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SOUTH AUSTRALIAN

"V E T E R A N S"

AMATEUR ATHLETIC CLUB

" N E W S L E T T E R "

JUNE/JULY 1976

Secretary: Rowly Ferris
44 Edwards Street
BRIGHTON S.A. 5048

Telephone: 296 1883.

SOUTH AUSTRALIAN
VETERANS AMATEUR ATHLETIC CLUB

.....

Patron: Albert Simpson (National Fitness Council)

President: Lloyd Snelling

Vice President: Al Digance

Treasurer: Bob Auld

Committee: Ray Beaumont, Rex Leedham & Terry Nailer

Registrar: Ray Beaumont
10 Laurence Street
DOVER GARDENS
Telephone: 296 3848.

Secretary: Rowly Ferris
44 Edwards Street,
BRIGHTON
Telephone: 296 1883

.....

All Club Subscriptions and Registrations should this year be paid to our Registrar, Ray Beaumont

Club Subscriptions are	\$4-00
Registrations and Numbers	\$7-00 (if Vets.Club only)
Numbers only	-50 (if \$7-00 reg. already paid)

EDITORS NOTE:

I would like to spend my "Note" this publication to say a few words on behalf of all our Officials and Members. Our Patron Mr. Albert E. Simpson officially retires as Director of the National Fitness Council of South Australia on the 15th June, 1976 and I am sure you would all wish to join me in extending our regards to Albert and hoping he has a long and enjoyable retirement.

I sincerely trust that Albert's association with our Club will continue during his retirement.

COMMITTEE MEMBERS PLEASE NOTE:

Committee Meetings will be held at the Kitchen Room of the National Fitness Council, 70 South Terrace, Adelaide commencing at 7.45pm on the following FRIDAY evenings:

May 28th, June 25th, July 30th, August 27th, September 24th, October 29th and November 26th.

AS AGREED NOTICES WILL NOT BE SENT OUT - PLEASE ADVISE IN UNABLE TO ATTEND

NEWSLETTER ADVERTISING

Advertising spaces available at \$2-00 half page.

PLEASE SUPPORT THE ADVERTISERS WHO SUPPORT US.

WINTER RELAYS

Would those of you interested in "Veteran " Teams in the undermentioned relay races kindly advise Rowly Ferris of their interest. If you are members of another club please check out if they will be requiring you, as in fairness to the Veteran runners you cannot expect to displace someone at the last moment. Make your decision at an early date and stick to it please.

June 5th: Gawler Relay (8 x 5000m)
July 10th: Victor Harbor Relay (10 x 4mile)
July 28th: D.R.C. Olympic Park (4 x 2 mile)
September 29th: D.R.C. Parlauff Relay (4 x 130m 60mins)
Date to set: D.R.C. Oval Relay (4 - total 2 miles)

AS MANY TEAMS AS WE HAVE COMPETITORS WILL BE ENTERED,
AND TO ENSURE ALL INTERESTED GET A RUN ANY INCOMPLETE
TEAM WILL BE MADE UP BY RUNNERS PREPARED TO RUN TWICE.

PATAWALONGA RELAY - APRIL 24TH

Once again the Veterans had a really good days running. We entered and fielded 4 complete teams in addition to the runners who were competing for their other Clubs. The system of fielding an "A " team and three others of equal ability proved successful, this enabled three teams to have a good tustle amongst themselves as opposed to grading the teams and having the last team finishing way back on their own.

"NATIONAL NEWS"

1. The future of Veterans Cross Country nationally is in the balance, there is a strong body of feeling that unless the Cross Country titles event is well supported by other than the Host State then they will become merely State Titles and the matter will be looked into.
2. The Organisation of the Track and Field Championships are conducted each year under the rules of the Host Club, who are in charge of all arrangements. Hence the inclusion of Sub Vets A & B in Brisbane. On this point the splitting of the over 60 age group would also rest with the organising Club and State.
3. Track and Field Champs. Easter 1977
These have been confirmed for Perth, Western Australia. Entries will close 21 days in advance.

ALL ENTRIES HAVE TO GO THROUGH THE HANDS OF THE STATE SECRETARIES IN FUTURE.

This means you will not be able to enter yourselves. Brisbane and all visiting States were caused a lot of undue correspondence by each individual entry having to be ratified by State Secretaries, first on receipt and then again after the commencement of the new financial year. Easter you realise mainly falls early in the financial year, whereas entries may well close later the previous financial year.

START PLANNING YOUR TRIP TO PERTH EARLY. First step is to let Rowly Ferris know if you are thinking of going. Enquiries then can be made about Airline concessions.

National News Continues.....

4. The recommendation that Australia apply for the 1979 World Veteran Titles was withdrawn.
5. Guidance has been given regarding involvement of female members - it was decided preferable they form own Clubs but SHARE COMPETITION.
6. A motion that Selectors set minimum standards for Championship events and that medals not be awarded to place getters unless the standards achieved was LOST by vote. (Thank goodness - as I mentioned in the December Newsletter I feared this sort of motion would raise its ugly head, now it has luckily it was defeated - but how long will it be before it is raised again and gets approved)
7. Pro/Am Situation: concern has been raised at the misleading press release circulated. The A.A.U. has forwarded a recommendation to the I.A.A.F. for consideration at the May 1976 Meeting. If accepted the I.A.A.F. rules would have to be ammended for former Professionals who have not infringed for 5 years to be re-instated for Veterans Competitions.
8. South Australia's Founder - Al. Digance was elected a Vice President of the A.A. V.A.C. - good on yer Al. keep S.A. to the fore.

INFORMATION AND RECORDS FROM THE NATIONAL TRACK
FIELD CHAMPS. HELD AT EASTER IN
BRISBANE

Our Competitors did well in Brisbane, they returned with a total of 41 medals (12 gold, 8 silver and 21 bronze) and our congratulations go out to them all for keeping the South Australian Veterans flag flying, although unfortunately some decided, for reasons known to themselves, not to represent our State officially but to

Information and Records from National Track and Field Champs held at Easter in Brisbane cont.....

compete for their own Clubs. It is realised that some do not own a State Club Uniform but even some who do, choose to wear otherwise.

Please note when competing in Interstate contests members who own State Club Uniforms are expected to wear same and be proud to be a member of our great club not ashamed of it. We have a record to be proud of so please see you show it.

Onto the results, it would cover too much space to give you all the members performances, so I list below the 16 performances that I feel will appear in our Club Records book.

40/44	Javelin	- Gerry Van Ekelenburg	42.62
45/49	100mts.	- Lloyd Snelling	11.8secs.
	200mts.	- Lloyd Snelling	23.7secs.
	400mts. Hurdles	- Ron O'Neil	73.1secs.
	Shot Put	- Sam McIntosh	7.59
	High Jump	- Ron O'Neil	1.37
50/54	Hammer	- Peter Dalwood	29.00
	Triple Jump	- Bob Clarke	9.70 (New Zealand)
	Discus	- Peter Dalwood	28.21
	Long Jump	- Bob Clarke	4.72 (N.Z.)
55/59	100mts.	- Alex Lampard	13.8 (equals)
	1500mts Steeple	- Alex Lampard	6.04.4
	Pole Vault	- Alex Lampard	2.00
Over 60	Shot Put	- Perc. Barnes	7.52
	Javelin	- Perc. Barnes	23.46
	Hammer	- Perc. Barnes	26.32

NATIONAL CROSS COUNTRY CHAMPIONSHIPS OF THE
AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS

Following our repeated complaints to the A.A.V.A.C. that a Cross Country Championship should be held each and every year, we are once again organising same in Adelaide. The last time this event was run was in 1974 by South Australia.

It appears the powers to be do not consider the A.A.V. A.C. should cater for the Winter only runners, they only want the glamour promotion of the Track and Field Titles and the Cross Country fans can do without their preference and chance of a Championship Medal. This point of view is not held by the South Australian Veterans Committee and we feel it should be run each year and the venue should be in rotation, as is the case of the Track titles. Why should the less financial members be deprived of a Cross Country Title event purely because the one's with the money prefer to "globe trot." VETERAN ATHLETICS ARE FOR THE MAJORITY NOT FOR THE MONIED.

However, this years Title will be held at Minda Home Farm on Sunday June 13th starting at 1.30pm. A Pre-Vets Class of 35 to 39 has been included, in addition to the 40/44, 45/49, 50/54, 55/60 and Over 60 classes.

Entries close on June 1st (special form available) to Rowly Ferris. Entry Fee \$1-00 per person.

A Social Function and Prize Presentation will be held after the event. Plans are in hand for this to be held at the Seacliffe Surf Life Savers Club Room on the Esplanade, Seacliffe. A meal will be laid on, also we hope shower facilities, we have applied for a Drinks Licence. It is expected the meal will cost about \$1-00 per head payable on the day. PLEASE SUPPORT THIS FUNCTION AND HELP ENTERTAIN YOUR INTERSTATE VISITORS.

WANTED: Officials - do you known of anyone?

"WORLD VETERAN NEWS"

WORLD VETERAN MARATHON - UNITED KINGDOM (AUG.76)

Entry forms can be obtained from -
Rowly Ferris (tel: 296 1883)

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WORLD TRACK AND FIELD TITLES - SWEDEN 1977

Details can be obtained direct from Wal. Sheppard of 148 Manningham Rd., Bulleen, Victoria 3105.

Some news to hand are that they will be held during the first week in August 1977, subject to ratification.

It is proposed that Calendar Year not Birth Date to determine class a competitor belongs to.

Invitations for competitors in Submaster or Pre Vets class (under 40) will not be given. Certain events deemed risky have been dropped for medical reasons for the older age groups. Approaches are being made to Sweden's Soccer, Cycling and Swimming Associations to ascertain interest in World Veteran Championships in Gothenburg, Sweden 1977. (Quite a Mini-Olympics)

Each Country to have 3 competitors in all events and classes without stipulations. If more than 3 in any one event in the same class the question is should all have to fulfil required standards. (Again STANDARDS raises its head).

.....

PROPOSED EVENTS AND STANDARDS FOR SWEDEN ARE LISTED OVER LEAF.

EVENTS AND PERFORMANCE STANDARDS FOR WORLD VETERAN
CHAMPIONSHIPS 1977

(Gaps mean no standards not no events)

Men	Class 1		Class 2		Class 3		Class 4
	A	B	A	B	A	B	
100 metres	12.8	13.4	14.0	14.5	15.0	16.0	
200 metres	26.5	27.5	29.0	30.5	32.0	34.0	
400 metres	58.0	60.0	62.0	65.0	68.0	72.0	
800 metres	2.20	2.25	2.30	2.35			
1500 metres	4.55	5.10	5.25	5.40	5.55	6.10	
5000 metres	18.00	19.00	20.00	21.00	23.00	25.00	
10000 metres	40.00	42.00	44.00	46.00	49.00	52.00	
110 mts.hurdles	19.0	20.0					
400 " "	70.0	75.0					
3000" steeple- chase	12.00	13.00	14.00	15.00			
Marathon 42 195m							Half mara- thondist.
Crosscountry race 10000m							5000mts crosscount
20000 " "							
Pentathlon	1500p	1400p	1300p	1200p			
High Jump	1.50	1.45	1.35	1.30	1.25	1.20	
Long Jump	5.25	4.75	4.25	4.00			
Pole Vault	3.25	2.90					
Shot Put	13.00	12.50	12.00	11.50	11.00	10.50	
Discus	35.00	33.00	31.00	30.00	29.00	28.00	
Javelin	45.00	40.00	35.00	30.00			
Hammer	45.00	40.00	35.00	30.00			
Women	40-49	50-59	60-				
100 metres	15.0						
400 metres	72.0						
500 metres	6.15						
3000: metres	13.30						
5000 metres walk							

CLUB WINTER CHAMPIONSHIPS

RUNS: May 22nd 10 mile road
June 26th Marathon
July 24th 15000m Cross Country
August 21st 10000m Cross Country

WALKS: April 11th 10 Kilo Track
June 26th 20 Kilo Road
August 14th 20 miles Road
August 28th 50 Kilo Road

PLEASE NOTE: Only paid up members on the dates in question can qualify for Club Titles.

ALSO PLEASE NOTE THAT ALL ABOVE ARE RUN IN CONJUNCTION WITH THE S.A.A.A.A.'S SENIOR CHAMPIONSHIPS AND THEREFORE ENTRIES CLOSE AS PER RULES LAID DOWN BY THE S.A.A.A.A.'S - don't grumble afterwards if you don't enter and do yourself out of a Veterans Club Title and Medal.

10 KILOS TRACK WALK CHAMPIONSHIP: This event was held on April 11th, but I regret as is always the case with the Walking Championships, I have not as yet received an Official Result Sheet. Therefore I cannot advise our Club Champions.

Would someone connected with the Walkers accept the responsibility to obtain a copy of all State Championships Result Sheets for me????

CHAMPIONSHIP MEDALS:

You will recall in the last publication I raised a comment from another Club Secretary on our system of Medal allocations. I was assured this was not the views of Veteran members of that Club and was purely a personal point of view.

Some of our members felt I should have told the person to mind his own business and not bothered to publish the comment. However, I feel comments are good for the Club, whether they are logical or not, they give food for thought. We are a democratic club, and as such, should be prepared to listen to criticism - you never know one day a word of criticism may be fair logic and may do the Club some good.

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PERPETUAL TROPHY WINNERS:

Winter: Dave Boyd Trophy :G. Wood
John Cahill Trophy :T. Nailer
Portside Chrysler Trophy :R. Sutcliffe
Ray Beaumont Trophy :W. Beames
Rowly Ferris Trophy :A. Digance
A.N.Z. Bank Trophy :P. Haynes
Tiki Trophy :T. Nailer

Summer: A Digance Founders Cup :G. Van Ekelenburg
Martin Finn Trophy :D. Leadbetter
Percy Barnes Trophy :A. Gordon
Alex Lampard Trophy :W. Beames
Noella Greenham Trophy :A. Lampard
Lloyd Frisby Trophy :J. Webber

Jean Beaumont has kindly offered us another Perpetual Trophy to be awarded annually to the

"CLUBMAN OF THE YEAR"

NEW PRICES FOR VETERANS CLOTHING
AS AT 5TH APRIL, 1976

"T" Shirts	- \$3.50	Shorts	\$3.75
Cloth Badges	- \$2.50	Metal Badges	\$1.50
Cotton Singlet with stripes & no Badge	- \$4.50	<u>OBTAINABLE FROM</u> <u>BOB AULD</u>	

NOTE: Bob Auld has kindly taken over above stocks.

ALSO: Special singlets in rayon type material can be obtained "made to measure" from International Sporting Wear of 281 Gilbert street, City at a cost of \$10.50 (no badge)

SPECIAL NOTE TO OLD AND NON-FINANCIAL MEMBERS:

UNIFORMS WANTED

Some old members who for their own reasons have not rejoined our Club, may have in their possession Singlets and also perhaps shorts that they no longer need. These uniforms would be a big help to the Club at the present moment and if anyone wishes to "SELL" same back to the Club please contact Rowly Ferris advising how much they want for them and also details of their general condition.

If current members know of anyone with an old uniform they no longer require please mention this note to them. Thank you.

VETERANS SUMMER CONSISTENCY CONTEST

More news of this Contest for next year.

As previously mentioned next years Contest will be only open to Veteran Club Members, other runners over 40 will be able to compete in the individual events but not take part in the Season long contest.

Also in appreciation of the support given to the Adelaide Harriers Tuesday evenings promotions by the Veterans Club, the Harriers have kindly agreed to award a winners prize each week for the Veterans Race. You will recall that anybody can win these races as they are Handicapped. So roll on next Summer and give these events the support they deserve.

NEW MEMBERS:

Are still coming along; we have 68 members now and are still growing.

Recent new members include:

Geoff Seagrimm (1B)	:	Ken Fraser (1B)
Fred Le Clercg (1B)	:	Colin O'Brien (1A)
Allen Wood (1A)	:	

Please make these feel at home in the usual Veteran manner when you meet up with them. Don't forget you were a first timer once and you cannot expect them to introduce themselves to you, the onus is on existing members to introduce themselves to the NEW ONES, and make them feel wanted and at home.

FORTHCOMING WINTER EVENTS:

- May 26th D.R.C. Night Runs 7.30pm Olympic Sports Field Kensington 5000 metres & 3000 metres.
- 29th D.R.C. Sandy Creek 1.30pm 20 mile & 10000mts.
- June 5th S.A.A.A.A. Gawler Relay 1pm 8men x 5000mts. Julian Tce., Gawler (Names early to Rowly Ferris please)
- 6th A.H. Sunday Run 10.30am "Harriers Hundred" 25 miles on Cinder Track
- 12th A.H. Barossa Lodge Cross Country 1.30pm J. Guleys property Calton Road, Gawler East Seniors 5 miles.
- 13th "VETERANS NATIONAL CROSS COUNTRY CHAMPS." 10,000 metres, Minda Home Farm Course 1.30pm Class included for pre-vets 35/39 in addition to all normal Veteran Age Classes. ENTRIES CLOSE TO ROWLY FERRIS June 1st. on special entry form.
- 14th Adelaide Harriers Queens Birthday H'cap 10a 2½ miles, from South Terrace Track.
- 19th D.R.C. St. Mary's Reserve 1.30pm 5 miles.
- 26th S.A.A.A.A. Marathon 1pm. Roseworthy entries close as per S.A.A.A.A. Rules.
- 27th Western Districts Wilson Memorial Road H'Cap 1.30pm from West Terrace Club Rooms.
- July 3rd Western Districts 7mile 1.30pm West Terrace
- 10th Victor Harbor Relay 11am (ten men x 4 miles (Names early to Rowly Ferris)
- 17th D.R.C. Bill Stratfolds Day at Blackwood 1.30pm, 10,000 metres Seniors and 2½ miles "Tiki Trophy" Race for Veterans.

WINTER STARTING TIMES

As promised I raised this point at Council and it was agreed that times of each race for the following week would be announced the previous week. This way you need not arrive until say 30 mins. before your event is scheduled to start.

Also it was agreed that it is Clubs own prerogative to set its own starting times and the S.A. A. A.A. have not the power to alter these times.

NEWSLETTER POSTING

To date only one person has let me have his stamped addressed envelopes, (A. Gransden), so he can be assured of early receipt of the Newsletters. It would appear the fuss kicked up at the A.G.M. was a waste of time, what happens when it is decided not to post the Newsletter out unless envelopes are on hand? It will mean only the weekly regular runners will receive their copies.

BOOKS - BOOKS - BOOKS

A new extensive stock of paperback books are to hand, and at 20 cents and 30 cents each are only a fraction of their true value.

Help the publication of this "Newsletter" and buy a \$1.00's worth of books.

See Rowly Ferris (Secretary)