

The Vetrin

NO.182

NOVEMBER 1987

W.A. VETERANS' A.C.

PRESIDENT: BASIL WORNER 387 9744 (W)

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325 5849

SECRETARY: SANDI HODGE 339 2988



FROM THE COMMITTEE

CHRISTMAS DINNER - SEREAGLIO PARK 12th DECEMBER - 7 PM

There is still time to buy your tickets for the Christmas Dinner at \$25 per person. Contact any Committee member.

TRACK MEET - COKER PARK 15/11/87 AT 9 AM

A reminder that this meeting is being organised by John Gilmour and includes events in 100 yards, 1 mile and 1 mile walk. There are trophies for the 1st, 2nd and 3rd in ten year groupings. It is an open event that will cater for all age groups.

REMINDER HYDE PARK HORROR 15/11/87 is being held at 5 p.m.

VETS/PRE-VETS

In order to clarify the position with regard to Pre-Veterans we quote the following extract from our Club's constitution :-

"The objects of the Club shall be to encourage and promote veteran athletics and general fitness of its members for men 40 years and over and women 35 years and over and to provide training and competition within the area of jurisdiction of the Athletic Association of W.A. The Club shall provide similar facilities for pre-veteran men 35-39 and women 30-35 years. Veterans and Pre-Veterans shall be considered members."

PROGRAMME 1987/88

CHANGES

Please note the following changes to the published programme :-

22/11/87	will be Forden's Run	10km/5km	Woodvale	8 a m
06/12/87	will be Mitchell's Run	7.8km	Thornlie	8 a m
13/12/87	will be the Recovery Run		Nedlands	9 a m
	(adjusted to fit in with new Christmas Dinner date which was put back to enable Melbourne Games participants to attend.)			
31/01/88	will be Club Pentathlon/Pack Run	10km	McCallum Park	8 a m
07/02/88	will be Strachan's River Fun Run	14km/8km/6km	Thornlie	8 a m
21/02/88	will be Teddy Birds Picnic	16km/8km	Kings Park	8 a m
06/03/88	will be Guess the Distance	-	McCallum Park	8 a m
			(Public Holiday)	

ALDRICH'S RUN 3/1/88 10KM/5KM V.M.E.

Venue: Mitchell Park, South Perth - where Hurlingham Road meets Ranelagh Crescent (just beyond Surgicentre) off Mill Point Road, near Rhodes Hotel 8 a.m. (Further details - December Vetrin).

DANBY'S RUN 29/3/87 RESULTS

<u>Pos</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>	<u>Pos</u>	<u>Name</u>	<u>Age Group</u>	<u>Clock Time</u>
<u>10K</u>							
1	Tom Savin	M40	38.08 *	9	P. McLiver	W40	53.20 *
2	D. Scott	M35	39.14 *	10	B. Thomsett	M45	55.00
3	R. Shand	M55	42.24 *	11	B. Slinger	M45	57.26
4	D. Caplin	M45	42.24	12	J. Russell	M50	57.26 *
5	J. Cunningham	M45	43.12	13	L. Hassam	M55	57.26
6	J. Stickles	M45	43.12	14	M. Warren	W50	60.00
7	K. Martin	M45	45.24	15	J. Strachan	W60	60.02 *
8	D. Strachan	M65	51.46 *				

INV.

F. Abbott	M40	46.30
M. Rhodes	"	47.47
S. Regts	"	60.-

5K

1	B. Harwood	M45	20.10 *	9	S. Hicks	M60	28.20 *
2	B. Sammells	M45	22.37	10	F. Hagger	M60	29.46
3	R. Routledge	M50	22.48 *	11	J. Sanger	W35	30.32
4	H. McGlasion	M45	23.29	12	R. McLiver	M45	30.33
5	B. Crellin	M45	24.58	13	A. Stone	,50	31.41
6	P. Sanger	M35	25.09 *	14	M. Robinson	W50	34.28 *
7	J. Willers	W35	26.50 *	15	K. Crellin	W45	34.38 *
8	B. Worner	M55	26.53 *				

* = Record

INV.

S. Ashurst	21.20	T. Smargiassi	25.16
S. Ashurst	26.43	A. Delargie	25.25
C. Rhodes	29.45		

20 km WALK Results 11/10/87

J. Collins)
 J. Whittam) 2 hrs 30 mins 4 secs.
 J. Sanger)

10 km WALK Results 18/10/87

J. Collins)
 J. Whittam) 1 hr 15 mins 27 secs.
 J. Sanger)
 J. Stone - No time recorded

[Members whose first names begin with other than 'J' are also allowed to enter!! - Ed.]

VII WORLD VETERANS GAMES

The 'Veteran Athlete' speaks of 69 Western Australian entrants to the above games and we are aware that the list in our October issue is far from complete.

For those who have not participated in an international meet before the following reminders may be of assistance:-

Having collected your programme, read all instructions and plan to check in on time and then report for your event on time. There will be a very tight schedule and no one will be looking for you. Be conversant with the starting routines in order to avoid unnecessary upset before your performance.

If before your departure, you have any queries concerning the Games, Sandi Hodge has a comprehensive file (ph. 339 2988).

We wish every success to all entrants.



PROPOSED ALBANY INTER-CLUB TRACK AND FIELD MEET

The Albany Athletic Club is interested in holding a social type inter-club competition one Saturday afternoon next February and have invited the Vets to participate. The preferred date is 6th February.

It is proposed that the A.A.C. and the W.A. Vets will compete together with athletes we may wish to invite to make up numbers or to give a spread of ages. They hope that each team will number about 30 - male and female. The programme, which is flexible, would include 100 m, 200 m, 800 m, 1,500 m, 5 km, shot putt, discus, long jump, triple jump, 4x100 m relay. All events will be open to men and women. There will be no awards, certificates or trophies but on the Saturday evening a social gathering would be held at little or no cost to participants. The following morning a non-competitive 10 km Sunday run is planned. The Albany Athletic Club would help where possible to arrange our accommodation needs.

This sounds as though it could be a lot of fun!
As we would like to give Albany an early indication of the numbers who may be interested, please ring Sandi Hodge on 339 2988 (before 8.30 p.m.)

SEEN AND HEARD

"There is a very fine line between warming up and wearing out"
- Jeff Whittam.

The Coker Park Trials on 5/11/87 ended in paroxysms of coughing - from 'milers-itch', swallowed flies or the dry air. However, this didn't prevent everyone from turning in some good times - [See under Vetpower - Ed.]

CLONTARF CROSS COUNTRY 4th OCTOBER 1987

This was a trip down memory lane for Dick Horsley and Alan Tyson. Both did their basic airforce training here during the war when Clontarf was an isolated landmark in the bush and known to all native West Australians - there aren't many of us left!

It was not such a "pleasant" journey for the 63 intrepid explorers of the horse paddock, the meandering maze and a gentle water jump! (John Pellier is demanding a water jump in every run from now on and we believe Rob Farrell was seen to sink ungracefully too!)

Despite a circuitous first kilometre, Tom Savin completed it in 3.15 and went on to record 30.00 for the testing 8 k. Kath Noordyk's 39.28 took her into first place in the Ladies' division. Don Caplin ran a smart 15.26 for the 4K and Peggy McLiver was first lady in for the short course.

We were puzzled to see John Bell do a "shoe-strip" in the first lap until we learnt that his brand-new shoes refused to take the water-jump!

Frank Usher and Jenny Willers won awards for the "dirtiest finishers" and were presented with appropriate soap.

A group of stayers remained for a barbecue, bird-watching and an appraisal of the canoeing skills of Marg and Alan Stone who paddled powerfully to Riverton - and back!

Thanks to all our helpers - Dick, Alan, Avril, Cheryl, the "Guardian of the Gate" (Pat Savin), Paul Martin and Maurice Warren who organised a team to pick up the flags.

(Our automatic clock got hiccups so I'm sorry we missed a group at the start. However, you all ran well!)

RESULTS 4 K

Don Caplin	M45	15.26	Jan Johnson	W40
Stuart Hoskins	M40		Sue Hughes	W35
Alan Pomery	M55		Bev Thornton	W35
Angus Sim	M35		Pat Carr	W55
Alan Tyson	M60		Frank Usher	M60
Peggy McLiver	W40		Sheela Maslin	W45
Joan Pellier	W45		Marg Taylor	W35
			Jackie Jenkins	W40

8 K

Tom Savin	M40	30.0	Merv Moyle	M60	38.26
John Molloy	M35	30.57	Maurice Warren	M50	39.20
Brian Danby	M35	31.18	Kath Noordyk	W40	39.28
Ted Maslen	M50	32.00	John Barrett	M50	39.41
Graham Thornton	M45	32.01	Keith Forden	M45	40.29
John Bell	M45	32.32	Mitch Loly	M45	41.09
Robert Raymen	M45	32.59	Ray Lawrence	M55	41.40
Keith Woollard	M40	33.38	John Russell	M50	42.30
Joe Trovato	M45	33.54	Roger Briggs	M40	42.40
Brian Foley	M40	33.55	Sandi Hodge	W40	43.37
Joe Yates	M40	33.58	Rob Farrell	M45	43.46
Frank McLinden	M55	34.55	Kath Penton	W45	44.32
George Shaefer	M50	35.14	Lorna Butcher	W55	44.38
Joe Stickles	M45	35.20	Ernie Moyle	M60	44.44
Maurice Johnson	M50	35.57	Gerald Foley	M60	45.41
Kevin Martin	M50	35.58	Jenny Willers	W35	48.24
Mike Khan	M40	36.38	Alan Chambers	M50	49.43
W. Welysky	M40	36.51	June Strachan	W60	50.40
John Pellier	M45	37.40	Phyllis Farrell	W40	52.42
A. Noordyk	M35	37.56	Olga O'Dea	W50	52.44
David Carr	M55	37.42	Mary Robinson	W50	52.44
Bill Crellin	M45	38.11			

Mary Stone (Walker)
Dorothy Whittam "

(Outside events being held on the same day are shown in brackets)

17.04.88	Medibank Fun Run (WAMC)	10 km	McCallum Park	8.30 am	WAMC
24.04.88	Walliston Wallop	10 km 5 km	14 Caladenia Rd Walliston	9.00 am	M Johnston VBMEH
01.05.88	Sutherland's Run	8.4 km	17 Millington St Ardross	9.00 am	I Sutherland VBME (Bunbury Marathon)
08.05.88	Mundaring Dash	16 km 8 km	TBA	8.00 am	J Madison VB (Fre-Per Relay AAWA)
15.05.88	Murdoch Cross Country	10 km 5 km	Murdoch Uni	8.00 am	J Spencer V (Women's Run)
22.05.88	Andy Wright Memorial Run	10 km	Cnr Beach & Okely Rds	8.00 am	L Hassam VMEH
29.05.88	Club Half Marathon Championship	21 km	McCallum Park	8.00 am	R Sammells VME
05.06.88	Lake Monger	10 km	Dodd St Lake Monger	8.00 am	F McLinden VB (Sidchrome)
12.06.88	Jim Barnes Run R R C	10 km 5 km	Tremlett St Thornlie	9.00 am	J Barnes VBME (Wann. 20 miler)
19.06.88	King's Park Cross Country	8 km	Saw Ave King's Park	8.00 am	R Lawrence VB (Collie Marathon)
26.06.88	McCallum Uni R R C	15 km 8 km	McCallum Park	8.00 am	D Caplin V
03.07.88	Perth Half Marathon	21 km	McCallum Park	8.30 am	WAMC
10.07.88	Cross Country Championships	8 km	Jorgenson Pk Kalamunda	9.00 am	A Pomery VME
17.07.88	Herne Hill R R C	25 km 10 km	Herne Hill Primary School	8.00 am	M Warren VB
24.07.88	Reabold Cross Country	10 km 5 km	Reabold Hill Car Park	8.00 am	K Johnson V (15 km AAWA)
31.07.88	Croxfords Climb	12 km 8 km	Breckler Park Yokine	8.00 am	A Croxford V
07.08.88	People's Marathon (inc. State Vets Championships)	42 km	Richardson Park	8.30 am	W A M C
14.08.88	Clontarf Cross Country	8 km 4 km	Clontarf Manning Road	8.00 am	B Worner VB
21.08.88	Bibra Lake Run	12 km 6 km	Opposite Adven- World	8.00 am	P Farrell VBH
28.08.88	City to Surf	12 km	Newspaper House	9.00 am	W A M C
04.09.88	Veteran's Cross Country State Championships	10 km	Saw Ave King's Park	8.00 am	B Danby VB
11.09.88	Bi-Centennial Run	12 km 6 km	The Esplanade, Fremantle	8.00 am	P Martin V (Cottesloe Cup)
18.09.88	Shoalwater- Carr/ Shand Trophy	10 km 5 km	40 Fifth Ave Shoalwater	9.00 am	D Wilmott VBMEH (AAWA Marathon)
25.09.88	Hells Bells	8 km 4 km	Perry Lakes	8.00 am	J Bell VBME (Pancake Run)
02.10.88	Mussel Pool Muster	10 km 5 km	Mussel Pool, West Swan	9.00 am	Terrible Two VB
09.10.88	Mill Point Rd. Champs.	10 km	McCallum Park	8.00 am	Jackie Greenfield VME
16.10.88	Club Picnic Run	10 km 5 km	Yanchep Park	9.30 am	B Slinger B
23.10.88	Deepwater Point	16 km 7 km	Deepwater Point Mt. Pleasant	8.00 am	D Moffat VB

PROPOSED PROGRAMME (Contd.)

30.10.88	Cliff Bould Trophy	10.4 km	McCallum Park	8.00 am	S Hodge VMEH (Blackwood)
06.11.88	Beaumonts Run	10 km 5 km	Ravens Rest, Sloan Reserve Kwinana	8.00 am	V Beaumont VB (Albany Marathon)
13.11.88	Danby's Run	10 km	Pinaroo Memorial Park, Padbury	8.00 am	B Danby VBME (Swan River Marathon)
20.11.88	West Coast Challenge	8 km	Floreat Beach	8.00 am	R. Hayres V
27.11.88	Bridges Group Jog	10 km	McCallum Park	8.00 am	Committee
04.12.88	Fordens Run	10.8 km 5 km	66 Trappers Dr Woodvale	8.00 am	K Forden VBMEH
11.12.88	Recovery Run		Nedlands	9.00 am	B Slinger
18.12.88	Xmas Gift Run (Bring a gift)	5 km	McCallum Park	8.00 am	A Tyson M
25.12.88	Xmas Day				
26.12.88	Boxing Day Run	8 km	Lake Leschen- aultia	5.00 pm	B Robinson B
01.01.89	Bridges Group Jog	10 km	McCallum Park	9.00 am	Committee
08.01.89	Women's Run	7.1 km	McCallum Park	8.00 am	J Langdon VME
15.01.89	Friendship Run	12 km 6 km	Saw Ave King's Park	8.00 am	John Pellier B
22.01.89	Strachan's Fun Run	14 km 8 km 6 km	8 Jacobsen Way Thornlie	8.00 am	D Strachan VBME
29.01.89	Point Walter Run	10 km	Point Walter Reserve Kiosk	8.00 am	B Godwin
05.02.89	Deadly Medley Relay (Team event) 4x1km + 4x2km	12 km	Yokine Reserve Wordsworth Ave	8.00 am	K Penton V
12.02.89	Canning Districts Track meet		Coker Park	9.00 am	J Gilmour
	Bridges Group Jog	10 km	McCallum Park	8.00 am	Committee
19.02.89	Club Pentathlon or Fun Run	10 km	Perry Lakes	8.00 am	B Fergie Committee
26.02.89	Novelty Run	TBA	McCallum Park	8.00 am	H Kirkman V
05.03.89	Hyde Park Horror (Team event) 4x2.5km = 4x1km	14 km	Hyde Park	5.00 pm	L Hassam VB
12.03.89	Teddy Birds Picnic	16 km 8 km	Child. Play- ground King's Park	8.00 am	Joan Pellier VBME
19.03.89	Guess the distance	?	McCallum Park	8.00 am	F Usher V
24.03.89- 27.03.89 (inclusive)	Nationals, Perth inc. Track & Field Champs.				
02.04.89	Mitchells Run	7.8 km	62 Royal St. Thornlie	8.00 am	B & K Mitchell VBME
09.04.89	Around the Houses	15.6 km 6.4 km	North Mole Fremantle	8.00 am	L Butcher VBME

Symbol Code

R.R.C.	=	Road Racing Championship
V	-	Visitor's Fee \$1.00
B	-	BBQ
M	-	Morning Tea
E	-	Entry Fee
H	-	Handicap Event



A.A.U. OFFICIALS EXAMINATIONS

We congratulate Stan Jones and Bruce Wilson, Vets members who were among 23 entrants who passed the May 1987 A.A.U. Officials Examinations. The next Examination takes place on Wednesday 18th November at 7.30 p.m.

BUNBURY FUN RUN

On 25th October a Surf to Surf Fun Run was held in Bunbury as part of a fund-raising exercise to assist three Bunbury Vets to go to the Melbourne Games.

Hank Stoffers (M45) won the 10 Km event in 32 min 23 secs. beating the local 17 year old champion, Chris DeChaneet. Other Vets who ran were Robert Harding 35 mins. 14 secs, Doreen Dow (W40) 44 mins 34 secs, Brian Kennedy (M50) 55.37, Therese Smith (W40) 49.50, and Phyllis Head (W65) who completed in just under the hour.

800 METRES RECORD

At Coker Park on 5/11/87 David Carr (M55) set a new record for the 800 metres by running it in 2 mins 11.6 secs (awaiting ratification). Congratulations David and all the very best in Melbourne.

George Audley has been invited to compete in the Colac Six Day Event on 16th - 22nd November this year. [Best of luck George! - Ed.]



•• The strain shows on the face of Hank Stoffers after winning the Bunbury fun run on Sunday.

Photo: South West Times
Sports Report 26/11



LETTERBOX

New Hampshire, U.S.A.
21/10/87

Just a few lines to let you know that I'm still alive and running (jogging!!). Anne and I spent a pleasant seven weeks in England travelling around and visiting relatives. We're now spending a couple of months here in New Hampshire where it's now starting to get rather cold (2° today) and I know it's going to get a lot colder. We look forward to seeing you all around New Year time. Good luck to all those going to Melbourne.

Best wishes,

Frank and Ann Smith

[We hear that Frank ran a Marathon there, - was placed second overall in a time of 2 hrs 38 mins 45 secs. and was the 1st Vet home - congratulations !]

I would like to thank all the Vets who helped me in the 48 hr race. They are :- Paul Martin, Richard Harris, Fred Hagger, Mary Robinson, Barbara Buchanan and family, Bill and Karen Crellin and other Vets who helped not only me but the other runners as well. I could not have done it without you. Many thanks.

Alan L. Croxford

Please convey my sincere thanks for the help given to the Centurion Runners Club by the Vets, - it was much appreciated. The next 24 hour ultra marathon will be held from 28th to 29th May 1988 starting at midday at the McGillivray Oval, Floreat Park. Entry forms can be obtained from Runners World. On 29th September 1988 the Perth to Albany (257 miles) Invitation Race will be held.

Yours sincerely

Tony Tripp - Race Director -
24 hour.

A VERY HAPPY BIRTHDAY TO OUR "NOVEMBER" MEMBERS

02-11-48	RESIDE	: Patricia	turns	39	remains	W35
02-11-26	STRICKLAND	: Sheila	"	61	"	W60
03-11-33	MUNSIE	: Selby	"	54	"	M50
04-11-42	KERNAGHAN	: Coral	"	45	becomes	W45
05-11-39	MATZKE	: Roland	"	48	remains	M45
07-11-37	SMITH	: Morland E	"	50	becomes	M50
08-11-39	PELLIER	: Joan	"	48	remains	W45
09-11-22	HICKS	: Stewart R	"	65	becomes	M65
10-11-30	ABRAHAMS	: Robert N	"	57	remains	M55
10-11-55	BROCKWELL	: Tessa	"	32	"	W30
10-11-39	WILLIAMS	: Ross	"	48	"	M45
11-11-35	WESTON	: Patricia(Hayden)	"	52	"	W50
12-11-34	MITCHELL	: Willie (Bill)	"	53	"	M50
12-11-35	WARREN	: Margaret	"	52	"	W50
12-11-40	THOMPSON	: John W	"	47	"	M45
14-11-47	MARCHESE	: Helen J	"	40	becomes	W40
15-11-50	BELL	: Cheryl	"	37	remains	W35
17-11-42	ANSELL	: Campbell	"	45	becomes	M45
18-11-42	PRITCHARD	: Harry	"	45	"	M45
18-11-46	RICHARDS	: Lesley	"	41	remains	M40
18-11-40	STOFFERS	: Hank	"	47	"	M45
19-11-41	ENDE	: Penelope M	"	46	"	W45
19-11-43	OLIVER	: Bernard L	"	45	becomes	M45
19-11-46	NOORDYK	: Kathleen	"	41	remains	W40
21-11-21	NOORDYK	: Gerardus (Gerry)	"	66	"	M65
25-11-38	FORDEN	: Keith W	"	49	"	M45
26-11-16	HANSFORD-MILLER	: Frank	"	71	"	M70
27-11-41	CRELLIN	: Karen D	"	46	"	W45
27-11-41	KIRKMAN	: Hugh	"	46	"	M45
28-11-40	HAIR	: Graeme D	"	47	"	M45
28-11-31	MILLER	: Norman	"	56	"	M55
29-11-42	MILLER	: Margaret	"	45	becomes	W45
29-11-26	MOYLE	: Merv	"	61	remains	M60

NEW MEMBERS

We wish the following new members a warm welcome to the Vets Club :-

<u>Name</u>	<u>Address</u>	<u>Tel.No.</u>	<u>D.O.B.</u>	<u>D.O.J.</u>
Douglas C. Hazell	10 Annois Rd Bibra Lake 6163	417 2040	29/03/52	11/10/87
Robert Boggs	5 Reston Crt Duncraig 6023		25/01/45	11/10/87
Norman Miller	8 Parkway Rd Thornlie 6108	459 4423	28/11/31	11/10/87
Patricia Miller	- as above -	-	07/05/38	11/10/87
Marcus C. Cocker	45 Moss St East Fremantle 6158	339 6473	01/10/42	20/09/87
Chris Burwood	5 Roden Place Duncraig 6023	448 9120	10/08/48	18/10/87
Bob Pratt	Nyaania Court Glenforrest 6071	298 8791	17/10/39	25/10/87
Peter Cole	45 Flamingo Way Burrendah 6155	457 3880	13/04/44	25/10/87
Eddie Strickland	10A Altair Way Beldon 6025	307 4204	03/06/18	25/10/87
Sheila Strickland	- as above -	-	02/11/26	25/10/87
Charlie Pratt	18 Swan Rd Attadale 6156	330 3292	24/07/30	25/10/87

McGILLIVRAY OVAL 16th/18th OCTOBER 1987

TWO DAYS IN OCTOBER

By Alan Croxford

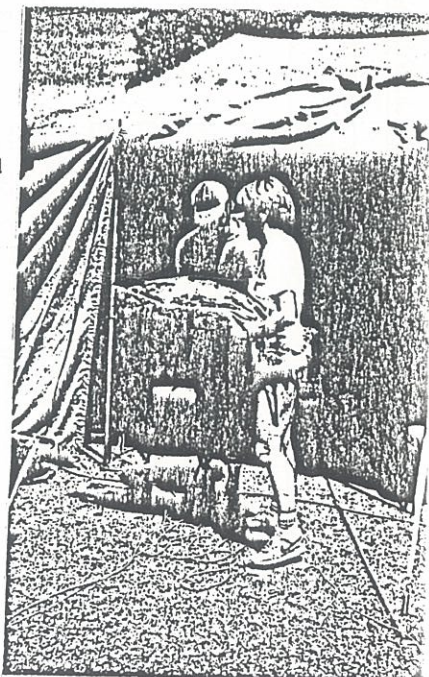
At six o'clock on the morning of the 16th October, a Friday, I awoke to what for most people would be just another day, not for me. This day I was to run my first 48 hr race. I thought about all the training I had done. In seven months I had run 2,353 miles in all kinds of weather, over all kinds of terrain. My average distance was 90/100 miles per wk., the most miles covered in one week was 122. Looking back, I think the training was harder than the race. At 9 a.m. I had my pre-race Carbo Load, a heaped up plate of brown rice, baked beans, six pieces of toast and tea. I arrived at the track at 11 a.m. with my crew, chief and advisor, Fred Hagger. Most of the 48 hr runners had arrived, - the first one to greet me was George Audley our top Vet ultra runner. He said, "Well Alan this is the moment of truth". It was indeed.

The other Vet in the 48 hr was Dave Scott. He has a great style for ultra running and should go very well. The weather was just right - a hint of sun with a gentle breeze. By now all ten runners were on the track ready to go, and after a brief TV interview we were off. George shot into the lead. I settled down to a nice easy pace determined to run my own race. Dave seemed to be going at an easy pace too. A word about some of the most important people of the track, namely the back up crews or handlers. To be one you have to endure not only the changes in weather, but long hours, a bit of boredom, may be the runners abusing you at times and tiredness. We could not run our race without them. I had ten people helping me most of them were Vets, they all did a great job giving me a few hours here and there - some gave me more than that. The job consisted of keeping laps on a score chart, also feeding me with whatever I fancied, for example, jelly beans, Meusli bars, cold baked beans, fresh fruit, tinned fruit, rock cakes, fruit cake, tea, coffee, soda water, lemonade, glucose. An ultra runner is only as good as the people looking after him or her. Well the race had been going very well for me, but I knew sooner or later I would have to get some rest if I was to last two days. At midnight I got my head down for a few hours, but found it very hard to sleep - still the body had a good rest. Back on the track and we were well into Saturday - Great! I only had to stay on my feet till Sunday. Running through the night is a great test of ones mental capacity - It seems the night will never end, but when the sun comes up it's a great relief after running for hours on end in the cold dark mist.

At 11.15 a.m. (Sat.) I completed my 100 miles, I left the track to have a nice hot shower and came back to have some food and drink. By the time I had finished, the 24 hr. mob were getting ready to start, looking fresh, and keen to get into it. Six runners contested the 24 hrs. - among them the only woman and Vet, Trish Spain. Trish is ranked No.2, female ultra runner in Australia. At 12 midday they were off, we had reached the middle of our 48 hrs., - one more day to go. The 24 hr. lot went by me as if they were sprinters. Meanwhile, George continued on his way his watch click-clicking, setting the pace for him. I had by this time been on the table for a few massages, getting rid of the aches and pains. All up I was going very well -

steady as she goes. At some time on Saturday night I began to get a niggle in the right knee, so I walked for a bit hoping it would go away. It just got worse so into the massage tent I limped. Ten minutes later I was back on the track but after a few laps I had to come off and on the advice from Fred Hagger I rested for a time. Armed with a handful of jelly beans, given to me by Tony Tripp, the Race Director I got back into the race. The knee was OK and from then on I felt good. The Sat/Sun night seemed to go faster than the Friday night. During this time I was looked after by Barbara Buchanan and her two lovely girls - they all did a great job keeping me on the track. At 4.30 a.m. I took my last rest before my final push to the finish. I was greeted at dawn by the Yorkshire accent of Mary Robinson asking me how long I'd been sleeping and would I like some tea, - which was very nice. The last six hours out there were very warm, but uneventful.

The last ten minutes seemed to go by so slowly. Dave Scott showed great courage and started to sprint around the track. The seconds ticked over and then like an anti-climax it was all over. What a fantastic feeling to finish at last. I felt elated. This race was the lead up to the Perth/Albany race (Sept. 29th 1988) which I hope to do if I can raise the money and may be get a few sponsors.



24/48 hour event - Trish Spain being presented with flowers.

(Photo by Bob Johnston)

RESULTS 16th-18th OCTOBER 1987

CENTURION RUNNERS CLUB

INAUGURAL AUSTRALIAN 48 HOUR

48 H O U R

NAME	MARATHON	50KM	50 MILE	100KM	150KM	100 MILE	200KM	24HR	250KM	300KM	48HR
1. George Audley	3.40.23	4.26.07	7.30.53	9.37.07	15.45.47	16.59.11	22.51.08	201km	32.46.40	42.17.11	335km
2. Keith Fisher	4.10.32	4.58.08	8.27.53	10.41.32	18.36.22	20.15.45	27.40.24	186km	38.32.06	45.28.50	324.834km
3. Joe Record	3.36.26	4.24.55	7.39.40	10.4.20	19.07.29	20.18.24	26.37.20	185km	38.43	45.08.39	317.059
4. Bob Bruner	4.05.09	4.51.55	8.20.53	10.57.50	18.46.40	20.07.56	26.52.02	184km	37.12.55	46.12.13	311.205
5. Ross Parker	3.39.33	4.29.52	7.44.37	10.06.55	17.43.36	19.10.40	25.43.25	190	38.37.10	47.56.00	300.950
6. Garry Clark	4.35.13	5.34.38	9.56.22	13.07.18	22.08.31	23.29.38	31.54.42	162	45.15.28	-	273.442
7. Alan Croxford	4.24.57	5.20.45	9.26.43	14.12.02	21.44.39	23.11.37	29.59.16	163	44.08.47	-	271.735
8. Dave Scott	4.21.57	5.11.59	8.25.49	12.15.04	25.18.00	27.00.50	43.16.06	141	-	-	233.742
9. Mike Thompson	3.51.40	4.37.28	8.14.35	10.36.46	18.59.30	20.30.12	32.32.23	167	-	-	231.00
10. Kevin Cassidy	4.29.46	5.32.05	9.09.22	31.51.02	-	-	-	87	-	-	-
24 H O U R											
1. Alan Devine	3.40.12	4.20.36	7.08.52	9.23.12	15.53.20	17.19.20	22.05.30	202.00	-	-	-
2. Trish Spain	4.30.57	5.21.11	9.09.30	11.40.15	20.03.36	21.38.15	-	176.097	-	-	-
3. Peter King	4.56.40	5.53.23	10.17.07	13.32.30	21.54.48	23.41.14	-	162.097	-	-	-
4. Dave Bird	5.17.10	6.24.27	12.15.41	15.45.45	-	-	-	149.447	-	-	-
5. Stan Latchford	5.14.47	6.15.08	10.43.47	14.46.	-	-	-	142.205	-	-	-
6. Colin Walsh	5.27.22	6.59.30	11.25.58	14.06.03	-	-	-	137.601	-	-	-

HELD ON A 1 KM TRACK:

Prizes - 1st 48hr Hi Tec Cup George Audley, 2nd 48hr Tony Rafferty Trophy Keith Fisher \$50 donated by Fred Hagger Keith Fisher
 Dave Marsh Trophy 100 miles - George Audley, 1st 24 hour Hi Tec Cup - Alan Devine, 1st 100 miles 24 hr - Ron Grant Trophy Alan Devine,
 1st Woman 24 hr - Geraldine Watson Trophy - Trish Spain - MEDALS to those completing 100kms, bars and badges to those having
 completed 140 miles in 48 hours or 100 miles in 24 hours. FLOWERS given to Trish Spain at the start donated by the crews.
 49 State, residential, age and Australian records were broken. 9 qualified by completing over 140 miles (226km in 48 hours), 8 in this
 section ran 100 miles within 24 hours. Three in the 24 hour section broke 100 miles in 24 hours.
George Audley broke George Perdons Australian 48 hour record of 318.800km (48 hour split Colac Six Day Event)
Trish Spain broke 100 miles within 24 hours for the 3rd time. 16 started, no withdrawals during the event.

Cut here



W.A. VETERANS ATHLETIC CLUB

MEMBERS SURVEY

PLEASE INDICATE BY TICKING APPROPRIATE BOX.

1. PROGRAMME CONTENT

a. Track & Field	Adequate <input type="checkbox"/>	More <input type="checkbox"/>	Less <input type="checkbox"/>
b. Long Distance	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
c. Short Distance	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
d. Handicap Runs	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
e. Cross Country	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
f. Home Runs	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
g. Pack Runs	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
h. Novelty Events	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>
i. Walking Events	" <input type="checkbox"/>	" <input type="checkbox"/>	" <input type="checkbox"/>

Comments on Above

2. LONG WEEKEND RUNNING CAMPS

- a. Do you think we should continue the camps ? Yes No
- b. If yes, would you attend ? " No
- c. If yes, state your preferred location.

3. VETRUN CONTENT

- a. Are you happy with the Vetrun content ? Yes No
- b. If no, how do you suggest it be improved ?

4. EVENT ORGANISATION

a. Are you happy with organisation of events ? Yes No

b. If no, how do you suggest it be improved ?

5. CLUB INFORMATION

a. Are you happy with the club information system ?
i.e. Notice Board, Vetrun, Library, Verbal. Yes No

b. If no, what do you suggest to improve it ?

6. HANDICAPPING

a. Are you happy with the handicapping system ? Yes No

b. If no, how do you think it can be improved ?

7. PLEASE MAKE ANY GENERAL COMMENTS YOU THINK WILL ASSIST IN MAKING THE CLUB EFFICIENT

When completed, please return to any Committee person or post to :-

K. Forden
66 Trappers Drive
WOODVALE 6026.

TRACK AND FIELD RESULTSOCT/NOV 1987

Name	Age	100	200	400	1500	3K	5K	10K	Javelin	L	J	Name	Age	100	200	400	1500	3K	5K	10K	Javelin	L	J		
										T	J												T	J	
B. Danby	35			72.7	5.07	10.34		34.46				E. Hindle	35	12.9										L 5.32	
C. Burwood	35				5.20	11.45						J. Sanger	35				7.48W				60.35W			T 10.77	
A. Jenkins	40	13.3	27.14			11.25		43.58				J. Chambers	35				5.23				41.37			L 4.01	
B. Foley	40	13.9	28.37			10.14			21.10			A. Aldrich	40												
J. Yates	40					11.59						J. Johnson	40	13.1	28.37	65.4								T 9.35	
K. Martin	40	12.1	25.53	57.4	10.29W							E. Mercer	40			77.6	5.41			22.15				L 4.43	
G. Charman	40					10.35						J. Langdon	40							14.13				L 3.64	
H. Holland	40	12.0										J. Stone	40								30.20W				
B. Oliver	40	13.1										L. Richards	40			76.3									
K. Fordan	45							41.10				V. Prescott	40		31.64	85.9	6.57								
P. Martin	45					10.56		38.51				P. McLiver	40			76.1	5.40								
D. Caplin	45				4.33	10.50						J. Fletcher	40				5.47								
K. Gilbert	45				4.27	9.39						S. Hodge	40								23.02				
B. Carse	45				4.20			34.57				S. Maslen	45			7.27	16.25								
B. Kernaghan	45		24.45									J. Pellier	45					13.07			46.56				
J. Pellier	45							37.40				K. Holland	45	13.4											
B. Sanr	50							39.26				M. Stone	45			8.40W					66.36				
J. Whil	50						32.40W	67.31W				D. Whittam	50	13.7	29.62	70.2								T 8.21	
D. Clive	50	11.8										S. Cross	50				9.25W							L 3.7	
A. Chambers	50				6.18			51.28				P. Carr	55	15.5	33.95	80.3								T 7.6	
E. Maslen	50				4.34							L. Butcher	55								14.00	23.27		L 3.17	
K. Martin	50					10.56						V. Tyson	65				10.02W	21.43W			33.36W				
B. Worner	55					19.03W						W. Davidson	40											49.48	
A. Stone	55				10.22W	13.05			32.50																
D. Carr	55		27.70	60.5	5.11	10.11		45.16																	
F. McLinden	55				5.12																				
D. Stone	55						30.44W																		
A. Tyson	60								19.25																
G. Morgan	60				6.27	13.24		47.48																	
D. Jones	60	13.3	27.90																					T 8.51	
																								L 4.32	
C. Bould	70					13.57		47.56																	
J. Collins	75				10.28W		37.14W	73.30W																	
M. Warren	50							42.34																	
F. McLinden	50							39.24																	
B. Aldrich	55							45.09																	

TIME TRIALSCo-ordinator

- 19/11/87, at Coker Park 6 p m 100, 400, 3K, 1500 Walk, Triple Jump, Shot Putt David Clive
- 26/11/87 at McGillivray 6 p m 3K(Points), 200, Javelin Peter Sanders
- 03/12/87 at Coker Park 6 p m 1 mile (Points), Discus (Points), 100 M John Maddison
- 10/12/87 at McGillivray 6 p m 400M (Points), Long Jump (Points), 5Km, 1500 Walk Basil Worner
- 17/12/87 at Coker Park 6 p m 2K Walk (Points), Shot Putt (Points), 400, 10K K. Martin