



The Vetrun



No. 206 NOVEMBER 1989

W.A. VETERANS' A.C.

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Conscience is still the small voice within - where the accoustics are so bad.

COMMITTEE MEETING. QUIZ NIGHT. Although this year there was a very disappointing turnout to the event, the night made approximately \$400 for the club and was enjoyed by all who attended.

CLUB ANNUAL DINNER. This event is still being held on the 17th November 1989, at the Nedlands Yacht Club, The Esplanade, Nedlands. If you haven't got you're tickets yet there is still time, if you contact a member of the committee quickly. The tickets are \$20 per person and includes beer, if you want any other drinks its BYO. Come along and enjoy an evening of conviviality and good food.

CLUB EQUIPMENT. If you are holding any of the clubs equipment would you let Vic Beaumont know what it is that you have please. (419 1110)

CLUB LONG WEEKEND AWAY. If you have any suggestions for the long weekend in September 1990 would you please ring Rob Davis and let him know. This year it was at Tone River, those who attended said that it was one of the best locations that we have been to.

The committee would like to thank all those club members who contibuted prizes for the quiz night and the following business's who donated prizes=

Astor Cinema	10 double dress circle passes
Dirty Dicks	6 x 50% discount passes
Regal Theatre	2 tickets to Footrot Flats the Musical
Playhouse Theatre	2 complimentary Tickets
Civic Theatre Restaurant.	1 complimentary Ticket
Down to Earth Bookshop	2 x \$10 Gift Vouchers
K Mart	\$20 Gift Voucher
Gull Service Station Wembley	\$20 Petrol Voucher

Our especial thanks also go to Barrie Slinger for yet again making up a tasting set of questions and to his team of helpers, without them we would not have a Quiz Night.

Thank You All.

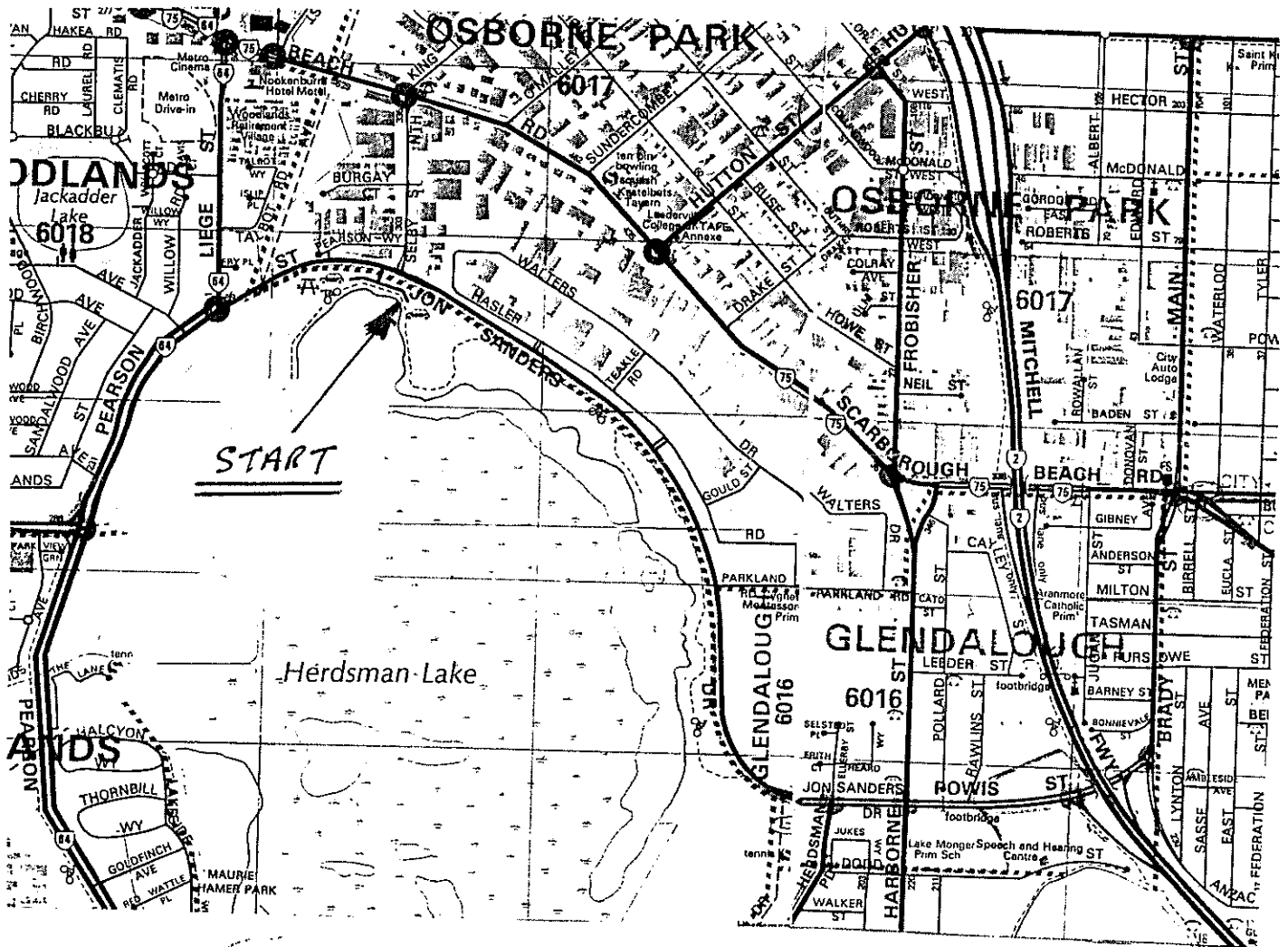
NATIONAL TRACK & FIELD CHAMPS 1990. Make a note for your diary that these Championships are to be held on 13 - 16 April 1990 in 'Sunny' Melbourne, over Easter. The Australian Veterans Marathon Championships are held in conjunction with the Nike Marathon in Canberra each year and this is usually two weeks after Easter which would make it the 29th April. More details will be published about both these events as it comes to hand.

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

Estelle Rogers	32, King George St, Innaloo.	6018 446 8860	17/03/56
Frank G Johnston	348, Robinson Rd, Cloverdale.	6105 277 5167	19/07/44
Lee Copping	50, Hope Ave, Manning.	6152. 450 2410	29/05/53
Charlie Copping	" " " "	" "	06/01/52

CHANGE OF VENUE. HARDY'S RUN 19th November 1989. The run scheduled for Millington Reserve has been changed and will now be run at

Herdsman Lake. The start will be at the Perth Pony Club, Jon Sanders Drive 200m west of Selby Street North. See Map below) The course will be 1 or 2 laps of 7km each. Start 8am.



LINE TOUR.

A group of members will be visiting the LAMONT WINERY on the 17th December 1989 after the Christmas Gift Run.

A bus will pick up those interested at McCallum Park and return them there after the visit. Luncheon will be Al Fresco in a rustic setting.

Come along and join in the fun. For further information contact:-

Barrie Slinger 386 7727
Keith Forden 409 6693

BIG THANK YOU.

Sue Danby would like to thank everyone for making her so welcome during her first year with the club on Oz.

CHANGE OF NAME. JACKIE GREENFIELD.

To avoid confusion I have found it prudent to resort to my maiden name of JACKIE BILLINGTON so those that never look at the age or sex on the result sheets will not be confused by the similar times.

TIME TRIAL CO-ORDINATORS. (M = McGillivray: C = Coker Park)

Nov 2nd	C	Bob Schickert/ ?	Nov 30th	C	Don Caplin/ ?
Nov 9th	M	Mike Rhodes/Jan Johnson	Dec 7th	M	Marge & Keith Forden
Nov 16th	C	Bert & Bridget Carse	Dec 14th	C	Joan & John Pellier
Nov 23rd	M	Brian Danby/Jan Johnson	Jan 4th	C	Bob Sammells/Keith Martin

Points events take precedence.

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V11 WORLD VETERANS' CHAMPIONSHIPS, EUGENE, OREGON, U.S.A.

Nineteen Western Australians went to the above Championships - fifteen athletes and four supporters. The unexpected competitor was Wayne Jones, a member of the W.A. Marathon Club who ran very well in the road race.

Everyone was impressed by the way that the events were conducted and know now why Eugene is known as "Track Capital of the World". The Hayward Field is beautifully situated at the Oregon State University and is within easy reach of the downtown area. The other track at Silke Field in the adjoining town of Springfield was used for some events and is about 5 km. from the main site. The surface of this track was bitumenised rubber and felt a little strange but after one got used to it there was no real problem.

During training in the days before the competitions it was interesting to meet many people from other countries. Some had competed at San Diego in the U.S. Masters Nationals and spoke with enthusiasm about this meeting. Also at the track were some of the legendary Oregon track coaches and a few of our members received expert coaching. A large number of the visitors were accommodated at the University and found it very convenient. The cafeteria was available to all and provided a wide selection of delicious food. It was necessary to restrict ourselves to the number of meals we consumed to avoid putting on weight!

A "getting-to-know-you" meeting for visitors and locals was organised in the downtown square. It was well attended and a festive atmosphere prevailed.

A hosting scheme was in operation at the University and the townfolks took many visitors to functions at their homes, dinners, barbecues and on trips to see the fabulous tourist attractions. Oregon is famous for its spectacular coastline, National Parks, Crater Lake and the snow-covered volcanic Mt. Hood. It was a great way to travel, with the locals. Many friendships were made with these very kind people, many of whom were not even involved in athletics. Even so, a lot of these hosts and hostesses came and cheered on their new found friends. The weather for the eleven days was ideal, very little wind. Only one rainy day.

The inaugural 10 k. road race took place through the streets of downtown Eugene and was well received by the enthusiastic citizens. The next day was the official opening ceremony before a crowd of about 10,000. Lead by a pipe band, boy and girl scouts carried the flags and placards of the 58 nations represented. Most of the 4,700 athletes followed. Then distance runner Kip Keino ran into the stadium carrying the "friendship torch" and lit the flame as hundreds of coloured balloons were released.

It was obvious that the standard of competition was going to be very high with former Olympians Al Oerter, Kenny Moore and Bob Richards taking part, Wilson Waiga running as a veteran as well as the regular stars going for gold.

One amazing event followed another. It became so exciting that one did not want to miss a day of the eleven day meeting. Australians were to the fore in a lot of the events. It was wonderful to see Gus Theobald still winning the walk in great style, Harry Gathercole looking so strong in the M80, the brilliant efforts of Tom Roberts, Alan Bradford, Fred O'Connor, Judy Daly, Wendy Eye and all our other winners.

Of course the efforts of John Gilmour and Shirley Brasher were an inspiration to us all.

Outstanding British runner Ron Taylor was very confident and impressive. Mexican Antonio Villeunova again showed his tremendous endurance and the awesome Derek Turnbull set new records and lost old ones to the brilliant Norm Green. Who could ever forget all the world records being broken. The run by Wilson Waiga had the crowd on its feet. The winner of the most gold medals was U.S. W40 Phil Raschker who dominated on the track and field.

The final event - the Marathon. We had been watching the runners around the course which followed very pleasant pathways around the river that runs through Eugene and then gathered inside the arena at the football ground for the finish. It was like being at the M.C.G. A great round of applause cheered the winner from Columbia, and soon after all the Western Australians went wild with excitement when Frank Smith came in to win the M40. He was fourth overall.

Following the moving closing ceremony which featured a male choir and a parade of competitors, organisers and helpers, the crowds dispersed for dinners and parties. The West Aussies celebrated at a town bar - the only one where we found we could sample the different beers before buying!

All agreed that it had been a highly successful championship which had set a new standard for other countries to follow. For a small community like Eugene/Springfield with about 60,000 pop. it was a magnificent effort. The 400 volunteer officials were most helpful and were careful to explain procedures.

Some of our club members obtained medals by good efforts in teams events which are conducted in cross country, road walks and the marathon. Competitors should be aware of this in future championships.

Australia was down on participants in relays and it is strange that we do not programme these exciting events.

Most people who experienced the thrill of either competing or watching the Eighth Veterans' Athletic Championships are looking forward to being at Turku, Finland, in 1991.

Allen Tyson

ATHLETIC ASSOCIATION WINTER SEASON

The WA Veterans Club had a successful season in the Athletic Association road and cross country programme. The women's team finished in first place in B grade, while the men were third in A grade and won the D grade competition.

It was not until the last event of the season - the York to Toodyay relay - that the final placings were decided. Our ladies organised a formidable team with Michele Boyle and Maxine Santich joining the regular runners late in the season. Their team performed consistently, with placings in most relay events throughout the year. There were eleven women who competed over the season and this was the first time that the club was successful in the ladies section.

Other members of the team were - Dorothy Whittam, Pat Carr, Peggy MacIver, Val Prescott, Jan Johnson, Jaqui Greenfield Lorna Lauchlan, Alison Aldrich and Karen Gobby.

The men's team performed creditably in their first year in A grade, after winning the B grade the previous year. As our club's success depends mainly on depth of numbers, rather than on ability against the younger members of the stronger clubs, we welcome any of our club runners to join us next season.

Brian Foley.

W.A. VETERANS AMATEUR ATHLETIC CLUB

An Outline of the Club Happenings

Club Objective:

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. The Committee may accept associate members.

Sunday morning runs:

These are the main club function each week of the year, although some weeks we join fun-runs or Marathon Club distance events.

For the majority of runs, club members just turn up at the starting point, which is listed on our programme. Race directions and a short discussion of any news and visitors takes place just before the start of the race. A number will be given out at the finish line and finishers then queue at the recording table. Your time will be taken at the finish line on a print-out stop watch so you will be able to obtain your time after the race has finished. All results are printed in our club newsletter, the "Vetrun", each month. After a run we sit around having breakfast or a beer or two. When the letter 'M' is shown alongside a run in the programme, coffee, tea and biscuits are provided by the club for a 50c fee. The letter 'B' is a BYO BBQ - we provide the flames.

Track and Field:

We meet for Track and Field events on Thursday evenings from October up until 2 weeks before Easter when the Track and Field State Championships are held. Events start at 5.30 p.m. in October and 6.00 p.m. from then on, alternating between Coker Park, Cannington and MacGilvray Oval, Floreat. Entry fee is \$1.00 per night, and a varied programme of sprints, middle and long distance and field events is provided. Consult the "Vetrun" for the programme. New members may find hidden talents, and coaching by very experienced members can assist those with no previous training to produce records.

A fortnight before Easter we hold our Annual Championships as a warm-up to the Australian Veterans Championships which are held every Easter in alternating capital cities.

Field events training is held from October to March at Perry Lakes Stadium at 5.30 p.m. or 6.00 p.m. on Tuesdays. We have a strong track and field competition on Saturdays in association with the Athletic Association of W.A. Any member of our club and join and compete in performance-graded events.

During the winter cross-country and road running and team relays are held.

Runs of Special Interest:

Cross Country Championships at Jorgenson Park

A demanding course around the old golf-course. Certificates are awarded to the first 3 finishers in each age group. Lunch is held at the park in the old clubrooms with our ladies providing a most sumptuous meal for a cost of around \$4.00. You should bring your own liquid sustenance. There are no showers, but a COLD water hose has washed down many cold dirty legs! It often rains and is cold outside, but the hall is cosy with an open fire-place. A great day.

Christmas Gift Run

This is run around Herrison Island. Take a small gift (about \$4 in value) and place it at the base of our tree. After the race, the Race Director will play Father Christmas.

Club Picnic Run

A great run around Yanchep National Park and its lake, followed by the Picnic. Games are often organized afterwards, depending on conditions. Ideas are always welcome.

Deadly Medley and Dave Jones' Relay

These two runs are a lot of fun and provide good training. They consist of teams running several short-distance legs. Just turn up and we will arrange you in a team.

Certificate Runs

Certificates are given to the first 3 placegetters in each age group for the following events: Mill Point Championships; Half-Marathon; State Cross-Country and Pentathlon. Watch for results in the "Vetrun" and if you win one please see the committee, as many never get picked up.

Trophies

1. *Patron's trophy:* awarded to the male and female winners for Thursday evening track time-trials which are conducted on a point score for age.
2. *Handicap trophy:* awarded for specified events.
3. *West Coast Challenge trophy:* awarded to 1st male and female in this run.
4. *Carr - Shand trophy:* awarded to winner of Rovers Rest run handicap event.
5. *Reg Briggs trophy:* awarded to the most improved veteran who has been a member for at least two years.
6. *John Tarrant/Dot Browne trophy:* awarded to the first male and female winner of Jim Barnes' run.
7. *Athlete of the Meet trophy:* awarded to the most outstanding athlete of the State Track and Field Championships.

8. *Cliff Bould trophy*: awarded to the winner of the Cliff Bould handicap run.
9. *Andy Wright Memorial trophy*: awarded to the male and female winners of the Andy Wright Memorial run.
10. *Dick Horsley trophy*: awarded to the winning husband and wife team in the Darlington Dash run.
11. *10K Track trophy*: awarded to the winner of the 10K handicap track event.
12. *Dunlop Footwear trophy*: awarded to the male and female 24 hour track relay team who hold the Australian record.

Walkers

Road walks are held in conjunction with our runs, although not always on the running course, e.g. cross country runs, where the terrain is not suited for race-walking.

Running Championships

These are held over three events: 10K, 15K, 25K. The winner is the runner with the lowest aggregate time.

Handicap System

A handicap mark is based on the best three runs for a particular distance during the previous 12 months, and are upgraded after every event if necessary.

Social Functions

Long Weekend Camps

These are held in March and September each year at various venues such as Eaton and Donnelly River Mill. You will need to bring everything you require in the way of food, drink and bedding. Kitchens, beds, showers and drinking water are provided. These weekends usually consist of a run or walk around 7 a.m., followed by breakfast, relaxing and socializing until lunch. Depending on the venue, various activities are undertaken during the afternoons, such as sightseeing, games, canoeing, swimming, bushwalking, winetasting, etc. Dinner can be a BBQ or casserole night, followed by social activities such as country dancing, sing-songs, joke telling.

A *Quiz Night* is usually held once a year, and donations for prizes are always gratefully accepted.

The *Annual Club Dinner-Dance* is a great social occasion, and is usually held around October or November each year. Check the "Vetrun" for details.

The "Vetrun" is the line of the club – it contains many interesting and informative articles, and it is worth your time to read ALL of it!

STATE RECORDS

Records for National Championships events only are listed in this Vetrun. They are up-to-date from information available as far as the World Games. Would those who competed in Oregon please check the official results and claim any records that may have been missed.

You will also see that the Men's and Women's Marathon lists are far from complete. Don't be bashful; if you can claim an Age Group record then please do so.

Next month's Vetrun will feature the non-National Championships events. records. These range from 60m to Six Days on the track, Road Walks of up to 50K and some Throws. There are many gaps in these records, too, so sent in your PBs and help to fill them.

National and World records. Roy Foley, the National Statistician, issues State Statisticians with details of new records periodically throughout the year. Rather than re-type these for the Vetrun, I would refer interested members to The Veteran Athlete newspaper which publishes World and National records from time to time.

If you are not a subscriber to this important publication then take out a subscription now and find out about events in veterans athletics at home and overseas.

Bob Sammells

W.A. VETERANS STATE RECORDS NATIONAL CHAMPIONSHIPS EVENTS

(MEN)

Note. a = Australian Record
w = World Record

100m

M35	P. GARE	11.20	20. 2.77	M60	R. DE GRUCHY	66.00	12.87
M40	P. GARE	11.20	23. 1.82	M65	D. HORSLEY	73.80	9.10.80
M45	B. KERNAGHAN	11.50	6. 4.85	M70	D. HORSLEY	75.40	23. 2.84
M50	D. CLIVE	11.60	6.10.88	M75	R. BRIGGS	85.40	19. 2.81
M55	R. HARRIS	12.60	25. 3.89				
M60	D. JONES	13.20	11.12.86				
M65	P. CORLEY	13.50	15.12.88				
M70	C. BAUMANN	16.00	11.12.86				
M75	R. BRIGGS	17.50	8. 1.81				
M80	J. SANDERS	25.60	19. 3.88				
M85	T. JONES	22.40	10. 4.82				
M90	T. JONES	24.00	3. 3.84				

200m

M35	J. GOLD	23.10	12. 2.83				
M40	P. GARE	23.30	28.11.81				
M45	B. KERNAGHAN	23.40	7. 4.85				
M50	D. CLIVE	24.10	26. 3.87				
M55	R. HARRIS	26.30	26. 3.89				
M60	D. JONES	26.40	12. 2.87				
M65	P. CORLEY	28.50	26. 1.89				
			26. 3.89				
M70	D. HORSLEY	34.60	1.11.84				
M75	R. BRIGGS	37.20	18.12.80				

400m

M35	P. GARE	50.50	14. 2.76				
M40	B. KERNAGHAN	52.30	14. 2.83				
M45	B. KERNAGHAN	53.10	6. 4.85				
M50	D. CLIVE	54.70	14. 3.87				
M55	D. CARR	57.80	4. 3.89				

800m

M35	J. MOLLOY	2.01.50	9. 3.89
M40	K. GILBERT	2.01.10	11. 4.82
M45	K. WHEELER	1.59.00	4. 3.89
M50	D. CARR	2.08.80	4.83
M55	D. CARR	2.09.78	1.12.87
M60	J. GILMOUR	2.16.98a	1.81
M65	J. GILMOUR	2.33.18	19. 4.87
M70	J. GILMOUR	2.39.02	7.89
M75	J. SHEPHERD	3.39.50	11. 4.82

1500m

M35	D. CAPLIN	4.12.70	10. 3.79
M40	D. CAPLIN	4.12.00	1. 3.80
M45	K. WHEELER	4.02.10a	25. 3.89
M50	E. MASLEN	4.31.00	8. 2.86
M55	J. GILMOUR	4.22.00	5.11.75
M60	J. GILMOUR	4.29.00aw	22.12.79
M65	J. GILMOUR	4.49.16	29. 6.85
M70	J. GILMOUR	5.09.73aw	7.89
M75	J. SHEPHERD	7.23.80	10. 4.82
M80	J. SANDERS	10.23.00	15. 3.86

5000m

M35 P. WALL	15.14.00	5. 2.80
M40 F. SMITH	15.49.00	24. 2.83
M45 H. STOFFERS	16.07.70	5. 4.87
M50 J. GILMOUR	16.05.80	13. 9.72
M55 J. GILMOUR	16.09.70	22. 1.76
M60 J. GILMOUR	16.33.30aw	11. 4.82
M65 J. GILMOUR	17.25.30aw	27. 6.85
M70 J. GILMOUR	18.46.62aw	7.89

HIGH JUMP

M35 T. REYNOLDS	1.71	10. 4.77
M40 B. WOLFS	1.55	5. 4.87
M45 K. MARTIN	1.50	25. 3.89
M50 J. COCHRANE	1.49	29.11.87
M55 N. GOFF	1.35	29. 3.76
M60 D. JONES	1.25	5. 4.87
M60 G. FOLEY	1.25	25. 3.89

10,000m

M35 J. LANGFORD	32.57.00	9. 4.82
M40 F. SMITH	32.36.00	24. 2.83
M45 F. SMITH	32.41.00	7.89
M50 J. GILMOUR	33.05.00a	27. 8.72
M55 J. GILMOUR	33.40.00	5. 8.74
M60 J. GILMOUR	34.23.00aw	26.11.80
M65 J. GILMOUR	36.11.00a	10.84
M70 J. GILMOUR	38.26.00aw	21. 6.89

LONG JUMP

M35 T. REYNOLDS	6.36	8. 1.77
M40 M. TOLBERT	6.23	25. 3.89
M45 P. GARE	5.67	25. 3.89
M50 N. GOFF	5.64	14.12.74
M55 N. GOFF	5.15	10. 3.79
M60 N. GOFF	4.35	10. 4.82
M65 P. CORLEY	4.75	16. 2.89
M70 D. HORSLEY	3.28	1. 3.84

80m HURDLES (76.2cm) M70+

100m HURDLES (84cm) M60 - M65

M60 N. GOFF	19.90	10. 4.82
M65 N. GOFF	21.30	25. 3.89

100m HURDLES (91.4cm) M50 - M55

M50 N. RICHARDS	20.10	25 .3.89
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110m HURDLES (99.1cm) M35 - M45

M35 T. REYNOLDS	16.20	30 .1.77
M40 R. JOHNSON	19.50	15 .1 77
M45 D. WALKER	20.70	31 .1.82

300m HURDLES (84cm) M50 - M55

M50 N. RICHARDS	51.20	26 .3.89
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300m HURDLES (76.2cm) M60+

400m HURDLES (91.4cm) M35 - M45

M35 J. MOLLOY	58.90	26 .3.89
M40 B. KERNAGHAN	62.60	2 .3.85
M45 W. GROOM	60.50	7.89

2000m STEEPLECHASE M60+

M60 A. TYSON	8.21.46	19 .4.87
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3000M STEEPLECHASE M35 - M55

M35 D. REID	10.14.70	25 .2.82
M40 E. MASLEN	9.44.00	22. 1.77
M45 E. MASLEN	10.19.20	7.11.81
M50 E. MASLEN	10.51.40	21.11.87
M55 A. MERRETT	11.18.00	30. 7.79

5000m WALK

M35 D. FAUX	25.44.70	10. 4.82
M40 A. WHITLEY	23.38.80	25. 3.89
M45 G. AUDLEY	26.26.50	1. 4.84
M50 D. STONE	26.10.80	22.12.82
M55 P. DAVIES	30.21.00	16. 3.86
M60 D. HORSLEY	26.33.00	27. 2.74
M65 D. HORSLEY	27.32.00	19. 8.78
M70 D. HORSLEY	29.35.50	20. 1.83
M75 J. COLLINS	35.52.71	4.12.87
M80 J. SANDERS	44.58.00	16. 3.86
M85 J. SANDERS	48.31.00	25. 3.86

TRIPLE JUMP

M35 T. REYNOLDS	12.37	20. 3.77
M40 M. TOLBERT	12.78	26. 3.89
M45 K. MARTIN	11.44	26. 3.89
M50 J. COCHRANE	11.34	1.12.87
M55 N. GOFF	11.46	10. 1.76
M60 N. GOFF	9.36	11. 4.82
M65 P. CORLEY	10.09	26. 3.89
M70 D. HORSLEY	7.08	23. 2.84

POLE VAULT

M35 R. GOFF	3.05	26. 3.89
M40 P. SMITH	3.40	10. 4.82
M45 E. MASLEN	2.75	2. 1.84
M45 P.GARE	2.75	26. 3.89
M50 E. MASLEN	2.55	16.11.85
M55 N. GOFF	2.40	14. 1.79
M60 N. GOFF	2.05	4.82

DISCUS (2KG) M35 - M45

M35 E. NIEMANIS	40.24	19. 4.77
M40 R. BROWN	48.16	11. 4.82
M45 F. LEONG	33.60	19. 1.89

DISCUS (1.5KG) M50 - M55

M50 J. COCHRANE	40.72	5. 4.87
M55 A. STONE	35.93	20. 3.88

DISCUS (1KG) M60+

M60 W. CHAPMAN	38.64	20.10.84
M65 R. HORSLEY	26.92	22. 2.78
M70 S. COLEMAN	33.62	25. 3.89
M75 R. HORSLEY	20.11	15. 3.89

HAMMER (7.26KG) M35 - M45

M35 E. NIEMANIS	46.85	19. 2.75
M40 R. FERGIE	31.26	29. 1.78
M45 R. FERGIE	33.64	24. 3.85

HAMMER (6KG) M50 - M55

M50 B. FERGIE	32.18	24. 3.89
M55 A. STONE	22.52	3. 4.88

HAMMER (5KG) M60 - M65

M60 W. CHAPMAN	28.88	5. 4.87
M65 R. GOFFLEY	21.46	24. 3.89

W.A. VETERANS STATE RECORDS
NATIONAL CHAMPIONSHIPS EVENTS

(WOMEN)

Note. a = Australian Record
w = World Record

HAMMER (4KG)

M70	S. COLEMAN	38.04	24.	3.89
M75	D. HORSLEY	18.70	11.	3.88

JAVELIN (800G) M35 - M45

NEW IAAF SPECIFICATION

M35	R. GOFF	42.44	26.	3.89
M40	J. BAUMANN	37.92	26.	3.89
M45	F. LEONG	41.60	26.	3.89

JAVELIN (700G) M50 - M55

M50	M. MARSH	31.94	26.	3.89
M55	A. STONE	32.88	26.	3.89

JAVELIN (600G) M60+

M60	N. GOFF	24.92	11.	2.82
M65	P. CORLEY	25.99	2.	3.89
M70	C. BAUMANN	23.60	19.	2.89
M75	D. HORSLEY	13.68	13.10.	8.88

SHOT PUTT (7.26KG) M35 - M45

M35	E. NIEMANIS	12.90	10.12.	7.77
M40	R. BROWN	16.51a	10.	4.82
M45	F. LEONG	10.54	26.	3.89

SHOT PUTT (6KG) M50 - M55

M50	J. COCHRANE	13.27	5.12.	8.77
M55	A. STONE	10.15	3.	4.89

SHOT PUTT (5KG) M60 - M65

M60	W. CHAPMAN	9.96	5.	1.89
M65	P. CORLEY	7.89	2.	2.89

SHOT PUTT (4KG) M70+

M70	C. BAUMANN	9.37	5.	2.87
M75	R. BRIGGS	7.78	12.	3.81

PENTATHLON (LJ/JAV/200/DIS/1500)

M35	R. GOFF	2961	27.	3.89
M40	B. CORNISH	2945	27.	3.89
M45	H. HOLLAND	3211	27.	3.89
M50	N. RICHARDS	2585	12.	3.88
M55	D. CARR	2692	12.	3.88
M60	D. JONES	2798	28.	3.87

MARATHON

M45	F. SMITH	2.34.17		7.89
M55	J. GILMOUR	2.38.19	22.	6.78
M60	J. GILMOUR	2.41.07aw	22.11.	8.1
M65	J. GILMOUR	2.57.59	28.	9.86

20,000m WALK - ROAD

M40	J. MISON	1.43.48	27.	3.89
M45	G. AUDLEY	1.48.18		2.84
M50	G. AUDLEY	1.53.37		8.86
M60	D. HORSLEY	1.56.43	29.	7.73
M65	D. HORSLEY	2.07.00	14.	6.81
M75	J. COLLINS	2.30.04	11.10.	8.77

100m

W30	E. HINDLE	12.10a		3.82
W35	K. HOLLAND	12.00a	8.	2.78
W40	K. HOLLAND	12.40	6.12.	8.0
W45	K. HOLLAND	13.25	23.	6.85
W50	D. WHITTAM	13.70	5.11.	8.7
W55	P. CARR	15.10		2.88
W60	J. STRACHAN	19.60	15.	3.86
W65	V. TYSON	20.20	19.	3.88
W70	B. BAUMANN	18.10	22.	1.86

200m

W30	E. HINDLE	25.57a		83
W35	K. HOLLAND	24.60a	26.	3.79
W40	K. HOLLAND	25.60		1.81
W45	K. HOLLAND	27.10	14.	3.87
W50	D. WHITTAM	29.60	18.	2.89
W55	P. CARR	31.60	23.	3.87
W60	V. TYSON	43.30	20.	3.88
W65	V. TYSON	45.30	26.	3.89

400m

W30	E. HINDLE	57.70	27.	2.82
W35	K. HOLLAND	56.00a	23.	3.78
W40	K. HOLLAND	59.30	7.	4.80
W45	K. HOLLAND	60.66	27.	6.85
W50	D. WHITTAM	70.20	15.10.	8.7
W55	P. CARR	75.50	21.	3.87
W60	P. HEAD	1.47.20	19.	3.83
W65	P. HEAD	1.50.24	29.11.	8.7

800m

W30	J. CHAMBERS	2.19.30	7.	1.84
W35	J. CHAMBERS	2.22.00		3.11.84
W40	K. HOLLAND	2.29.60	28.11.	8.1
W45	K. HOLLAND	2.38.60	12.	2.89
W50	M. HARMAN	2.47.90	26.	3.89
W55	P. CARR	3.06.80	19.	2.87
W60	P. HEAD	3.43.20	20.	3.83
W65	P. HEAD	3.58.60	20.	3.88

1500m

W30	T. BROCKWELL	4.34.50	1.	3.87
W35	M. SANTICH	4.57.40	25.	3.89
W40	A. SHAW	5.20.50	25.	3.89
W45	J. PELLIER	5.34.00	29.11.	8.4
W50	M. HARMAN	5.30.10	25.	3.89
W55	P. CARR	6.33.00	26.	2.87
W60	P. HEAD	7.06.00	19.	3.83
W65	P. HEAD	7.57.60	25.	3.89

5000m

W30	T. BROCKWELL	17.42.60	5.	4.87
W35	J. CHAMBERS	18.39.70	23.	3.85
W40	A. SHAW	19.56.10	26.	3.89
W45	M. STEWART	20.17.20	26.	3.89
W50	M. HARMAN	20.08.10	26.	3.89
W55	L. LAUHLAN	23.47.70	1.12.	8.7

5000M (Contd.)

W60	J. STRACHAN	26.38.00	26. 3.89
W65	P. HEAD	27.22.90	1.12.87

10,000M

W30	T. BROCKWELL	36.14.90	21. 2.87
W35	M. SANTICH	39.00.45	3.87
W40	A. ANSELL	42.24.00	30.11.86
W45	J. PELLIER	42.11.00	7. 3.85
W50	L. LAUHLAN	45.58.30	25. 3.81
W55	L. LAUHLAN	50.01.00	11.12.85
W60	P. HEAD	57.56.01	1. 4.84
W65	P. HEAD	100.22.50	12. 3.88

80m HURDLES (76.2cm) W40+

W40	E. HINDLE	11.80aw	25. 3.89
W60	P. HEAD	37.10	19. 3.83

100m HURDLES (84cm) W30 - W35

W30	E. HINDLE	14.30a	11.83
W35	E. HINDLE	14.50a	29.11.87

300m HURDLES (76.2cm) W50+400m HURDLES (76.2cm) W30 - W45

W30	E. HINDLE	63.20a	21. 2.82
W35	K. HOLLAND	63.70a	25. 3.78
W40	E. HINDLE	67.70	12. 2.89
W45	K. HOLLAND	72.80	2.88
W45	K. HOLLAND	73.60	26. 3.89

2000m STEEPLECHASE

W40	A. SHAW	8.34.10aw	25. 3.89
W45	E. MERCER	8.41.64a	7.89

5000m WALK

W30	C. HOLLAND	32.07.00	23. 2.89
W35	B. SALTER	25.57.00	8. 2.86
W40	M. FAWKES	27.06.80	25. 3.89
W45	M. STONE	31.14.00	2. 4.88
W50	S. CROSS	34.07.00	12. 3.88
W55	L. LAUHLAN	31.21.70	4.12.88
W60	V. TYSON	36.04.00	31. 3.86
W65	V. TYSON	34.13.00	2. 4.88

HIGH JUMP

W30	E. HINDLE	1.49	20.12.81
W35	E. HINDLE	1.49	4. 3.85
W40	E. HINDLE	1.45	25. 3.89
W45	T. MANLEY	1.20	1. 4.82
W50	T. MANLEY	1.15	15. 3.86

LONG JUMP

W30	E. HINDLE	5.55	10. 4.82
W35	E. HINDLE	5.72	1.88
W40	E. HINDLE	5.47	4. 2.89
W45	K. HOLLAND	4.47	25. 3.89
W50	D. WHITTAM	4.24	28.11.87
W55	P. CARR	3.76	2.88
W65	V. TYSON	1.83	19. 3.88

TRIPLE JUMP

W30	P. DAWSON	9.96	26. 3.89
W35	E. HINDLE	11.57a	1. 3.87
W40	E. HINDLE	10.90a	14. 1.89

TRIPLE JUMP (Contd.)

W40	E. HINDLE	10.92	7. 1.89
W45	K. HOLLAND	9.43	20. 3.88
W50	D. WHITTAM	9.32	3.12.88
W55	P. CARR	8.75aw	28.11.87

POLE VAULTDISCUS (1 KG)

W30	C. HOLLAND	28.50	15. 3.89
W35	K. HOLLAND	27.48	16.12.78
W40	L. CARTER	29.56	25. 3.89
W45	K. HOLLAND	24.24	25. 3.89
W50	D. WHITTAM	19.96	26. 3.87
W55	L. LAUHLAN	15.53	2.88
W60	R. MCMILLAN	19.20	25. 3.89
W65	V. TYSON	12.55	2.88
W70	B. BAUMANN	11.14	5. 4.87
W75	B. BAUMANN	13.14	23. 2.89

HAMMER (4KG) W30 - W45

W35	J. SANGER	9.72	20.11.86
W40	L. CARTER	34.52aw	24. 3.89
W45	M. STONE	15.44	11. 3.88

HAMMER (3KG) W50+

W50	D. WHITTAM	25.80	4.88
W55	L. LAUHLAN	12.14	3.87
W60	R. MCMILLAN	14.76	24. 3.89

JAVELIN (600G) W30 - W45

W30	G. WITTORFF	26.36	26. 3.89
W35	J. FLETCHER	24.30	31. 3.84
W40	J. FLETCHER	23.86	16. 3.86
W45	D. WHITTAM	22.80	16. 3.86

JAVELIN (400G) W50+

W50	D. WHITTAM	22.20	19. 4.87
W55	L. LAUHLAN	20.18	29.11.87
W60	R. MCMILLAN	22.80	26. 3.89
W65	V. TYSON	11.28	26. 3.89
W70	B. BAUMANN	10.92	5. 4.87
W75	B. BAUMANN	10.94	26. 3.89

SHOT (4 KG) W30 - W45

W30	C. HOLLAND	8.71	26. 3.89
W35	M. TAYLOR	9.41	26. 2.87
W40	J. JOHNSON	8.03	26.11.88
W45	G. RAPLEY	8.54	26. 3.89

SHOT (3KG) W50+

W50	D. WHITTAM	8.59	26. 3.89
W55	L. LAUHLAN	6.78	26. 3.89
W60	R. MCMILLAN	6.42	26. 3.89
W65	V. TYSON	5.98	19. 3.88
W70	B. BAUMANN	5.50	26. 2.87
W75	B. BAUMANN	5.06	20. 3.88
			26. 3.89

PENTATHLON (LJ/JAV/200/DIS/800)

W35	E. HINDLE	3119	5. 4.87
W40	E. HINDLE	3166	27. 3.89
W45	K. HOLLAND	2932	5. 4.87
W50	D. WHITTAM	2661	5. 4.87
W55	P. CARR	2338	5. 4.87

MARATHON

10,000m WALK (ROAD)

W35	J. SANGER	61.52.00	1.12.87
W40	M. FAWKES	54.32.00	27. 3.89
W45	J. GREENFIELD	63.29.00	7.89
W50	J. BEAUMONT	74.48.00	27. 3.89
W55	L. LAUCLAN	65.39.00	7.89
W65	V. TYSON	72.16.00	7.89

STATE CROSS COUNTRY CHAMPS. KINGS PARK. 17th September 1989.

Once again another great day for this run. I am sorry that the front runners went amiss, but at least we finished in the same spot for breakfast.

Thanks to the marshalls, flaggers and finish recorders. I think it was the first five runners that went wrong - notify me if this is not correct.

Winners in each age group are as follows:-

Brian Danby.

<u>M35</u>	<u>M40</u>	<u>M45</u>	<u>M50</u>	<u>M55</u>
1. J Molloy	1. M Rhodes	1. H Kirkman	1. E Maslen	1. M Cousins
2. W Pantall	2. B Danby	2. J Barnes	2. K Martin	2. D Carr
3. R Doust	3. M Khan	3. P Martin	3. R Atwell	3. G Schaefer
<u>M60</u>	<u>M65</u>	<u>M70</u>	<u>W40</u>	<u>W45</u>
1. B Jones	1. D Strachan	1. J Gilmour	1. K Noordyk	1. E Mercer
2. R Lawrence	2. F Usher		2. M Birks	2. M Forden
3. K Johnson	3. S Bowler		3. J Willers	3. F McLiver
<u>W50</u>	<u>W55</u>	<u>W60</u>		
1. A Turner	1. P Carr	1. J Strachan		
2. S Maslin	2. M Berry			

FULL RESULTS:-

Rob Catherall	M40	37.23	A Noordyk	M35	45.29
Duncan McAuley	M35	37.29	J Stickles	M50	45.31
Steve Barrie	M50	37.32	W Crellin	M50	45.32
Bob Argyle	M40	38.01	D Moffett	M55	46.02
Bob Schickert	M45	38.14	J Spencer	M50	46.04
Above all went off course.					
H Kirkman	M45	39.32	D Bryant	M40	46.17
J Molloy	M35	40:24	R Totter	M45	46.20
W Pantall	M35	40.55	K Noordyk	W40	46.26
M Cousins	M55	41.04	J Greenfield	M45	46.32
J Barnes	M45	41.28	E Mercer	W45	46.34
J Gilmour	M70	41.29	R Sutton	M50	46.46
M Rhodes	M40	41.38	K Woollard	M40	46.54
D Carr	M55	41.56	B Hardy	M45	47.11
B Danby	M40	42.20	B Worner	M55	47.12
E Maslen	M50	42.32	B Slinger	M45	47.31
J Calvert	vis	42.33	M Forden	W45	47.34
K Martin	M50	42.36	M Birks	W40	48.15
P Martin	M45	42.36	P McLiver	W45	49.14
R Doust	M35	42.37	V Beaumont	M55	49.18
M Khan	M40	43.03	G Peet	M55	49.43
R Atwell	M50	43.10	M Jones	M50	49.44
R Harris	M50	43.29	J Crawford	M50	50.09
G Schaefer	M55	43.50	M Faunge	M50	50.35
B Munyard	M45	43.58	R Lawrence	M60	50.53
S McCarthy	vis	44.07	D Drayson	M65	51.40
F McLinden	M55	44.17	J Lindsay	M40	51.43
J Ferris	M35	44.18	R Farrell	M45	52.04
J Pellier	M45	44.26	K Penton	W45	52.18
J Dartnell	M40	44.52	K Johnson	M60	52.30
M Brown	M55	45.11	D Strachan	M65	52.34
R Stewart	M45	45.14	A Turner	W50	54.17
B Jones	M60	45.19	J Pellier	W45	55.03
H McGlashan	M50	45.23	J Russell	M55	55.40
G Edwards	vis	45.23	A Aldrich	W45	55.41
V Waters	M45	45.24	J Strachan	W60	57.13
D Hough	M55	45.28	I Sutherland	M45	60.17
			E Moyle	M60	61.56
			P Carr	W55	62.39
			F Usher	M65	63.20
			M Stone	W45	63.57
			L Schickert	W45	68.54
			C Cole	W45	69.03
			M Berry	W55	69.14
			S Bowler	M65	69.15
			S Maslen	W50	70.13
			G Ralph	vis	70.14
			F Spencer	W45	70.55
			J Willers	W40	74.28
			(-4.40 late start)		
			<u>WALKERS</u>		
			<u>5km</u>		
			M Boyle	W40	29.57
			R Chalmers	M50	30.42
			I Smith	W35	37.30
			C Chalmers	Vis	38.03
			T Hassam	M55	39.06
			<u>6km</u>		
			E Romeo	W40	40.00
			<u>10km</u>		
			J Mison	M40	51.27
			J Beaumont	W50	78.38
			J Collins	M75	78.38

YORK - TOODYAY RELAY. 10th September 1989.

On Sunday 10th Sept. at about 8 o'clock, the slight chill in the air was barely noticed as the Veterans Women's team began to warm up for their inaugural run in the York to Toodyay relay. As York residents slept, the main street was a hive of activity as the runners, team managers and race organizers put final touches to the plans for the day.

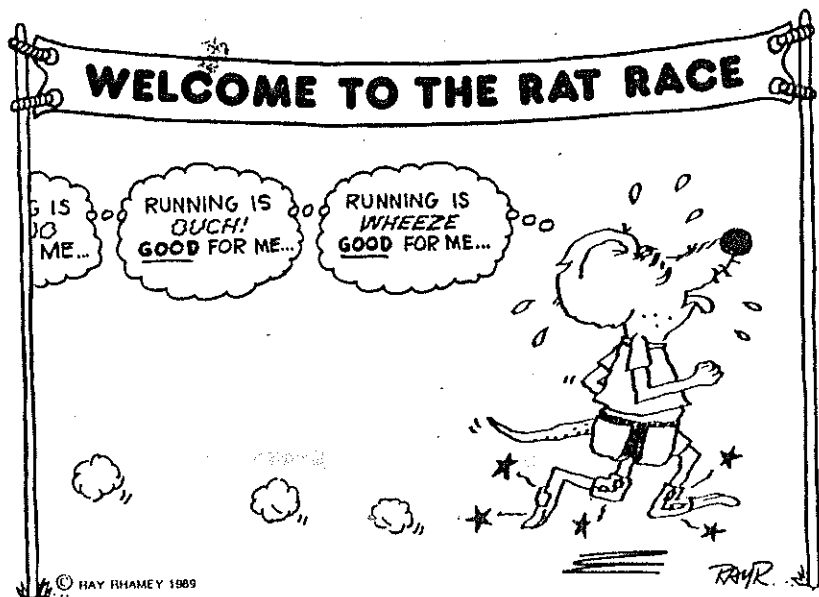
In past years the relay, which is about 67k long, had been broken into legs which varied between 6 and 10k. This year each leg was about 2k long. At the beginning of the relay the air was fairly still and cool. As the day progressed, especially towards the end of the race, it became much warmer as the sun sparkled through the trees. Karin Gobby got the team away to a great start, finishing slightly behind Midland, in second place. Maxine Santich also ran very well continuing to maintain second position. By the end of the fifth leg the team dropped back to third place.

During the 32 legs of the relay the members of the Women's team maintained a very high standard of competition. They all put forward their best efforts, as can be seen from the figures below. While the day was enjoyed it was not treated lightly. The hill, which stretched from the 22nd leg to the 26th leg, did not slow the women, Dorothy Whittam hurdled the 25th leg with the same gusto as she displays on the track. The women completed the relay in 4hours 47mins 40secs.

leg	runner	time/legs	dist	time/k
1	Karin Gobby	7 42	2.20	3 30
2	Maxine Santich	8 05	2.30	3 31
3	Peggy Macliver	9 29	2.30	4 07
4	Allison Aldrich	9 50	2.25	4 22
5	Michele Boyle	10 14	2.30	4 27
6	Jan Johnson	9 03	2.00	4 32
7	Dorothy Whittam	9 38	2.00	4 49
8	Karin Gobby	6 46	2.00	3 23
9	Maxine Santich	7 30	2.00	3 45
10	Pat Carr	11 03	2.20	5 01
11	Peggy Macliver	8 45	2.10	4 10
12	Allison Aldrich	9 45	2.20	4 26
13	Michele Boyle	10 26	2.15	4 51
14	Jan Johnson	11 01	2.40	4 35
15	Karin Gobby	8 26	2.40	3 31
16	Maxine Santich	7 52	2.00	3 56
17	Dorothy Whittam	9 29	1.95	4 52
18	Pat Carr	9 09	1.90	4 49
19	Peggy Macliver	9 12	2.10	4 23
20	Allison Aldrich	10 13	2.10	4 52
21	Michele Boyle	10 43	2.10	5 06
22	Karin Gobby	7 34	2.10	3 36
23	Maxine Santich	8 41	2.10	4 08
24	Jan Johnson	10 15	2.05	5 00
25	Dorothy Whittam	10 48	2.10	5 09
26	Pat Carr	10 49	2.20	4 55
27	Peggy Macliver	7 38	2.00	3 49
28	Allison Aldrich	9 07	2.20	4 09
29	Michele Boyle	7 24	1.70	4 21
30	Karin Gobby	6 23	1.80	3 33
31	Jan Johnson	7 53	1.80	4 23
32	Maxine Santich	6 47	1.80	3 46

Time per leg, distance and time per kilometer sorted by runner

leg	runner	time/leg	dist	time/k
7	Dorothy Whittam	9 38	2.00	4 49
17		9 29	1.95	4 52
25		10 48	2.10	5 09
10	Pat Carr	11 03	2.20	5 01
18		9 09	1.90	4 49
26		10 49	2.20	4 55
6	Jan Johnson	9 03	2.00	4 32
14		11 01	2.40	4 35
24		10 15	2.05	5 00
31		7 53	1.80	4 23
3	Peggy Macliver	9 29	2.30	4 07
11		8 45	2.10	4 10
19		9 12	2.10	4 23
27		7 38	2.00	3 49
5	Michele Boyle	10 14	2.30	4 27
13		10 26	2.15	4 51
21		10 43	2.10	5 06
29		7 24	1.70	4 21
1	Karin Gobby	7 42	2.20	3 30
8		6 46	2.00	3 23
15		8 26	2.40	3 31
22		7 34	2.10	3 36
30		6 23	1.80	3 33
4	Allison Aldrich	9 50	2.25	4 22
12		9 45	2.20	4 26
20		10 13	2.10	4 52
28		9 07	2.20	4 09
2	Maxine Santich	8 05	2.30	3 31
9		7 30	2.00	3 45
16		7 52	2.00	3 56
23		8 41	2.10	4 08
32		6 47	1.80	3 46



DEEPWATER POINT RUN. Mount Pleasant 24th September 1989.

A cool fine morning with little wind greeted 116 runners and walkers at Deepwater Point on the Canning River.

These conditions proved ideal for records in the 7.5km event, with Basil Hanna (M35) breaking the course record in 26.17. Gillian Roberts (W40) also set a course record over the same distance with 30.15. Age Group records went to Alicia Ansell (W45), June Strachan (W60) and David Carr (M55).

The 16km event saw some excellent performances with Bob Schickert (M45) winning in 60.10 with John Ferris (M35) second and Michael Cousins (M55) third. First lady was Marge Forden (W45) in 72.12 with Margaret Birks (W40) continuing her good form, in second place and Kath Penton third.

Age records in the 16km event went to Michael Cousins (M55) and John Gilmour. (M70).

For the smooth running of the event I wish to thank the many helpers including Colin & Sue Leman, Jackie Greenfield, Maurice Smith and Kirt Johnson. Dalton Moffett.

RESULTS:-	*Record	7.5km					
Basil Hanna	M35	26.17*	Bill Hughes	M60	37.41	Peter Cole	M45 45.25
Peter Roberts	M40	26.50	Charlie Copping	M35	37.50	Colin Chalmers	Vis 45.52
Dave Carr	M55	28.40*	Alison Aldrich	W45	37.57	Sheila Maslen	W50 45.55
Dave Roberts	M45	28.48	Duncan Strachan	W65	38.10	G Ralph	vis 45.55
Arnold Jenkins	M45	29.40	M Eagles	vis	38.28	Pat Spencer	W45 48.15
Gillian Roberts	W40	30.15*	Estelle Rogers	W30	39.12	Carol Cole	W45 48.15
Paul Parsons	vis	31.31	John Russell	M55	39.34	Linda Rhodes	W40 49.26
Barry Munyard	M45	31.51	Lorna Lauchlan	W55	40.46	V Willard	vis 50.56
D Shepherd	vis	31.54	A Coping	vis	40.49	K Willard	vis 50.57
John Spencer?	M50	32.10	June Strachan	W60	40.52	<u>WALKERS</u>	
Alicia Ansell	W45	32.51*	Jan Johnson	W40	40.53	John Mison	M40 37.53
Alex Mokrzycki	M40	33.13	Frank Johnston	M45	41.09	Michelle Boyle	W40 46.29
J Tick	vis	33.17	Karen Crellin	W45	42.05	Margaret Stone	W45 47.09
C Dartnell	vis	33.37	Elza O'Dea	W50	42.12	Bob Chalmers	M50 47.47
Dave Muir	M40	34.53	Jenny Willers	W40	42.13	Jo Stone	W40 51.29
Peggy McLiver	W45	34.55	L Smith	vis	42.18	Lynne Schickert	W45 52.49
Joan Pellier	W45	35.16	L Wilkins	vis	42.19	Dick Horsley	M75 53.10
D Doherty	vis	35.28	Dorothy Whittam	W50	43.12	Jaqui Jenkins	W40 56.41
Joanne Pearce	W35	36.07	Alan Stone	M55	43.13	Val Tyson	W65 58.14
Ian Sutherland	M45	36.46	Patricia Carr	W55	43.35	Jack Collins	M75 58.33
Joe Trovato	M50	37.02	Syd Bowler	M65	44.58	Jackie Beaumont	W50 58.33
Margaret Warren	W50	37.05	Cliff Bould	M70	45.15	I Munyard	vis 63.46
Morris Warren	M50	37.07	Ernie Moyle	M60	45.15		

16km							
Bob Schickert	M45	60.10	Dick Blom	vis	67.42	George Peet	M55 76.24
John Ferris	M35	61.12	Mike Rhodes	M40	68.13	Margaret Birks	W40 76.28
Michael Cousins	M55	62.02*	George Schaffer	M55	69.24	Malcolm Brown	M55 76.38
Jim Barnes	M45	62.13	Rod Stewart	M45	69.34	B Doherty	vis 77.09
Brian Danby	M40	63.16	Brian Jones	M60	69.57	Bob Farrell	M45 77.43
John Pressley	M40	63.26	Dave Hough	M55	70.21	Derek Drayson	M65 78.08
Ted Maslen	M50	64.18	John Bell	M40	70.44	Vic Beaumont	M55 78.18
John Gilmour	M70	64.25*	Vic Waters	M45	70.45	Serge Toussaint	M40 78.27
David Reid	M35	64.27	John Dartnell	M40	71.41	John Crawford	M50 78.55
Don Caplin	M50	65.54	Alan Fomery	M55	71.50	Stuart Hicks	M65 78.58
Kevin Martin	M50	66.01	Brian Aldrich	M55	72.10	Eddie Strickland	M70 78.59
Mike Khan	M40	66.24	Marge Forden	W45	72.54	Ray Lawrence	M60 80.16
Frank McLinden	M55	66.31	Merv Moyle	M60	73.24	Basil Worner	M55 80.28
Jim Greenfield	M45	66.39	Ron Potter	M45	73.25	Kath Penton	W45 87.25
Brian Foley	M45	66.48	Bill Crellin	M50	73.36	Andy Carroll	vis 87.30
John Pellier	M45	67.14	Dave Bryant	M40	75.16	Gorden Florence	M55 92.06
						Frank Usher	M65 94.27

16
A VERY HAPPY BIRTHDAY TO OUR "NOVEMBER" MEMBERS
=====

03-NOV-33	MUNSIE	: Selby	turns	56	remains	M55
04-NOV-38	HOYE	: James D	"	51	"	M50
05-NOV-52	DOUST	: R. W.	"	37	"	M35
05-NOV-39	MATZKE	: Roland	"	50	becomes	M50
07-NOV-37	SMITH	: Morland E	"	52	remains	M50
08-NOV-36	GEORGE	: Harold M	"	53	"	M50
08-NOV-39	PELLIER	: Joan	"	50	becomes	W50
09-NOV-45	EASTON	: Christine K	"	44	remains	W40
09-NOV-22	HICKS	: Stewart R	"	67	"	M65
10-NOV-55	BROCKWELL	: Tessa	"	34	"	W30
10-NOV-39	WILLIAMS	: Ross	"	50	becomes	M50
12-NOV-35	WARREN	: Margaret	"	54	remains	W50
12-NOV-40	THOMPSON	: John W	"	49	"	M45
14-NOV-27	McMILLAN	: Raema	"	62	"	W60
16-NOV-45	RHODES	: Michael	"	44	"	M40
17-NOV-47	THOMPSON	: Mike	"	42	"	M40
17-NOV-53	SZPAK	: Paula C	"	36	"	W35
18-NOV-38	CRAWFORD	: Edward R	"	51	"	M50
18-NOV-40	STOFFERS	: Hank	"	49	"	M45
19-NOV-42	GREENFIELD	: Jacqueline	"	47	"	W45
19-NOV-35	MARSH	: Michael	"	54	"	M50
19-NOV-46	NOORDYK	: Kathleen	"	43	"	W40
23-NOV-39	SPENCER	: Ronald G	"	50	becomes	M50
25-NOV-38	FORDEN	: Keith W	"	51	remains	M50
26-NOV-16	HANSFORD-MILLER	: Frank	"	73	"	M70
27-NOV-41	CRELLIN	: Karen D	"	48	"	W45
27-NOV-41	KIRKMAN	: Hugh	"	48	"	M45
28-NOV-40	HAIR	: Graeme D	"	49	"	M45
28-NOV-31	MILLER	: Norman	"	58	"	M55
29-NOV-42	MILLER	: Margaret	"	47	"	W45
29-NOV-26	MOYLE	: Merv	"	63	"	M60

CLONTARF CROSS COUNTRY - OCTOBER 1ST

It was pleasing to have 60 participants in this annual contest with "wall and water"! Thank you all for your support.

Duncan McCaullay was a worthy winner over the 8kms, while Jim Klinger, John Ferris and Wayne Pantell fought out the minor placings. But the contest between Bob Sammells and Ted Maslen was a little highlight, with Bob being the stronger on the day.

Jimmy Barnes made a good transition to cross country to be best of the M45's, though Bryan Hardy performed well on a "funny ankle"! Richard Harris ran strongly - too strongly at the water crossing from all reports - he was surging so powerfully that he just kept submarining!

Our annual awards for the "dirtiest finishers" went to Derek Drayson (M65) and June Strachan (W60), although our accredited judge, Dick Horsley, awarded the prize (a cake of soap!) to June because she transformed herself so quickly after the run.

Our cross-countries tend to attract families, and it was good to see the Hills out in force with Shane and Jason doing well in the 4kms and Dad giving a good example in the 8kms. We also noticed that Keith Woollard finished the race quite wet and little daughter Victoria quite dry!

In the 4kms course, Peter Airey finished first, followed by Stuart Hicks who had some interesting memories about Clontarf, having spent time there during the war when it was an Air Force training centre and home also for Dick Horsley and Alan Tyson. (Was the cross country as hard as the basic training?) Lea Cappiing in her first run with the club was first lady to finish the 4kms but it was also good to see Pat Miller, Toni Frank and Tricia Weston taking on the obstacle.

Margaret Birks (W40) successfully defended her 1988 win in the 8kms after a stirring battle with Margaret Robinson (W50) who put on a courageous display in unfamiliar territory - a great race! But special congratulations to all the ladies who tackled this genuine cross country : Anne Turner, Carol Cole, June Strachan and Pat Spencer. (A particularly good effort from Pat who hung on with great determination - keep up the good work!

By the same token, a good run from our more senior members : Brian Jones, Merv Moyle, Syd Bowler and our irrepressible Fred Hagger who didn't let a tricky back keep him from the creek. Mind you, Fred is an ex-Navy man so he is no stranger to immersion! And, of course, our real seniors, Derek and Duncan, also led from the front.

We didn't have an "Acting Award" on the day, but Barry Slinger probably would have picked it up for his rendition of "Runner Pausing To Tie a Supposedly Loose Lace" just 30 metres from the finish line!!

It was good to see the "Whiteman Warriors" having another go at cross country : Merv Jones, Ron Potter, George Peet, John Spencer, Patrick Sheerin, Mike Rhodes and Tony Speechley. In fact, Tony was heard to say: "I think I prefer cross country...."! New member Frank Johnston moves very well and ran sensibly over the 4kms as did Brian Paxman and Patrick Guiton over the longer course.

My plea for help did not go unheeded : Bill Crellin marshalled for us then picked up flags. Dick Horsley and Norm Miller did the finish, Sue Jones the recording, Ernie Moyle distributed water and then picked up flags with Kirt Johnson while Rob Farrell helped with the catering. There's always a lot to do before, during and after the run - many thanks to all you helpers!

Finally, your places are recorded below but not your times. This was not the recorder's fault, it was mine. I'm sorry I messed it up. Hope you can remember!

<u>M35</u> J.Ferris W.Pantell C.Capping	<u>M50</u> B.Sammells T.Maslen R.Harris J.Spencer P.Airey M.Jones P.Guiton	<u>LADIES</u> <u>W40</u> M.Birks (First)	<u>M55</u> J.Whittam
<u>M40</u> D.McCaullay (First) J.Klinger M.Rhodes P.Hill D.Muir J.Lindsey	<u>M55</u> B.Paxman G.Peet P.Sheerin	<u>W45</u> C.Cole P.Spencer	<u>M60</u> K.Johnson
<u>M45</u> J.Barnes B.Foley B.Hardy C.Waters R.Potter T.Speechley M.Traynor J.Spencer B.Slinger	<u>M60</u> B.Jones M.Moyle F.Hagger	<u>W50</u> M.Robinson A.Turner	<u>M65</u> S.Hicks S.Bowler
<u>SHORT COURSE</u>	<u>M55</u> B.Paxman G.Peet P.Sheerin	<u>W60</u> J.Strachan	<u>LADIES</u>
<u>M40</u> K.Woollard	<u>M65</u> D.Drayson D.Strachan	<u>VISITORS</u> I.Colquhoun P.Shorthouse P.Dufty K.Turner D.Brown	<u>W35</u> L.Capping (First)
	<u>M45</u> F.Johnston		<u>W40</u> T.Frank
	<u>M50</u> P.Airey (First)		<u>W50</u> P.Miller T.Weston
			<u>VISITORS</u> S.Hill J.Hill P.Dufty V.Woollard R.Cole

SUTHERLANDS RUN. Tomkins Park, Melville. 8th October 1989.

Great to see a good crowd along for the run this year, and to take advantage of the fine weather. It was particularly good to see so many visitors join in.

Handicapper Mike Rhodes had his computer running hot to produce pages of information to let everyone know their position for the handicap start. Thanks for all the effort Mike.

Visitor Scott Mison and John Cousins were the first ones home this year, then came Alison Aldrich and walker John Mison. Alison didn't start on her handicap and John didn't have one so the first club member across the finishing line was Shorty Turner with Basil Worner snapping at his heels.

Margaret Warren, who seems to be getting faster each week, took out the prize for first lady home (one jar of quality fig jam), (is this to make her run faster still? Ed) and Joanne Pearce was second. Duncan McAuley proved to be the fastest runner over the course and Don Caplin was next fastest.

Bob Hayres and Bob Johnstone kept everyone from going astray out on the course and not cutting to many corners - thanks Fellas

Many thanks to Derek, Dick, Maureen and Avril who carried out such a good job at the finishing line and at the recording table.

We look forward to your company again next year.

Gloria & Ian Sutherland.

RESULTS:- Handicap start - 8.4km.		age	clock		actual	
Psn	Name	group	time	H/cap	time	Psn
	Scott Mison	vis				
	John Cousins	vis				
	Alison Aldrich	W45	46.14			
	John Mison	M40	46.41			
1.	Shorty Turner	M50	49.47	scr	49.47	52
	Adam Powell	vis	50.05			
	Rebecca Healey	vis	50.45	8.30	42.15	
2.	Basil Worner	M55	50.57	9.45	41.12	29
3.	John Lindsay	M40	51.22	9.45	41.37	31
4.	Margaret Warren	W50	51.39	7.30	44.09	42
5.	Vic Waters	M45	52.45	38.56	23	
	Esther Healey	vis	51.44	8.30	43.14	
6.	Hamish McGlashan	M50	51.46	13.45	38.01	18
	Craig Tyrell	vis	51.50	13.30	38.20	
7.	Joanne Pearce	W35	51.57	9.15	42.32	35
8.	Rob Davis	M50	52.15	7.45	44.30	44
9.	Pat Miller	W50	52.18	4.30	47.48	51
10.	Peter Airey	M50	52.26	15.30	36.56	13
11.	Rosa Davis	W45	52.28	1.30	50.58	56
12.	Stan Lockwood	M60	52.36	11.30	41.06	28
13.	John Ferris	M35	52.37	19.30	33.07	3
14.	Mike Khan	M40	52.46	17.00	35.46	10
15.	Ron Potter	M45	52.51	14.15	38.36	21
16.	Arnold Jenkins	M45	52.53	17.45	35.03	6
17.	Rod Stewart	M45	52.56	15.45	37.11	14
18.	Mal Brown	M55	52.58	14.30	38.28	20
19.	Don Caplin	M50	52.59	20.00	32.59	2
	Phil Drayson	vis	53.02	21.00	32.02	
20.	Pat Guiton	M50	53.08	14.45	38.23	19
21.	Peter Hiatt	vis	53.09	11.30	41.39	32
22.	June Strachan	W60	53.11	4.30	38.41	22
23.	Kevin Martin	M50	53.13	17.45	35.28	8
24.	John Crawford	M50	53.18	11.45	41.33	30
	Pauline Wiltshire	vis	53.24	10.30	42.54	
	Liz Dartnell	vis	53.28	8.30	44.58	
25.	Joan Pellier	W45	53.29	10.15	43.14	38
	Ivan Wiltshire	vis	53.32	10.30	43.02	
26.	Barry Munyard	M45	53.35	16.45	36.50	12
27.	Brian Jones	M60	53.36	15.45	37.51	16
28.	Bill Crellin	M50	53.39	15.00	38.00	17

29.	Alan Pomery	M55	53.42	14.45	38.57	24
30.	Jan Johnson	W40	53.47	6.45	47.02	50
31.	John Russell	M55	53.49	7.45	46.04	48
32.	John Cunningham	M50	53.57	16.45	37.12	15
33.	Wayne Fantall	M35	54.09	19.00	35.09	7
34.	Karen Crellin	W45	54.11	4.15	49.56	53
35.	Bob Sammells	M50	54.13	18.30	35.43	9
36.	David Carr	M55	54.14	18.00	36.14	11
37.	Ray Lawrence	M60	54.16	11.15	43.01	37
38.	Brian Tower	M40	54.24	20.45	33.39	4
39.	Duncan Strachan	M65	54.26	10.00	44.26	43
40.	Feggy McIver	W45	54.33	12.30	42.03	34
41.	Barbara Buchanan	W40	54.36	scr	54.36	58
42.	John Dartnell	M40	54.44	12.45	41.59	33
43.	Ann Turner	W50	54.56	9.30	45.26	46
44.	Hugh Kirkman	M45	55.06	20.15	34.51	5
45.	Frank Usher	M65	55.13	4.30	50.43	54
	Fred Allsop	vis	55.14	23.30	31.44	
	Estelle Rogers	W30	55.15	8.30	46.45	
	Linda Wilkins	vis	55.23	5.30	49.53	
46.	Norm Miller	M55	55.32	10.15	45.17	45
47.	Chris Chequer	M35	55.34	15.45	39.49	25
	Roma Vettors	vis	55.36	10.30	45.06	
48.	Bill Hughes	M60	55.51	9.30	46.21	49
49.	Stewart Hicks	M65	55.55	12.15	43.40	40
50.	Duncan McAuley	M40	56.04	24.30	31.34	1
	Linda Smith	vis	56.08	5.30	50.38	
51.	Patricia Weston	W50	56.09	5.15	50.54	55
52.	Kath Penton	W45	56.11	12.15	43.56	41
53.	Dalton Moffett	M55	56.12	15.45	40.27	26
54.	Michelle Boyle (Walker)	W40	56.25	scr	56.25	60
	Morris Creagh	vis	56.50	20.00	36.50	
	Heather Allsop	vis	57.07	5.30	51.37	
55.	Rob Farrell	M45	57.13	13.45	43.28	39
56.	Syd Bowler	M65	57.29	2.30	54.59	59
57.	Mike Faunge	M50	57.45	14.45	43.00	36
58.	Joe Yates	M45	58.19	17.45	40.34	27
59.	Bob Chalmers (Walker)	M50	58.44	scr	58.44	63
60.	Patti McCarthy	W40	59.40	8.00	51.40	57
	Des Brown	vis	60.29			
61.	Jo Stone (Walker)	W40	60.51	scr	60.51	64
62.	Morris Warren	M50	61.18	15.15	46.03	47
63.	Patricia Carr	W55	62.07	4.45	57.32	62
64.	Jackie Greenfield	W45	62.46	5.45	57.01	61
65.	Val Tyson (Walker)	W65	68.23	scr	68.23	65
66.	Jack Collins (Walker)	M75	70.16	scr	70.16	66
	4km					
	Allen Tyson	M65	21.03			
	Dick Horsley	M75	29.21			

CLIFF BOULD RUN

15th October 1989

This was the 12th annual handicap for the trophy named after a foundation member, life member and first secretary. At the presentation Dick Horsley drew attention to Cliff's contribution to veteran athletics; Cliff was the first veteran to represent Australia overseas.

Cliff presented the trophy to Basil Worner who is at last showing us some of his old form.

Over the years we have usually had a runner break 37 minutes for this course. Where are the younger replacements for Don Caplin, Frank Smith, Hugh Kirkman and Derek Hoyer?

Thank you to those who acted as officials and helped with equipment and teas. Your assistance was appreciated.

Patricia and David Carr

10.4k			Clock	Heap	Actual	
1.	B. Worner	M55	58.10	12.00	46.10	1st
2.	V. Waters	M45	62.36	15.45	46.51	2nd
3.	R. Davis	W45	63.03	1.45	61.18	3rd
4.	K. Whistler	M55	63.22	13.30	49.52	
5.	B. Slinger	M45	63.26	18.00	45.26	
6.	J. Spencer	M45	63.30	18.00	45.30	
7.	M. Brown	M55	63.32	17.45	45.47	
8.	J. Ferris	M35	63.43	24.00	39.43	
9.	G. Peet	M55	63.46	14.45	49.01	
10.	Kevin Martin	M50	63.52	21.45	42.07	
11.	R. Stewart	M45	64.01	19.30	44.31	
12.	R. Davis	M50	64.06	9.30	54.36	
13.	B. Crellin	M50	64.12	18.30	45.42	
14.	Jeff Spencer	M50	64.14	15.15	48.59	
15.	W. Pantall	M35	64.17	23.30	40.47	
16.	P. Guiton	M50	64.22	18.00	46.22	
17.	H. Kirkman	M45	64.24	24.45	39.39	
18.	A. Jenkins	M45	64.32	21.45	42.47	
19.	J. Greenfield	M45	64.38	20.45	43.53	
20.	E. Maslen	M55	64.47	23.15	41.32	
21.	R. Sutton	M50	64.53	16.15	48.38	
22.	R. Lawrence	M60	65.18	13.45	51.33	
23.	J. Crawford	M50	65.37	14.45	50.52	
24.	S. Lockwood	M60	65.41	15.45	49.56	
25.	M. Warren	W50	65.49	11.15	54.34	
26.	B. Power	M40	65.58	24.45	41.13	
27.	M. Traynor	M45	66.04	18.45	47.19	
28.	D. Caplin	M50	66.07	24.30	41.37	
29.	P. MacLiver	W45	66.18	15.15	51.03	
30.	D. Roberts	M45	66.23	24.00	42.23	
31.	D. Bryant	M40	66.32	18.15	48.17	
32.	A. Turner	W50	66.35	11.30	55.05	
33.	K. Penton	W45	66.38	14.45	51.53	
34.	J. Pellier	M45	66.41	22.30	44.11	
35.	F. Smith	M45	66.43	28.00	38.43	
36.	J. Stickles	M50	66.46	20.15	46.31	
37.	D. McCauley	M40	66.49	29.19	37.34	Fastest.
38.	B. Munyard	M45	66.51	20.30	46.21	
39.	G. Florance	M55	66.54	9.15	57.39	
40.	J. Slinger	W45	66.58	10.45	46.13	
41.	J. Pellier	W45	67.29	12.45	54.44	
42.	R. Farrell	M45	67.35	16.45	50.50	
43.	V. Beaumont	M55	67.40	16.45	50.50	
44.	M. Jones	M50	67.46	17.45	50.01	
45.	D. Hough	M55	67.58	20.00	47.58	
46.	L. Schickert	W45	68.01	00	68.01	
47.	M. Forden	W45	68.25	17.45	51.40	
48.	N. Berry	W55	68.33	00	68.33	
49.	R. Spencer	M45	68.50	6.15	62.35	
50.	S. Hicks	M65	69.52	15.00	54.52	
51.	G. Spence	W45	70.28	2.00	68.28	
52.	P. Spencer	W45	71.27	2.00	69.27	
53.	S. Maslen	W50	71.43	1.30	70.13	
54.	C. Hould	M70	96.49	11.00	84.49	
55.	M. Warren	M50	96.50	18.45	78.05	extra
56.	K. Forden	M50	96.51	19.15	77.36	distance
	K. Eatt	M45			54.49	

5.2k

1.	D.. Hbye	M50	21.30
2.	P. Cole	M45	21.38
3.	K. Johnson	M60	25.51
4.	A. Tyson	M60	26.53
5.	R. Holmes	W40	27.34
6.	J.. Johnson	W40	27.51
7.	K. Woollard	M40	28.29
8.	F. Hagger	M60	29.10
9.	J. Kirkman	W35	32.16
10.	I. Ferris	W35	33.24
11.	S. Hughes	W35	33.52

Walkers

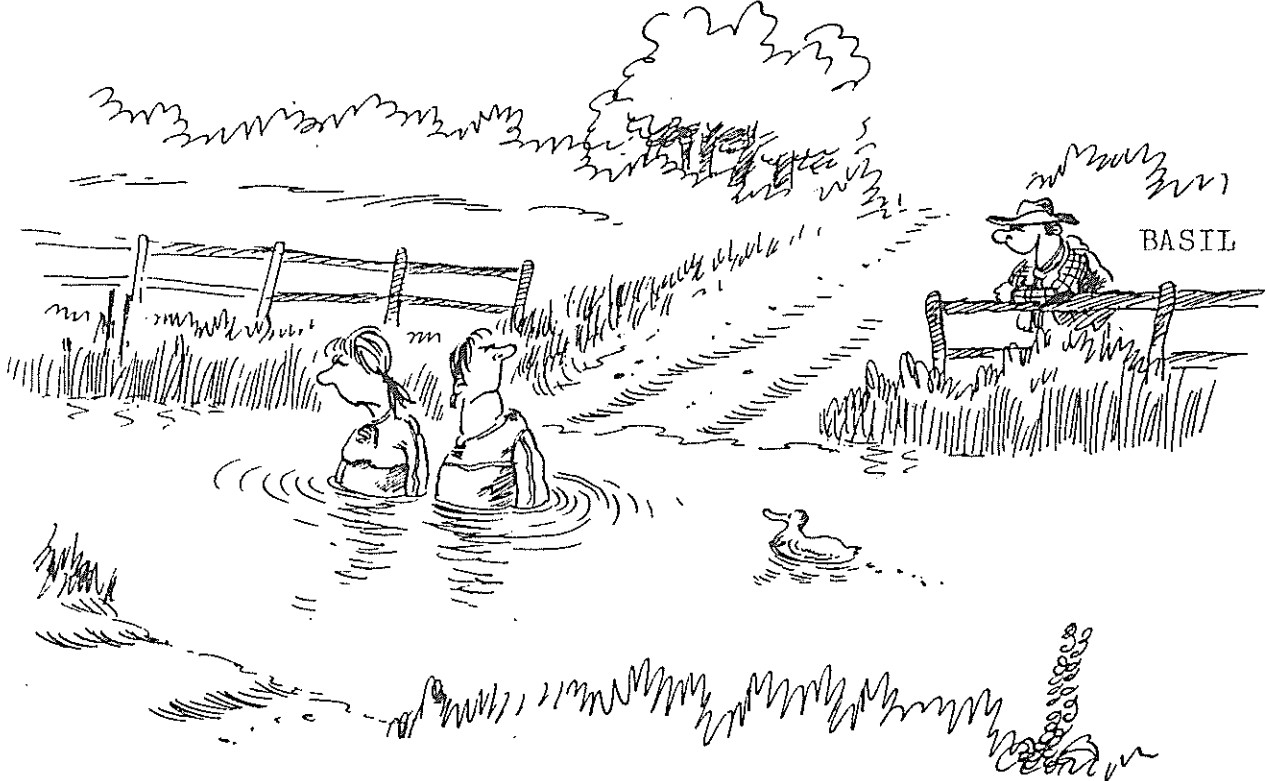
5.2k

R. Chalmers	M50	34.06.
V. Tyson	W65	40.56
I. Munyard	Vis	46.15

10k

J. Collins	M75	77.48
J. Beaumont.	W50	77.48
E. Moyle	M60	77.48

THE CLONTARF CROSS COUNTRY



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