

The Vetrin

No. 156 SEPTEMBER, 1985

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

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PATRON: W. J. Hughes
SECRETARY: Duncan Strachan, 459 3859
NEWSLETTER EDITOR: Basil Woner, 387 4400

PRESIDENT: Leo Hassam, 272 5556
TREASURER: David Roberts, 384 5758

QUIZ NIGHT TRIUMPH

Over one hundred and sixty eager quizzers lined up at Churchill's Tavern on August 14.

Organizer Jacki Greenfield showed glimpses of herself behind a small hill of prizes at the start. "The response was great", said Jacki. "We almost had more than we needed".

Quizmaster, Barrie "Barber" Slinger, had put together a well-balanced battery of questions and what we didn't know about geography we learnt in human anatomy! (There were no prizes for guessing which code of rugby holds sway in Florence Road, Nedlands, either!)

Testimony to the quizmaster's fine touch was the even-balanced competition. While two tables tied for top, all groups put up very respectable scores.

Barrie's technical team with Colin Leman, Frank McLinden also performed well, except for an occasional sotto voce lapse when the front row picked up a useful clue! Was it the third member of the team - Derek Crowther??

It was well-organized, well-supported, productive and, of course, good fun.

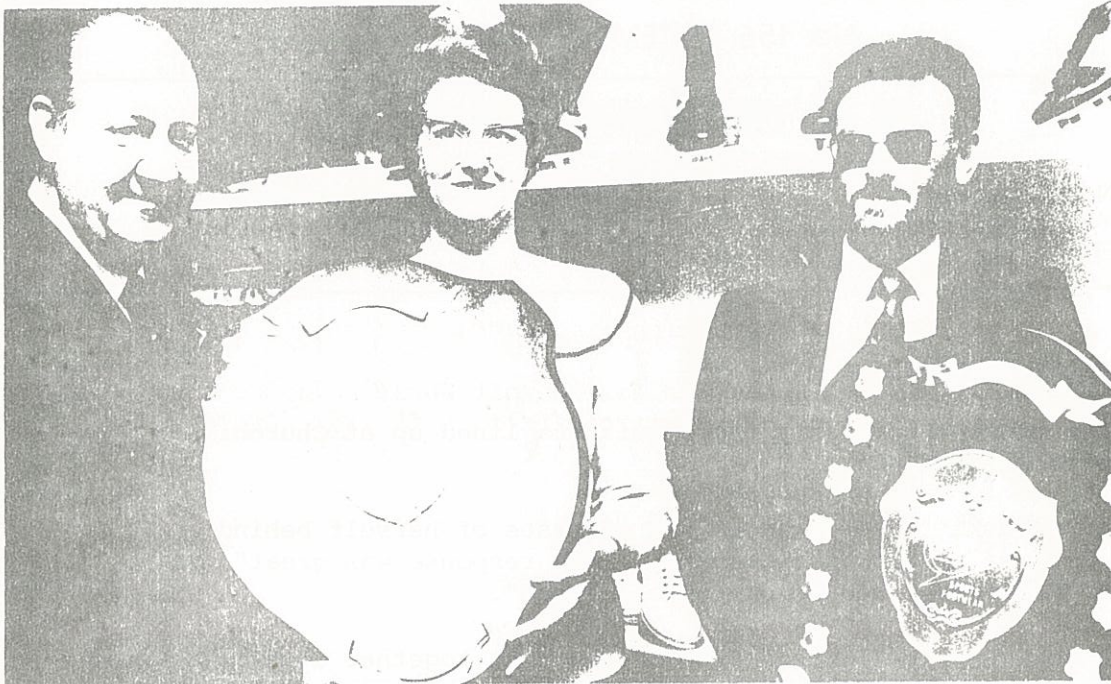
Well done Jacki and crew and many thanks to the following who provided us with prizes:

Jim and Pat Barnes
Bob and Phyllis Farrell
Fred Hager
Bill Hughes
Thelms Manley
Barrie and Joan Slinger
Duncan and June Strachan
John & Mary McGuinness
Ken Whistler

Derek and Enid Crowther
Jacki Greenfield
Leo Hassam
John & Ruby Maddison
Marg Robinson
Trisha Shain
Keith and Marg Forden
Morris and Margaret Warren
Jeff & Dorothy Whittam

....and Churchill's Tavern.

At this stage, it appears that we netted in the vicinity of \$800. A very good result and a pleasant way for the club to raise funds. Full report in the next newsletter.

THANKS GREG

Last month, Greg Germy, a well-liked supporter of our club passed away.

He is shown above with Dorothy Whittam and former President Bob Sammells.

Over the past few years the club has been involved in attacks on 24-hour relay records and these events have been significant in our programme.

Greg was a representative for Dunlop and he played a major part in getting assistance from his company for our relay teams.

Barrie Robinson, who was closely associated with Greg, has written the following:

Dear Basil & Members

I am writing to say many thanks for the bereavement notice for Greg Germy you put in the "West Australian". Not all members will know of Greg and his connection with the WA Veterans Athletics Club.

So by way of a fond farewell I'd like to take up space in the "Vetrun" to explain what Greg did for us. In 1981 Dunlop Footwear Pty Ltd were approached through Greg to sponsor the 24 hour relay for both men and women throughout Australia. Dunlop were not too keen at all at first as the bottom line was 20 pair of shoes 20 medals and 2 large shields an all up value of over \$1000 for something that didn't seem to have a great deal of publicity in it. Greg was pestered by Rob Shand, Bob Hayes, myself and a few others and catching the enthusiasm

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of our club threw himself whole heartedly behind us and sold our case for us strongly to the "wise men in the East", and pulled off what I considered at the time a "bloody miracle", in getting Dunlop footwear to give us everything we asked for, not just on a one-off basis, but it was agreed to be an on-going event, as it is to this day.

Greg really enjoyed his Christmas dinner with the Vets and looked forward with his wife Mil', to coming down every year to enjoy himself with "you mad buggas that always look so bloody healthy".

Greg was known throughout W.A. as a fellow that would help you out, so next time you're looking for that extra effort in the 24-hour relay have a quiet word to Greg, he's bound to help you.

Thanks for the space Basil to wish a great friend goodbye in a fitting way.

Yours sincerely

BARRIE (ROBINSON)



WELCOME TO:

Michael Paul Morrissey (rejoining)
P.O. R.A.A.F. Base
PEARCE 6085

Wilma Vincent
48 Canning Avenue
MT PLEASANT 6153

"HOME THOUGHTS FROM ABROAD"

We've had cards from Sandi and Bob Walton and Joan and John Pellier. Joan said they had a re-union with Sandi and Bob in London and all are well, with Joan "still running".

We also believe that Lorna Butcher and her daughter are drifting through the Greek Islands.

100 MILE EVENT

So far 17 runners have nominated for the race. Amongst these are Tony Rafferty, Joe Record and Ross Parker. It is also hoped that Cliff Young will accept.

The venue at the moment is McGillivray Oval, but there is a faint possibility that this may be changed to the East Perth oval to coincide with a Greek Festival being held there. There is a first prize of \$500 for the first man and woman to finish.

DONNELLY RIVER LONG WEEKEND

This year the committee decided to use application forms to help the organizers - see last page of the newsletter.

Members usually support this week-end, so get your applications in to avoid disappointment.

HANDICAP CHAMPIONSHIP (after 5 events)

		<u>5</u>	<u>3 events</u>			<u>5</u>	<u>3 events</u>
16	Duncan Strachan	119	4	=12	Kath Penton	116	
= 2	June Strachan	92	=12	10	Leo Hassam	112	
15	Allen Tyson	117		5	Dick Horsley	102	
8	Graham Thornton	108		9	Aub Davie	111	
=12	Mary Robinson	116		11	Phyllis Farrell	115	1
1	Ray Lawrence	72	6	= 2	Allison Aldrich	92	
6	Selby Munsie	106	=12	=12	Marilyn Acreman	116	
4	Ernie Moyle	99	11	7	Brian Aldrich	107	
=19	John Maddison	122		17	Cliff Bould	120	8
19	Joan Pellier	122	3	18	Shirley Cross	121	2

OFF THE RECORD - ON THE RECORD

Did you know that the following records were set at the Sutherlands' Run on July 21?

Maurice Smith	(M50)	30:19
Marg Forden	(W40)	37.41
June Strachan	(W60)	50.29

****HAPPY BIRTHDAY****

TO:

Tony Dowling	turns 47	remains	M45	14
Tony Denham	" 50	becomes	M50	15
Bob Hayres	" 54	remains	M50	16
Stan Lockwood	" 56	"	M55	29
Mel Shead	" 42	"	M40	04
John Spencer	" 49	"	M45	26
Frank Usher	" 62	"	M60	30
Morris Warren	" 48	"	M45	24
Arthur Leggett	" 67	"	M65	08
Alan Chambers	" 48	"	M45	30
Bernard Godwin	" 49	"	M45	08
Brian Kennedy	" 50	becomes	M50	14
Peta Newbold	" 35	"	W35	10
Jan Vanderdriesen	" 43	remains	M40	11
Brian Aldrich	" 55	becomes	M55	16
Jacqueline Beaumont	" 49	remains	W45	08

JOHN TARRANT TROPHY RUN

30 June 1985

It was pleasing to see a good turn out for this Thornlie run, especially because it took place on the same day as the 20 miler.

Good weather prevailed for its duration. An early lead by invitation runner Clive Vincent was quite substantial by 3km. At half way this lead was reduced, at 6kms the lead was taken away by George Innes (Gentleman). George finished on strongly to be first home by almost a minute. Rob Shand and Merv Moyle looked as though they are on the come-back trail and put in good times for this 10.1km course.

Most runners stayed for refreshments after the run and my wife Pat and myself enjoyed the company. I would like to thank all who assisted in making this run function, especially Rob Farrell. Many thanks! We look forward to next year's run.

Jim Barnes.

10km RUN - 30 June 1985

<u>Place</u>	<u>Grp</u>	<u>Time</u>	<u>Place</u>	<u>Grp</u>	<u>Time</u>
1. George Innes	M50	35.35	17. Gerry Brown	M30	46.52
2. Clive Vincent (Inv)		36.28	18. Alan Pomery	M50	48.18
3. Jim Barnes	+ M40	37.20	19. Leo Hassam	M55	48.32
4. Derek Crowther	M40	37.45	20. Joan Pellier	+ W45	48.33
5. Fraser Deanus	+ M45	38.18	21. Basil Worner	M50	48.35
6. Maurice Johnson	M45	39.07	22. Duncan Strachan	M60	48.36
7. Barry Evans	+ M55	40.16	23. Kirt Johnson	M55	48.50
8. Barry Harwood	M40	40.23	24. Ernie Moyle	M55	48.57
9. Hamish McGlashan	M45	40.40	25. Cliff Bould	+ M65	49.27
10. Merv Moyle	M55	45.04	26. John Russell	M50	54.19
11. Duncan Phillip	M50	45.30	27. Wilma Vincent	W40	55.45
12. Rob Shand	M50	45.42	28. Shirley Cross	W45	59.02
13. Allen Tyson	+ M60	45.52	Selby Munsie	M50	59.02
14. Brian Aldrich	M50	46.00	29. June Strachan	+ W60	59.08
15. Val Tyson (8km)	W60	46.47	30. Sean Keane (Inv)		59.54
16. Robert Farrell	M45	46.50	31. Phyllis Farrell	W40	60.28
			32. Alison Aldrich	W40	61.28

EDINBURGH '86

The Commonwealth Games will be held in Edinburgh from July 24 to August 2nd next year.

Laurie Elliott's Travel is negotiating with MAS for a group travel arrangement for members of our club.

At this stage we have six people showing interest. The idea would be to travel to London as a group and then "do your own thing" returning when you wish.

For further information, you can ring the editor on 3879702(w)

We certainly couldn't have picked a better day for the club X-C Champs at Jorgenson Park. The weather was ideal - cool and sunny and, despite the heavy rainfall of the previous day, the condition of the course was quite good. This was a nice change from previous years.

A good field of 53 runners set off at the gun with 52 of them in hot pursuit of Don Caplin, who led all the way to finish first in the good time of 32-40. Don was followed closely by Brian Danby (33.09) and - 'The Returning to Form' - Colin Leman (33-56).

Our Triathlon Man, Graham Thornton, ran well to take out the M40 title, a good effort considering that he'd come second in this grade in an 85km cycling event the day before.

First female across the line was the 'in form' Tuula Vaalsta (40-34), a clear winner from Pat Hayden (48-17) and Elsa O'Dea (49-27).

With the run over, everyone turned their attention to the 'main event' of the day - eating! Thanks to Bob Harrison and the 'Ladies', we were all, once again, spoiled with a wide variety of delicious food and cakes.

Thanks to the committee for organising the event and to the time-keepers (Maurice Johnston & Cliff Bould), recorder (Frank Steere) and again to Maurice Johnston, Jeff Whittam and Bob Sammells for flagging and de-flagging (with Dave Hough) the course.

<u>Surname</u>	<u>Age Gp</u>	<u>Time</u>	<u>Surname</u>	<u>Age Gp</u>	<u>Time</u>
1. Don Chaplin	45	32.49	25. Duncan Strachan	60	41.14
2. Brian Danby	35	33.09	26. Keith Forden	45	41.19
3. Colin Leman	35	33.56	27. Allen Tyson	60	42.49
4. Graham Thornton	40	34.27	28. Stan Lockwood	55	43.02
5. Ian McGibbon	40	35.55	29. George Peet	50	43.43
6. Dalton Moffett	50	36.36	30. Morris Warren	45	44.04
7. Bill Monks	45	36.40	31. Alan Acreman	45	44.04
8. Arnold Jenkins	40	36.43	32. Ian Sutherland	45	44.29
9. David Hough	50	36.57	33. Ray Lawrence	55	46.00
10. Keijo Vaalsta	50	37.00			
11. Rob Sammells	45	37.03	36. Dick Horsley	70	46.54
12. John Pellier	45	37.13	37. Jeff Whittam	50	46.54
13. Mary McGuinness(I)U30		37.21	38. Selby Munsie	50	47.42
14. John Maddison	45	37.37	39. Patricia Hayden	45	48.17
15. B. Slinger	45	37.43	40. John Russell	50	48.40
16. B. Harwood	40	37.53	41. Keith Whistler	50	49.20
17. S. Greenfield	40	38.37	42. Elza O'Dea	45	49.27
18. J. McGuinness	45	38.59	43. Leo Hassam	55	49.30
19. R. Shand	50	39.10	44. Derek Cowlan	50	49.41
20. Rob Norton	46	39.56	45. Margaret Warren	45	50.40
21. Dave Carr	50	40.29	46. Marilyn Acreman	40	51.16
22. Tony Speechley	40	40.31	47. Gloria Sutherland	40	53.09
23. Tuula Vaalsta	40 1stF	40.34	48. Pat Carr	50	54.17
24. Merv Moyle	55	41.04	49. Jill Langdon	35	54.27

51. June Strachan	60	55.35
52. Enid Crowther	40	56.10
53. Dorothy Whittam	40	59.55
54. Val Tyson	60	71.20

CLUB "BRIDGES & MILL POINT ROAD" 10km Championships

28|7|85

1.	Jim Langford M40 1	M40	32.27	51	Merv Moyle M55 (2)	M55	43.02
2.	Frank Smith M40 2	M40	32.59	52	Cam Ansell	Inv	43.02
3.	Chris McConnell	Inv	33.11	53	Charles McKinnon	M35	43.06
4.	Don Caplin M45 1	M45	34.31	54	Keith Forden	M45	43.13
5.	Peter Versteegen	Inv	35.05	55	George Peet	M50	43.41
6.	Steve Barrie M45 2	M45	35.17	56	Brian Aldrich	M50	43.45
7.	Bob Arcyle	Inv	35.41	57	Colin Walsh	M50	43.53
8.	George Innes M50 1	M50	35.42	58	Robert Farrell	M45	44.06
9.	Brian Danby M35 1	M35	35.46	59	James Greenfield	M40	44.08
10.	Cleve Vincent	Inv	35.52	60	Stan Lockwood M55 3	M55	44.20
11.	Graham Thornton M40 3	M40	35.53	61	Alan Pomery	M50	44.29
12.	John Pressley	M40	35.55	62	Joan Pellier W45 2	W45	44.31
13.	John Gilmour M65 1	M65	35.56	63	Joanne Collins	W35	44.31
14.	Max Van Weert	Inv	36.10	64	Ray Lawrence	M55	45.17
15.	Joe Yates	M40	36.11	65	Ian Sutherland	M45	45.53
16.	Arnold Jenkins	M40	36.34	66	Gerry Noordyk M60 2	M60	46.10
17.	Frank McLinden M50 2	M50	36.37	67	Peter Davies	M55	46.22
18.	Dave Hough M50 3	M50	36.49	68	Kevin Martin	M45	46.37
19.				69	Patricia Hayden W45 3	W45	46.45
20.	Barrie Robinson M45 3	M45	37.14	70	Phyllis Farrell W40 1	W40	46.49
21.	John Maddison	M45	37.32	71	Ken Whistler	M50	46.49
22.	Morris Johnston	M45	37.49	72	Arthur Leggett W65 2	M65	46.57
23.	Bob Sammells	M45	37.55	73	Vic Beaumont	M55	47.01
24.	Joe Trovata	M45	38.00	74	Selby Munsie	M50	47.25
25.	Dalton Moffett	M50	38.00	75	Dick Horsley M70 1	M70	47.30
26.	Keijo Vaalsta	M50	38.10	76	Kurt Johnson	M55	47.30
27.	Barry Evans M55 1	M55	38.11	77	Elsa O'Dea	W45	48.09
28.	Geoff Hughes M35 2	M35	38.11	78	Cliff Bould M65 3	M65	48.29
29.	John Pellier	M45	38.12	79	Duncan Strachan M60 3	M60	48.30
30.	Bob Norton	M45	38.14	80	Ernie Moyle	M55	48.55
31.	Dave Roberts	M40	38.42	81	Shirley McGain	Inv	50.21
32.	Ken Snowden	M40	38.53	82	Margaret Warren	W45	50.31
33.	Morris Warren	M45	39.41	83	John Russell	M50	51.05
34.	Barrie Slinger	M40	39.51	84	Carolyn Harrison	Inv	51.35
35.	Barry Harwood	M40	40.25	85	Wilma Vincent	Inv	52.28
36.	Terry Tate	M45	41.00	86	Carole Cole W40 2	W40	53.23
37.	Adrian Noordyk	Inv	41.03	87	Gloria Sutherland W40 3	W40	54.32
38.	Tony Speechley	M40	41.20	88	Pat Spencer	W40	54.39
39.	Allen Tyson M60 1	M60	41.21	89	Trish Williams	Inv.	55.19
40.	Joe Stickles	M45	41.38	90	Val Lishman	M55	56.56
41.	Tuula Vaalsta W45 1	W45	41.40	91	Norma Berry W55 1	W55	57.40
42.	Bernard Godwin	M45	41.47	92	Jill Langdon W35 2	W35	57.40
43.	Dennis Willmott	M50	41.51	93	June Strachan W60 1	W60	62.31
44.	Brian Gale	Inv	41.59	94	Shirley Cross	W45	65.32
45.	Rob Shand	M50	42.09	95	Ruby Maddison	W45	75.10
46.	Aub Davies	M50	42.09	96	Val Tyson W60 2	W60	75.10
47.	Bob Hayres	M50	42.09				
48.	Duncan Phillip	M50	42.34				
49.	John Bennington	M45	42.51				
50.	Kath Noordyk	W35	42.58				

YANCHEP PICNIC RUN

This was our second Yanchep picnic run and on a slightly different course. Despite the uncertain weather and the let-down after the marathon, 35 people tackled one of our most enjoyable courses - hills, roads, tracks, circuitous bush trails and patches of hock-high swamp.

Without the 1984 soccer ball, and tug-of-war rope, the group settled into a comfortable, lethargic post-lunch discussion which merged into a pre-tea dash for home at 5.00 pm for some stayers!

It was particularly pleasing to see the number of families who came this year and we were entertained by Althea Munsie's two deft paintings of the lake we had laboured around just minutes before. We hope to see more of Althea's views of our courses in the future.

In those hours after the run, we agreed that the picnic runs in these parks are "ideal for the club" and we should try to introduce at least one other.

Many thanks to Barrie and Joan Slinger for setting up this run and to all the helpers for making Yanchep a super social day. Many happy returns!

	Time		Time
1 Steve Mitchell	27.45	17 Basil Worner	33.37
2 Brian Danby	28.16	18 Alicia Ansell	33.40 *
3 Derek Crowther	28.26 *	19 Bill Hitchell	33.49
4 Don Caplin	28.41 *	20 Stan Lockwood	33.53
5 Graham Thornton	28.47	21 Cam Ansell	34.03
6 John Bell	29.15	22 Morris Warren	35.17
7 Jim Greenfield	30.39	23 Bob Farrell	36.50
8 Dalton Moffett	30.40	24 Ernie Moyle	37.04
9 John McGuinniss	30.45	25 Selby Mynsey	37.19
10 Bob Sammells	30.47 *	26 Alan Tyson	40.38
11 Rob Shand	31.00	27 Kath Penton	40.43 *
12 Morris Johnston	32.11	28 Fred Hagger	40.43
13 Harry Pritchard	32.33	29 Margaret Warren	40.50 *
14 Alan Pomery	33.07	30 Phyllis Farrell	44.25
15 John Bennington	33.08	31 Enid Crowther	44.25
16 Keith Forden	33.35	32 Val Tyson	51.35 *

5Km

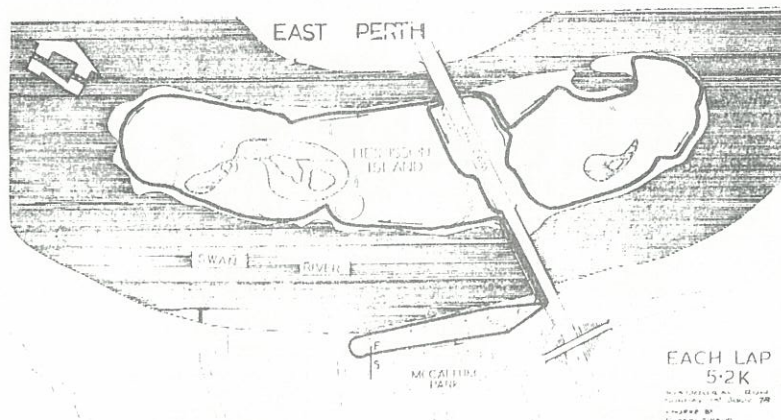
Patsy Reside	25 mins
Kath Mitchell	30
Ken Phillips	30



RUNS & RECORDS

"CLIFF BOULD TROPHY" - 1/9/85 - 8.00 a.m.

W35	Joan Slinger	48:10	M35	Hugh Kirkman	36:36
W40	Joan Slinger	48:44	M40	Don Caplin	35:37
W45	Tuula Valsta	48:12	M45	Don Caplin	37:08
W50	Lorna Butcher	50:48	M50	Rob Shand	39:20
W55	June Strachan	59:48	M55	Alan Tyson	41:40
			M60	R. Godwin	44:55
			M65	Dick Horsley	45:07



COURSE ALSO USED FOR HARRISON ISLAND RUN XMAS GIFT & C.B. RACE

CLIFF BOULD
TROPHY 10.4K

8/9/85 - STATE CROSS COUNTRY CHAMPIONSHIPS - 8.00 a.m.

Various tracks in King's Park → Start at Saw Avenue.

W30	Cheryl Bell	58:21	-	-
35	Cheryl Amies	47:04	Cor n Leman	37:25
40	Marg Forden	51:27	Jim Langford	35:10
45	Tuula Valsta	47:54	Don Caplin	37:12
50	Lorna Butcher	55:18	Rob Shand	41.01
55	June Strachan	65:53	Merv Moyle	46:46
60	-	-	-	-
65	-	-	Arthur Leggett	51:22



Dehydration: A condition that affects distance runners on a hot day. The most popular remedy is to chug-a-lug a six-pack of beer.

LAKE MONGER RUN (10km) 15/9/85 - 8.00 a.m.

LOCATION OF START: Dodd Street, on northern side, adjacent to children's playground.

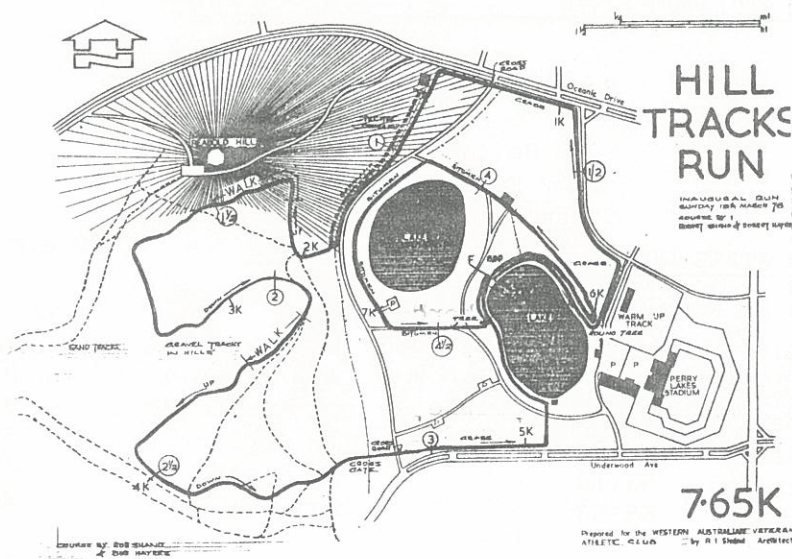
B.B.Q: If possible, would you please bring your own portable B.B.Q. (Club will provide two)

This is a flat, measured 10K course around the lake.

You can't get lost!

HILLS TRACKS RUN (PERRY LAKES) - 22/9/85 - 8.00 a.m.

W 30	Jill Pearton	40:49	M	-	
35	Joan Slinger	40:15		Colin Leman	29:27
40	Marg Forden	37:54		Don Caplin	30:32
45	Elsa O'Dea	43:11		Rob Shand	31:10
50	Lorna Butcher	39:42		Dalton Moffett	34:07
55	June Strachan	48:16		Merv Moyle	36:04
60	Val Tyson	61:10		Duncan Strachan	36:36
65	-			Dick Horsley	37:33
70	-			Dick Horsley	37:55



** 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)

"VETPOWER"ANYONE FOR 1987?

We have heard that Melbourne will host the World Veteran's Track and Field Games in 1987.

The dates are November 28-December 6.

Peg Smith, national secretary, said that a prominent P.R. firm had been engaged "to capitalise on the Australian team's success at Rome".

Winning the bid for Australia to host this festival is a triumph for our body.

Melbourne has a fine history for organization. Well done again, and good luck!

VETERANS GAMES - ROME

Some preliminary results culled from daily results. It is 99% accurate. Can you pass on to your Editor please. P.S. a marvellous effort from the team - I'm sure you will agree.

Wal Sheppard.

<u>100m</u>	M45	1st	Reg Austin	NSW	11.67
	M85	2nd	Bill Empey	NSW	23.81
	W40	1st	Wendy Ey	SA	13.17
	W40	2nd	Kath Holland	WA	13.42
<u>200m</u>	M40	2nd	Heinz Steinmann	QLD	23.10
	M45	3rd	Reg Austin	NSW	23.78
	M85	2nd	Bill Empey	NSW	51.71
	W45	1st	Kath Holland	WA	27.35
	W45	2nd	Wendy Ey	SA	27.37
	W50	3rd	Daphne Pirie	QLD	29.52
<u>400m</u>	M45	3rd	Reg Austin	NSW	52.24
	M75	1st	Harry Gathercole	VIC	74.77
	M85	1st	Bill Empey	NSW	1.56.67
	W45	1st	Kath Holland	WA	60.66
	W50	3rd	Daphne Pirie	QLD	66.65
	W55	1st	Joy Bannister	NSW	73.67
<u>800m</u>	M45	2nd	Alan Bradford	QLD	2.02.74
	M50	1st	Tom Roberts	VIC	2.06.73
	M65	1st	George McGrath	NSW	2.23.40
	M70	3rd	Andy Smith	VIC	2.47.68
	M85	1st	Bill Empey	NSW	5.04.83
	W35	2nd	Judy Daly	SA	2.16.59
	W60	3rd	Bettina Woodburn	VIC	3.12.09
	W65	2nd	Mavis Collins	QLD	3.49.31
	W70	3rd	Arley Nicholls	VIC	4.02.65
<u>1500m</u>	M45	1st	Alan Bradford	QLD	4.09.46
	M50	1st	Tom Roberts	VIC	4.17.41
	M65	1st	John Gilmour	WA	4.49.16
	M70	1st	Alan Burgoyne	VIC	5.34.77
	M75	1st	John Brown	VIC	6.45.97
	W35	1st	Judy Daly	SA	4.36.04
	W60	3rd	Bettina Woodburn	VIC	6.13.23
	W70	3rd	Arley Nicholls	VIC	8.21.00

5000M	M60	3rd	Gordon McKeown	Vic	17.35.90
	M65	1st	John Gilmour	WA	17.25.30
	M70	1st	Alan Burgoyne	Vic	20.08.10
	W55	1st	Jean Albury	Vic	19.20.60
	W70	3rd	Arley Nicholls	Vic	28.03.00
<u>10000M</u>	M65	1st	John Gilmour	WA	36.39.00
	W55	1st	Alan Burgoyne	Vic	41.59.90
	W55	1st	Jean Albury	Vic	40.29.80
<u>80 HURDLES</u>	M75	3rd	George Simpson	Vic	21.80
	W45	2nd	Helen Searle	NSW	13.14
<u>100 HURDLES</u>	W35	2nd	Eileen Hindle	WA	14.17
<u>400 HURDLES</u>	M45	3rd	Bob Newey	NSW	60.59
<u>3000 STEEPLE</u>	M50	1st	Doug Worling	NSW	10.15.90
	M50	2nd	Adolf Blonner	NSW	10.27.60
<u>2000 STEEPLE</u>	M65	2nd	Kevin Hopkins	NSW	9.03.98
	M70	2nd	Stan Nicholls	Vic	9.06.97
	M70	3rd	Ed Gamble	Vic	9.33.12
<u>MARATHON</u>	M60	3rd	Gordon McKeown	Vic	
	M65	1st	George McGrath	NSW	3.05
	M65	2nd	John Gilmour	WA	3.10
	M70	3rd	Stan Nicholls	Vic	
<u>5km Walk</u>	M45	3rd	John Smith	NSW	23.21.30
	M65	1st	Vic Townsend	NSW	27.58.80
	M75	3rd	Frank Scully	VIC	34.46.20
	M85	1st	Gus Theobald	VIC	34.53.90
	W40	2nd	Myra Greene	VIC	28.32.60
	W55	2nd	Shirley Brasher	TAS	30.24.20
	W60	1st	Marg Colthup	VIC	32.06.10
	W65	2nd	Stella Murnane	VIC	35.59.60
	W65	3rd	Grace McDonald	VIC	36.27.30
	<u>10km Walk</u>	W55	2nd	Shirley Brasher	Tas
W60		1st	Marg Colthup	Vic	1.09.11
W65		2nd	Grace McDonald	Vic	1.16.11
<u>20km Road Walk</u>	M45	3rd	John Smith	NSW	1.39.15
	M65	2nd	Vic Townsend	NSW	2.00.58
	M75	3rd	Frank Scully	Vic	2.29.29
	M85	1st	Gus Theobald	Vic	2.35.11
<u>CROSS COUNTRY (8.750kms)</u>	M65	1st	George McGrath	NSW	33.02.60
	M70	1st	Alan Burgoyne	Vic	37.02.60
	W50	3rd	John Stubbings	Qld	44.03.64
	W55	2nd	Jean Albury	Vic	37.08.00
<u>PENTATHLON</u>	M45	3rd	Lloyd Mitchelson	NSW	4163
	M55	1st	Rudi Hochreiter	Vic	4015
	M65	2nd	Kevin Hopkins	NSW	3817
	W50	1st	Daphne Pirie	Qld	3748
	W60	1st	Bettina Woodburn	Vic	774

<u>HAMMER</u>	M65	1st	Roy Foley	Vic	43.04
	M70	1st	John Frazer	Vic	41.72
<u>SHOT</u>	W55	1st	Sylvia White	SA	11.48
	W75	2nd	Ruth Frith	NSW	5.64
<u>JAVELIN</u>	W40	1st	Mary Thomas	NSW	45.58
	W55	2st	Sylvia White	SA	33.46
	W75	2nd	Ruth Frith	NSW	8.62
<u>DISCUS</u>	W50	2nd	Isobel De Neefe	Vic	34.82
	W55	1st	Sylvia White	SA	34.28
	W75	2nd	Ruth Frith	NSW	14.98
<u>LONG JUMP</u>	W45	1st	Helen Searle	NSW	5.05
	W50	3rd	Daphne Pirie	QLD	4.49
<u>HIGH JUMP</u>	W45	3rd	Helen Searle	NSW	1.40
<u>TRIPLE JUMP</u>	M60	3rd	Ken McConnell	TAS	10.80

EXHIBITION - WOMENS HAMMER THROW

W40	1st	Mary Thomas	NSW	24.20
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TOTAL MEDALS.....	GOLD ...	SILVER ...	BRONZE
	42	26	26

BARRIE KERNAGHAN IN FORM AGAIN

At an International Senior Meet in Baden, Switzerland, on July 5th and 6th, Barrie retained his fine form to score wins in the M45 100m and 200m.

Despite his injured arm he recorded 11.92 and 23.99 for the 100 and 200 respectively.

He also finished second in the 400m in 53.84.

Former club member Art Briffa (M55) ran third in the 5,000 in 20:33.4 minutes.

Congratulations to both W.A. runners.

(Thanks to Dick Horsley for this information.)

VETERANS IN BROADLANDS

Did you know that 573 completed the 1985 Broadlands' Marathon and, of these, 216 (37.7%) were of veteran age, (i.e. ladies 35+ and men 40+?)

It is also interesting to see the breakdown by male and female:

Female:	Completed Marathon	:	42
	Veteran Age	:	22 (52.3%)
Males:	Completed Marathon	:	531
	Veteran Age	:	194 (36.5%)

It is clear that mature-age runners, male and female, are attracted by the challenge of the marathon and appear to cope with its physical and mental demands.

REGULAR RUNNER

On August 4, two veterans finished in the first 20:

* Ian Graves of NSW (2:31:01) and our own Frank Smith (2:31:58).

We are particularly proud of Frank because he is a regular runner with the W.A. Veterans Club.

The oldest female to finish was Shirley McKain (U.K.) in the W50 group. She recorded 4:10:37. The oldest male was S. Green of W.A. who took 4:17:30 and is 71.

NUDGING 40

It is interesting to see that, in the first 10, 3 of the runners are nudging 40:

* Jose Revyn (Belgium) 2nd in 2:16:56 is 38,
Garry Hand (Australia) 7th in 2:20:20 is 39,
Trevor Wright (N.Z.) 8th in 2:21:42 is 38.

The average age of the first 10 runners was 31.9 - not quite in the veteran category but "mature"!

Of course, there was a substantial difference in times from first to last. Ian Graves' 2:31:01 is a smart time for runners who may be years his juniors, so the 41 year-old who took 5:15:19 to complete the course may feel a little inferior.

ADMIRATION

"Not so", says Rob de Castella. In an interview in Perth in 1980, he voiced his admiration for the four-hour marathoner: "I'm only on the track for two hours, while they have to endure physical and mental demands for 4, or even 5 hours", he said.

More recently, his coach, Pat Clohessy, said in a special message to Veteran Club runners before the Broadlands:

"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".

UNDER THREE HOURS

Other veteran club members who performed well and finished under 3 hours were:

Bob Harrison (2:44:38)	Jimmy Barnes (2:56:10)
Don Caplin (2:47:38)	John Bell (2:56:24)
Peter Sanders (2:48:08)	George Audley (2:57:36)
Graham Thornton (2:51:31)	Brian Foley (2:58:22)
Bob Bryce (2:53:52)	Brian Danby (2:58:27)
Frank McLinden (2:54:15)	Joe Yates (2:58:42)
Stan Latchford (2:58:59)	

The ladies Vets were also prominent with:

Trisha Spain (3:29:12)	Joan Pellier (3:47:57)
Kath Noordyck (3:43:53)	Phyllis Farrell (3:58:28)
Marg Forden (3:45:35)	Marilyn Acreman (4:41:34)
Pat Hayden (3:58:07)	

....all performing well.

"MAIDEN VOYAGE"

Some club members used Broadlands to make their first Marathon bid:

Pat Hayden	Phyllis Farrell
Vic Beaumont (3:50:27)	Selby Munsie (4:17:27)
Alan Pomery (3:29:11)	Keijo Vaalsta (3:17:39)
Marilyn Acreman	Norm Richards

all successfully completed their "maiden voyage".

"Not so novice" were Bob Bryce (M50) and Allen Tyson (M60) who won their respective age groups.

"SOLDIERING ON"

We also saw these at the finish in various stages of "comfort", but all soldiering on and encouraged by other club members.

Peter Davies	Frank Usher	Keith Forden
Barry Robinson	Morris Warren	Brian Kennedy
John Pellier	Michael Khan	Fred Hagger
Dave Roberts	Joe Stickles	Rod Marston
Dave Hough		Harry Whyte
Bob Hayres	Gerry Noordyck	

and, of course, our indomitable secretary, Duncan Strachan and his inseparable training partner, Rob Farrell.

Congratulations to all who participated and especially to those who finished.

"COSTILL SAYS....."

Summary of a report by Dr. D. Costill of the Human Performance Laboratory Ball State University, U.S.A.

Training:- Improvements in endurance and/or aerobic capacity are determined by the distance you run. Runners who train 40k per week have an aerobic capacity 14 - 18% higher than when not training.

By increasing to 80k per week, endurance level rises another 8 - 10%.

Maximal gains are between 96k - 160k per week.

Mix hard and light weeks with your longest week 2 weeks before the event - then medium - then light. Race when well rested.

In carbohydrate loading, don't do the depletion (protein) stage. Rest, then 3 - 4 days on carbohydrates.

In a marathon, the first 8 - 16k are critical. During the first hour most glycogen is used and heat is stored most rapidly. Try to delay the rate. If doing an average for the distance of 7 minute miles - do 7 min. 15 secs. for 8k then 7 min pace. After an hour, accelerate to make up the lost minutes.

Drink early in the race, even if cool. At the point when you are likely to run out of energy, make sure you are well hydrated. Blood is concentrated and electrolyte levels are elevated.

FROM "ULTRARUNNING MAGAZINE:"

Kouros views training as: "an unavoidable evil" and rarely trains longer than 20k at a time or 130k per week.

"The best training", he says, "is racing".

QUESTION IN "RUNNER'S WORLD" to Carlos Lopez

"I am 34 and want to run 10k in 35 minutes and the marathon in 2H 40m.

What ratio of speedwork to mileage should I use?

Answer: To be able to run 10k in 35 min train 1 hour per day at 15k per hour and do speedwork on the track twice per week. For your first speed cay, try 10 sets of 400 metres in 66 or 67 secs. or 10 sets 200 metres in 30 secs.

