



The Vetrun



No. 204 SEPTEMBER 1989

W.A. VETERANS' A.C.

"Registered by Australia Post Publication No. WB11 0370."

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IF YOU DON'T GO OUT ON A LIMB, YOU'RE NEVER GOING TO GET THE FRUIT.

QUIZ NIGHT. Have YOU got your tickets yet? They are available from any committee member at \$4.00 each. Tables of six. It is on the 15th September at the Rugby Clubrooms at Perry Lakes and starts at 7pm.

If you have any prizes that you would like to donate please give them to Jan Johnson or Peggy McLiver at club runs or give them a ring on 276 6333 (Jan) or 448 2153 (Peggy). Thank you.

1989 W.A. VETERANS MARATHON CHAMPIONSHIPS. 6th August 1989.

The W.A. Veterans Marathon Championships were held on the 6th August in conjunction with the Perth Peoples Marathon. Six women and one Hundred and twentynine men completed the marathon, with only 25 male members and no female members finishing the distance. Marge Forden was our only female entrant and unfortunately was only able to complete 20km due to a virus infection.

Congratulations to the first female, Joanne Collins and the first male John West, who turned 40 a few days before the event.

From the results it is obvious that there are many Vets running Marathons who are not in our Club. It is also obvious that a lot of our members are not now running marathons. However many of our members were seen on the half marathon course. (I hope to be able to print these results in a later issue. Ed)

Well done to Bob Hayres on completing his 11th Peoples Marathon.

A superb run by Steve Barrie saw him very close to being outright winner of the Veterans section of the race.

A number of members coming back from injury were notable in their efforts. Well done to all those who attained PBs.

It was interesting to see one of our ex-members Val Pach recording a good time. Eddie Srickland, that very young 71 year old, recorded his worst time for years. He feels he hit the wall at 38km but wasn't sure as he hasn't hit the wall before.

It will be on again next year, so those of you who may entertain the thought of running, at least start your planning now.

Keith Forden.

Place	Name		Chest #	Sex	Age	Time
WOMEN aged 35 to under 40						
192	JONES	Anne	508	F	36	3.42.08
WOMEN aged 40 to under 45						
75	COLLINS	Joanne	10	F	43	3.07.05
181	KENNEDY	Sara	236	F	42	3.39.09
265	MCKEOWN	Isabel	542	F	40	4.30.37

WOMEN aged 45 to under 50 2

189	PURDY	Rebecca	564	F	45	3.40.53
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WOMEN aged 50 to under 55

229	PACH	Valerie	144	F	50	3.57.08
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MEN aged 40 to under 45

5	WEST	John	3	M	40	2.33.16
14	* PRESSLEY	John	202	M	44	2.48.04
18	* LEMAN	Colin	585	M	43	2.51.27
25	AESCHLIMANN	Robert	166	M	40	2.53.50
26	NAYLOR	Laurie	246	M	43	2.53.58
27	* MUIR	David	242	M	44	2.54.41
30	GREIVE	Maxwell	537	M	44	2.56.33
31	PARTINGTON	Ian	80	M	43	2.56.34
32	WELCH	Robert	565	M	40	2.56.43
35	GARLAND	George	26	M	40	2.57.10
37	WRIGHT	Douglas	27	M	44	2.57.27
39	DOUGLAS	Philip	569	M	40	2.58.00
41	NASLUND	Hans	520	M	40	2.58.07
42	BRYANT	Viv	158	M	43	2.58.09
43	COUCH	Michael	54	M	44	2.58.23
45	MACDONALD	Peter	78	M	41	2.58.36
46	HASTIE	Norman	562	M	41	2.58.57
48	GILLARD	Christopher	141	M	41	2.59.16
54	JONES	Steven	25	M	44	3.01.48
55	LUSCOMBE	Max	226	M	41	3.02.22
67	* TRIPP	Tony	531	M	42	3.06.07
80	ROSE	Robert	48	M	41	3.10.30
85	BRADLEY	Philip	138	M	42	3.13.00
92	BLACKMAN	Fred	94	M	41	3.15.27
104	CAULFIELD	James	160	M	41	3.17.44
106	ELLERY	Chris	536	M	44	3.18.07
114	SIMPSON	Donald	148	M	40	3.19.49
116	ROSEN	Mark	75	M	41	3.20.03
117	CLARK-MURPHY	Joseph	140	M	42	3.20.34
120	NICHOLSON	Geoffrey	24	M	40	3.22.03
121	SANFORD	Gary	154	M	41	3.22.09
131	HURWITZ	Brian	243	M	40	3.24.51
136	BRAID	Robert	35	M	40	3.26.16
140	HUNT	Tom	87	M	41	3.28.14
143	WOOD	Anthony	195	M	43	3.29.04
149	TONTI	Mark	187	M	40	3.30.04
150	BARNETT	Derek	188	M	44	3.30.23
155	HORBURY	Murray	201	M	42	3.31.18
157	JORDAN	Malcolm	573	M	41	3.31.46
158	EDWARDS	Warren	215	M	42	3.31.48
162	FERGUSON	John	563	M	42	3.33.43
166	LOVELESS	Peter	532	M	42	3.35.16
167	BUCKMAN	Peter	168	M	41	3.35.27
170	MANIA	John	528	M	41	3.35.52
171	MACPHERSON	Bruce	502	M	44	3.35.52
174	KILLNER	Roger	72	M	41	3.36.33
183	DARTNALL	Jon	547	M	41	3.39.21
184	DEVITT	William	239	M	42	3.39.56
193	PECKITT	Ronald	582	M	41	3.42.15
210	CORMICAN	Desmond	241	M	41	3.49.03
238	MCKEOWN	Hugh	543	M	41	3.59.38
240	ROBERTSON	Reginald	185	M	44	4.00.42
244	CHASE	Roy	167	M	43	4.03.54
248	BROWN	Robert	222	M	41	4.07.35
257	GORTON	Richard	43	M	41	4.16.54
258	* BRYANT	David	65	M	44	4.17.21

259	TOMPKINS	Michael	69	M	42	4.20.39
266	MILLAIS	Ian	121	M	40	4.31.41
268	WELLS	Gerald	511	M	43	4.32.11
279	LOWE	Godfrey	146	M	42	4.40.23

MEN aged 45 to under 50

28	CONTE	John	52	M	45	2.55.34
38 *	SCHICKERT	Bob	47	M	47	2.57.33
52	ELLIS	Jim	507	M	46	3.00.42
60	SPARK	Richard	521	M	49	3.04.35
61 *	BARNES	Jim	567	M	46	3.04.49
74	WHYTE	Harry	126	M	46	3.06.57
76 *	ROBINSON	Barrie	519	M	49	3.07.22
78	MILLANE	John	575	M	49	3.09.04
88 *	MILLER	Dennis	50	M	49	3.14.57
89 *	LATCHFORD	Stan	526	M	48	3.15.04
101 *	THORNTON	Graham	204	M	48	3.17.36
102	BYTHEWAY	Bryan	74	M	45	3.17.38
110 *	PELLIER	John	566	M	49	3.18.57
118	DEAVIN	Ernie	551	M	47	3.21.16
122	MULLIN	Michael	186	M	46	3.22.27
124 *	CROXFORD	Alan	127	M	46	3.23.18
125	NEVIN	Lawrence	153	M	49	3.23.36
129	PETERS	Richard	206	M	49	3.24.29
130 *	PEART	William	68	M	46	3.24.38
139	DUFFY	Philip	211	M	45	3.27.28
148	COSGROVE	Denis	183	M	48	3.29.57
153	HAMMERER	Rainer	134	M	46	3.31.05
161	DRAKE	Anthony	224	M	45	3.33.41
177	SLATTERY	John	149	M	48	3.38.05
182	LIMB	Christopher	41	M	47	3.39.12
195	HARRISON	Geoff	42	M	46	3.42.24
197	BERNADT	Ian	137	M	48	3.42.35
200 *	JENKINS	Arnold	549	M	45	3.44.46
215 *	O'REILLY	Larry	553	M	48	3.50.49
222	ALLEN	Jim	34	M	49	3.54.49
228	TERNAHAN	Gerry	208	M	48	3.57.07
250	CLINTON	Graeme	193	M	49	4.08.07
264	CONDER	Raymond	176	M	48	4.26.00
278	EDWARDS	Elwyn	572	M	48	4.38.46
280	ODIAM	Walter	39	M	48	4.41.23
285 *	NORDEN	Bruce	252	M	47	4.52.43

MEN aged 50 to under 55

10 *	BARRIE	Steve	248	M	53	2.43.13
56	MANFORD	Terry	220	M	51	3.02.48
82	BARUGH	Thomas	560	M	54	3.12.13
100	FROST	Robert	178	M	50	3.17.23
123	HUME	Nigel	44	M	50	3.22.34
135	COX	John	159	M	54	3.26.13
137	DYMOND	Frank	524	M	51	3.26.18
142 *	ATTWELL	Raymond	93	M	53	3.28.48
145	SCOTT	Norman	548	M	53	3.29.26
151 *	CRELLIN	William	194	M	51	3.30.41
159	GARNER		580	M	52	3.33.03
173 *	CURTIS	John	143	M	53	3.36.16
191	DE KORT	Anthony	89	M	52	3.41.37
208	HANLON	William	500	M	54	3.48.52
211	CLOVER	Phillip	505	M	51	3.50.09
225	NORRIS	Alan	169	M	50	3.56.36
226	RUMBALL	Lance	162	M	54	3.57.00
230 *	WARREN	Morris	165	M	51	3.57.09
237	PASCOE	Eric	571	M	54	3.59.33
269	CUMBOR	F	583	M	51	4.32.14
283	BROWN	Peter	123	M	52	4.45.58

4
MEN aged 55 to under 60

53	COUSINS	Michael	510	M	55	3.01.34
152	DAVIES	John	517	M	55	3.30.56
154	BRUCE	Douglas	586	M	55	3.31.09
202	HARNETT	Gerald	253	M	56	3.45.16
267 *	HAYRES	Robert	53	M	57	4.31.57
288	COOPER	Barrie	541	M	55	5.06.13

MEN aged 60 to under 65

218	SCHULLER	Eugene	556	M	61	3.52.09
290	OGURA	Makoto	110	M	60	5.16.47

MEN aged 65 and over

232 *	STRICKLAND	Eddie	513	M	71	3.58.10
262 *	HICKS	Stewart	196	M	66	4.24.06

M35 - 39

* Wayne Pantell	3.03.28	* Club Member
* David Reid	3.04.57	

ROAD WALKING CHAMPIONSHIPS. 15km 4th June 1989.

First of all my apologies for missing them of the original results of the race, they had been put on the back of one of the sheets and I failed to notice the PTO sign.

RESULTS:- 15km.

Margaret Stone	W45	1.40.11	Lorna Lauchlan	W55	1.48.31
Bob Chalmers	M50	1.44.49	Jack Collins	M75	1.57.32
Jaqui Greenfield	W45	1.47.23	Ann Leiseboer	W45	1.57.32
Jill Midolo	W40	1.48.28			

10km

Jaxqui Beaumont	W50	1.15.15	Jacqui Jenkins	W40	1.15.15
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WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

Shona M Papalia	Lot 2, Alice Road, Mt Helena. 6555.	572 1610	11/Apr/57
Margaret Taylor	6, Hill Street, Thornlie. 6108.	459 0230	22/Jan/51
John Bornholdt	33, Reeve Street, Swanbourne. 6010.	385 2443	03/Dec/35
Suzette Lekias	10, Archer Street, Wanneroo. 6065.	405 1773	18/Feb/38
Ken Eatt	10, Greville Way, Girrawheen. 6064.	342 8223	12/Dec/43
Jim Klinge.	21, St Georges Ave, Kelmscott. 6111.	390 6521	08/Oct/46
Philip M Drayson	19, Hornsey Road, Floreat Park. 6014.	387 4915	19/Apr/53
Michael J Thompson	46, Coulston Road, Boya. 6056.	299 6787	17/Nov/47
Alex Mokrzycki	9, Marmion Street, Kelmscott. 6111.	390 6376	13/Feb/48

All passed committee meeting 9th August 1989.

Rob W Doust	8, Spigl Way, Bateman. 6155.	332 5864	05/Nov/52
Pat Savin	15b, Peak View, Ballajura. 6066.	249 3256	23/May/48
Harold M George	1314, Ambrose Street, Rockingham. 6168	527 5642	08/Nov/36
Duncan McAuley	69, Frederick Street, Shoalwater Bay. 6169.		

Fiona McAuley	" " " "	527 8303	28/Sep/49
			06/Mar/51

All passed at committee meeting 12th July 1989

DINNER DANCE. On the 9th September Canning Districts have invited the Vets Club to a Dinner Dance to be held at Coker Park. The evening starts at 7.30pm and the tickets are priced at \$10 each. Drinks are at club bar prices.

For more information about tickets etc see Jim Barnes or ring him on 459 2617.

DID YOU KNOW that Merv Moyle has just run his 14th consecutive City to Surf fun run. He almost has a perfect record but misses out as he did not run the inaugural race. How do the times compare Merv?

"MUSSEL POOL MUSTER" CROSS COUNTRY

10TH SEPTEMBER 9.00AM



LOCATION: WHITEMAN PARK
SHOOTING COMPLEX
BEECHBORO RD. NORTH

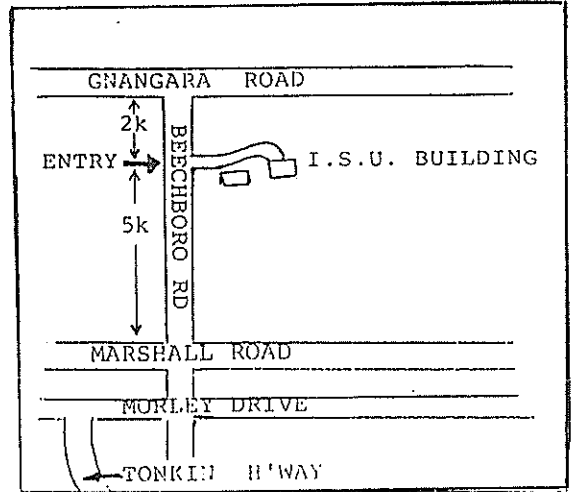
ENTRY: 2 kms. from Gnangara Rd. or
5 kms. from Marshall Rd.

TIME: 9.00 am

COURSES: Long Course - ? 9kms.-11kms.
Short Course - ? 5kms.- 7kms.

Limestone & sand tracks
NO WATER CROSSING - NO HILLS!!

Please wear SHOES



PRIZES: "Guess-the-Distance" (both courses)

MORNING TEA: provided BARBECUE: The Shooting Association have kindly lent us their gas barbecue. Why not make it a picnic!

ASSEMBLY: At the I.S.U. building, about 1km. from the entry (road will be marked).

SAFETY: There is no shooting until 2.00pm (We should be finished our run by then!!!).

WALKERS: A circular course - partly bitumen, partly limestone, 4-5kms., is available.

THE VENUE: The shooting complex is at stage 1 - \$2.25m, and is the finest outside the U.S.A. and Europe. It will be the venue for the 1991 World Championships involving 50 countries. The Executive Director, Reg Wagland, has been most co-operative in helping us with our run.



KEEP YOUR
EYE ON
THE FLAGS



CUPPA
PROVIDED AT
THE FINISH

DRINK STATION
PROVIDED - NO
NEED TO
B.Y.O.
ON THE RUN



YES - YOU
MAY WEAR
YOUR WATCH



25KM ROAD RACE 25TH JUNE 1989

A perfect morning for running or even racing, with no wind, cool but sunny for the 25km run from McCallum Park. We have been so lucky lately with the weather on Sunday mornings really great for running. Hope everyone is taking advantage of them. A large crowd started with 105 finishers including walkers. No event could take place without the helpers mainly George Peet and his wife who manned the drink station (passed 3 times by the 25km runners). Chris Brockwell marked the course every kilometre, and Sue Jones, Maureen Pomery, Bev Thornton and Don Caplin for helping to make the event a great success. The 25km race is the third leg of the 50km R.R.C. with 18 runners completing the three distances. Congratulations to all these runners.

Results 25km.

John West	vis	86.52
Ian Stewart	vis	89.59
John Pressley	M40	92.35
Frank Smith	M45	92.36
Peter Priest	vis	93.21
Paul Odan	vis	94.21
Chris Brockwell	M35	96.51
Graham Thornton	M45	98.30
Wayne Pantell	M35	100.32
Dave Roberts	M45	100.35
Wal Welyky	M40	101.39
David Carr	M55	103.14
David Reid	M35	103.39
Frank McLinden	M55	103.47
Gary Prior	vis	104.09
Jim Barnes	M45	104.36
Mike Thompson	vis	104.45
David Helliwell	vis	105.02
Alan Thurlow	vis	105.03
Bob Sammells	M50	105.41
Mike Watts	M50	107.56
Ray Atwell	M50	108.56
Jim Greenfield	M45	111.31
Robert Doust	M35	112.20

Roland Matzke	M45	112.26
Bill Crellin	M50	113.10
Jock Campbell	M50	114.22
John Curtis	M50	115.19
David Bryant	M40	115.41
John Pellier	M45	115.45
Merv Jones	M45	116.01
Margery Forden	W45	116.10
Adrian Noordyk	M35	118.20
Vic Beaumont	M55	118.57
Keith Forden	M50	118.58
Tony Speechley	M45	119.58
Derek Drayson	M65	120.39
Joe Yates	M45	123.33
Ron Sutton	M50	123.38
John Crawford	M50	124.13
Margaret Birks	W40	126.13
Phyllis Farrell	W40	129.22
Stuart Hicks	M65	132.56
Patrick Sheerin	M55	139.58
Eddie Strickland	M70	139.59
Selbie Munsie	M55	141.20
Margaret Warren	W50	141.38
Morris Warren	M50	141.38

10km.

Bert Carse	M45	34.57*
Paul Pohe	M40	37.44
Clive Choate	M35	38.30
Arnold Jenkins	M45	40.33
Paul Martin	M45	40.38
Maxine Santich	W35	40.47*
Kevin Martin	M50	41.35
Maureen Stewart	W45	41.38
Liz Helliwell	vis	41.49
Ted Maslen	M50	41.53
Brian Jones	M60	42.02
Margaret Robinson	W50	43.07

Mal Brown	M55	43.16
Ernest Iaw	vis	43.22
Clinton West	vis	43.59
Dalton Moffett	M55	44.00
Peter Cole	M45	44.22
Ron Potter	M45	44.26
Vic Waters	M45	44.47
Dave Hough	M55	45.33
Mike Khan	M40	46.55
Peggy McLiver	W45	47.52
Don Caplin	M50	47.53
John Thompson	M45	49.13

10km.

Godwin Salerno	vis	49.31
John Lindsay	M40	49.31
Ray Lawrence	M60	49.51
Kirt Johnson	M60	49.52
Arthur Leggett	M70	50.52
Alan Pomery	M55	51.30
Stan Lockwood	M55	51.33
John Bornholdt	vis	53.04
Robyn Holmes	W40	54.46
Fred Hagger	M60	56.22
Cliff Bould	M70	56.25
John Russell	M55	56.25
Jan Johnson	W40	56.35
Patricia Carr	W55	56.43
Linda Rhodes	W40	57.06
Mary Robinson	W50	57.57
Dorothy Whittam	W50	61.06
Sheila Maslen	W50	63.53
Gaby Ralph	vis	63.54
Sandy Penny	vis	??.

15km.

Brian Danby	M40	66.25
Joan Pellier	W45	81.52

Cont.

WALKERS 10km.

Jackie Greenfield

Bob Chalmers W50 67.53
Jill Midolo W40 68.44
Lorna Lauchlan W55 68.55
Dick Horsley M75 74.53

Lynne Schickert W45 75.39
Jaqui Beaumont W50 76.12
Jaqui Jenkins W40 76.14
Ann Leiseboer W45 77.40
Jack Collins M75 77.40

ROAD RACE CHAMPIONSHIPS for 1989 over 50km. RESULTS:-

W40 Margaret Birks 10km 15km 25km

ROAD RACE CHAMPIONSHIPS for 1989 over 50km. RESULTS:-

		10km	15km	25km	Average km rate
W40	Margaret Birks	45.48	69.59	2.06.13	4.49
	Phyllis Farrell	48.09	74.15	2.09.22	5.03
W45	Margery Forden	45.26	69.54	1.56.10	4.38
W50	Margaret Warren	51.49	79.50	2.21.39	5.28
M35	Chris Brockwell	37.32	56.28	1.36.51	3.49
M40	John Priestley	37.20	54.43	1.32.35	3.21
M45	Dave Roberts	37.50	58.48	1.40.35	3.57
	John Pellier	41.36	62.44	1.55.45	4.24
M50	Ted Costello	39.04	59.36	1.43.16	4.03
	Bob Sammells	41.42	63.06	1.45.41	4.12
	Mike Watts	41.33	63.30	1.47.56	4.15
	Bill Crellin	42.36	65.04	1.53.10	4.25
	John Crawford	48.05	72.45	2.04.13	4.54
	Morris Warren	42.51	66.26	2.21.38	5.01
M55	David Carr	39.46	62.33	1.43.14	4.07
	Vic Beaumont	44.33	66.17	1.58.57	4.36
	Selby Munsie	49.54	78.26	2.41.20	5.23
M65	Derek Drayson	52.44	73.04	2.01.39	4.57

A VERY HAPPY BIRTHDAY TO OUR "SEPTEMBER" MEMBERS

02-SEP-41	FOSTER	: Terence G.R.	turns	48	remains	M45
04-SEP-31	WORNER	: Basil	"	58	"	M55
06-SEP-36	BEAUMONT	: Jacqueline	"	53	"	W50
08-SEP-37	GODWIN	: Bernard	"	52	"	M50
08-SEP-18	LEGGETT	: Arthur	"	71	"	M70
09-SEP-46	BIRKS	: Margaret	"	43	"	W40
11-SEP-38	DAVIS	: Robert C	"	51	"	M50
12-SEP-56	HOLLAND	: Cathrin	"	33	"	W30
12-SEP-47	SCOTT	: David O	"	42	"	M40
14-SEP-33	KENNEDY	: Brian	"	56	"	M55
15-SEP-46	FITZPATRICK	: Frank	"	43	"	M40
15-SEP-50	KIRKMAN	: Judith	"	39	"	W35
16-SEP-30	ALDRICH	: Brian J	"	59	"	M55
16-SEP-31	HAYRES	: Robert (Bob)	"	58	"	M55
19-SEP-52	PANTALL	: Wayne	"	37	"	M35
19-SEPT-51	WILSON	: Barbara G	"	38	"	W35
24-SEP-37	WARREN	: Morris	"	52	"	M50
27-SEP-49	BROWN	: John D	"	40	becomes	M40
28-SEP-49	McAULEY	: Duncan	"	40	"	M40
29-SEP-29	LOCKWOOD	: Stanley	"	60	"	M60
30-SEP-23	USHER5	: Francis J	"	66	remains	M65

30th.JULY... 1989

*** BIBRA LAKE RUN ***

A GLORIOUS MORNING FOR THE RUN. COOL AND NO BREEZE MADE GOOD RUNNING CONDITIONS WHICH SAW RECORDS BROKEN. THE NEW FOOTPATH ALSO MADE A BIG DIFFERENCE FOR THE START-FINISH SPOT AND LESS PROBLEMS FOR THE RECORDER. PERFECT TEAM WORK FROM DUNCAN S. PAT B. MAUREEN P. BEVERLEY T. WHO HELPED..THANK'S A LOT. PHYLLIS and main organizer ROBERT FARRELL.

AGE	POS	NAME	6km	:AGE	TIME	GRP	POS	AGE	POS	NAME	6km	:AGE	TIME	GRP	POS
	3	PEARCE JOANNE		:W35	31.06	=15		1	NOORDYK ADRIAN	:M35	31.22	=16			
	1	PELLIER JOAN		:W45	28.32	=9=1st.W		2	HAZELL DOUG	:M35	44.56	=27?			
	2	ALDRICH ALISON		:W45	31.03	=14		3	PAXTALL WAYNE	:M35	46.11	=29?			
	5	CARR PATRICIA		:W55	36.32	=22 1st.M=1			KAHN MIKE	:M40	24.03	= 1			
	4	STRACHAN JUNE		:W60	33.43	=18		2	KLINGE JIM	:M40	45.18	=28			

POS	NAME	12km	:AGE	TIME	POS	POS	NAME	12km	:AGE	TIME	POS
1	SANTICH MAXINE		:W35	50.44	=39=1st.W	2	AIREY PETER *	:M50	25.37	= 2	
2	SANDERS SUE		:W35	67.20	=62	3	GUITON PAT	:M50	25.39	= 3	
1	NOORDYK KATH		:W40	52.45	=46	1	CRELLIN BILL	:M50	28.25	= 7	
1	STEWART MAUREEN		:W45	52.39	=44	1	POMERY ALAN	:M55	28.24	= 6	
2	STONE MARGARET		:W45	70.44	=65	2	BEAUMONT VIC	:M55	29.42	=12	
3	SCHICKERT LYNN		:W45	82.16	=68	3	STONE ALAN	:M55	34.50	=20	
1	ROBINSON MARGARET		:W50	51.44	=42	4	WARNER BASIL	:M55	34.57	=21	
2	TURNER ANN		:W50	60.35	=56	1	JOHNSON KIRT	:M60	29.14	=11	
3	WARREN MARGARET		:W50	63.40	=59	1	BOWLER SYD	:M65	34.17	=19	

WALKERS : 6km + 12km

1	DOUST ROBERT		:M35	48.14	=35	1	MIDOLO JILL	:W40	45.09	= 1	
1	PRESSLEY JOHN		:M40	43.38	=23=1st.M	1	HORSLEY DICK	:M75	45.49	= 2	
2	DANBY BRIAN		:M40	46.30	=31						
3	SANDERS PETER		:M40	47.24	=33						
4	SPEECHLEY TONY		:M40	52.13	=43	1	BEAUMONT JACQUI	:W55	93.09	= 1	
1	SCHICKERT BOB		:M45	44.03	=24	1	COLLINS JACK	:M75	93.09	= 1	
2	ROBERTS DAVE		:M45	47.10	=32						
3	THORNTON GRAHAM		:M45	49.51	=36 *	***** NEW & EXISTING RECORDS FOR THE '89 RUN* *****					
4	GREENFIELD JIM		:M45	49.59	=37 *						
5	PELLIER JOHN		:M45	50.37	=38 *						
6	SLINGER BARRIE		:M45	52.43	=45 *						
7	POTTER RON		:M45	54.47	=49 *						
8	TRAYNOR MIKE		:M45	55.00	=50 *						
9	SPENCER RON		:M45	69.56	=63 *						
1	HOYE DEREK		:M50	44.28	=25 *	24.41	BELL	C	W35	SANTICH	M 50.44 *
2	SAMMELLS BOB		:M50	47.49	=34 *	24.47	ROBERTS	G	W40	NORDYKE	K 52.45 *
3	ATTWELL RAY		:M50	51.18	=40 *	28.32	PELLIER	J	W45	STEWART	M 52.39 *
4	AIREY PETER *		:M50	56.29	=53 *	32.35	WESTON	P	W50	ROBINSON	M 51.44 *
5	CRAWFORD JOHN		:M50	57.16	=54 *	32.19	BUTCHER	L	W55	BUTCHER	L 63.23 *
6	WARREN MORRIS		:M50	60.36	=57 *	33.43	STRACHAN	J	W60	STRACHAN	J 70.05 *
7	BORNHOLDT JOHN		:M50	64.16	=60 *						
1	ALDRICH BRIAN		:M55	53.30	=47 *	31.22	NOORDYKE	A	M35	HAZELL	D 44.27 *
2	BROWN MAL		:M55	53.37	=48 *	22.18	ROBERT	P	M40	SMITH	F 42.55 *
3	CARR DAVID		:M55	56.25	=52 *	21.44	CAPLIN	D	M45	SMITH	F 42.39 *
4	SHEERIN PATRICK		:M55	61.18	=58 *	22.41	MADDISON	J	M50	BYRNE	B 34.34 *
1	JONES BRIAN		:M60	51.31	=41 *	25.44	POMERY	A	M55	McLINDEN	F 48.49 *
2	MOYLE MERV		:M60	56.16	=51 *	29.14	JOHNSON	K	M60	JONES	B 51.31 *
3	LAWRENCE RAY		:M60	60.19	=55 *	34.17	BOWLER	S	M65	HICKS	S 60.32 *
1	STRACHAN DUNCAN		:M65	64.54	=61						
2	USHER FRANK		:M65	70.21	=64						
1	BOULD CLIFF		:M70	80.12	=67						

VISITORS : (6km) : NGATAI C =27.48
 : CASTLE L =28.27
 : BICKETT G =44.52 : SAUNDERS C =29.07
 : SANDERS M =46.28 : KHAN R =32.17
 : COPPING L =70.46 (12km)

REABOLD HILL CROSS COUNTRY 5 + 10 KM

13 August 1989

It was a delightful of running. Sixty seven runners and 8 walkers. The first lady in 10 KM was Maxine Santich and Margery Forden in 49.00 mins. First man home, Duncan McAuley 39.03 prevet. The first vet, Derek Hoyer in 39.30. The first lady in 5 KM was Pat Weston in 33.55, the man was Arnold Jenkins 23.57. I would like to thank Maureen Pomery, Bev Thorton, Ernie Moyle, Merv Moyle and Dick Horsley for their help in running this event. Kirt Johnson

5 KM					
Arnold Jenkins	M45	23.57	Kath Noordyk	W35	49.22
Joe Stickles	M50	26.38	David Hough	M55	49.40
Basil Worner	M55	30.04	Merv Moyle	M60	49.43
David Clive	M50	31.41	Vic Meaumont	M55	49.49
Dave Roberts	M45	33.43	Margaret Birks	W40	49.52
Patricia Weston	W50	33.55	Ron Sutton	M50	50.07
Shorty Turner	M50	34.08	Allen Pomery	M55	50.36
Patricia Carr	W55	37.16	Rod Stewart	M45	51.22
Catherin Hollan	W30	40.38	Serge Toussaint	M40	51.25

10 KM					
Duncan McAuley	M35 Prevet	39.03	Robert Farrell	M45	51.50
Derek Hoyer	M50	39.30	Jeff Spencer	M45	52.47
Don Caplin	M50	40.34	John Linsay	M40	53.17
Jim Klinger	M40	41.00	Harry Holland	M45	53.23
John Brown	M35	41.33	George Peet	M55	54.07
Graham Thornton	M45	43.16	Ray Lawrence	M60	54.14
Wayne Wayne Pantell	M35 M35	43.32 44.03	Keith Forden	M50	54.31
Kevin Martin	M50	45.03	Phyllis Farrell	W40	55.10
Bob Sammells	M50	45.03	Ken Whistler	M55	55.26
Barry Bumford	M45	45.56	Joan Pellier	W45	55.41
Ray Attwell	M50	46.06	Derek Drayson	M65	56.51
Peter Cole	M45	46.59	Selby Munsie	M55	56.51
Mike Khan	M40	47.05	John Bornholdt	M50	57.10
Roland Matzke	M45	47.31	Ann Turner	W50	57.47
Bill Crellin	M45	47.46	Patrick Sheerin	M55	57.52
David Carr	M55	47.47	Duncan Strachan	M65	58.08
Peter Airey	M50	48.12	Rob Davis	M50	58.34
Mike Traynor	M45	48.21	John Russell	M55	61.40
Ron Potter	M45	48.51	Margaret Warren	W50	62.06
Dalton Moffatt	M55	48.56	Ron Spencer	M45	62.07
Maxine Santich	W35	49.00	June Strachan	W60	62.10
Margery Forden	W45	49.00	Morris Warren	M50	62.17
			Syd Bowler	M65	67.47

WALKERS 8 KM

J Mison	M40	40.42	Jack Collins	M75	61.48
P Marton	M45	49.54	Anne Leisboer	W45	29.14
Michelle Boyle	W40	50.47	Jacqui Beaumont		D.N.F.
Jill Midolo	W40	58.48	Dick Horsley		D.N.F.

4 KM

WHEN Durando Pietri was helped across the finish line at the end of the 1908 Olympic Marathon, little could he have realised his event was one day to become one of the most magical of all races - the ultimate challenge for millions of people from elite athlete to fun runner.

Marathon mania took over the running world and was

FOR the women the 2:20 barrier is still intact, although Ingrid Kristiansen came close in the 1985 London when she won in 2:21:06.

Sub three hours was not achieved until 1971, when Australian Adrienne Beames lowered the world best from 3:01:42 to 2:46:30. In the last decade it has been Greta Waitz who continued to lower the progression times.

1978	Greta Waitz (Nor)	2:32:29.8	New York
1979	Greta Waitz (Nor)	2:27:32.6	New York
1980	Greta Waitz (Nor)	2:25:41.3	New York
1983	Greta Waitz (Nor)	2:25:28.7	London
1983	Joan Benoit (USA)	2:22:43	Boston
1985	Ingrid Kristiansen (Nor)	2:21:06	London

And now the bad news ...

If you're one of millions of hopefuls still trying to get your name on the leader board, the bad news is it's getting harder every year!

Taking year by year progressions, winning times are falling at a staggering rate. For example the world best of 2:55:18.4 set by John Hayes in the 1908 Olympic Marathon from Windsor to White City, would not have made the first thousand across Westminster Bridge in the London Marathon this year.

But it was not until 1967 that the 2:10:00 barrier finally fell to open up a whole new world for the front runners.

Australian Derek Clayton was the man who staggered the world by clocking 2:09:36.4 to win the Fukuoka event that year. And such was his achievement that the Japanese race officials thought their sophisticated timing

equipment had gone haywire. But since that historic day well over 100 men - no less than six in this year's London alone - have bettered his time.

On that historic occasion Clayton recorded 5km splits of 15:06, 14:51, 15:00, 15:02, 15:12, 15:21, 15:39, 16:05, and a final 2km in 7:20.4.

Author Castellini points out that except for the final seven kilometre slowdown, Clayton's race was run in a similar manner to a modern event.

Progression tables show the following fastest times since Clayton's run in 1967.

1969	Derek Clayton (Aus)	2:08:33.6	Antwerp
1981	Rob De Castella (Aus)	2:08:18	Fukuoka
1984	Steve Jones (GB)	2:08:05	Chicago
1985	Carlos Lopes (Por)	2:07:11.6	Rotterdam
1988	Belayneh Dinsamo (Eth)	2:06:50	Rotterdam

responsible for the birth of many 'new breed' clubs, fed by a constant stream of virgin marathoners eager to experience the agony and the ecstasy that 26.2 miles can bring.

Such has been the attention the distance has created, Italian journalist Ottavio Castellini has written a book to record the efforts of those men and women who have followed in the footsteps of his little countryman, Durando Pietri. Often the results could never have figured even in the wildest dreams of those strange characters in baggy shorts that were the heroes of the day.

The result of Castellini's efforts

is an absorbing read and work of reference that would fit well in the bookcases of everyone who has tackled the distance or admired the elite who seem to do so with such ease.

Called Marathon Handt ook 1989, it is packed with facts and figures about marathon running, and was published to coincide with the World Marathon Cup held in Milan during April this year.

Of particular interest is a series of tables that set out to show the 20 fastest marathon courses in the world. Castellini arrives at his result by taking the best ten times recorded over each course and then calculating an average.

DEEK'S THE GREATEST ...

DECIDING who is the 'all time greatest' marathon runner is a debate guaranteed to bring any clubhouse bar to a near state of riot.

Steve Jones, Douglas Wakihuri, Alberto Salazar or Rob de Castella will all have their supporters and claims to the title.

But because few top athletes have more than a handful of fast times in a marathon career it is unfair to take a single result as a basis on which to decide where the crown should go.

Castellini's book takes the top

five performances to find averages for the best 30 men - a system which pushes De Castella out in front with an average of 2:08:28.6.

Surprisingly, world record holder (2:06:50) Belayneh Dinsamo figures only fifth in the table and then only after winning this year's Rotterdam Marathon in 2:08:39 to climb from ninth spot.

Britain's Charlie Spedding, who would win many votes in a poll, drops in at number 13 with a 2:09:50.6 average.

TOP MEN ON FIVE RACE AVERAGES

Rob de Castella (Aus)	2:08:36.6
Abebe Mekonnen (Eth)	2:08:36.0
Juma Ilangaa (Tanz)	2:08:38.0
Takeyuki Nakayama (Jap)	2:08:43.4
Belayneh Dinsamo (Eth)	2:08:51.2
Steve Jones (GB)	2:08:54.2
Toshihiko Seko (Jap)	2:09:01.6
Ahmed Salah (Dji)	2:09:25.4
Alberto Salazar (USA)	2:09:30.0
Hironi Taniguchi (Jap)	2:09:33.0
Kunimitsu Ito (Jap)	2:09:42.6
Takeshi Soh (Jap)	2:09:48.8

Taking the same five race system for the women's event, Ingrid Kristiansen is out in front with an average of 2:23:16.0, just seconds clear of Rosa Mota.

Britain's Veronique Marot was down in 13th at the time of Castellini's calculations but a 2:25:56 win in London this year elevated her averages to 2:29:09.4 and 8th overall.

TOP WOMEN ON FIVE RACE AVERAGES

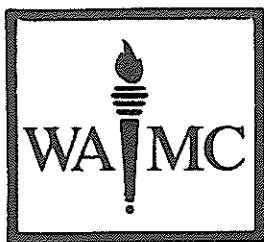
Ingrid Kristiansen (Nor)	2:23:16.0
Rosa Mota (Port)	2:24:51.4
Joan Samuelson* (USA)	2:25:04.6
Greta Waitz (Nor)	2:25:52.6
Lisa Martin (Aust)	2:26:30.8
Katrin Dorre (GDR)	2:27:19.6
Carla Beurskens (Neth)	2:27:48.6
Lorraine Moller (NZ)	2:29:15.0
Veronique Marot (GB)	2:29:09.4
Priscilla Welch (GB)	2:29:24.2
*Inee Benoit	

Possibly the first master runner was Mensen Ernst of Norway, one of the "pedestrians" of 19th-century Europe. Ernst reportedly took on running challenges for more than 20 years, including treks from Paris to Moscow in 14 days and from Munich to Nauplia in the Greek Peloponnese in 23 days. In 1842, at age 47, Ernst is said to have raced to Cairo and beyond looking for the source of the Nile. During that trek he contracted dysentery and died.

America's most famous "pedestrian" of the last century was Edward Payson Weston. His career as a professional cross-country walker began in 1867, at 28, when he walked from Portland, Maine to Chicago in 26 days. In 1879, at age 39 or 40, he walked 550 miles in approximately 142

hours and was awarded the Ashley Belt as the world's champion walker. In 1883, he walked 5000 miles in 100 days. In 1909, at the age of 70, he walked from New York to San Francisco in 105 days. The following year he walked from Los Angeles to New York in only 77 days.

Perhaps the most remarkable "masters" athlete of the 19th century was Donald Dinnie, the idol of Scotland. A fraction over 6-feet and weighing about 218 pounds during his athletic prime, Dinnie achieved fame as a Highland Games athlete, a weight-lifter, and a professional wrestler. He is said to have won over \$100,000 during his career, which extended from 1853 to 1900, when he was 63.



West Australian Marathon Club

(Inc. in Western Australia)

P.O. Box 660, South Perth, W.A. 6151
Telephone: (09) 227 7281

Re: 1989 Perth People's Marathon and Half Marathon

On behalf of all the participants in the above mentioned events, the W.A. Marathon Club Committee would like to thank you for your support and help with these events. Also thanks to all your Association members who participated and helped on the day - it is all very much appreciated.

Yours faithfully,

Jackie Baxendine

SECRETARY

Self-image suffers

I know everybody's been all excited about our hosting the World Veterans' Championships, but I seriously question whether these folks should be invited back. Let me explain why.

I am a frequenter of Alton Baker Park, a jogger by avocation. I look upon my running abilities much as Eugeneans do their schools, library, governments, children and university; among the best in the nation. So, naturally, I am unaccustomed to being passed on the jogging trails. True, I have been overtaken by little kids, pregnant women, and Chihuahuas, but I have always suspected these types of lurking behind bushes until I pass, darting out and pretending to be running faster. Otherwise, they could not have passed me. Because I am by nature a modest fellow, I refuse to calculate distances or times to see how good I really am; besides, statistics are notoriously unreliable.

But these senior citizens in town for the track meet are indeed bothersome. During the past week or so these elder tracksters have not passed me on the jogging trails; they have jettied by me, in a blur of gray and blue hair. Just today five of them stopped to ask me if I were hurt or ill. Did I need assistance? I rebuked them by stating flatly that I was fit as anybody in the nation. As they left a cloud of sawdust in their wake to resume their first of probably 20 runs for the day, I noticed on the back of their jerseys the slogan, "Running starts at 70!"

So let us not invite these folks back. On the jogging trails, I prize my image. Until someone confuses me for Don Bishoff (a recurrent nightmare) I hope to continue conquering the trails of Alton Baker Park, pursuing the footsteps of Walter Mitty.

ROBERT BOYD FOSTER
383 West D St.
Springfield

Emotional experience

I have never felt so proud and so proud of Eugene-Springfield! I'm so proud of the local Oregon Track Club Masters Organization. Never in my wildest dreams could I imagine them putting on the extravaganza that they put on for the World Veterans' Championships. Anyone who has missed it, no matter what age, has missed a lot.

The opening ceremony was one of the biggest highlights. When we stood outside on 15th Avenue, waiting to go into Hayward Field, everyone behind the sign indicating their age (I, behind 65-69), I didn't feel anything special. I couldn't believe what happened when we walked into Hayward Field. The stands were full. Everyone was standing, cheering, clapping and waving — totally unrehearsed. I could hardly hold back the tears. Everyone I talked to later said they felt so emotional! It seemed just like the Olympics. How many times I've watched the opening ceremonies of the Olympics on television and felt very emotional, just thinking how all those athletes felt.

I'm not much of an athlete, but I wouldn't have missed taking part in this for anything. Eugene-Springfield, OTC Masters and especially visitors from all over the world — it took all these groups to make it what it was. What a combination! What fun!

CAROL KLOCKE
135 Greenvale Drive
Springfield

"LETTERS IN THE EDITOR'S MAILBAG"
"THE REGISTER-GUARD, EUGENE OREGON"
SAT AUGUST 5th 1989

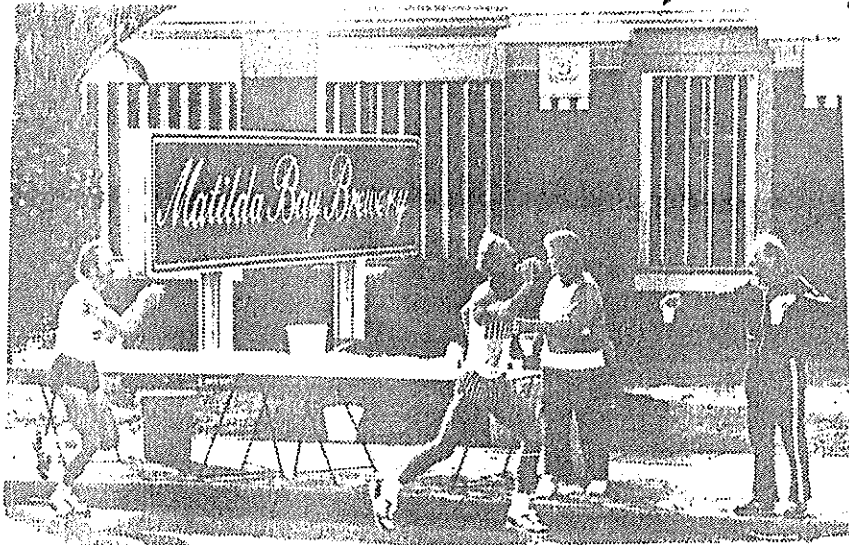
1989 FOLLYS MARATHON 1989.



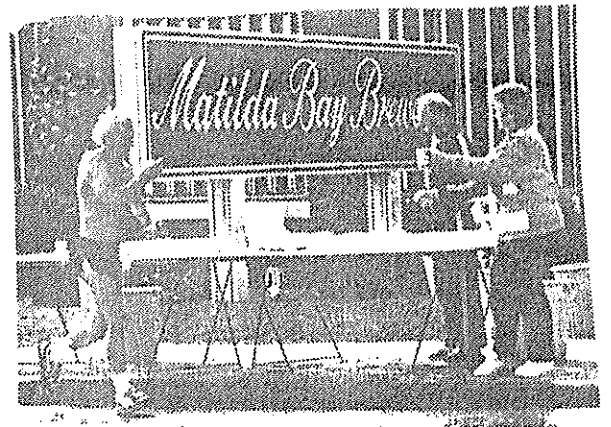
The drink station crew. L/R Charlie Spare; Alan Tomery
 Gordon Tomery; Neil Hopsley; Merv Mayne; PHILLIS & ROB FARRELL
 RAY LAWRENCE
 KIRT JOHNSON



COLIN LETAN



? ?



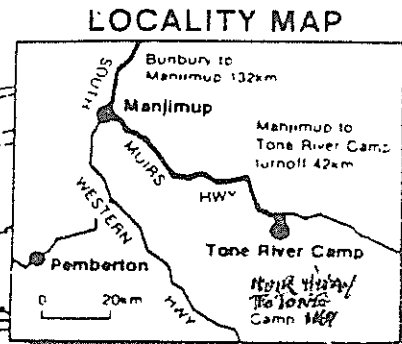
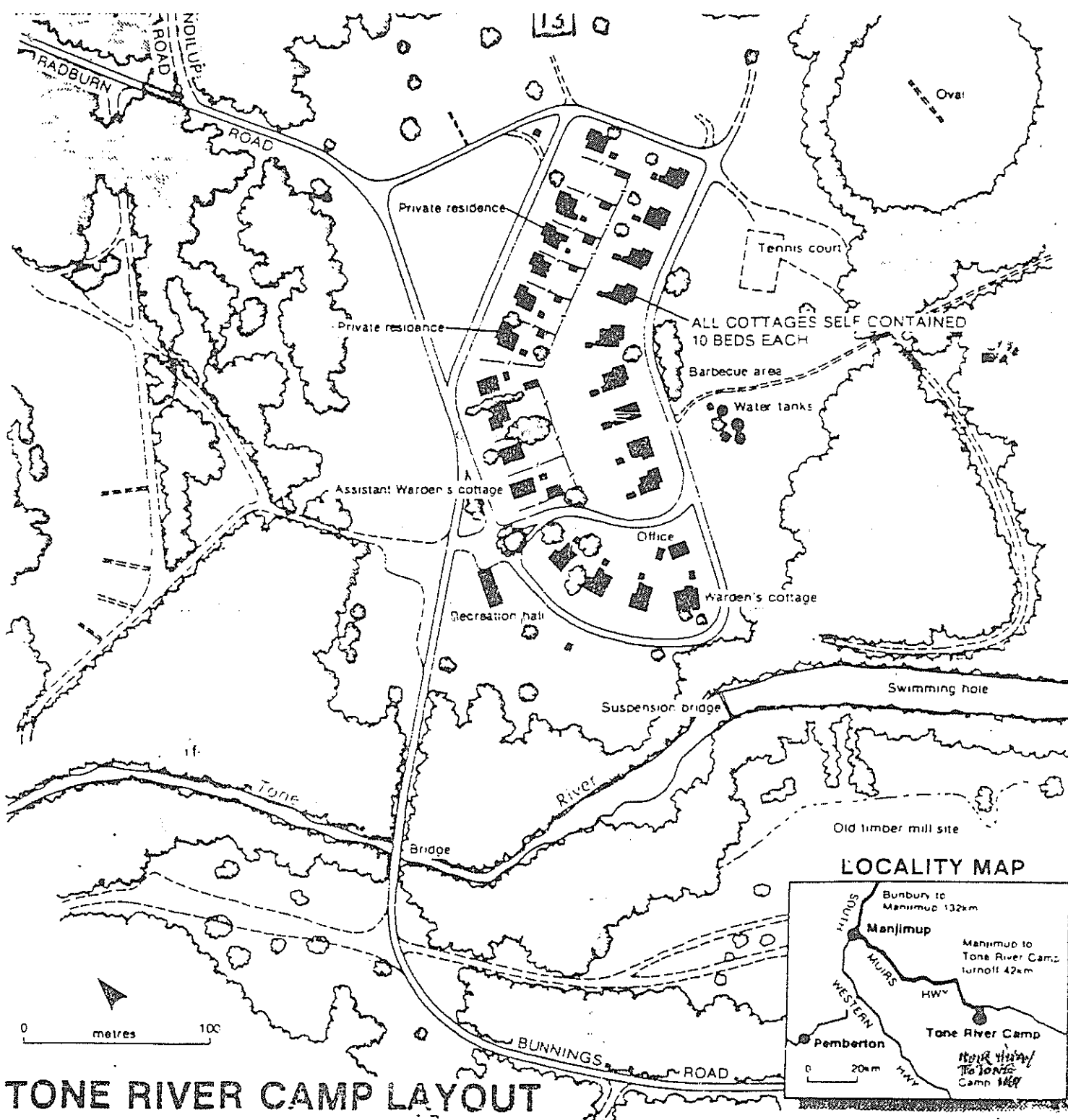
'MY KIND OF DRINK STATION'
 JOHN PELLIER



'BICYCLE BELLE' JOAN PELLIER



ILM BARNES



TONE RIVER CAMP LAYOUT

Places are going fast for the long weekend at Tone River. If you intend going give your name to Rob Davis as soon as possible as the closing date, which is DEFINATE, is the 3rd September, unless it has closed before then because all the places have been taken.

W.A. VETERANS ATHLETIC CLUB TONE RIVER MILL LONG WEEKEND RUNNING/WALKING CAMP

29/9/89 - 2/10/89

NAME(Please print)

ADDRESS

CONTACT TELEPHONE NO

NUMBER OF PEOPLE IN YOUR GROUP:ADULTS @ \$20.00 EACH \$.....

SEND TO:CHILDREN @ \$15.00 EACH \$.....

THE SECRETARY,
W.A. VETERANS ATHLETIC CLUB
1A TANNER PLACE
KARDINYA WA 6163

TOTAL AMOUNT ENCLOSED: \$.....

ENTRY (BOOKING) FORM