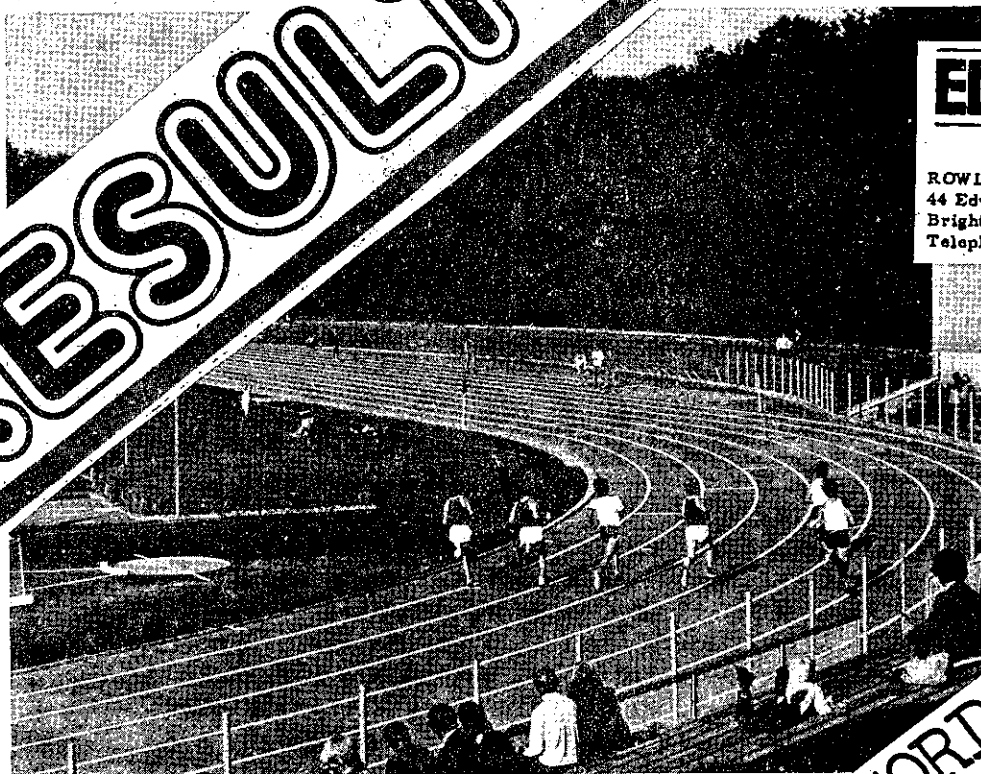


# MAGAZINE FOR VETERAN ATHLETES

## SOUTH AUSTRALIA

MAGAZINE  
NO.26

# RESULTS



### EDITOR

ROWLAND W. FERRIS  
44 Edwards Street  
Brighton, S.A. 5048  
Telephone 296-1883

# RECORD - BREAKER OF A YEAR

# RECORDS SET

## SOUTH



## Veterans Track and Field Championships

# 1979

## AUSTRALIA

# SOUTH VETERANS AMATEUR ATHLETIC CLUB



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### A SPECIAL NOTE FROM OUR NEW REGISTRAR (ALWYN DIGANCE)

The following New Members have now joined us:

Females: Francis Miller, Valerie Byrne, Lynne Larsen,  
Sipra Lloyd, Elva Abrahams

Males: Graham Wharton, Don Brown, Ian Gilfillian, Jack Ruler,  
Michael O'Leary, Roger Barber, Anthony Wynne,  
Harley Dillon, Charlie McCartan, Peter Fullager.

DON'T FORGET TO MAKE THEM ALL WELCOME WHEN YOU SEE THEM



# Editorial

## EDITOR

ROWLAND W. FERRIS  
44 Edwards Street  
Brighton, S.A. 5048  
Telephone 296-1883

Naturally my topic for this issue must be in relationship to the Club Track and Field Championships and in addition to the full results I have included a separate list of all the "Club Champions". Each year this list increases and so therefore does the list of "Medallions" that have to be purchased, luckily our members have been wise in accepting our ruling of "one medal per person - engraved", however, the time must come when a cheaper form of medal has to be purchased, when this time comes I trust the members will accept any decision made for the good of the Club.

With the help of numerous outsiders our Titles went off well, to list all the helpers would obviously mean I may miss someone, and rather than do that I hope the helpers will accept my utmost thanks "en-bloc".

Looking over the results to find out "the stars" is also an impossibility, as they are far too numerous, some names must however be mentioned (if I miss you out and you consider you should have been quoted, please accept my apologies), names that jump to light (not in order) include Brenda Parkinson : for her sprinting talents, Lynn Larsen : for her obvious future talent, Sylvia White : for her known ability, but I honestly feel that the most improved female was Martha Thunig from Whyalla and I feel that we have not seen the best from Martha yet especially if she could make a few more trips down to Adelaide. Of the Men competitors a list as long as my arm is necessary, Jimmie Liascos was in good form, Herb Barnes has at last moved on a group thus ridding himself of Bob Clarke and at last getting the medals and records he obviously deserves and Herb certainly rose to the occasion this year 13.6, 27.9, 63.2 at 55 years of age are no mean feat. The surprise of the week-end must surely be "our find" in Ray Pittaway from Whyalla, what a bundle of energy this little man is, recording times he had never dreamt possible being used to running on the grass tracks, he was beaten in the 100m by Dave Janssan, but turned the tables in the 200m (25.0) and the 400m (55.7) what times for someone who has never beaten 60secs. before : Ray must surely be a man to watch in the Nationals of 1980. Dave Cooke ran a good 1500 metres but could not match the talents of Bill James in the 5000 and 10000, Gordon Inwood showed that he is returning to form with two excellent runs in the longer distances, but oh dear what were the M45 1500 metres runners doing, they played right into the hands of fast finisher Godfrey Parkinson, had they ran as they normally do poor old Godfrey would not have been with them on the line, but they didn't, and Godfrey took advantage of the circumstances to win. One of the most outstanding performers must be Harry Snelgar from Willunga, in the 60 year age group he gained new club records in the 5000m, 10000m, Discus Throw, Shot-Put, Hammer, - Five Wins and Five Club Records. Harry must surely be the up and coming new Alex Lampard (who used to take everything before him in the 60 year age group.)

In all 37 New Club Records were set and a further 42 New Club Records were established in events or groupings not previously recorded. Funnily this totals 79 Records for '79. Of course a lot of the 42 established records are accounted for by the new age group of "Pre-Vets" (30 years Women and 35 years Men), not all our members are too happy about the Pre-Vet class, but our 1978 A.G.M. put them in with no string tied, although during the last 12 months not many of this age group joined us, some good talent "signed up" before the Titles

and performed really well, all we need now is a lot more Pre-Vets to get bitten by the Veteran Bug before the 1980 promotion of the Nationals and (subject to International Ruling on Pre-Vets) we should see some good "golds" coming to South Australia, especially with names like Peter Fullager on our books.

That's about all for the Titles of 1979, what of the 1980 Titles, some serious planning must be made. In 1980 we have the busiest schedule ever planned for Kensington Track from an Inter-Club point of view, and let's face it next year the VETERANS must support the Kensington Saturday competitions. However, with the S.A.A.A.A. State Veteran Titles, the National Veteran Titles, there is no room for two days Veteran Club Titles. What is the alternative :

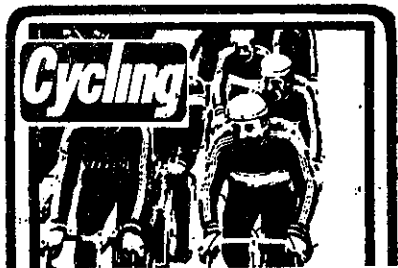
1. We can combine our Club Titles with the S.A.A.A.A. State Titles and give the Association events a much needed big lift, the only problem is finance, we would need "x" number of Club Medals with no income from nomination fees.
2. We can combine our Club Titles with the Nationals.
3. We can find an alternative venue for a restricted "Club Titles" with additional events being held with the Association or National events.
4. We can forget the Club Titles for 1980 and resume again in 1981.

COME ON YOU VETERANS LETS HAVE YOUR VIEWS, I will be pleased to publish any good replies in future Magazines.

Before I close my "Editorial" I trust these Club Titles gave some of our members an insight into what will be involved with the 1980 NATIONALS, which will be four times bigger, with four times the problems, also we shall require four times the helpers, but we must look for TWENTY TIMES the help before hand, ONE HUNDRED TIMES the Spectators, ONE THOUSAND TIMES THE PUBLICITY (on this point Peter Pye will confirm that after you had all gone home to rest Peter and myself spent three hours compiling results for "The Advertiser", I delivered them personally then sat down on Monday morning to read the results to find not one single line. COME ON LETS HAVE A PUBLICITY OFFICER STEP FORWARD NOW TO GET PREPARED FOR THE 1980 ADELAIDE NATIONAL TITLES.

Rowly Ferris (Editor)

THANKS A LOT :



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# VETERANS ATHLETIC CLUB

## Track and Field Championships

APRIL 7<sup>TH</sup> & 8<sup>TH</sup> 1979

OLYMPIC SPORTS FIELD

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### Results without Reports

#### 100 METRES WOMEN

W40	B. Parkinson	13.9
W30	L. Larsen	14.3
W30	V. Fullager	14.3
W40	E. Dollery	14.6
W35	P. Leedham	15.1
W45	S. White	15.5
W50	P. Millington	17.7

#### 100 METRES MEN

M35	G. Wharton	12.0
	D. Brown	12.3
	N. Charles	12.3
M40	D. Janssan	12.3
	R. Pittaway	12.5
	R. O'Reilly	12.5
	R. Stone	12.6
	G. Powell	12.8
M45	J. Liascos	12.0
	R. Leedham	12.9
	S. Grimm	13.4
	D. Mallett	13.6
M50	R. Clarke	13.0
	B. Jones	14.5
M55	H. Barnes	13.6
	A. Miojlic	16.2
	S. Halupka	16.2
M60	A. Lampard	14.1
	A. Digance	14.8
M65	H. Purvis	17.3
M70	H. Gursansky	17.5

#### 200 METRES WOMEN

W40	B. Parkinson	28.8
W30	V. Fullager	30.1
W40	E. Dollery	31.0
W35	P. Leedham	32.6

#### 200 METRES MEN

M35	D. Brown	25.0
	N. Charles	25.3
M40	R. Pittaway	25.0
	D. Janssan	25.3
	R. O'Reilly	25.7
	P. Butler	25.7
	R. Stone	25.7
	G. Powell	26.0
M45	J. Liascos	25.2
	D. Paul	26.2
	S. McIntosh	27.0
	R. Leedham	27.8
	S. Grimm	28.2
	D. Mallett	28.2
M50	R. Clarke	27.1
	B. Jones	30.2
M55	H. Barnes	27.9
	M. Barnes	31.1
	S. Halupka	33.6
	A. Miojlic	33.6
M60	A. Lampard	29.1
	A. Digance	30.4
	J. Groat	31.8
M65	H. Purvis	36.1

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## 400 METRES WOMEN

W40 A. Miller 69.6

## 400 METRES MEN

M35 G. Wharton 55.0  
B. Abrahams 57.0  
N. Charles 58.4  
M40 R. Pittaway 55.7  
R. Stone 56.3  
G. Powell 57.0  
D. Jackson 70.8  
M45 J. Liascos 57.1  
D. Paul 57.1  
G. Parkinson 61.6  
D. Mallett 62.5  
M50 R. Clarke 59.5  
B. Jones 63.2  
M55 H. Barnes 63.2  
M. Barnes 73.0  
M60 A. Lampard 67.3  
J. Groat 74.0

## 800 METRES WOMEN

W40 M. Thunig 2.41.6  
A. Miller 2.46.2  
M50 I. Regan 3.57.4

## 800 METRES MEN

M35 R. Munsberg 2.10.5  
B. Abrahams 2.13.1  
D. Smart 2.26.9  
N. Charles 2.27.0  
M40 G. Wenk 2.07.0  
D. Cooke 2.12.4  
G. Powell 2.17.0  
M45 D. Paul 2.14.9  
G. Parkinson 2.20.5  
D. Mallett 2.21.5  
S. McIntosh 2.23.8  
I. Gillfillan 2.24.7  
M50 R. Clarke 2.18.6  
B. Jones 2.28.4  
M55 M. Barnes 2.49.1  
A. Miojlic 3.02.5  
M60 A. Lampard 2.44.1  
J. Groat 3.02.0

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1500 METRES WOMEN

W35	E. McFarlane	5.54.4
	A. Pye	7.05
W40	M. Thunig	5.27.1
W45	N. Sutcliffe	6.19.5
	G. Putna	6.43
W50	I. Regan	7.45

1500 METRES MEN

M35	R. Munsberg	4.27.0
	B. Abrahams	4.44.7
	D. Smart	5.23.3
M40	D. Cooke	4.23.9
	G. Wenk	4.25.1
	P. Afford	4.30.4
	M. Zimmermann	4.37.4
	D. Emes	4.44.2
	D. Jackson	5.40.5
M45	G. Parkinson	4.43.3
	D. Mallett	4.44.2
	D. Paul	4.45.4
	R. Sutcliffe	4.46.5
	R. Auld	5.06.6
M50	B. Jones	5.55.9
	D. Campbell	5.05.6
	P. Jenkins	5.57.5
	L. Merrett	5.52.1
M55	M. Barnes	5.42.1
	A. Miojlic	6.02.0
M60	A. Digance	6.02.4
	J. Groat	6.06.7

400 METRES HURDLES MEN

M35	D. Brown	63.5
M40	G. Powell	64.2
M45	G. Parkinson	73.4
M60	A. Lampard	84.1

110 METRES HURDLES MEN

M35	D. Brown	18.9
M40	G. Powell	18.3
M60	A. Lampard	23.8

800 METRES WALK WOMEN

W30	G. Holdsworth	4.18
	L. Larsen	4.54
W35	E. McFarlane	4.08
	S. Frusher	4.27
W40	V. Miller	5.32
W55	R. Webber	5.15
	M. Cahill	5.52

1500 METRES WALK WOMEN

W30	G. Holdsworth	8.29
W35	E. McFarlane	8.18
	S. Frusher	8.58
W55	R. Webber	10.25
	M. Cahill	11.35

1500 METRES WALK MEN

M35	P. Fullager	6.05
M40	T. Nailer	7.30
M50	R. O'Neil	7.39
	G. Peters	8.12
	B. Medcalf	8.40
M60	J. Webber	7.53
M65	G. Ross	10.25

3000 METRES WALK MEN

M35	P. Fullager	12.37
M40	T. Nailer	15.58
M50	G. Peters	16.50
M60	J. Webber	16.25
	A. Digance	18.20
M65	G. Ross	22.33

3000 METRES STEEPLE MEN

M35	D. Smart	13.08
M40	P. Afford	10.26
	M. Dollery	11.42
M50	D. Campbell	13.08

POLE-VAULT MEN

M35	D. Brown	2.15
M40	G. Powell	3.40

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HIGH-JUMP WOMEN

W40	B. Parkinson	1.30
	E. Dollery	1.25

HIGH-JUMP MEN

M35	D. Brown	1.55
	N. Charles	1.30
M40	R. Stone	1.60
	G. Powell	1.45
M45	S. McIntosh	1.25
M50	R. Clarke	1.30
M60	A. Lampard	1.25

DISCUS THROW WOMEN

W30	L. Larsen	23.20
	V. Fullager	15.82
W35	S. Frushar	22.62
	P. Leedham	20.92
W40	E. Dollery	19.82
	A. Miller	16.92
	P. Millington	12.80
W45	S. White	30.34
W50	M. Halupka	17.88
W55	M. Cahill	14.62

DISCUS THROW MEN

M35	D. Brown	29.10
	R. Munzberg	23.32
	N. Charles	23.04
M40	R. Pittaway	20.66
	G. Powell	20.02
M45	P. Cooke	28.68
	D. Leadbetter	25.02
	S. McIntosh	19.14
	S. Grimm	17.34
	D. Mallett	14.74
M50	D. Frawley (Q)	33.60 (Inv)
	G. Peters	28.06
	J. Slater	24.28
M55	P. Dalwood	22.06
	S. Halupka	22.00
M60	H. Snelgar	27.44
	W. Horsnell	25.44
	C. McCartan	23.20
M70	P. Barnes	26.14

SHOT-PUT MEN

M35	D. Brown	8.89
	N. Charles	8.12
	R. Munzberg	7.92
M40	G. Powell	6.90
	R. Pittaway	6.62
M45	D. Leadbetter	10.47
	P. Cooke	8.95
	D. Paul	8.57
	D. Mallett	5.97
M50	D. Frawley (Q)	9.75 (Inv)
	J. Slater	7.87
M55	P. Dalwood	10.27
	S. Halupka	8.80

LONG - JUMP WOMEN

W30	V. Fullager	3.97
	L. Larsen	3.95
W40	E. Dollery	4.17
W45	S. White	3.63

LONG-JUMP MEN

M35	D. Brown	5.65
	N. Charles	4.68
M40	R. Stone	5.54
	P. Butler	4.98
	R. Pittaway	4.85
	G. Powell	4.72
M45	R. Leedham	4.94
	J. Liasocs	4.73
	D. Grimm	4.41
M50	D. Frawley (Q)	4.70 (Inv)
	R. Clarke	4.31
	D. Campbell	4.14
M60	A. Lampard	4.16
	C. McCartan	3.83
M70	P. Barnes	3.24

JAVELIN WOMEN

W30	L. Larsen	22.40
W35	P. Leedham	14.18
W40	E. Dollery	25.18
	P. Millington	10.58
W45	S. White	28.68
W50	M. Halupka	13.23
W55	M. Cahill	13.32

JAVELIN MEN

M35	N. Charles	23.80
M40	G. Powell	27.36
M45	D. Leadbetter	31.44
	P. Cooke	31.42
	S. Grimm	24.02
	D. Mallett	20.56
M50	D. Frawley (Q)	48.14 (Inv)
	J. Slater	27.66
	R. O'Neil	18.68
M55	S. Halupka	24.42
	P. Dalwood	14.76
M60	W. Horsnell	24.84
	H. Snelgar	24.00
	C. McCartan	17.60
M70	P. Barnes	21.30

SHOT-PUT WOMEN

W30	L. Larsen	7.99
	V. Fullager	6.39
W35	P. Leedham	6.84
W40	E. Dollery	8.17
	A. Miller	6.34
	P. Millington	6.17
W45	S. White	9.88
W50	M. Halupka	6.02
W55	M. Cahill	5.35



SHOT-PUT MEN (continued)

M60	H. Snelgar	9.61
	W. Horsnell	9.60
	C. McCartan	8.04

M70	P. Barnes	8.21
-----	-----------	------

5000 METRES (ONE RACE)

M40	W. James	15.57
M45	G. Hicks	16.19
M40	P. Afford	16.28
M40	D. Cooke	16.35
M40	M. Zimmermann	17.21
M50	G. Inwood	17.24
M45	R. Sutcliffe	17.27
M40	G. Wenk	17.30
M55	W. Beames	17.32
M45	I. Gillfillan	18.06
M40	D. Enes	18.11
M45	D. Mallett	18.18
M50	B. Jones	18.45
M40	B. Everson	18.50
M50	R. Potts	18.55
M40	J. Devereaux	19.06
M45	E. Cross	20.21
M60	H. Snelgar	20.45
W40	M. Thunig	20.52
M35	A. Beacham	20.58
W35	E. McFarlane	21.05
M35	D. Smart	21.02
M40	K. Foreman	21.26
M50	P. Jenkins	21.36
M55	M. Barnes	21.39
M60	A. Digance	22.26
M45	M. O'Leary	22.28
M45	H. Dillen	22.29
M40	D. Jackson	22.51
M50	L. Merrett	23.15
W45	N. Sutcliffe	23.32
M60	J. Groat	24.51
M55	A. Miojlic	24.56
M65	H. Purvis	24.59
W35	A. Pye	25.07

10000 METRES (ONE RACE)

M40	W. James	33.35
M45	G. Hicks	33.56
M40	P. Afford	34.05
M40	M. Zimmermann	36.02
M45	R. Sutcliffe	36.30
M50	G. Inwood	36.40
M55	W. Beames	36.42
M40	D. Cooke	37.07
M45	J. Perry	37.40
M40	G. Wenk	38.08
M45	I. Gillfillan	38.50
M50	R. Potts	38.53
M40	D. Enes	38.59
M50	B. Jones	39.45
M40	B. Everson	40.09
M45	D. Mallett	40.41
M35	B. Abrahams	41.30
M45	E. Cross	43.02
M45	R. Auld	43.37
M60	H. Snelgar	44.09
M50	P. Jenkins	44.30
M35	A. Beacham	45.24
M40	K. Foreman	46.00
M35	D. Smart	46.32
M60	A. Digance	47.50
W35	E. McFarlane	48.39
W45	N. Sutcliffe	50.20
M60	H. Purvis	55.40

HAMMER-THROW MEN

M40	M. Dollery	8.64
M45	D. Leadbetter	45.10
	P. Cooke	31.66
M50	A. Gordon	40.44
M55	D. Frawley (Q)	30.22 Inv.
	P. Dalwood	23.04
M60	H. Snelgar	28.72
M70	P. Barnes	18.58

TRIPLE-JUMP MEN

M35	D. Brown	11.88
M40	R. Stone	11.41
M45	R. Auld	9.13
	D. Mallett	3.63
M50	R. Clarke	9.15
M60	A. Lampard	8.52

# VETS RESULTS

WITHOUT THE ASSISTANCE OF THE FOLLOWING SPONSORS YOUR TITLES COULD NOT HAVE BEEN HELD. PLEASE THEREFORE JOIN ME IN EXTENDING OUR GRATITUDE AND THANKS:

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Special thanks also to all Officials and Helpers.

## Track and Field Champions

### ALL THE CLUB CHAMPIONS " TRACK AND FIELD " FOR 1979

<u>PENTATHLON</u>	: Women	W40	E. Dollery	1069 points
		W45	S. White	999 points
	Men	M40	G. Powell	2105 points
		M45	D. Paul	2124 points
		M50	R. Clarke	1952 points
		M60	A. Lampard	2352 points
		M70	P. Barnes	981 points

#### 100 METRES

##### Women

W30	L. Larsen	14.3 (est.rec.)
W35	P. Leedham	15.1
W40	B. Parkinson	13.9
W45	S. White	15.5
W50	P. Millington	17.7

##### Men

M35	G. Wharton	12.0 (est.rec.)
M40	D. Janssan	12.3
M45	J. Liascos	12.0
M50	R. Clarke	13.0
M55	H. Barnes	13.6 (new rec.)
M60	A. Lampard	14.1
M65	H. Purvis	17.3 (est.rec.)
M70	H. Hursansky	17.5 (est.rec.)

#### 200 METRES

##### Women

W30	V. Fullager	30.1 (est.rec.)
W35	P. Leedham	32.6
W40	B. Parkinson	28.8

##### Men

M35	D. Brown	25.0 (est.rec.)
M40	R. Pittaway	25.0
M45	J. Liascos	25.2
M50	R. Clarke	27.1
M55	H. Barnes	27.9 (eq.rec.)
M60	A. Lampard	29.1
M65	H. Purvis	36.1 (est.rec.)

400 METRESWomen

W40 A. Miller 69.6

Men

M35 G. Wharton 55.0 (est.rec.)  
 M40 R. Pittaway 55.7  
 M45 J. Liascos 57.1  
 M50 R. Clarke 59.5  
 M55 H. Barnes 63.2  
 M60 A. Lampard 67.3

1500 METRESWomen

W35 E. McFarlane 5.54.4  
 W40 M. Thunig 5.27.1 (New rec.)  
 W45 N. Sutcliffe 6.19.5 (New rec.)  
 W50 I. Regan 7.45.0 (est.rec.)

Men

M35 R. Munzberg 4.27.0 (est.rec.)  
 M40 D. Cooke 4.23.9  
 M45 G. Parkinson 4.43.3  
 M50 B. Jones 4.55.9  
 M55 M. Barnes 5.42.1  
 M60 A. Digance 6.02.4

3000 METRES STEEPLE CHASEMen

M35 D. Smart 13.08 (est. rec.)  
 M40 P. Afford 10.26  
 M50 D. Campbell 13.08

10000 METRESWomen

W35 E. McFarlane 48.39  
 W45 N. Sutcliffe 50.20

Men

M35 B. Abrahams 41.30 (est.rec.)  
 M40 W. James 33.35  
 M45 G. Hicks 33.56 (new rec.)  
 M50 G. Inwood 36.40  
 M55 W. Beames 36.42  
 M60 H. Snelgar 44.09 (new rec.)  
 M65 H. Purvis 55.40 (est.rec.)

800 METRESWomen

W40 M. Thunig 2.41.6 (New Rec.)  
 W50 I. Regan 3.57.4 (est.rec.)

Men

M35 R. Munzberg 2.10.5 (est.rec.)  
 M40 G. Wenk 2.07.0  
 M45 D. Paul 2.14.9  
 M50 R. Clarke 2.18.6  
 M55 M. Barnes 2.49.1  
 M60 A. Lampard 2.44.1

5000 METRESWomen

W35 E. McFarlane 21.05 (New rec.)  
 W40 M. Thunig 20.52 (New rec.)  
 W45 N. Sutcliffe 23.32

Men

M35 A. Beacham 20.58 (est.rec.)  
 M40 W. James 15.57  
 M45 G. Hicks 16.19 (new rec.)  
 M50 G. Inwood 17.24  
 M55 W. Beames 17.32 (new rec.)  
 M60 H. Snelgar 20.45 (new rec.)  
 M65 H. Purvis 24.59 (est. rec.)

110 METRES HURDLESMen

M35 D. Brown 18.9 (est.rec.)  
 M40 G. Powell 18.3 (new rec.)  
 M60 A. Lampard 23.8

400 METRES HURDLESMen

M35 D. Brown 63.5 (est.rec.)  
 M40 G. Powell 64.2  
 M45 G. Parkinson 73.4  
 M60 A. Lampard 84.1

800 METRES WALKWomen

W30 G. Holdsworth 4.18 (est.rec.)  
 W35 E. McFarlane 4.08 (est.rec.)  
 W40 V. Miller 5.32  
 W55 R. Webber 5.15 (new rec.)

# AN ACTION-PACKED WEEKEND

DISCUSWomen

W30	L. Larsen	23.20	(est.rec.)
W35	S. Frusher	22.62	(new rec.)
W40	E. Dollery	19.82	
W45	S. White	30.34	
W50	M. Halupka	17.88	(est.rec.)
W55	M. Cahill	14.62	(New rec.)

Men

M35	D. Brown	29.10	(est.rec.)
M40	R. Pittaway	20.66	
M45	P. Cooke	28.68	(new rec.)
M50	G. Peters	28.06	
M55	S. Halupka	22.00	
M60	H. Snelgar	27.44	(new rec.)
M70	P. Barnes	26.14	(est. rec.)

SHOT - PUTWomen

W30	L. Larsen	7.99	(est.rec.)
W35	P. Leedham	6.87	(new rec.)
W40	E. Dollery	8.17	
W45	S. White	9.88	
W50	M. Halupka	6.02	(est.rec.)
W55	M. Cahill	5.35	

Men

M35	D. Brown	8.89	(est.rec.)
M40	G. Powell	6.90	
M45	D. Leadbetter	10.47	(new rec.)
M50	J. Slater	7.87	
M55	P. Dalwood	10.27	
M60	H. Snelgar	9.61	(new rec.)
M70	P. Barnes	8.21	(new rec.)

HAMMER-THROWMen

M40	M. Dollery	8.64	
M45	D. Leadbetter	45.10	
M50	A. Gordon	40.44	(new rec.)
M55	P. Dalwood	23.04	
M60	H. Snelgar	28.72	(new rec.)
M70	P. Barnes	18.58	

TRIPLE-JUMPMen

M35	D. Brown	11.88	(est.rec)
M40	R. Stone	11.41	
M45	R. Auld	9.51	(new rec.)
M50	R. Clarke	9.15	
M60	A. Lampard	8.52	

1500 METRES WALKWomen

W30	G. Holdsworth	8.29	(est.rec)
W35	E. McFarlane	8.18	(new rec.)
W55	R. Webber	10.25	(new rec.)

Men

M35	P. Fullager	6.05	(est.rec.)
M40	T. Nailer	7.30	
M50	R. O'Neil	7.39	(new rec.)
M60	J. Webber	7.53	
M65	G. Ross	10.25	(est.rec.)

3000 METRES WALKMen

M35	P. Fullager	12.37	(est.rec.)
M40	T. Nailer	15.58	
M50	G. Peters	16.50	(new rec.)
M60	J. Webber	16.25	
M65	G. Ross	22.33	(est.rec.)

POLE-VAULTMen

M35	D. Brown	2.15	(est.rec.)
M40	G. Powell	3.40	(New rec.)

JAVELINWomen

W30	L. Larsen	22.40	(est.rec.)
W35	P. Leedham	14.18	
W40	E. Dollery	25.18	(new rec.)
W45	S. White	28.68	
W50	M. Halupka	13.23	(est.rec.)
W55	M. Cahill	13.32	(new rec.)

Men

M35	N. Charles	23.80	(est.rec.)
M40	G. Powell	27.36	
M45	D. Leadbetter	31.44	(new rec.)
M50	J. Slater	27.66	(new rec.)
M55	S. Halupka	24.42	(new rec.)
M60	W. Horsnell	24.84	(new rec.)
M70	P. Barnes	21.30	

HIGH - JUMPWomen

W40	B. Parkinson	1.30	(est.rec)
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Men

M35	D. Brown	1.55	(est.rec)
M40	R. Stone	1.60	(new rec)
M45	S. McIntosh	1.25	
M50	R. Clarke	1.30	
M60	A. Lampard	1.25	

LONG - JUMP

Women

W30 V. Fullager 3.97 (est.rec)  
W40 E. Dollery 4.17  
W45 S. White 3.62

Men

M35 D. Brown 5.65 (est.rec)  
M40 R. Stone 5.54 (new rec)  
M45 R. Leedham 4.94  
M50 R. Clarke 4.31  
M60 A. Lampard 4.16

NOTE: Following alterations in the Constitution at the 1978 A.G.M. accepting Females at 30 and Males at 35 all performances in these age groups are shown as establishing a record (est.rec.), performances shown as new rec. are new records breaking a previous one. Prior to the publication of these results, records are taken as those printed as at Jan. 1st 1979.

All records marked are subject to ratification of our Records Officer: Bill Rust, 23 Murtoa Road, Eden Hills 5050 (278.2506)

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MINUTES OF ANNUAL GENERAL MEETING held on Friday, 16th March  
1979 at 7.45 p.m.

PRESENT: 43 members

PRESIDENTIAL WELCOME: The President, Lloyd Snelling, welcomed Mr. Albert Simpson and all members present, and declared the meeting open.

Mr. Simpson thanked the Club for inviting him along. His short address was much appreciated by the members present.

APOLOGIES: Jim Beacham, Jim Campbell, Bob Hook, David Jackson, Brian Jones, Alex Lampard, Pat & Rex Leedham, Glenn Powell, Grace Putna, Judy Sage.

MINUTES: Minutes of Annual General Meeting held on Friday, 10th March 1978, having been circularised, were approved and signed.

Minutes of Extra-Ordinary General Meeting held on Sunday, 8th October 1978, having been circularised were approved and signed.

There were no matters arising from the Minutes.

REPORTS: The President's report was tabled and accepted. In his report, Lloyd Snelling urged all members to support Brian Chapman, the Executive Director of the S.A.A.A.A.

The Secretary's report was tabled and accepted.

Treasurer's report. Balance sheet was tabled and accepted.

The Registrar reported a total membership for the year of 144, being 123 male and 21 female. Of the 144, full veteran-members totalled 100, with the remaining 44 being also members of another Club. The Registrar, Ray Beaumont, read a letter from Fred Budge, the S.A.A.A.A. Registrar, saying that members wishing to join the Veterans as a second-claim member must produce a signed registration form at the time of joining.

The President thanked Ray for his good work.

Report of Convener, sub-committee. In his report, Rowly Ferris mentioned the Inglewood Fun Run and our Host Day as events of special importance during the year. He also gave notice of a meeting to be held on Thursday, 29th March 1979 at 7.45 p.m. at Adelaide City Club Rooms, Olympic Park Track, to organise helpers for our Club Titles in April 1979 and also the National Titles to be held in Adelaide at Easter 1980. Rowly also welcomed to the Meeting the members from Barmera and informed members of an Easter Carnival being held at Barmera on Easter Saturday, 14th April, commencing 9.00 a.m.

CHANGE TO CONSTITUTION

The proposal to amend the Constitution as set out in the Agenda was put by Bob Auld and seconded by Bill Rust.

15

Two amendments to the motion were proposed, seconded and carried, namely:-

1. The substitution of the words "Vice-President" for the words "Immediate Past-President" in both Items 5(a) and 5(b).
2. The deletion of the words "with voting rights" from line one of 5(b).

By a show of hands, Items 5(a) and 5(b) (as amended of the motion were passed, but Item 5(c) was defeated.

Clause 5 of the Constitution therefore now reads:-

5. (a) Officers of the Club shall be: President, Vice-President, Secretary, Treasurer, Registrar, Promotions Officer, Club Captain, One State Delegate, Records Keeper, Hon. Auditor and Handicapper, who shall be appointed at each Annual General Meeting. All officers shall hold office until their successors are elected and shall be eligible for re-election.
- (b) Membership of the committee will be confined to President, Vice-President, Secretary, Treasurer, Registrar, Promotions Officer, Club Captain and One State Delegate.

ELECTION OF OFFICERS

In accordance with the revised Constitution, the following officers were elected:-

President:	Lloyd Snelling
Vice-President:	Al Digance
Secretary:	Nora Sutcliffe
Treasurer:	Bob Auld
Registrar:	Al Digance
Promotions Officer:	Rowly Ferris
Club Captain:	Peter Pye
State Delegate:	Angela Pye
Records Keeper:	Bill Rust
Handicapper:	Phil Afford
Hon. Auditor:	Len Hart

SUBSCRIPTION

The Club subscription remains at \$5.00.

OTHER BUSINESS

Sunday morning pack runs. It is planned to hold these at approximately monthly intervals, the first being on Sunday, 1st April 1979 at 8.00am starting from the Pye's house in McLaren Street, Adelaide. Lloyd Snelling also hopes to arrange training runs at Adelaide Harriers' track on certain Wednesday evenings during the winter. Both these innovations were applauded by members. As Bill Rust said -

"We seem to spend too much time running against people, and not enough time running with people".

Provision for allowing amendments to motions put forward at Annual General Meetings. It was decided that the new committee should look to making provision to allow amendments to motions.

There being no further business, the meeting closed at 10.30 p.m.

.....  
President Date

ANGIE'S ACTIVITIES IN AID OF ALTOGETHERNESS

20th April, 1979.

Hi, everyone!

Having just celebrated my birthday at "Happy Hour", please excuse any typing errors which may appear on this page as I'm writing this to meet Rowley's deadline of 21st April, which just happens to be my 37th birthday. (Happy Birthday Ang!). "Happy Hour" is a Flinders Medical Centre happening when we get together on Friday after work for a few beers or a light white. It's a great innovation ... but not so good when you have an editor's deadline to meet!

However, what better way to sober up before the drive home than by letting you all know that I'm working away at the social activities in my one-woman-bid to make the social side of the Vets. Club at least half as important as the competitive part (it's called "sabotage").

Rather early to be asking you to think ahead to October B-U-T I have booked the Boy Scouts Camp Site at Napperby (13 miles inland from Port Pirie at the foothills of the Flinders Ranges) for a training weekend on 20/21st October. Yes, I know that's the date of the Big M but you would have to be mad to run 2 marathons in a fortnight (and we all going to have a go at the big A, aren't we??) and besides you could have much more fun with us at Napperby!

The camp site has all mod.cons. (well .. almost). There are hot showers for both guys and gals - though the guys have 3 to our 1. Obviously Scouts, unlike us forward thinking Vets., are NOT amalgamated, NOT liberated and definitely NOT prepared. A fully equipped air-conditioned kitchen with electric stoves, fridges and all china and cutlery, is provided. There are two dormitories with bunk beds complete with foam mattresses and pillows. All you'll need to bring will be sleeping bags (or sheets and blankets), towels, training gear and food. Cost is somewhat extortionate at 50¢ per night, though if you intend bringing your camper van or tent (for which sites are available) it gets more reasonable at 30¢.

At that time of the year the scenery is quite beautiful - the creek should still be flowing and filled with plenty of tadpoles for the kids to collect. We are planning a spectacular run to the top of the hill (well, mountain really) with the possibility of a fun run on Saturday afternoon from Port Pirie to Napperby. On Saturday night we'll light a huge wood fire in the main scout hall ... yes, there is a fireplace - we're Vets. not Vandals ... and have a sing-song, square dance, or whatever. Please make a note in your diary and plan to join us at Napperby in October.

Some of you will remember we had a mead-and-potatoe party after last year's S.A.A.A.A. State Marathon. It was a great wind-down to what is for some the event of the winter season. Well this year we hope to cater for marathon nerves but holding a carbo-loading pre-marathon party to be hosted by Judy and Bob Auld. Plenty of the right food, i.e. pasta, spaghetti, noodles, etc., will be available for those intending to take part in the marathon - competitors, officials and spectators -- so keep an eye out for details in the next newsletter.

Several people have asked about a Presentation Night for the Summer Season - PLANS ARE BEING LAID FOR THE NEAR FUTURE. Don't miss out on the honour and glory of collecting your trophy, certificate, medal, or whatever. This will probably be a very casual evening gathering sometime next month or early June - details to be advised VERY SOON.

Don't forget brunch at the Pye's on Sunday, 13th May to be held after the second monthly Vets. Club Pack Run. On the 1st run we had plenty of slow and

/over



medium pace runners, we would like a few faster runners this time to keep John Perry company! Start (8.30 a.m.) and finish at the Pye's place - 30 McLaren St. Adelaide (enter off Halifax St. via Caldwell St.). Courses around the parklands: 6, 12 and 16 km. APPROXIMATELY. Bring some food and join us for breakfast.

KEEP ON RUNNING ..... Angie.

\*\*\*\*\*

HAVE YOU HEARD THAT ...

Bob Auld is back on the track and looking for offers

... for a used-once-only plaster cast?

Maxie Barnes has formed a Plantar Fasciitis Club

... and is feeling a bit of a heel?

Gordon Inwood runs steeple in a special pair of shoes

... that help him toe the line?

Al. Digance is thinking of publishing a book

... "Joke-A-Day for People on the Run"?

Sunday Pack Runs have been renamed "Bed & Breakfast Runs"

... by a lady (?) with things on her mind?

Dave Mallett competed in 12 events in Sydney & still managed to

... sleep well at night?

Vic.Park Race-course Officials are searching for

... THE PHANTOM HURDLE BILL-DER?

\*\*\*\*\*

This song (to be sung, with apologies, to the tune of "Food, Glorious Food", is dedicated to my friend Maxie, for whom running is all sole.

Shoes, Glorious Shoes,  
Which next is the question?  
Nikes, Pumas, or Brooks,  
Oh! what a vexation.

Waffles or trainers, 5 star or 2,  
Which one shall I choose from?  
Leather, silk, red, white or blue,  
Oh! what a vexation.

Spend all my money on footwear new,  
Soon I'll be up with the winner,  
Meanwhile a visit to 'Athlete's Foot',  
Wallet noticeably thinner.

Tighten my spikes, pull on my pumas,  
Now I'm away and I'm flying,  
Plantar fasciitis got me again,  
Veteran Runner is dying.

All of that pounding,  
Please find me a seat,  
While I pose you this problem -  
Where can I go for a new pair of FEET?  
Oh! what a vexation.

# Advice to the VETERAN BEGINNER

THE REASON for this article is that there are far too many runners getting injured very soon after taking up their training.

There are many causes of these injuries, but the main ones are:— Starting with too much enthusiasm, doing speed work, trying to put in too much mileage too quickly, running over different surfaces, and racing before one is fit enough.

The runner who is just starting is advised to have a medical check-up beforehand. This also goes for the ex-athletes who has not done any training for a long time.

It is a good idea for the beginner to do most of his training on grass to start with, making sure that he or she begins with gentle jogging and walking. It is probably best to begin with by jogging combined with walking for a period of ten minutes, then doing longer periods each time out, gradually increasing the jogging part and decreasing the walking part. Maybe every other day is the best way to start, then as the athlete feels he or she is getting fitter, start

going every day. Consistency is the thing that gets you fit.

Do not be tempted to go training with other runners who are much fitter and faster than you are, unless they are prepared to train to your speed, as this often leads to injury.

When trying any new schedule always work into it gradually, making it a gentle progression. The same with training on the road. Start as you did on the grass, say with ten minutes, gradually increasing the time. Forget about the word speed. See that you have a good pair of training shoes which will take a lot of the shock of the road.

Once you are fit, it is a good idea to practice running on different surfaces — grass, road, track; but when changing to different surfaces, do it gradually and once again make it a steady progression, because different surfaces sometimes mean using a different muscle action, e.g. road running generally means running more flat footed placing the heels down first,

thus lengthening the calf muscles, whereas track running generally means running more on the balls of the feet and the toes, thus shortening the calf muscles. You have to give the muscles time to get used to the change of action, otherwise an injury is possible.

Whatever the kind of running you are doing, see to it that you have good footwear. Do not go training with worn out shoes or shoes down at the heels. It is a good idea to smear the toes with 'Vaseline' before you go training as this tends to stop friction and prevent blistering; also include a few general stretching exercises before you start your training session.

It is best not to be too keen to start racing. This is one of the big mistakes made by veteran runners. They see the way other runners are racing and they feel they should be doing the same. They do not have the patience to wait until they are fit enough to race; also they sometimes enter races at all sorts of different distances — many in the same afternoon. **Cliff Bould**

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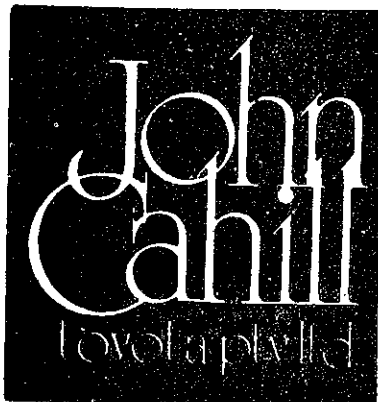
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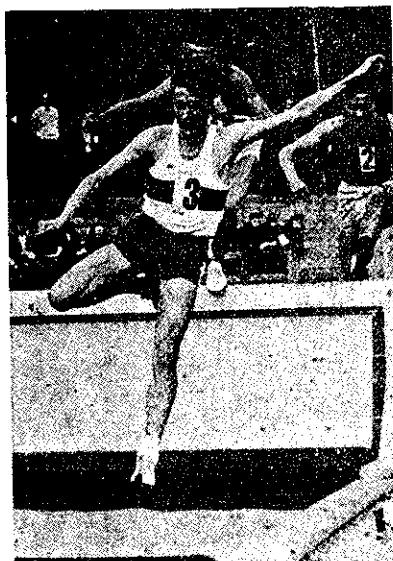


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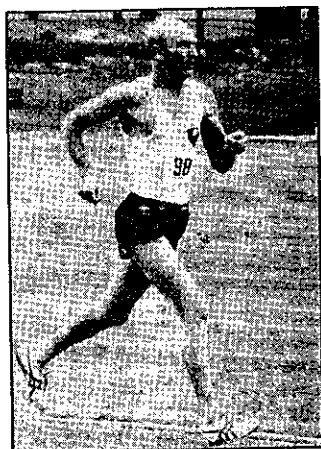
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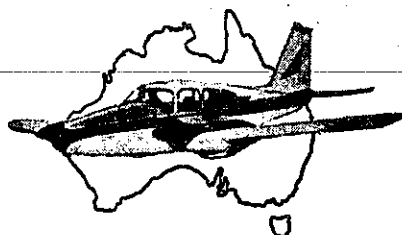


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