56	
N. Richards	M45		28.1															
D. Caplin	M45																	
H. Kirkman	M45								16.33.7									
D. Carr	M50		26.7		2.19.3				16.21.1									
A. Davie	M50								18.27						7.70		19.77	
T. Costello	M50				2.29.4				19.51									
B. Sammells	M50								20.02									
R. Shand	M50				2.30.4				18.50									
J. Whittam	M50								19.46									
A. Stone	M50														6.93		16.90	
F. McLinden	M55				2.35.9					19.00					10.00		35.60	
L. Hassam	M55									24.36								
A. Tyson	M60									22.32					7.62			
D. Jones	M60		*27.9								9.46							
D. Drayson	M60									23.45								
G. Morgan	M60									23.02								
C. Bould	M70				3.34.7					23.04								
C. Baumann	M70														*8.88		18.09	
J. Collins	M75										10.48							

Name	Age Group	100	200	400	800	1500	Mile	3 KM	5 KM	10KM	Walk 1500	Walk 3 KM	Long Jump	Triple Jump	Shot Putt	Discus	Javelin	Hammer
7TH WEEK																		
E. Hindle	W35	12.74												10.87				
M. Taylor	W40															16.18	19.78	
J. Johnson	W40	13.14												9.95				
M. Stone	W40															15.48	12.00	
S. Cross	W45	16.9																
M. Forden	W45								21.34.9									
K. Holland	W45	13.78														19.02	16.95	
P. Carr	W50				3.06.74											11.40	12.48	
D. Whittam	W50	13.91												* 8.45		16.08	8.72	
V. Tyson	W60															10.90		
B. Baumann	W70															9.84	*10.48	
B. Danby	M35								17.38									
D. Morris	M35																44.50	
A. Stone	M40	16.03																
B. Wolfs	M40															16.62	34.34	
J. Travato	M40																	
B. Gale	M40				2.22.30													
A. Jenkins	M40				2.24.86													
K. Martin	M40	12.5			2.22.30				18.33.3									
K. Martin	M45				2.24.22									10.89		19.16	13.00	
N. Richards	M45	13.28																
B. Carse	M45								16.23									28.34
J. Forden	M45								20.50									
M. Johnston	M45								18.36.9									
J. Pellier	M45								20.41									
G. Thornton	M45			2.39.0					20.10									
D. Caplin	M45								16.43.7									
A. Davie	M50								19.45									
B. Sammells	M50								18.40									
J. Whittam	M50															18.24	20.70	
G. Innes	M50																	
A. Stone	M50									17.39								
D. Carr	M50				2.16.31											31.00	33.06	
F. McLinden	M55								20.11							17.58		
B. Aldrich	M55								21.18									
L. Hassam	M55			3.18.17														
A. Tyson	M60								21.06							20.90		
D. Jones	M60	13.36																
C. Bould	M70				3.29.55													
C. Baumann	M70	17.43														25.38	*23.60	

TIME TRIALS - MARCH, 1987

Mar. 6	6.00pm	Coker	*100m	400m	10,000m	*1500m Walk	Triple Jump	*Discus	Hammer	Aub Davie Kath Penton
Mar. 12	6.00pm	Coker	*200m	800m	3,000m	*3000m Walk	Long Jump	*Javelin	Hammer	Bob Norton Jacqueline Greenfield
Mar. 19	6.00pm	Coker	*100m	400m	2 miles	*5000m Walk	Triple Jump	*Shot Putt	Hammer	John Pellier Joan Pellier
Mar. 26	6.00pm	Coker	*200m	1 mile	400m	*2000m Walk	Long Jump	*Discus	Hammer	Bob Sammells Frank Smith

*These events are to commence promptly at the programmed time
Other events are to commence as soon as facilities are available.

VETPOWER



Notes from a meeting of State delegates - 6-12-86

Attended by W.A. President, Leo Hassam

Statistics and records are now being kept by the National Statistician.

Hammer and Triple Jump (women) confirmed as World Championship events.

Uniforms - Australian uniforms will be available for Easter Championships. Only members of Vets Clubs will be able to purchase these to wear in Melbourne at the World Championships.

Reports on membership were given by all states except Victoria. These reports to be forward to Mike Hall for an article in the Veteran Athlete. The general trends indicate membership is rising rapidly in most states, particularly where the recreational and social aspects are emphasised.

AAVAC Finances - Consideration needs to be given about future finance for the AAVAC. Alternatives can be:

- a) Increase of per capita levy of state membership
- b) Levy on competitors at National Championships
- c) Percentage of Sponsorship raised by the AAVAC to service the AAVAC instead of all going to state hosting the Nationals.
- d) Accommodation for Championships arranged through AAVAC with agents booking fees going to AAVAC.

All affiliation fees to WAVA, AAU and CAS are going to be increased in the next financial year. We now have a viable national newspaper, at present the World Veterans Games OB is able to subsidise it and also secretarial expenses, but after 1987 this option will not be possible.

Report was given about preparations for World Games in Melbourne. More than 2000 persons from overseas have now booked accommodation and paid deposits.

A new medal design for the national championships is being looked at by NSW. It has been recommended that one side will remain constant with the reverse side changing for each state if the cost factor is not too high to the host state.

Recommendation from QLD that 50-59 men should use a 700gm javelin. This is an internationally recognised javelin used by juniors and easily available. Delegates are to ask athletes about this change and if the majority agree at the Nationals in 1987, a motion will be put to WAVA for the Congress in 1987.

MEMBERSHIP REPORTS

NSW - New South Wales Membership as at 3rd December, 1986 was 550 with 103 unfinancial. They are gaining at a rate of 15 per month.

ACTVAC - Membership at 1st December, 1986 was 313. By far the biggest majority are males in the M40-M45 age groups.

SAVAC - Men 100

Men 35 2, M40 20, M45 23, M50 17, M55 18, M60 13, M65 2, M70 4, M75 1
Pre-vets 2, Reg. with AASA 34, Club Members 64.

Women 27

W30 2, W35 4, W40 11, W45 6, W50 2, W55 2.

Prevets 2, Reg with AASA 16, Club Members 9.

TASMANIA - Current membership 30 women, 135 men.

QLD - Membership at 6th December, 1986
380 members at the moment, comprising 300 men and 80 women.
Signed on approx. 90 new members since 1.4.86, but have lost about
60 members who are unfinancial.

W.A. - The present membership (as at 19.11.86.) of the WAVAC stands at 342.
There are 102 women and 240 men.

The breakdown into age groups is as follows:

W30 3, W35 22, W40 29, W45 29, W50 12, W55 3, W60 2, W65 1, W75 1

M35 10, M40 52, M45 63, M50 49, M55 31, M60 17, M65 10, M70 4, M75 2,
M80 1, M95 1.

NATIONAL CHAMPIONSHIPS - SYDNEY

- Members who run in the Nationals should wear the gold singlet with black trim
and badge, together with black shorts.

It is the member's responsibility to acquire these articles.

- N.S.W. Vets are running a Souvenir Shop on the ground, which will have for
Sale: Spoons, glasses, cloth badges and tee shirts.

- Equipment on the ground is being hired from the NSWAAA and they have advised
THAT NO PRIVATE BLOCKS ARE ALLOWED. There are 20 sets available for use.

If any competitor brings his/her own throwing implements, they are to be checked
by the Technical Manager and must be handed in to the Equipment Room, 24 hours
before the event. These will be marked and NO UNAUTHORISED IMPLEMENT will be
allowed on the Competition Area.

- The ground will be open for training on Wednesday 3 - 5pm and 4-6 pm on Thursday.
N.S.W. Vets will be in attendance on Thursday to hand out envelopes and answer
any queries.

First Australian Masters Games

Tasmania - November 28th - December 12th 1987.

There will be a programme for 34 sports in about 8 different centres throughout
Tasmania.

Athletics will be staged in the Domain Centre, Hobart on Wednesday 9th December
to Friday, 11th December, 1987.

For information on the programme and entry form, you can ring the editor (3879753)

COKER PARK CANNINGTON

McGILLIVRAY OVAL GRAYLANDS

See page 10 for revised programme for Day 1.

Time	Events	Age Grade
12.00	Discus	Men 30 and over
12.00	Triple Jump	Men 35 - 45
12.00	400M Hurdles	Women All age grades
12.05	400M Hurdles	Men 35 - 45
12.10	400M Hurdles	Men 45
12.15	400M Hurdles	Men 50 and over
12.30	200M	Women All age grades
12.45	200M	Men All age grades
1.15	800M	Women All age grades
1.25	800M	Men 35
1.30	800M	Men 40
1.30	High Jump	Men All age grades
1.30	Triple Jump	Women All age grades
1.35	800M	Men 45
1.40	800M	Men 50
1.45	800M	Men 55 and over
2.00	5,000M Walk	Women All age grades Men All age grades
2.30	Discus	Men 35 - 45
2.30	High Jump	Women All age grades
2.30	Triple Jump	Men 30 and over
2.45	200M	Finals if necessary
3.00	5,000M	Men 35 - 45
3.45	5,000M	Women All age grades
4.00	Discus	Women All age grades
4.30	5,000M	Men 30 and over

DAY 2 SATURDAY 4TH APRIL 1987

McGILLIVRAY OVAL GRAYLANDS

Time	Event	Age Grade
11.00	Shot	Men 30 and over
11.00	100M	Men 35
11.05	100M	Men 40
11.10	100M	Men 45
11.15	100M	Men 50 and over
11.20	100M	Women 30 - 40
11.25	100M	Women 45 and over
11.30	Long Jump	Women All age grades
11.45	110M Hurdles	Men 35 - 55
12.00	Shot	Men 35 - 45
12.00	100M Hurdles	Men 60 - 65
12.05	100M Hurdles	Women 30 - 35
12.15	80M Hurdles	Women 40 and over
12.20	Hurdles	Men 70 and over
12.30	Long Jump	Men 50 and over
12.35	400M	Men 35
12.40	400M	Men 40
12.45	400M	Men 45
12.50	400M	Men 50
12.55	400M	Men 55 and over
13.00	400M	Women 30 - 40
13.05	400M	Women 45 and over
1.00	Shot	Women All age grades
1.05	1,500M Walk	Women All age grades Men All age grades
1.25	1,500M	Men 35
1.33	1,500M	Men 40
1.41	1,500M	Men 45
1.45	Javelin	Men 35 - 45
1.50	1,500M	Men 50
2.00	1,500M	Men 55 and over
2.10	1,500M	Women All age grades
2.30	100M	Finals if necessary
2.45	Javelin	Women All age grades
2.45	Long Jump	Men 35 - 45
2.45	3,000M Walk	Women All age grades Men All age grades
3.30	400M	Finals if necessary
3.45	Javelin	Men 50 and over
3.45	3,000M Steeple Chase	Men 35 - 45
4.05	1,500M Steeple Chase	Men 30 and over Women All age grades

All entries to be forwarded to Colin Leman
601 Canning Hwy, Alfred Cove WA 6154

The closing date for entries is 10th MARCH 1987
The entry fee is \$1.00 per event. Note that the PENTATHLON
is one event. Payment to be made to 'W.A. Veterans Athletic
Club'
PLEASE NOTE that entries submitted after the closing date
will not be accepted.

There will be a bring your own barbeque after the last event
on the Sunday.

APPLICATION FORM		Number																																																																								
Name _____																																																																										
Address _____																																																																										
Age Grade _____	Date of Birth _____																																																																									
Club _____																																																																										
Signature _____																																																																										
DAY 1 SATURDAY 28TH MARCH, 1987	DAY 2 SATURDAY 4TH APRIL 1987	DAY 3 SUNDAY 5TH APRIL, 1987																																																																								
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