



# South Australian Veterans' Athletic Club Inc.

Founded 1971

Affiliated to the Amateur Athletic Association of S.A.



GREY  
HARES  
AUGUST  
1990

Mr. Reg White  
6 Jurs Avenue  
North Haven SA 5018

IF UN-CLAIMED PLEASE RETURN TO  
30 GLENEAGLES ROAD, 5064, S.A.

\*\*\*\*\* CONTENTS \*\*\*\*\*

OUR CLUB'S HOST DAY ON 1ST SEPTEMBER  
8 K CROSS-COUNTRY CHAMPIONSHIPS  
CLUB AND OTHER RECORDS  
THE OCEANIA GAMES IN NOVEMBER  
THE WORLD VETERANS ATHLETIC CHAMPIONSHIPS, FINLAND 1991  
THE AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS, CANBERRA 1991  
1993 AND THE AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS, ADELAIDE!!  
VOLUNTEERS FOR THE CITY-BAY FINISH SYSTEM, 16TH SEPTEMBER  
CLUB CHAMPIONSHIP ENTRY. SOME NOTES  
GROUP TRAINING RUNS  
REGISTRARS REPORT  
OUR CLUB TUESDAY NIGHTS AT ADELAIDE HARRIERS  
SHOES AND SHOE MODIFICATIONS / REPAIRS  
RESULTS OF RECENT EVENTS

\*\*\*\*\* CLUB COMMITTEE / CONTACTS \*\*\*\*\*

President: Des Paul 298 5005      Secretary: Glynn Boyce 379 2539  
Vice President: Don Parker 264 8963  
Treasurer & Registrar: Kurt Postler 264 1902  
Trophy Steward: John Harnett 386 2314  
Statistician: Judy Daly 339 5445  
Club Captain: Laurie Whitelaw 277 9993 (H) 344 8181 (W)  
Editor: Paul Boyce 379 2539 (H) 372 2723 (W)

## OUR CLUB'S HOST DAY, 1ST. SEPTEMBER

---

WHERE:- The Brewery end of Bonython Park  
 2:00 pm. U16, U18, U20 Senior, Vet Men & Women 5 K Run  
 2:30 pm. Senior, Vet Men & Women 5 K Walk  
 3:00 pm. Senior, Vet Men 10 K Run

This, as for all other Clubs' Host Days, is a chance for the Club involved to 'fund-raise', by selling afternoon tea (included in the entry fee. Separate 'donation' if not running). Please bring along a contribution to the afternoon tea, such as a plate of sandwiches, a cake or cakes, biscuits, etc.. And, if not running, please come and offer your time as a course marshall, or to help with the finish system. Please support this event! If helping, please come by 1 pm & volunteer.

## THE 8 K CROSS-COUNTRY CHAMPIONSHIPS

---

The A.S.A. 8 K Cross-country Championships are at the C.B.C. Oval on Bartels Road in the Eastern Parklands on 19th August, starting at 2 pm. (first event). We use this as the Club 8 K Cross-country Championships. Note that you must enter this event before 5th August.

## CLUB AND OTHER RECORDS

---

Any Club member who, in a 'recognised' event, breaks an existing Club, State or National record for that event, and who is a financial member of the Club at the time of breaking the record, should advise the Club Statistician (Judy Daly) accordingly.

A suggested form to use for this purpose will be included from time to time in future issues of Grey Hares.

It is the record breaker's obligation to advise the Statistician of their performance (the Statistician does not receive results of events and shouldn't be expected to chase all such results and to then spend hours comparing members performances (assuming that she knew the correct age group of each Club member involved)).

Recognised events are those conducted by an organisation which is affiliated with Athletics Australia (eg. Athletics South Australia) or with W.A.V.A., (eg. any of the State Veterans Athletic Clubs). If you break a record at the National or World Veterans Athletic Championships then the Club Statistician will note your performance and record it as a record.

Note that Club records apply to the standard 5 year age groups.

Don't apply to Athletics South Australia for recognition of your record unless you are claiming it as a State record, and you are currently registered with A.S.A., and remember that A.S.A. only has one age group, namely 40 years and over for men, and 35 years and over for women. They aren't responsible for our Club records.

## OCEANIA GAMES

---

The 5th. OCEANIA VETERAN GAMES are being held in Auckland from 2nd. to 6th. of November, 1990. They cater for Veteran athletes from the Oceania Region (Australia, New Zealand and the Pacific Area), with a programme including Track and Field, Road races, Road walks and Cross-country events. Traveland (the AAVAC's official travel agent) quotes \$480-00 per person for fares from Melbourne (return) and transfer from Auckland airport to accomodation, plus a 'gala dinner' for Australians, but not including accomodation costs. Colin Cooper also

has information on costs. See item on the TURKU Championships below.  
The Programme is:-

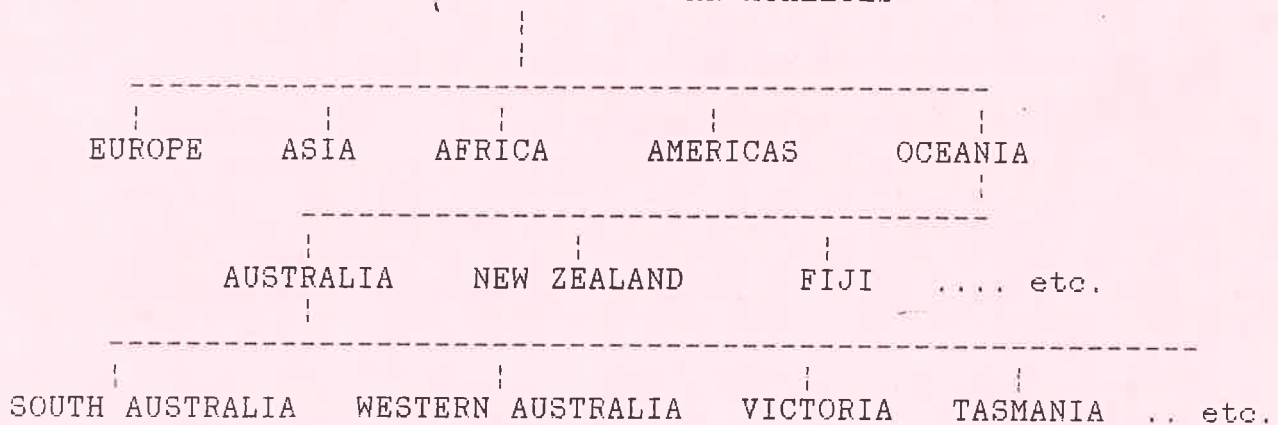
Friday 2nd. Opening ceremony, 100M heats, 5000M, shot put, long jump, hammer  
Saturday 3rd. 80/100M hurdles, 800M, track walks, 100M finals, steeple-chases, 400M heats, hammer, long jump, javelin, shot put (field events different age groups from Friday)  
Sunday 4th. 10 K road races, 10 K road walks, Pentathlon  
Monday 5th. 300/400M hurdles, 200M heats, 400M finals, 1500M, 4 X 100M relays, Javelin, high jump, triple jump, discus  
Tuesday 6th. 200M finals, medley relays, triple jump, discus, cross-country, closing ceremony, barbeque

Venue is Mt. Smart Stadium (1990 Commonwealth Games venue), and cross-country, closing ceremony at Massey (free transport).

Entry forms from Club Secretary (Glynn Boyce).

This diagram (I hope) shows how we fit into the OCEANIA region.

WORLD ASSOCIATION OF VETERAN ATHLETES



THE WORLD VETERANS ATHLETIC CHAMPIONSHIPS FOR 1991  
AT TURKU, FINLAND

The last issue of Grey Hares had information on these Championships. Since then, Collin Cooper has done a lot of investigation, and has collected considerable information on fares and accommodation costs. If you are interested in going to Turku, it is suggested that you contact Collin. His phone number is 272 0992.

1991 AUSTRALIAN VETERANS ATHLETICS CHAMPIONSHIPS  
CANBERRA, 29th March to 1st April

Entry forms should be available in October, with a closing date early in February 1991. The old 'warm up' track at the Bruce Stadium has been upgraded, and will be the venue. No information yet on Walk and Cross-country venues. The organising Committee notes that accommodation should be organised as early as possible, since it is usually in short supply in Canberra over Easter. They have supplied a very comprehensive guide from the Canberra Tourist Bureau, listing campsites from \$7-00, Cabins from \$35, Apartments from \$90, Holiday flats from \$40, On-site vans from \$30, Hotels from \$35 to over \$200, Motels from \$29 to \$125 single, Van sites, Farm Stays, University, Lodges, etc. (prices as of 1989, only here as a rough guide). Our Club Secretary can quote details from the list, but you will have to check the cost and arrange any bookings yourself with your chosen 'establishment'.



If you haven't been to a Nationals Championship before, they are interesting, exciting, informative, inspiring and lots more, and they are there with open arms for anyone to enter, good, bad or anywhere in between. The same applies to the World Championships, but more so.

#### THE 1993 ADELAIDE NATIONALS COMMITTEE

1991 in Canberra, 1992 in Hobart and then in 1993 the AUSTRALIAN VETERANS ATHLETIC CHAMPIONSHIPS will be in Adelaide, and our Club's responsibility to organise. We desperately need an organising committee. At this stage we have a Chairperson, Kathy Edwards, General Manager of A.S.A. She is very good, but even so, will need a full committee to help her. It is our Club's responsibility to provide the committee anyway. Please PLEASE indicate your interest and/or your willingness to be a member of the committee to organise the Nationals. We did it last in 1986, with a committee of about 30 people. Don't be too shy to volunteer, and don't think that your contribution will not be needed.

#### VOLUNTEERS FOR THE CITY-BAY FINISH SYSTEM

Each year, each Club affiliated with A.S.A. has the opportunity to volunteer members to help with the City Bay finish system, and to get \$10-00 per volunteer in return. If you are a regular volunteer, or if this is your first time, contact the Club Secretary. Unless you volunteer on behalf of the Vets Club, the Club will get nothing for your help. Contact Glynn soon, because the organisers have called for Clubs to submit their lists of volunteers already.

\*\*\*\*\* CLUB CHAMPIONSHIP EVENTS \*\*\*\*\*

PLEASE ----- READ THIS

This is largely aimed at the Club Track and Field Championships because the cost of these is high enough to be a cause for concern.

First, the A.S.A. State Veterans Championships are NOT the same as the S.A. Veterans Athletic Club's Championships. So you do not enter the S.A. Veterans Athletic Club Championships by sending an entry form to the A.S.A. Office at Olympic Sports Field. And entry in one of those Championships does not cover entry in the other! If you enter our Club Track and Field Championships, you must do so on an entry form from Grey Hares (or a copy there-of, hand copied or copier copied), BY THE DUE DATE NOTED ON THE FORM, and TO THE ADDRESS ON THE ENTRY FORM.

Second, although the charge for using Olympic Sports Field is wonderfully cheap compared with that for Olympic Park in Melbourne, and the facilities (track, equipment, etc.) are far better than any alternative in Adelaide, we have consistently run our Championships at a loss for the last few years (costs include hire of O.S.F., cost of medals, and cost of the venue and food for a Presentation night). For this reason alone we need an early indication of numbers entering the championships, (We have to book O.S.F. at least a year ahead, but can cancel it if numbers are too low provided we give sufficient notice)

Third, the Championships have been organised by one person for the last few years, and he needs sufficient time to prepare a program, heats, etc. before the first day or night of competition. Again, we need entries BY THE CLOSING DATE.

In order to ensure that the Championships can be organised as well as possible the ruling that entrants are only eligible for medals if they have entered by the closing date applies. Making exceptions makes the whole process a farce, and sooner or later makes any satisfactory organising impossible. However, non-Club members, Veteran athletes from other States, or members who have not entered by the closing date will always be welcome to take part in the Championships (on the understanding that they are not eligible for medals). It has been the custom to waive that requirement for the Club's Pentathlon Championships, because, sadly, the number of entrants has always been so low that we have been lucky enough to conduct them in the middle of the State Multi-event Championships for many years, and have not incurred any hiring charges for the venue.

For the Winter Road and Cross-country Championship events (10K, 15K Road, 4K and 8K Cross-country and Marathon) no venue costs or (save for the 10K Road) organising are required, entry is 'on the day' for the 10K Road event, and a week before-hand for the other events (to satisfy the A.S.A. requirements since the A.S.A. events are used as Club events).

#### GROUP TRAINING RUNS

-----

Don Parker notes that a number of Club members have been meeting regularly at the Club room on Sunday mornings for an hour to one and a quarter run. The run starts at 8:30 am (ie. be there in time to be ready to start then). Bring breakfast for a pleasant get-together after the run. Showers and change room available.

Judy Daly has also invited members to a regular training group, details noted in a previous Grey Hares, and Colin Cooper and Brenda Parkinson have organised training groups. Other members have indicated an interest in either coaching members, or having shared training sessions for field, track and distance events. If you wish to register any such offer, use Grey Hares as your Bill Board to invite members.

#### REGISTRARS REPORT

-----

Kurt reports that at the date of the last Committee meeting (24/7/90) there were 107 financial members in the Club (81 men and 26 women members). Of those, only 16 were registered with A.S.A. through the Club (obviously others have done so through other Clubs). Our Secretary noted that our number of registered members is well below the 25 minimum required to have a representative on the A.S.A. Club Council. If you are in a Club other than Vets, as well as Vets, please consider registering through Vets.

#### TUESDAY NIGHTS AT ADELAIDE HARRIERS

-----

Some raining and/or very cold nights dampened the enthusiasm of members who initially supported this venture. How about flocking to the D.R.C. Sprint series nights starting soon. They have sprints, middle distance, a 3K or 5K run each Wednesday night. Quite informal, friendly.

SHOES AND SHOE MODIFICATIONS OR REPAIRS

---

As a bootmaker and a 'pedestrian' in the late 19th. century sense (have you read 'Flanagan's Run' or 'The Fast Men'?) Jack Weber has considerable skill in repairing running shoes (eg. torn uppers, inner soles which have lost their bounce, one sided sole wear, or problems with 'dropped' toe joints, etc.). If you have a pair of shoes which need such attention, contact Jack (Phone 268 9508). Very reasonable rates. Our Club Secretary is delighted with the absence of pinched nerves in the ball of her feet after Jack modified her shoes.

SALISBURY A/C HOST DAY RESULTS FOR CLUB MEMBERS

---

Marcus Roberts (40)	38-03	Frank Murphy (55)	45-03
Laurie Hanafin (35)	38-24	Brian Wyld (50)	46-08
Les King (40)	39-17	Roger Barber (50)	47-20
Iain Dobbie (50)	43-33	Eddie Cross (60)	50-31
Stan Miller (45)	44-44	John Marshall (50)	50-31
Tony McLarty (50)	44-46		
6.3 K Event			
Margaret Grice (W35)	26-09	Sonia Simpson (W55)	30-40
Frank Howitt (50)	26-58	Leslie Wright (W35)	31-49
Don Parker (50)	27-18	Marlene Parker (W50)	33-40
4.2 K Event			
Rod Stone (50)	18-41		

15 K CLUB ROAD CHAMPIONSHIPS

---

Les King (40)	52-10	Roger Barber (50)	60-42
Laurie Hanafin (40)	53-35	Margaret Grice (W35)	61-52
Marcus Roberts (40)	54-09	Roy Sutcliffe (60)	62-31
Gerry Hicks (55)	56-25	Ross Martin (60)	70-23

MARATHON CLUB CHAMPOIIONSHIPS

---

Joe Petkovic (40)	2-30-55	Margaret Grice (W35)	3-02-38
Tony McCool (45)	2-36-31	Ross Martin (60)	3-28-49
Laurie Hanafin (40)	2-41-18	Sue Worley (40)	4-10-50
Alan Cockshott (45)	2-52-04	Helen Barnes (35)	4-12-40

ST. MARYS D.R.C. CROSS-COUNTRY RESULTS

---

10 K Event			
Les King (40)	37-40	Phil Afford (50)	45-35
Laurie Hanafin (35)	37-55	John Rhodes (50)	46-22
George Wenk (50)	42-48	Tony McLarty (50)	46-28
Roy Sutcliffe (60)	43-57	Ross Martin (60)	50-10
Kevin Markham (45)	44-46	John Marshall (50)	50-46
Margaret Grice (W35)	45-26	Bob Auld (55)	51-50
4 K Event			
Don Parker (50)	17-17	Marlene Parker (W50)	22-03
Paul Boyce (50)	18-12	Peter Jenkins (60)	22-54
Mary Rhodes (W45)	21-32	Dave Opperman (60)	DNF
2 K Event			
Glynn Boyce (W45)	10-43		



S.A. VETERANS ATHLETIC CLUB 10 K ROAD CHAMPIONSHIPS

---

Date: 17/6/90 (starting at 2 pm.)  
 Venue: Regency Park (start and finish at Camira Street)  
 Course: 2 laps of a 5 K loop

Tony McCool (45)	33-06	Don Parker (50)	42-21
Les King (40)	33-55	J Whyte (W45)	42-51
Marcus Roberts (40)	35-19	Bill Caudle (65)	42-56
Peter Hendry (40)	36-15	John Rhodes (50)	43-07
Gerry Hicks (55)	37-08	D Scott (50)	44-34
C Spall (40)	34-44	John Marshall (50)	45-06
Andrew McComb (55)	39-10	Peter Gregg (35)	45-28
Roger Barber (50)	39-12	Ross Martin (60)	45-39
Dave Padget (55)	39-32	Janice Dobbie (W45)	47-11
Iain Dobbie (50)	39-51	Mary Rhodes (W45)	51-20
John Harnett (50)	40-21	Harry Snelgar (70)	52-10
Margaret Grice (W35)	40-38	Marlene Parker (W50)	52-26
Tony McLarty (50)	40-48	Peter Jenkins (60)	53-57
Kevin Markham (45)	42-04		

A pleasant afternoon tea was enjoyed by all entrants and spectators in Simpson's Canteen. Thank you Simpsons.

S.A. VETERANS ATHLETIC CLUB 4 K and 12 K CROSS-COUNTRY  
 CHAMPIONSHIPS 8/7/90

---

This was in the Western Parklands, starting and finishing at Western Districts Clubrooms, with 2 laps of a 2 K loop for the Women's 4 K event, and 3 laps of a 3 K loop for the Men's 12 K event

12 K Event

Les King (40)	43-13	John Harnett (50)	52-10
Marcus Roberts (40)	44-28	Des Rainsford (50)	53-11
Kevin Markham (45)	50-14	John Rhodes (50)	55-57
Roy Sutcliffe (60)	51-24		

4 K Event

Margaret McIntosh (W35)	15-13
Glynn Boyce (W45)	20-58

The course was relatively flat, the lowest point about 15 metres below the start/finish, and the surface was soft grass. Rain had stopped earlier in the day, and the sun almost shone. An afternoon tea provided by Western Districts A/C was enjoyed after the events.

UNITED COLLEGIANS HOST DAY

---

This event received its true measure recently when Brian Wyld measured it with a wheel. It grew from a 3K and a 6K event to a 4.5K and a 9K event. This is a good indication of the steepness of the course. Presumably the 3K and 6K estimates were measured from a map! The event had fine weather for a change and its usual fine afternoon tea.

4.5 K Event

Kevin Markham (45)	22-03 (and first)		
Reg White (60)	27-46	Mary Rhodes (W45)	29-43
Dave Opperman (60)	39-05		

9 K Event

Marcus Roberts (40)	37-00	John Rhodes (50)	49-49
---------------------	-------	------------------	-------

### D.R.C. PHIL AFFORDS DAY

---

This is surely the most scenic of all the winter runs. It follows a dirt road along ridges at the southern end of the Barossa Valley with virtually no flat sections of road save at the top and the bottom of each hill. A very warm log fire, afternoon tea, and a 2 mile or an 8 mile event to pick from (or both). Thank you Phil and Hazel.

#### 8 Mile Event

Gerry Hicks (55)      51-05	John Rhodes (50)      64-43
John Burnell (40)    51-08	Glynn Boyce (W45)    96-22
Kevin Markham (45) 54-14	Mary Rhodes (45)     96-22
Don Parker (50)     60-16	Imelda Carson (W35) 97-10
Paul Boyce (50)     62-23	

#### 2 Mile Event

John Martin (50)      14-18	Kurt Postler (60)    16-20
-----------------------------	----------------------------

### THE VICTOR RELAYS

---

This year the relays were held in a section of Kuitpo forest. The Hindmarsh Valley and South Road traffic was considered a potential threat at last. The dirt roads through the pine forest were good, and the rain withheld itself during the event. We barely made up a team, only getting our tenth runner halfway through the event, although a lot of members ran for other Clubs. The relay required 5 team members to run 4.3 K, and 5 to run 8.6 K.

#### Our team was

1 Gerry Hicks (55)      32-50
2 Phil Binns (50)       19-26
3 Paul Boyce (50)       39-56
4 Stan Miller (45)      37-09
5 Laurie Whitelaw (50) 19-25
6 Norm Charles (45)    17-15
7 Eddie Cross (60)      41-50
8 John Burnell (40)     32-04
9 Bob Tate (60)        18-06
10 John Martin (50)     17-50

#### Running for other Clubs were

Peter Tippett (40)    15-12
Marcus Roberts (40) 34-59
Brian Wyld (50)       17-21
Des Rainsford (50)   17-55
Laurie Hanafin (35) 31-44
Roger curnow (40)    34-37
Les King (40)         31-00
Des Paul (55)         21-10
Roy Sutcliffe (60)    17-42
Margaret Grice (35) 16-27