

# The Vetrun

No. 157 OCTOBER, 1985

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

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*"Since Time is not a person  
We can overtake  
When he is gone;  
Let us honour him  
With mirth and gladness  
While he passes on".*

*(Goethe)*

### FROM THE COMMITTEE...

#### VICE PRESIDENT RESIGNS

Lorna Butcher wrote from overseas to let the committee know that her movements would be uncertain.

She felt that it would be fair to the club to make this known so that the Committee could elect a replacement as soon as possible, in accordance with the constitution.

The committee then elected committee member Jackie Greenfield to this position.

(Congratulations Jackie!)

#### TIME TRIALS

The Hon. Secretary is investigating appropriate venues for these events. It appears that the Perry Lakes warm-up track (now grass), will not be up to standard.

However, the Secretary has talked with University authorities and found that McGillivray is available under a hiring arrangement.

### STOP PRESS

The Committee has decided to proceed with the option to hire the University Athletics Track at McGillivray Oval on Tuesday evenings for Time Trials from 15th October, 1985.

Since this involves additional expenditure, the committee will consider at it's meeting on October 8th whether a small charge should be made, (possibly 50¢ as for home runs) for members availing of this facility.

The Committee will review the operation of this activity at its November meeting and decide whether to continue if for the full 10 week programme in the light of members' support.

STATEMENT OF RECEIPTS AND PAYMENTS FOR THE PERIOD 6TH MARCH 1985 to 1 SEPT. 1985

Receipts

Subscriptions	\$ 3,010.00
Sportswear and badges	763.00
State Championships	543.00
Sundry events	422.31
Quiz Night	737.80
Xmas Dinner	13.00
Donnelly River Weekend	15.00
Equipment Grant	445.00
	<u>\$ 5,949.11</u>

Less Payments

Sportswear and badges	790.00
Sports Equipment	776.50
Newsletter	315.50
State Championship	61.68
Postage, stationery and phone	151.29
Fees	44.90
Sundry Events	121.58
Name Badges	118.08
Repairs Equipment	245.00
Booking fee long weekends	340.00
Advances	200.00
Magazines	51.33
Sundries -	-
Jorgensen Park catering	104.10
Quiz Night Float	100.00

TOTAL PAYMENTS	\$ 3,419.96
NET SURPLUS FOR PERIOD	<u>2,529.15</u>
ADD OPENING BANK BALANCE 6 MARCH 1985	935.89
BANK BALANCE 1 SEPTEMBER, 1985	<u>3,465.04</u>
SAVING INVESTMENT ACCOUNT 1 SEPTEMBER, 1985	<u>2,776.27</u>
TOTAL FUNDS AT BANK 1 SEPTEMBER 1985	<u>\$ 6,241.31</u>

THE INDISPENSABLE MAN

Sometime, when you're feeling important,  
 sometime, when your ego's in bloom,  
 sometime, when you take it for granted,  
 you're the best qualified in the room.

Sometime, when you feel that your going,  
 would leave an unfillable hole,  
 just follow this simple instruction  
 and see how it humbles your soul.

Take a bucket and fill it with water;  
 put your hand in it, up to the wrist;  
 pull it out, and the hole that's remaining  
 is a measure of how much you'll be missed.

You may splash all you please when you enter;  
 you can stir up the water galore;  
 but stop, and you'll find in a minute,  
 that it looks quite the same as before.

The moral in this quaint example,  
 is just do the best that you can.  
 Be proud of yourself, but remember,  
 there's no indispensable man!

ANONYMOUS.



# LETTERBOX

8th September, 1985

Dear Basil

As you have chosen to repeat part of Pat Clohessy's letter in the latest 'Vetrun', I feel compelled to voice an opinion about it. I appreciate that Pat (and yourself) had nothing but good intentions when publishing the letter, but Pat seems to miss the point of why many of us "slower" runners run. He suggests that we shouldn't be concerned about what time we run (for the marathon) but just be satisfied with finishing. For many (maybe most) of us to suggest that we spend half the year training for a race and then not worry about the time sounds just a little patronising, after all he couldn't have said that to Rob (De Castella) would he? Like many top athletes he possibly believes that because we are slower we are all novices, or do not think about running or training as hard as they do. In fact many veterans have more experience than many top runners, and the only real difference is that we are slower. However, this lack of talent in some cases only leads us to re-defining our goals rather than abandoning them, and so times are all important - indicating whether we are improving, or slowing, catching up with rivals 'A', or being caught by rival 'B'.

Of course, whatever, results we get, at the end of a race we accept our shortcomings, shake hands all round and enjoy the fellowship of other runners. But who in all honesty does not go home thinking about what we can do to improve our P.B. or catch so and so next time - just like any other athlete.

Anybody else care to comment?

ALAN ACREMAN

(For those who may have missed the August issue, Pat said this, amongst other things:

*Do the best you can on the day. Don't be too concerned about what time you are going to run. Remember that it is an achievement for anyone to finish a marathon, so be satisfied with that and be proud of your effort.*

*I'll be thinking of you on August 4. Good luck and good running!"*

*Pat Clohessy. )*

# News Desk



## HAPPY BIRTHDAY

Bruce Buchanan	turns 55 becomes	M55 10	Ron Torkildsen	turns 53 remains	M50 26
Wes Carter	" 48 remains	M45 13	Brian Landers	" 44 "	M40 18
Phyl Farrell	" 41 "	M40 13	Nicolas Curr	" 40 becomes	M40 07
Ron Jones	" 51 "	M50 17	George Peet	" 52 remains	M50 19
Garnett Morgan	" 61 "	M60 06	David Roberts	" 43 "	M40 27
John Pellier	" 46 "	M45 22	Joanne Collins	" 40 becomes	W40 01
Graham Thornton	" 45 becomes	M45 08	Geoffrey Hughes	" 40 "	M40 04
Ian Sutherland	" 46 remains	M45 27			



HANDICAP CHAMPIONSHIPS or "WHERE DID ALL THE WOMEN GO? (after 6 events)

We have now reached the halfway stage, six of eleven events, in these championships. After the last event there was quite a reshuffle of places. Half of those in the top twenty after five events have dropped below 20th place and ten new names have entered the lists. In the last list we had EIGHT women in the top twenty, now there are only three. (Have you offended the handicapper?) The five events still to go are:

20th October 1985	3 x Dave Jones	6.6 km	Open H/cap
1st December 1985	3 Parks & Heirisson Island	7.4 km	Open H/cap
15th December 1985	Mitchells' Run	9.0 km	Sealed H/cap
26th January 1986	1 x Cliff Bould	5.2 km	Open H/cap
23rd February 1986	Shoalwater '10' (10km event only)	10.0km	Sealed H/cap

Next year we hope that there will be twelve events, one being held each month those that were incorporated this year plus the Mad Mile sealed handicap.

INTERIM RESULTS (6 events) After 5 events in (bkts).

Ray Lawrence	89 pts	1	(1)	Brian Aldrich	147 pts	12	(7)
Dick Horsley	107 "	2	(5)	Brian Danby	150 "	13	(-)
Ernie Moyle	112 "	3	(4)	Maurice Johnston	154 "	14	(-)
Duncan Strachan	121 "	4	(16)	Don Caplin	155 "	=15	(-)
Graham Thornton	130 "	=5	(8)	Rob Shand	155 "	=15	(-)
Selby Munsie	130 "	=5	(6)	Pat Hayden	157 "	17	(-)
Alan Pomery	130 "	=5	(-)	June Strachan	160 "	18	(2)
Cliff Bould	134 "	8	(17)	Alison Aldrich	164 "	19	(2)
Bob Farrell	140 "	9	(-)	Derek Crowther	166 "	=20	(-)
John Russell	141 "	=10	(-)	Dalton Moffett	166 "	=20	(-)
Merv Moyle	141 "	=10	(3)	Bob Sammells	170 "	22	(-)
Merv was missed off last results.							

FOR THE TRACK RUNNERS: COMPETITION DATES - 1985/86

OCTOBER	Sunday	20	Quadathlon
	SATURDAY	26)	STATE SCHOOLBOYS/SCHOOLGIRLS TRACK AND
	SUNDAY	27)	FIELD CHAMPIONSHIPS
NOVEMBER	Saturday	2	Interclub
	Saturday	9	Interclub
	Saturday	16	Interclub
	Saturday	23	Interclub
	Tuesday	26	Twilight Meet - Belmont Club
	Saturday	30	Interclub
DECEMBER	Wednesday	4	Twilight - MELVILLE PB MEET - Perry Lakes
	Saturday	7	Interclub
	SATURDAY	14)	NATIONAL ALL SCHOOLS TRACK AND FIELD
	SUNDAY	15)	CHAMPIONSHIPS
	Saturday	21	Club Trophy
	Sunday	22	Club Trophy
JANURAY	Saturday	4	SUPER LEAGUE
1986	Wednesday	8	Twilight - WAIT Club - Coker Park
	Saturday	11	Super League
	Wednesday	15	Twilight - MELVILLE BIG W - Len Shearer
	Saturday	18	SUPER LEAGUE
	Wednesday	22	Twilight - B M O'Sullivan Quadrangular - University Club - McGilvray Oval
	Saturday	25)	Country Championship
	Sunday	26)	" "

COMPETITION DATES cont...

FEBRUARY	Saturday	1	SUPER LEAGUE
1986	Saturday	8	SUPER LEAGUE
	Wednesday	12	Twilight - BIG 6 - University - McGillivray Oval
	Saturday	15	SUPER LEAGUE
	Saturday	22	STATE CHAMPIONSHIPS
MARCH	Saturday	1	STATE CHAMPIONSHIPS
	Sunday	2	STATE CHAMPIONSHIPS - MULTIPLE EVENTS
	Monday	3	" " " "
	Saturday	8	STATE CHAMPIONSHIPS
	SATURDAY	8	NATIONAL UNDER 16/18 TRACK AND FIELD
	SUNDAY	9	CHAMPIONSHIPS - Tasmania
	SATURDAY	15	NATIONAL OPEN AND UNDER 20 TRACK AND FIELD
	SUNDAY	16	CHAMPIONSHIPS - South Australia
	SATURDAY	22	NATIONAL MULTIPLE EVENT CHAMPIONSHIPS -
	SUNDAY	23	Victoria

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FROM: "Grey Hares", newsletter of the South Australian Veterans Athletic Club,  
August, 1985:

MEDALLISTS

Despite the promise of medals to all placegetters in last summer season's Club championships only 50% of the medal winners turned into recipients as the presentation evening/social was thinly attended.

Due to the low number participating in most events, and to the disinterest shown by many toward collecting their awards, the committee is considering reverting back to the traditional system. Previously a limit of one gold medal was awarded to each event winner but the medal was engraved to show details of all wins. Alternatively, a suggestion is to engrave all placings on one medal of a colour matching the highest placing won by that person in any event.

Anyone out there have any ideas about trophies or their presentation?

(Our eternally vigilant but harrassed secretary says: "Does this sound familiar?")

100-MILER

VENUE: McGillivray

DATE: October, 12, 13

TRAINING RUN: September 29 at  
McGillivray, 7.00 am.

ENTRY FORMS: Runner's World

MEETING: Perry Lakes Stadium, Conference Room - - October 8.

AUSTRALIAN VETS CHAMPIONSHIP, 1986

ADELAIDE, 28/31 MARCH

There is a rumour that accommodation could be difficult because of South Australia's 150th celebrations and the fall of Easter.

For travellers wanting to do their own thing, we understand that you can get information from:

S.A. Government Travel Centre  
18 King William Street  
ADELAIDE SA 5000

Tel: 08 212 1644



# RESULTS

## THE CLIFF BOULD TROPHY

1 September 1985

68 vets and 12 invitation runners turned up for the Cliff Bould Trophy run.

It was hard to remove warm clothing as a very cold wind was blowing, but seeing it was the start of Spring and Father's Day, most took the plunge and found it not so bad once they got started.

### Ladies Records

Well done ladies - 3 seconds broken in W30, W40 and W60. Sorry gentlemen - no new records this year. Congratulations to Jim Greenfield the first vet home.

The main query of the day was: what has happened to the clock, why wasn't it up? Rumour has it with only three legs but still working otherwise.

How about putting it up for all club races?

### Chance to win

Well done Bob Sammells as handicapper and recorder. You know you can't please everyone with handicap times but it gives the middle and slow runners a chance to win sometimes.

	Name	Age Grp	Clock Time	H/ Cap	Adj. Time	Pos.		Name	Age Grp	Clock Time	H/ cap	Adj. Time	Pos.
1.	P. Rebakis	Vis	53.13	Inv	Inv	-	31.	A. Jenkins	M40	62.44	21.30	41.14	8
2.	G. Knuckey	Vis	55.02	Inv	Inv	-	32.	P. Sanders	M40	62.46	23.30	39.16	3
3.	J. Greenfield	M40	57.15	14.00	43.15	18	33.	B. Sammells	M45	62.55	20.45	42.10	10
4.	D. Strachan	M60	57.43	9.00	48.43	35	34.	D. Crowther	M40	62.55	23.00	39.55	5
5.	A. Pomery	M50	58.18	13.15	45.03	22	35.	K. Noorovk	W35	62.56	14.30	48.26	33
6.	B. Danby	M35	60.09	21.45	39.24	4	36.	F. Smith	M40	63.00	24.45	38.15	1
7.	R. Shand	M50	60.25	17.00	43.25	19	37.	A. Norkyk	Vis	63.12	Inv	Inv	-
8.	D. Horsley	M70	60.25	8.30	51.55	48	38.	B. Foley	M40	63.12	Inv	Inv	-
9.	G. Peet	M50	60.25	13.45	46.40	28	39.	T. Maslen	M50	63.17	22.15	41.02	7
10.	J. Russell	M50	60.57	6.30	54.27	54	40.	M. Khan	M40	63.26	21.15	42.11	6
11.	D. Roberts	M40	60.59	18.45	42.14	12	41.	M. Warren	M45	63.30	17.45	45.45	25
12.	R. Farrell	M45	61.09	13.15	47.54	32	42.	K. Snowden	M40	63.32	Inv	Inv	-
13.	M. Johnston	M45	61.18	19.30	41.48	9	43.	B. Aldrich	M50	63.47	13.30	50.17	41
14.	C. Bould	M65	61.20	7.30	53.30	53	44.	K. Martin	M45	63.02	18.00	46.02	26
15.	E. Moyle	M60	61.27	8.30	52.57	51	45.	S. Knott	M43	64.22	Inv	Inv	-
16.	S. Munsie	M50	61.28	10.15	51.13	45	46.	S. Maslen	W45	64.28	3.00	61.28	57
17.	J. Stickles	M45	61.46	17.45	44.01	20	47.	M. Moyle	M55	64.32	16.00	48.32	34
18.	K. Johnson	M55	62.01	10.00	52.07	40	48.	B. Hayres	M50	64.33	17.00	47.33	30
19.	R. Lawrence	M55	62.03	13.00	49.03	37	49.	P. Cowley	M46	64.40	21.00	43.00	15
20.	D. Caplin	M45	62.07	23.14	38.52	2	50.	G. Salerno	M32	64.41	Inv	Inv	-
21.	K. Whistler	M50	62.10	11.00	51.10	44	51.	N. Berry	W55	64.41	1.45	62.56	59
22.	J. Trovato	M45	62.12	18.45	42.27	13	52.	B. Hughes	M55	64.46	16.00	48.46	36
23.	R. Nordyk	M60	62.15	10.30	51.45	47	53.	H. McGlasham	M45	65.11	20.00	45.11	24
24.	R. Atwell	M45	62.17	Inv	Inv	-	54.	M. Shead	M40	65.15	20.45	44.30	21
25.	G. Thornton	M40	62.17	21.30	40.47	6	55.	B. Godwin	M45	65.15	14.45	50.30	43
26.	I. McGibbon	M40	62.25	22.30	39.55	5	56.	J. Barnes	M40	65.20	22.45	42.35	14
27.	B. Norton	M45	62.35	19.30	43.05	16	57.	T. Costello	M45	65.22	22.02	43.00	15
28.	R. Briggs	M40	62.40	Inv	Inv	-	58.	R. Whalen	M43	65.24	Inv	Inv	-
29.	D. Hayden	W45	62.40	11.00	51.40	46	59.	T. Carr	W25	65.26	Inv	Inv	-
30.	D. Moffet	M50	62.41	19.30	43.11	17	60.	S. Cross	W45	65.47	1.00	64.47	61



Name	Age Gp	Clock Time	H/ Cap	Adj. Time	Pos.	Name	Age Gp	Clock Time	H/ cap	Adj. Time	Pos.
61. F. Usher	M60	66.03	7.00	59.03	56	70. K. Penton	W40	69.07	16.00	53.07	52
62. B. Mitchell	M50	66.05	18.30	47.35	31	71. D. Haldane	Vis	42.12	Inv	Inv	-
63. A. Ansell	W40	66.21	20.00	46.21	27	72. D. Carr		72.12	22.00	50.12	40
64. B. Monks	M45	66.22	21.15	45.07	23	73. R. Sparks	M45	72.45	Inv	Inv	-
64. R. Mitchell	W45	66.45	1.00	65.46	62	74. P. Grauer	W40	72.47	5.00	67.47	63
66. D. Hough	M50	64.58	20.45	47.13	29	75. M. Acreman	W40	73.26	9.30	63.56	60
67. S. Lockwood	M55	68.10	18.00	50.10	39	76. P. Farrell	W40	73.25	11.00	62.26	58
68. B. Worner	M50	68.54	16.30	52.24	50	77. J. Strachan	W60	73.33	1.15	72.18	65
69. A. Acreman	M45	69.01	19.00	50.01	38	78. S. Sanders	W30	74.26	14.00	50.26	42
						79. P. Carr	W50	75.09	18.45	56.24	55
						80. P. Jones	M55	75.09	18.45	56.24	55

W.A. VETERANS CROSS COUNTRY CHAMPIONSHIPS AT KINGS PARK (September 8th, 1985)

RACE REPORT (A Personal View) by Alan Acreman

Bang! I woke with a start, was it time to get up already? Wait; listen; no it was only my daughter coming home in the early hours and "banging" the door. Back to sleep, but this time restless. Hours later I woke again, this time Marilyn was stirring; she was due at Kings Park at 7 a.m. to help with the course marking; hell I could do with another hour's sleep! No point now, might as well get up. The first few steps will tell if my sore heel has recovered from yesterday. I tried it.... and it hasn't, damn. Well, I've made up my mind to run regardless, and at least the ground will be soft.

Down at the start, lots of people there already, Morris is his usual cheery self, so is Jeff, just jogging in from marking the course. Everybody's very cagey about how they're going to run, wary of making predictions they may not live up to - much better to understate and then hopefully bring off a surprise.

I hardly do any warm up - subconsciously I'm avoiding the pain from the heel until the start. Hopefully I'll forget it then.

John Maddison calls everyone to the start - he has to shout several times as everyone is talking nervously. The first attempt to start us failed - the gun didn't go off. This broke the tension - everyone laughed. The next attempt the gun failed again, but this time everyone went anyway, with John saying 'go', as he could see there was no way we were going to stop.

With my lack of fitness I had decided to start steadily, keeping an eye on people I knew would be running at the right pace, then hopefully if my heel stood up, to steadily build up effort as the race progressed. The first lap around the field everyone seems to be going away. I see Pat Hayden, Marg Forden in front - have they started too fast or me too slow - it seems hard enough. Ahead of them is Merv Moyle and Basil Worner - that's about the pace I want to run to start. We get on the tracks and I ease past the ladies including Tuula who's in good form of late, then past Keith Forden, and join Merv and Basil. Further ahead I can see Denis Newport, a 'fast' lady visitor and Alan Pomery whose marathon training is still paying dividends. As we go up the hill I'm feeling more at ease now and decide to pass Merv and Basil - only for Merv to decide he's not having that and immediately passes me back.

Somebody goes past at a fast rate, its Jim Greenfield in his all red gear. He's too fit for me these days and I make no effort to stay with him.

Further up the hill I re-pass Merv and the people in front now look like they're coming back, around a few more bends and, yes, Alan Pomery and Denis are definitely closer, even Jim Greenfield is not getting any further away. We hit the concrete path and I immediately feel pain in my heel, still Jeff says it's only 100 metres - keep pushing.



Meanwhile, at the front, a group comprising Jim Langford, Frank Smith, Bob Harrison, Don Caplin, G. Lawrence (visitor), Frank Steere are battling it out. Bob decides to have a moment of glory and bursts into the lead....somewhere around this time it all goes wrong, a flag is missed and half the field plays "follow the leader" and starts heading off to Perth and adding about  $\frac{1}{2}$  kilometre to the course.

Back in the field I've got my eyes on Alan Pomeroy now, I estimate I should pull him back in the next kilometre. Suddenly people ahead are turning off the path, through a car park and heading back. I can't see any flags so I yell out (to no-one in particular) "where do we turn?" I hear Merv shouting something behind me - sounded like "turn here" or something, so, I follow the people ahead - still closing in on them. Back to the path, and all of a sudden the woods appear to be full of runners coming from different directions, I realise something has gone wrong, but what? Did they go wrong or did we?

My concentration has gone now as the people I was chasing are blurred by groups of slower runners coming in from the other path, I pass several and ask Ken Whistler "who's on the right course?" as I pass. He's as confused as I am. With my concentration gone - not knowing who's on the course and who isn't I become aware of the pain in my heel. Moments before I was able to blot it from my mind, but now there seems little point in continuing and risking further damage if the race has ceased to be meaningful. I jog down to the end of the first lap and meet Frank McLinden who is marshalling. People pass - several shouting out about something going wrong.

Jeff Whittam decides to go to the east end of the course to see if the flags have been removed. I catch up with Marilyn as she's been making notes on the lap positions for this report. As there still seems to be a race on I pick a vantage point to watch people passing. At the end of the first lap the leading group of men had remained unchanged with Frank Smith, Jim Langford, Don Caplin, and Bob Harrison together with Frank Steere about 10 metres behind. Leading the women were visitor Denis Newport with the first vet Tuula Vaalsta leading Kath Noordky and Marg Forden. Further back the situation was confusing due to the different directions run.

At the end of lap 2 Frank and Jim were still neck and neck with notable efforts being made by Derek Crowther lying 4th and a barefoot Ted Maslen leading his age group lying 8th. The leading women remained unchanged and with longer distances between them it seemed unlikely there would be much variation at the finish. Dalton Moffat had started off closely following Dave Roberts but faded later to be overtaken by Dave Hough from the same age group.

In the final lap Jim Langford had once again shown his liking for cross country and put 100 metres on Frank to take 1st place with Bob Harrison 3rd. Derek Crowther showed a fine return to form after long periods of injury to take 5th place overall (gives me encouragement to keep persevering Derek). Bob Sammells was another to show good form, overtaking Graham Thorton in the last lap and taking 2nd in his group behind Don Caplin. Rob Shand, coming back after a long lay off, was looking more like the Rob of old in 24th place followed by Keijo trying hard as always. Morris Warren looked the wrong way coming off the path for the last time and allowed Jim Greenfield to slip past and beat him to the line. Bill Monks looking ill at ease, with arthritis in his knee was closely following in by Tuula, the first veteran lady (good luck for the State Marathon Tuula).

Keith Forden who had started in great style was caught in the later stages by Marge (who had to make the dinner after that?). Duncan Strachan and Bob Farrell gossiping as usual, received their just rewards when Selby Munsie sprinted past to pip them on the line (serves them right). Arthur Leggett celebrated his 67th birthday with a fine run, and Pat Hayden, just behind continues to show a fine competitive spirit



(which is what it is all about). I was impressed with the way Pat Carr finished looking quite unruffled by it all, and finally a word for Dorothy Whittam who brought up the rear but who will shortly have her revenge when the track season starts.

A word about the organisation. As usually there were plenty of people eager to do their bit, and without whom we could not race. It is easy with hindsight to suggest a couple more flags or a marshall may have avoided the "detour" for some - but a course looks different when you are walking it to when you are running it, and as Frank Smith, said - just one of those things. Jackie Greenfield had a little problem at the end sorting the times out, as some people had come in after one or two laps. This may have been resolved easier if our digital clock had been operating (why wasn't it?), so people could check their times as they ran in. As for myself, my heel is very sore once again and really I shouldn't have run - but I did enjoy it for about 20 minutes - maybe next time!

CROSS COUNTRY CHAMPIONSHIPS - KINGS PARK - 8/9/85

1.	J. Langford	M40	38.25	41.	M. Faunge	M45	49.51
2.	F. Smith	M40	38.45	42.	B. Hayres	M50	49.53
3.	B. Morrison	M45	39.59	43.	D. Phillips	M50	49.56
4.	G. Lawrence	Vis	40.00	44.	S. Lockwood	M55	50.00
5.	D. Crowther	M40	40.29	45.	K. Noordky	W35	50.10
6.	D. Caplin	M45	40.41	46.	B. Aldrich	M50	50.37
7.	F. Steere	M40	40.52	47.	M. Forden	W40	50.39
8.	F. McGibbon	M40	41.10	48.	K. Forden	M45	50.54
9.	P. Sanders		41.14	49.	K. Penton	W40	51.06
10.	P. Priest	M30	41.33	50.	S. Munsie	M50	51.49
11.	E. Maslen	M50	41.37	51.	D. Strachan	M60	52.24
12.	Hanner	Vis	42.02	52.	R. Farrell	M45	52.24
13.	R. Atwell	M45	42.13	53.	W. Hughes	M55	52.25
14.	B. Sammells	M45	42.43	54.	K. Johnson	M55	52.38
15.	G. Thornton	M40	42.50	55.	P. Farrell	W40	52.57
16.	G. Thovats	M45	43.17	56.	E. Moyle	M60	53.41
17.	A. Jenkins	M40	43.23	57.	R. Lawrence	M55	54.02
18.	D. Roberts	M40	43.27	58.	J. Clay	Vis	54.02
19.	D. Hough	M50	44.10	59.	P. Jones	M50	54.05
20.	B. Harewood	M40	44.23	60.	R. Whalam	M40	54.06
21.	D. Moffett	M50	44.33	61.	K. Whistler	M50	54.11
22.	K. Snowden	M40	44.38	62.	A. Leggett	M65	54.22
23.	R. Shand	M50	44.40	63.	G. Salerri	M32	54.36
24.	K. Vaalsta	M50	44.41	64.	P. Hayden	W45	55.00
25.	J. Yates	M40	44.46	65.	F. Usher	M40	55.49
26.	J. Greenfield	M40	45.50	66.	J. Russell	M50	56.52
27.	M. Warren	M45	45.54	67.	M. Parkinson	W45	59.28
28.	P. Martin	Vis	46.06	68.	M. Warren	W45	59.28
29.	Alan Pomery	M50	46.12	69.	P. Carr	W50	60.23
30.	R. Paley	M30	46.53	70.	N. Berry	W55	61.00
31.	D. Newport	Vis	47.06	71.	S. Maslen	W45	61.01
32.	J. Spencer	M45	47.24	72.	M. Hairsine	M45	61.50
33.	B. Monks	M45	47.31	73.	S. Sanders	W30	62.25
34.	T. Vaalsta	W45	47.41	74.	A. Aldrich	W40	62.50
35.	D. Carr	M50	47.54	75.	J. Strachan	W60	63.21
36.	S. Cross	W45	48.04	76.	D. Whittam	W45	72.50
37.	B. Worner	M50	48.05				
38.	M. Newport	Vis	48.28				
39.	R. Marston	M40	48.46				
40.	A. Nordyk	Vis	49.07				

KING'S PARK CROSS COUNTRY - PLACE-GETTERS

W 35

1. KATH NOORDYK 50.40

W 50

1. PATRICIA CARR 60.23

W 40

1. MARGERY FORDEN 50.39

2. KATH PENTON 51.06

3. PHYLLIS FARRELL 52.57

W 55

1. NORA BERRY 61.00

W 60

1. JUNE STRACHAN 63.21

W 45

1. TUULA VAALSTA 47.41

2. PATRICIA HAYDEN 55.00

3. (MARGARET WARREN 59.28

(MARY ROBINSON 59.28

M 40

1. JIM LANGFORD 38.25

2. FRANK SMITH 38.45

3. BOB HARRISON 39.59

M 55

1. STAN LOCKWOOD 50.00

2. BILL HUGHES 52.25

3. KIRT JOHNSON 52.38

M 45

1. DON CAPLIN 40.45

2. RAY ATTWELL 42.43

3. BOB SAMMELLS 42.50

M 60

1. DUNCAN STRACHAN 52.24

2. ERNIE MOYLE 53.41

3. FRANK USHER 55.49

M 50

1. TED MASLEN 41.37

2. DAVE HOUGH 44.23

3. DALTON MOFFETT 44.38

M 65

1. ARTHUR LEGGATT 54.22

LAKE MONGER RUN 10KM and 6.6KM

15 September 1985

Overcast and cool conditions, plus a fast, flat course, gave everyone the opportunity to record fast times. A number of PBs were achieved and congratulations go to those runners who did this.

SMART TIME

The overall winner of the 10km event was Don Caplin who is still having problems with a nagging sciatic nerve. First lady home was Joanne Collins in the smart time of 41.32. Barry Harwood and Pat Hayden took the honours in the 6.6km event.

VISITORS

A number of visitors were present. These included Bill Brown from New Zealand, Greg Knuckey, Mike Hairsine, Les Monks and Cleo Clephos who arrived from Holland just 1 week before this run. Welcome to all our visitors.

For the record, Lake Monger circuit is 3374 metres for 1 lap. To make 10km it is 3 laps minus 122 metres. Thanks to Kirt Johnson for the loan of his measuring wheel. Thanks also to our helpers: Wally Cross and Jackie Beaumont. Also to Joe Yates for setting up the Barbecues; A good day was had by all.



LAKE MONGER cont..

2 LAP 6.6 KM

Barry Harwood	M40	24.47	Elza O'Dea	W45	34.58
Les Monks	Vis	29.20	Val Tyson	W60	46.46
Pat Hayden	W45	30.45	Jill Lanedon	W35	46.47

3 LAP 10KM

1st	Graham Thornton	M40	37.49	1st	Duncan Strachan	M60	45.55
2nd	Dave Roberts	"	38.28	2nd	Gerry Noorkyk	"	46.59
3rd	Joe Yates	"	40.04	3rd	Allen Tyson	"	47.31
	Greg Knuckey	Vis	39.28		Ernie Moyle	"	48.55
					Frank Usher	"	54.14

1st	Don Caplin	M45	35.37				
2nd	Ray Atwell	"	37.49	1st	Cliff Bould	M65	52.51
3rd	Joe Trovato	"	37.59				
	John Spencer	"	40.57	1st	Dick Horsley	M70	47.53

Barrie Slinger " 41.15  
 Hamish McGlashan " 41.18  
 Bill Brown Vis 41.26  
 Bill Monks M45 42.13  
 Peter Cowley " 42.24  
 Mike Faunge " 42.52  
 Rob Farrell " 44.14  
 Mike Hairsine Vis 58.33

LADIES

1st	Joanne Collins	W45	41.32
1st	Kath Penton	W40	46.03
2nd	John Slinger	"	47.53
3rd	Phyllis Farrell	"	49.56
	Alison Aldrich	"	54.23

1st	Dave Hough	M50	38.06
2nd	Dalton Moffett	"	38.58
3rd	Rob Shand	"	40.11
	Dave Carr	"	40.45
	Alan Pomery	"	41.30
	Basil Worner	"	41.07
	Bob Hayres	"	42.12
	Duncan Phillip	"	43.13
	Brian Aldrich	"	43.31
	Selby Munsie	"	45.00
	John Russell	"	47.47

1st Margaret Warren W45 52.55

1st Pat Carr W50 54.09

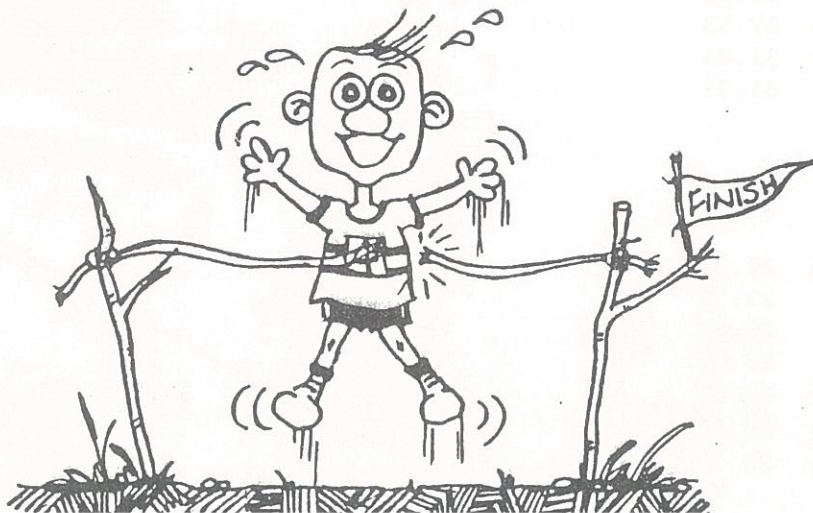
1st Nora Berry W55 55.18

1st June Strachan W60 55.18

Cleo Clephas ran two laps untimed.

Shirley Cross (Il) W45 17.12

1st	Ray Lawrence	M55	44.00
2nd	Kirt Johnson	"	45.12
3rd	Vic Baumont	"	46.07
	Stan Lockwood	"	48.58



# RUNS & RECORDS

## CHANGE OF START

"TROY HORSE RUN" - OCTOBER 27, 1985

Would members please note that the venue for the start of the "Troy Horse" Run scheduled for Sunday, 27th October, will be Point Walter, BICTON, NOT Troy Park as advertised in the programme.

Many thanks - Bernard Godwin 383 3138 (H) 384 4000 (B)

## TIME TRIALS PROGRAMME 1985/86

To be held on Tuesday evenings - venue to be announced.

<u>DATE</u>	<u>EVENTS</u>		<u>TIME</u>	<u>OFFICIALS</u>
Oct 15	3000m	-	5.30 pm	Bob Fergie, Allen Tyson
Oct 22	Mile	Discus	5.30 pm	Frank McLinden, Bob Sammells
Oct 29	400m	Long Jump	5.30 pm	Jeff & Dorothy Whittam
Nov 5	2000m Walk	Shot	6.00 pm	Dick Horsley, Bob Fergie
Nov 12	800m	100m	6.00 pm	Val Prescott, Jan Fletcher
Nov 19	5000m	-	6.00 pm	Frank Smith, Maurice Johnston
Nov 26	1500m Walk	Hammer	6.00 pm	Dick Horsley, Bob Fergie
Dec 3	1500m	Triple Jump	6.00 pm	Margaret & Morris Warren
Dec 10	200m	Javelin	6.00 pm	Jeff Whittam, Basil Worner
Dec 17	10,000m	-	6.00 pm	Leo Hassam, Don Caplin

If you cannot officiate on the evening you are rostered, can you please arrange for someone to take your place.

Other events will be held, time being available, and if requested. The onus will be on the participants in these non-point scoring events to provide their own officials. They will not be the responsibility of the officials rostered for the scheduled events.

These time trials will constitute the points-scoring competition, which will be completed with the 10k on December 17th.

A separate, non-point scoring programme will be held in the New Year.

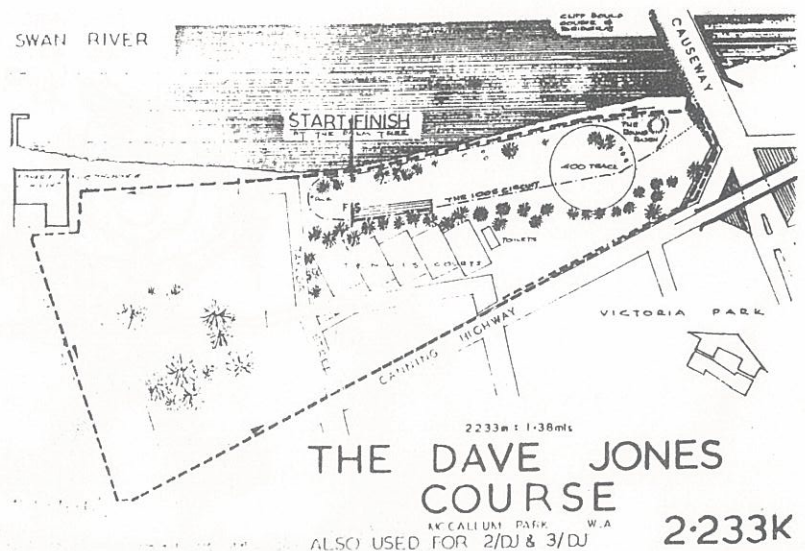
"THE THREE DJ" - 20/10/85

### LADIES:

30	C. Harland	34.58
35	D. Turner	32.40
40	J. Pellier	30.29
45	D. Whittam	37.53
50	L. Butcher	31.41
55	V. Tyson	41.31
60	-	-
65	-	-

### MEN:

30	-	-
35	H. Kirkman	22.24
40	D. Hoye	23.32
45	R. Shand	23.45
50	R. Shand	25.03
55	J. Gilmour	23.19
60	R. Horsley	28.24
65	R. Horsley	29.17





## **"VETPOWER"**

### NEW RULES FOR VETS' CLUB MEMBERS

#### - an effort to curb poor venue attendances

Due to the excessive number of absences during the winter at the various venues, the committee has found it necessary to put the following rules and procedures into operation immediately.

#### SICKNESS

No excuse. The venue managers will no longer accept a medical certificate as proof of not being able to run. They believe that if you are able to limp to the doctor, you are able to attend venue competition.

#### DEATH (your own)

This is no excuse. It simple won't be accepted as an excuse. We should like two week's notice since we feel that it is your duty to train someone else in timekeeping and recording.

#### DEATH (other than your own)

No excuse. There is nothing that you can do for them so no time off will be allowed for funerals. However, in case this would cause some hardship to some of our members, please note on your behalf the committee has a special scheme. In conjunction with the local councils, arrangements have been made for rush burials to be held between events, to ensure no time is lost from competing.

#### LEAVE OF ABSENCE FOR AN OPERATION

We wish to discourage any thoughts you may have re needing an operation, so no excuses will be accepted for hospitalisation. The committee believes that as long as you are a Vets' club member, you will need all of whatever you already have and should not consider any of it being removed. You were enrolled in trust (or trussed) as a member with all your parts and anything being removed would mean that we would be getting less than we bargained for.

#### VISITS TO THE TOILET

Far too much time is spent in this practice. It makes the evenings' programs run too late. In future, all sprinters and walkers (that is, the 'novelty event' people) will go in alphabetical order. For example, those with surnames beginning with the letters A to E, will go at 7pm before the program starts; F to J, at 7.30 pm, after the sprints, K to O at 7.45 pm after the walks, P to T at 8.00 pm after the middle distance events and the U to Z's at the close of the evening's programs. Note: those of you who are unable to attend at your appropriate time will have to cross your legs and wait until the next week when your turn comes around again.

(Source unknown - but thanks? Ed.)