

The Vetrun

NO 169, OCTOBER, 1986

W.A. VETERANS' A.C.

PATRON : BILL HUGHES

PRESIDENT : LEO HASSAM 2725566

TREASURER : ROB FARRELL 4594055

EDITOR : BASIL WORNER 3879702(W)

SECRETARY : SANDI WALTON 3392988



FROM THE COMMITTEE

TIME TRIALS

The pre-Christmas trials begin on Thursday, October 16 at McGillivray Oval. Please note that the day is a Thursday and that the first five sessions are at McGillivray Oval. The second five are at Coker Park.

This series of ten twilight meets is a "standards" competition, with points awarded for your performance in relation to age group standards. Start time : 5.30pm

NEW MEMBERS

We have welcomed no fewer than 80 new members in 1986 already.

To help new members, the Committee are holding an informal "Information Evening".

We have invited new members (1986). If you still class yourself as a "new member" (eg if you joined on December 31, 1985), We welcome you also.

Please contact:

The President	272 5556 (H)
Kath Penton	328 1507 (H)
Basil Worner	387 9702 (W)

if you wish to attend.

The programme will consist of:

- . A brief outline of the club's programme
- . Film : "Coping with Life on the Run" (Dr Sheehan)
- . Hints on running, walking and throwing (Don Caplin, Dick Horsley, Bob Fergie)

DATE: Thursday, October 16, 6.30pm (after the Time Trials)

VENUE: Conference Room, Perry Lakes Stadium

REFRESHMENTS: 6.30: coffee, tea, etc and sandwiches 9.00: supper

DRESS: Very informal! (Come in your trackie)

CLUB SINGLETS

These are on sale from the Treasurer, Rob Farrell, at \$12.00
Also available, are the club car stickers.

Pinewood Lodge, Westonia Road, Maida Vale, Saturday, November 29.

TIMES: Savouries 7 - 7.30, Dinner 7.45 (approximately) to 12.00

COST: \$20/head and Drinks (Bottled wine, house-wine, beer)

MUSIC: D.J.

MENU: "Christmas Fayre"

Entree: Fillet of Schnapper in basil and vermouth sauce

Main: Roast Turkey and trimmings

- OR -

Medallions of Beef in red wine sauce

Dessert: Xmas Pudding - OR - Fresh Fruit Salad and Ice Cream

(Vegetarians can be catered for)

1987 STATE CHAMPIONSHIPS

The Committee has begun planning for this event. A number of issues have emerged:

- . the programming of the 10K
- . the increasing entries (up 30% this year)
- . the pentathlon
- . lack of hammer facilities

It has been recommended that we use the week-end before the championships for the 10K, the hammer and the pentathlon, preferably holding them at the excellent facility at Coker Park.

Advantages:

- . Participants in the 10K and 5K should have the opportunity to run in cooler, favourable conditions.
- . The main week-end can be programmed more comfortably.
- . More members can try the pentathlon.

The main problem lies with country members who may not wish to travel twice to Perth.

A suggestion was made that country members might like to hold "regional" competitions in these events at the time.

MARCH LONG WEEK-END-1987

28th February - 1st March, Eaton camp has been booked.

. Organised runs

. Wind surfing

More details in a later Vetrun

. Crabbing

. Canoeing

GETTING TO KNOW YOU

A warm welcome to our new members :

Geoff O'Brien	7 Whitton Court	Kingsley	1/8/46	31/8/86
Gaye Whiley	15 McClelland St	Ferndale	2/7/42	31/8/86
Raymond Routledge	102/12 Wall St	Maylands	7/1/36	31/8/86
Bill Amourous	35 Hicks St	Forrestfield	11/3/49	4/9/86

ALBANY YET AGAIN!

Former State Champion, John Cochrane competed in the pre-Games meet for Vets at the Grangemouth Stadium in Edinburgh on July 19th.

John was not deterred by the extra weight in the shot (21lb) and went on to win a Gold Medal with a heave of 11.38m. He comfortably beat fellow Australian, J. Davis (10.65). John also won the triple jump with 10.02m and placed fifth in the discus with 30.92m. "Should have done better", was John's comment to George Audley!

Apparently the Council did the right thing when it held a reception for visiting Vets and John returned with a Council banner - also a package of results. We are able to print these, but copies are available if you would like to sight them. However, we did notice some smart times for the 100 metres finals :

M40 : 11.4 M 45 : 11.9 M50 : 12.9 M55 : 12.8
 M 60 : 13.6 M65 : 13.6

24-HOUR WALK ATTACK

Bronwyn Salter could be the first woman in Australia to walk non-stop for 24 hours.

On December 13/14, she will tackle the track at Kingsway Sports Centre, Wanneroo in an attempt to make an unbeatable record.

She will be joined by Marlene Stanway (Victoria) who would also like to be "the first"

Bronwyn, who has been running for a few years, believes that a "Guinness Record" may also be in her sights and she has been in touch with that Bible of the Bizarre and research is underway.

Do you want to help?

Bronwyn is looking for :

- . company (You have to walk behind!)
- . lap-scorers
- . drink-waiters
- . physios
- . encouragers

You can reach her at : 275 Huntriss Road
 Doubleview 382 8230 (W)

A.A.W.A "TWILIGHTS"

The Association is offering a menu of distance events to cater for the growing needs in this area.

- Every alternate Wednesday from September 24 to November 4
- At Perry Lakes Stadium
- 1500, 3000, 5000, 10,000.
- Starting at 5.45 for the shorter distance and followed immediately by the longer

Programme : 23/9 3K and 10K
 7/10 1500 and 5K
 21/10 3K and 10K
 4/11 1500 and 5K

Track fee : \$1,0 and \$2.0 (unregistered)

Although these twilights are the night before the Club time trials, the move by the Association seems to be a good one and there are probably many Vets who would welcome these runs perhaps later on in the season too. A good move!

Enquiries : 387 5599

HAPPY BIRTHDAY TO

01-10-39	LYONS	: Ian	turns 46	remains	M45
04-10-45	HUGHES	: Geoffrey H	" 41	"	M40
05-10-46	HOLMES	: Bernard	" 40	becomes	M40
06-10-24	MORGAN	: Garnet	" 62	remains	M60
07-10-45	GURR	: Nicolas	" 41	"	M40
08-10-45	PATERSON	: Anthony	" 41	"	M40
08-10-40	THORNTON	: Graham	" 46	"	M45
11-10-30	BUCHANAN	: Bruce	" 56	"	M55
13-10-37	CARTER	: Wes	" 49	"	M45
13-10-44	FARRELL	: Phyllis	" 42	"	W40
13-10-39	TATE	: Eileen	" 47	"	W45
15-10-14	BAUMANN	: Carlo	" 72	"	M70
15-10-44	TOUSSAINT	: Serge	" 42	"	M40
18-10-41	LANDERS	: Brian	" 45	becomes	M45
19-10-33	PEET	: George	" 53	remains	M50
22-10-39	PELLIER	: John	" 47	"	M45
25-10-44	LeBRETON	: Peter R	" 42	"	M40
27-10-42	ROBERTS	: David V	" 44	"	M40
27-10-39	SUTHERLAND	: Ian	" 47	"	M45
30-10-46	SMITH	: Therese	" 40	becomes	W40

(Incidentally, if you happened to notice a different lay-out in this month's birthday list, give yourself a silver star. It's a re-print of a print-out kindly supplied by Phyllis Farrell who has taken on the ginormous task of transferring our membership to a computer. Easy? Did you know that we have welcomed something like 80 new members to the Club since January this year? Anyhow, having the birthdays in this format is a big help to all of us. Thanks Phyll! And if there are errors, it's a case of -so the experts tell me- of "G.I = G.O" or "Garbage in - Garbage out" !



Thought for the month

"Use what talents you possess - the bush would be a very silent place if only those birds sang that sang best"



We have a couple of letters that had to be held over because of lack of space. Thanks to those interested to write to us, In fact, since we started the "letterbox" section, we have had a very steady stream of letters.

27 Riga Crescent
WILLETTON 6155
11.5.86

Dear Basil

Paul Jones' home is in the ancient market town of Melton Mowbray in Leicestershire, which is famous for its Melton Mowbray pork pies and Stilton cheese. Its name arises from the fact that the cheese was first sold in quantity by the owner of the Bell Inn at Stilton, a small village on the Great North Road. He does not advocate the use of either of these delicacies when training, or as a cure for hunger pains during a marathon.

Yours sincerely, GEORGE BOAKES

(In the May issue of Vetrun we published a report of the "Teddy Birds" run as seen by "Stilton Strider", Paul Jones - son-in-law of George. We asked what was the significance of "Stilton" in the club's name. Thanks for the info George! Ed.)

29 Parry Street
BUNBURY
19.5.86

Mr Rob Farrell.
15 Tremlett Way
THORN LIE WA 6108

Dear Mr Farrell

Please find enclosed my membership application form for my husband, and please renew mine.

May I say what a pleasure it is to be a member of your club and your members are such a friendly group of people. Because we are country members we are not able to participate at many of your runs, but I do get a lot of pleasure receiving your newsletter each month. Please pass on my thanks to all concerned.

Looking forward to meeting you at one of the runs.

Yours thankfully, NANETTE HARDING

(Good to see both Rob and Nanette at Duncan's after the Marathon -celebrating Rob's "first". Always a pleasure to have country members at the club functions)

Dear Basil

Just a note to remind members that the 24-hour event is on again this year on October 18/19 at McGillivray Oval. We are hoping for another good field of 20 athletes.

Entries close on October 5 and entry forms are available from Runner's World.

Yours sincerely, TRISH SPAIN

P.S. Quotable Quote : Charlie Spare's comment as he ran along behind Tony Tripp : "He's the only man I know who can completely strap up his thigh with one band-aid"!



"WHERE POWER SITS IN OUR CLUB"

or

Anyone for Sandi's job??????????

THE CLUB PATRON

Leaps tall buildings in a single bound
Is more powerful than a locomotive
Is faster than a speeding bullet
Walks on water
Issues policy to God

THE PRESIDENT

Leaps short buildings in a single bound
Is more powerful than a shunter
Is just as fast as a speeding bullet
Walks on water if the sea is calm
Talks with God

THE VICE PRESIDENT

Leaps short buildings with a running start
Is almost as powerful as a shunter
Is faster than a speeding slingshot
Walks on water on her home pool
Talks with God if special request apporved

THE RACE DIRECTOR

Barely clears a lean-to
Loses a tug-of-war with a locomotive
Swims well
Is occasionally addressed by God

THE TREASURER

Runs into buildings
Recognizes locomotives most times
Is not issued ammunition
Can stay afloat in a life-jacket
Talks to walls

THE PUBLICITY OFFICER

Makes marks on a wall when trying to clear them
Is run over by a locomotive
Can sometimes handle a pop-gun without self-injury
Dog-paddles
Talks to birds

THE NEWSLETTER EDITOR

Uses the lift
Has never seen an electric train
Is fairly handy with a fly-swat
Maintains flotation in a bath with difficulty
Talks to himself incessantly and incoherently

THE SECRETARY

Lifts buildings and walks under them
Kicks locomotives off the track
Catches speeding bullets with her teeth
And eats them
Freezes water with a single glance
She is God!

VETERAN STRIKES AGAIN !

By Dick Horsley

George Audley, winner of the 1985/86 Reg Briggs Trophy for our Club's most improved athlete, is not content to rest on his laurels.

On Sunday, 27th July, George took part in a 12 hour/or 100km run on the 1km lap course at McGillivray Oval, organized by TRish Spain..

His objective was to cover the 100 kms in 9 hours or less, an ambitious project for a 50 year old.

The day dawned cold and frosty but 9 stalwarts commenced soon after 6.0 a.m. and continued well into the afternoon. Various members of our club some laps during the day to keep George company. He kept up a steady pace throughout, taking occasional short walks at a brisk pace to ease his muscles.

Most people would be starting to fade late in the day but, after 95 laps, he started to speed up a little and the 100th lap was completed at a fast clip, with a sharp sprint at the finish!

The time was 8 hours 47 minutes and 18 seconds, which is a new W.A. open record for the distance.

Along the way he covered 50 kms in 4 hours 10 minutes and 31 seconds and 80 kms in 6 hours 53 minutes and 10 seconds.

President Leo Hassam was on hand to congratulate George and also to present him with the Reg Briggs Trophy which he had recently won.

Just to finish the day off nicely, George was notified that he had been selected in the State Open team for the national 50 kms walk.

Asked by a bystander if he would be running in the marathon, George replied, "No, I've given up Fun Runs"!

Congratulations on a great effort from fellow Veterans.

STOP PRESS

MARATHON RESULTS

It was a "hot snap" and high humidity - not the best conditions for the 42.2kms. Congratulations to all Vets who finished. We do not have the full prize list, but we heard that Frank McLinden, Allen Tyson, Trish Spain, Marg Forden and Sandi Walton were recipients. A fine effort by Hank Stoffers to finish 12th (2:33:49) John Pressley (19), Bert Carse (22), Brian Danby (37), Don Caplin (39), John Gilmour (44) and Joe Yates (46)

12	Hank Stoffers	2:33:49	272	Trish Spain	3:40:30
19	John Pressley	2:46:16	277	Jill Bower	3:41:06
22	Bert Carse	2:47:41	282	Tony Speechley	3:42:17
37	Brian Danby	2:56:10	294	Kath Noordyk	3:43:10
39	Don Caplin	2:57:07	303	Marg Forden	3:44:27
44	John Gilmour	2:57:59	308	Aub Davie	3:45:04
46	Joe Yates	2:58:13	330	Keijo Valsta	3:49:02
56	Bob Bryce	2:59:37	331	Dennis Wilmott	3:49:11
77	Charlie Spare	3:04:05	348	Tina Carman	3:51:23
78	Graham Thornton	3:04:32	385	Maurice Johnston	3:55:32
81	Geoff O'Brien	3:06:12	389	Brian Aldrich	3:56:13
82	Frank McLinden	3:06:22	403	Bern Godwin	3:58:53
97	John Bell	3:09:57	423	Sandi Walton	4:01:09
109	Joe Trovato	3:14:20	450	Michael Faunge	4:09:32
134	John Pellier	3:18:54	488	Bob Johnstone	4:21:19
140	Jill Chambers	3:19:13	498	Gerry Noordyk	4:24:16
171	Brian Kennedy	3:24:45	507	Duncan Strachan	4:27:32
185	Tuula Valsta	3:26:46	513	Mary Pritchard	4:28:57
221	Bill Hughes	3:31:16	534	Peter Le Breton	4:35:57
230	Allen Tyson	3:32:49	550	Frank Usher	4:41:24
236	Norm Richards	3:33:21	564	Joe McKechnie	4:51:58
233	Mike Khan	3:33:11	570	Malcolm Sargent	4:57:12
236	Norm Richards	3:33:21	574	Alan CROxford	5:02:29
252	Ian Partington	3:35:43	575	Fred Hagger	5:02:29

Thanks to Runner's World and Jim Langford for helping us with results of the race.

RESULTS

LAKE MONGER RUN - AUGUST 10, 1986

79 Members and visitors turned up for a pleasant run around the lake. Hugh Kirkman, running quietly due to a nagging hamstring strain, easily accounted for the field to win in a creditable 35.26. Cheryl Bell took the women's section in a good time of 41.58.

Most people disappeared quickly as dark black clouds began to roll in. The braver stayed on for a BBQ and refreshments. Thanks to Alan Stone for his assistance with the timing and to the ever-helpful Rob Farrell.

Marg & Keith Forden.

Jackie Jenkins	W 35	21.33	1L	*	John Curtis	M50	46.09
Irene Johnstone	W40	21.33	1L		Keith Martin	M40	46.18
Clive Vincent	Vis	24.32	2L		Rob Davis	M45	46.23
Barry Harwood	M40	25.01	2L		Jim Dagostino	M40	46.25
Dick Horsley	M70	27.58	1L		Garnet Morgan	M60	46.46
Scott Ashurst	Vis	28.10	2L		Patricia Weston	W50	47.06
Sandi Walton	W40	31.21	2L		Cliff Bould	M70	47.07
Joan Pellier	W45	33.0	2L		Jenny Willers	W35	47.26
Hugh Kirkman	M40	35.26			Joy Sanger	W35	47.29
Simon Beaumont	Vis	36.14			Angus Sim	M35	48.14
Sherilee Bell	Vis	36.22	2L		Elza O'Dea	W50	48.38
Kevin Stewart	M35	36.25	2L		Phyliss Farrell	W40	48.38
David Hansen	Vis	36.38			Alison Aldrich	W40	49.42
Barbara Godwin	W45	37.26	2L		Joanne Pearce	W35	49.56
John Mussett	Vis	37.29			Stewart Hicks	M60	50.29
Karen Vincent	Vis	37.49	2L		Dave Jones	M60	51.06
Arnold Jenkins	M40	38.10			Merv Moyle	M55	51.07
Mike Khan	M40	38.31			Mary Pritchard	W40	51.13
Paul Martin	M45	39.17			Harry Pritchard	M40	51.14
Hamish McGlashan	M45	39.52			Frank Usher	M60	51.18
Kevin Martin	M45	40.21			John Russell	M50	51.21
Bob Sammels	M45	40.29			Patricia Farquhar	W45	52.07
Peggy MacLivor	W40	41.07	2L		Jill Langdon	W35	52.12
Alan Martin	Vis	41.31			Lorna Butcher	W55	52.33
Barry Evans	M55	41.47			Jim McLean	M55	52.33
Cheryl Bell	W35	41.58			Leo Hassam	M55	52.33
Aub Davie	M50	42.23			Mike Johnson	Vis	52.50
Brian Andrich	M55	42.54			Wilma Vincent	W45	53.57
Barry Kernaghan	M45	43.06			Sheila Maslen	W45	54.49
Ray Brown	M45	43.08			Shirley Cross	W45	55.03
Bernard Godwin	M45	43.28			Pat Spencer	W45	56.00
Jackie Beaumont	W45	43.32	2L		Carol Cole	W45	56.00
Michael Sanders	Vis	44.06			Geoff Francis	M35	56.58
Vic Beaumont	M55	44.15			Sue Sanders	W30	57.21
Joanne Stewart	W35	44.28	2L		Jo Stone	W40	58.19
Alan Tyson	M60	44.28			Margaret Lucey	Vis	59.53
George Peet	M50	44.35			Margaret Taylor	W35	62.22
Ray Lawrence	M55	44.56			Val Tyson	W60	67.43
Dennis Vincent	Vis	45.19			Margaret Stone	W40	67.44
Tina Carman	W30	45.31					

* 1L = one lap
2L = two laps

RESULTS

ROUND THE CYCLE TRACK - 31/8/86

There were 94 participants in this race.

The weather was mild with initial mists which were cleared by a very light wind.

Our thanks to:

Timekeeper	Kath Penton
Time Recorder	Jackie Jenkins
Place number issuer	Wally Cross
Results recorder	Jackie Beaumont
Marshall	Selby Munsie

Brian & Alison Aldrich

<u>NAME</u>			<u>NAME</u>		
B. Carse	45	32.16	Serge Toussaint	40	44.04
H. Kirkman	40	34.09	Ray Lawrence	55	44.41
B. Danby	35	34.59	Rob Davis	45	44.48
G. O'Brien (Vis)	40	35.00	Keith Forden	45	44.57
Ted Maslen	50	35.17	Duncan Strachan	60	45.15
J. Yates	40	35.27	Ray Routledge	50	45.33
J. Mussett	15	35.48	Joanne Pearce	35	45.45
J. Bell	40	36.05	Mike Polkinghorn (Vis)		45.45
S. Hoskin	40	36.12	Patricia Weston	50	46.43
A. Jenkins	40	36.14	John Russell	50	46.58
C. Leman	40	36.36	Cliff Bould	70	46.59
Alan Martin	35	36.36	Jenny Willens	35	47.34
M. Khan	40	36.37	Joan Slinger	45	47.43
D. Roberts	40	36.43	Joan Pellier	55	47.43
J. Stickles	45	36.43	Adam Brennan (Vis)		47.58
Barry Harwood	40	46.46	Kirt Johnson	55	48.13
K. Vaalsta	50	37.06	Derek Drayson	60	48.17
Bob Sammells	45	37.08	Stuart Hicks	60	48.22
P. Martin	45	37.31	Sandy Walton	35	48.31
K. Martin	45	37.42	Stuart Grey	50	49.24
Tony Speechley	40	38.14	Jim MacLean	55	49.25
Peter Airey (Vis)	45	38.18	Peggy MacLiver	40	49.59
Scott Ashurst "	13	38.57	Jill Langdon	35	50.00
Dalton Niffatt	55	39.10	Lorna Butcher	55	50.06
Bob Norton	45	39.23	Margaret Warren	50	50.12
Barry Slinger	45	39.35	Leo Hassam	55	50.24
Richard Harris	45	39.50	Stuart Ashurst (Vis)	8	50.35
Ian Toussaint (Vis)		39.58	Mike Fermor	50	50.43
Cheryl Bell	35	40.07	Sheila Maslin	45	50.44
Aub Davie	50	40.07	Alan Croxford	40	51.00
Tulla Vaalsta	45	40.23	Fred Haggar	60	51.01
Merv Moyle	55	40.45	Bob Trott	35	51.07
Ray Brown	50	41.23	Rosa Davis	40	51.10
John Pellier	45	42.02	Gaye Whiley	40	51.22
Margaret Forden	45	42.14	Jeanette Tomlinson	50	51.24
Maurice Johnson	45	42.16	Robert Farrell	45	52.19
John Curtis	50	42.50	Sandra Regts (Vis)		52.34
Jim Dagostina	40	43.09	Jan Johnson	40	52.34
Vic Beaumont	55	43.19	Shirley Cross	45	52.47
Angus Sim	35	43.24	Elza O'Dea	50	52.47
Alan Tyson	60	43.41	Mary Robinson	45	53.13

RESULTS

ROUND THE CYCLE TRACK - 31/8/86 contd.

<u>NAME</u>			<u>NAME</u>		
Bob MacLiver	45	53.57	Jo Stone	40	57.17
Gloria Sutherland	45	54.23	June Strachan	60	58.20
Kevin Stewart	40	54.53	Margaret Taylor	35	60.01
Geoff Francis	40	55.55	Margaret Stone	40	60.09
Ian Sutherland	45	55.56	Val Tyson	60	60.09
Bob Johnson	45	57.17	D. Whitton	60	60.09

THE SHOALWATER 10

7/9/86

At last we managed to have this championship race shifted from the heat of February to a reasonable September day and the event was celebrated with a total of 55 runners and their families.

Forty three contested the newly measured Terry Tate course (10K), while 11 ran the 5K out and return.

We were very happy to have a total of 13 visitors to entertain, including some from the Bunbury Runners' Club.

Our thanks to Terry Tate for his usual dedicated preparation of the course, to Jean and her kitchen ladies and to our loyal band of volunteers (starter, marshalls, drink attendants) without whom the day could not have been the success it was.

Dennis Wilmott

10K Handicap

Ladies	Men	First to finish	
1. Phyllis Farrell	Frank Usher	Steve Mitchell (Vis.)	33:47
2. Margaret Warren	Brian Aldrich		
3. Pat Carr	John Russell	Sandi Walton	46:29

5K

1. Mary Webb	Rob Farrell
2. Val Tyson	Jim de Gruchy
3. Jacqui Beaumont	

P.S. I'm sure I saw Morris Warren and Eileen Tate there, but for some reason they don't figure in the results.

(Also good to see the enduring stalwart, Jim de Gruchy, getting ready for yet another track season. Keep it up Jim! Editor)

NAME	AGE	CLOCK TIME	H'CAP	ADJUSTED TIME
Steve Mitchell	Visitor	33:47	-	33:47
Don Caplin	M45	35:50	4:0	31:50
Frank Smith	M40	36:25	3:15	33:10
Simon Beaumont	Visitor	36:30	-	36:30
Jim Barnes	M40	36:43	7:0	29:43
John Gilmour	M65	36:46	6:0	30:46
Q. Durber	Visitor	37:11	-	37:11
Graham Thornton	M45	37:34	6:30	31:04
David Carr	M50	37:47	6:45	31:02
David Roberts	M40	38:14	8:0	30:14
Bob Sammells	M45	39:24	8:30	30:45
D. West	Visitor	40:31	-	40:31

RESULTS

THE SHOALWATER 10 (Cont.)

Arnold Jenkins	M40	40:34	7:30	33:04
D.Raatz	Visitor	40:39	-	40:39
K.Martin	M45	40:54	9:0	31:54
John Spencer	M45	41:06	10:0	31:06
Barry Evans	M55	41:19	8:0	33:19
Terry Tate	M50	42:24	9:0	33:24
Brian Aldrich	M55	42:28	13:30	25:58
Dennis Wilmott	M55	42:33	11:0	31:33
G.Poniatowski	Visitor	42:33	-	42:33
Ray Brown	M50	43:07	12:0	31:07
D.Miller	M45	44:30	First run	44:30
Angus Sim	M35	45:03	-	45:03
Peter Davies	M55	45:17	13:0	32:17
Maurice Johnston	M45	45:30	8:30	37:0
M.Beaumont	Visitor	45:32	-	45:32
Rob Davis	M45	45:37	16:0	29:37
Allen Tyson	M60	46:06	11:0	35:06
Bob Norton	M45	46:13	10:0	36:13
Sandi Walton	W40	46:29	15:0	31:29
R.Gilchrist	Visitor	47:48	-	47:48
Phyllis Farrell	W40	47:51	19:0	28:51
Garnet Morgan	M60	47:56	16:30	31:26
John Russell	M50	48:04	18:30	29:34
M.Berry	M55	48:37	-	48:37
L.Hodges	Visitor	48:56	-	48:56
Jenny Willers	W35	49:57	18:0	31:57
Cliff Bould	M70	49:59	18:0	31:59
S.Hicks	M60	50:40	-	50:40
Peggy McLiver	W40	50:49	-	50:49
Margaret Warren	W50	50:56	22:0	28:56
Leo Hassam	M55	51:15	21:0	30:15
Frank Usher	M60	51:28	23:0	28:28
Jim McLean	M55	52:52	21:0	31:52
Rosa Davis	W40	53:54	22:0	31:54
Pat Carr	W50	55:28	24:0	31:28
G.Fermor	M45	58:57	-	58:57
G.Turner	M35	59:0	-	59:0
Rob McLiver	M45	63:50	-	63:50
Sid Bowler	M60	63:52	26:0	37:52
J.Shillington	W40	69:07	-	69:07
Nora Berry	W55	69:35	25:0	44:35

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Rob Farrell	M45	25:27
Mary Webb	W35	26:26
Jim de Gruchy	M60	26:59
W.Jones	Visitor	30:28
L.Jenkins	Visitor	31:38
Val Tyson	W60	33:16
Jackie Beaumont	W45	33:23
C.Gary	Visitor	34:16
Jackie Jenkins	W35	36:09
K.Jenkins	Visitor	36:09
Irene Johnston	W40	36:10