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SOUTH AUSTRALIAN

"VETERANS"

AMATEUR ATHLETIC CLUB

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N E W S L E T T E R

NOVEMBER 1975

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Secretary: Rowly Ferris
44 Edwards Street,
Brighton, 5048

Telephone: 296 1883.

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SOUTH AUSTRALIAN
VETERANS AMATEUR ATHLETIC CLUB

- Patron : Albert E. Simpson (National Fitness Council)
- President : Lloyd Snelling
- Vice President: Al. Digance
- Treasurer : Des Paul
- Committee : Messrs. Terry Nailer, Rex Leedham and Ray Beaumont
- Secretary : Rowly Ferris, 44 Edwards Street, Brighton, 5048 Tel: 296 1883.

NEWSLETTER - NOVEMBER 1975

EDITORS NOTE: I have slightly changed the format of this edition of our Newsletter for two reasons; one is that I have a lot of news and points to raise and the other reason being that it appears some of our members are not reading their copy as I repeatedly get the old answers that "I did not know that such and such was on", whether social function of event. I trust this idea will encourage its reading, your comments would oblige. The Newsletter can always be extended to incorporate other members news items if support warrants. Also those in business could help to finance a larger publication by small cheap advertisements.

Rowly Ferris.

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FOR THE NEXT NEWSLETTER

BRISBANE - EASTER 1976 "TRACK & FIELD CHAMPS."

Time will soon be with us to start thinking about making reservations for next year's Australian Veteran Championships in Brisbane. To date the only details I have received are very provisional but warrant a mention to get the interest off the ground.

The venue will be the new track in Brisbane and the proposed events are:

- First Day(Evening) : Heats 100 metres & 1500 metres
Final 10,000 metres
- Second Day : Heats 400 metres
Finals 100 metres, 1500 metres
110m Hurdles, 5000m Walk, 400m Pole Vault, Javelin, Long Jump and Shot.
- Third Day : Heats 200 metres
Finals 800m, 3000m Walk, Steeplechase, 200m, 400m Hurdles, 5000m High Jump, Hammer, Triple Jump and Discus.

If confined to TWO DAYS, heats of the 100 and 1500 also the 10,000 will be included on the first day with the 10,000 late in the evening.

These are subject to alteration after Queensland have held further discussions on programme lay-out.

T.A.A. have contacted me and offered a group discount. The air fare will cost in the region of \$195 adults, accompanying school children 50% concession.

Is there a member who would be willing to take over the job of organising the South Australian outing ??? Please note Interest Reply in this publication, Page 8.

Veterans - Jumble/White Elephant and Cake Stall - S.A.A.A.A. Olympic Sports Field Track Appeal.

The appeal is still progressing with a view to completing the Tartan surface.

A Run, Jog or Walk "Athon" will be held on SUNDAY, NOVEMBER 23RD, 1975 over a total distance of 16km. In case any of you, or your children or friends, wish to partake in this event I will have forms available within the next few days. By supporting this you will be supporting our Club in helping the appeal.

In addition to the above event, the Veterans Club will be holding a "JUMBLE/WHITE ELEPHANT and CAKE STALLS" at the Kensington Track on the day.

Would all members please sort through their homes and produce old discarded clothing, magazines, books, records, household odments, plants, toys, games, ornaments, tools, china, crockery, kitchen utensils, glassware in fact anything of a SMALL nature that we can sell on the stall. No large items please. Either bring them to the Track on the day or alternatively let me have them in boxes in advance.

If you have no jumble about, how about making a few cakes and donating those.

You have two choices here so no excuses.

Also we shall want some help on the Stall to sell the goods.

PLEASE SUPPORT - DATE SUNDAY, NOVEMBER 23RD
VENUE: KENSINGTON TRACK.

HOST DAY TROPHIES

I am sure you will agree the Veterans Host-Day went off well; the course proved excellent, and the 1976 Host-Day will be held on the last Saturday of the Winter Calendar at the same venue and basically the same format.

Winners of the Perpetual Trophies I managed to obtain from donors were:

- "John Cahill Motors Trophy" - Terry Nailer (36.03)
- "Portside Chrysler Trophy" - Roy Sutcliffe(37.00)
- "Ray Beaumont Trophy" - Wally Beames (38.11)
- "Rowly Ferris Trophy" - Al. Ligance (50.47)
- "Dave Boyd Motors Trophy" - G. Wood (32.59)
- "A.N.Z. Bank Trophy" - P. Haynes (16.49-5000m)

TIKI - TROPHY RACE:

This years event was won by Terry Nailer in a time of 12.21 for the 2 $\frac{1}{2}$ mile course, this was a Club Record.

The 1976 event will again be held on the "Bill Stratfolds Day" at Blackwood.

INGLEWOOD FUN-RUN:

This event will again be run in 1976, the date will be the first Sunday in October (subject to revision if clashing). The distance will be reduced to between 4 and 5 miles, to attract the "fun running non-member jogger" owing to the hilly area. An added attraction will be a B.B.Q. afternoon picnic get together in a nearby reserve.

SOCIAL SCENE

DIRTY DICKS OUTING: Those of you who attended this night out must agree it was really something; a terrific evening was had by all (I think) and it will be a talking point for some time to come. Those who missed it really missed out. Life begins at 40 they say - life certainly begins when you join the Vets.

SOCIAL EVENING & WINTER PRIZE PRESENTATION:

Once again a really outstanding "do" materialised, a good attendance of members, friends and wives helped with the success. The Basket Supper idea proved popular, the same "Band" excelled and the room proved to be "the" place. The 'give away' prizes were that numerous and numerous they helped make the night; a lot of people took away prizes. Our Star Attraction, Stan Malbut and Al. Digance, really got us all going with the sing-songs, something I have been trying to trace since the last "do". Thanks to all and please come again.

FREE SOCIAL EVENING - SATURDAY, NOVEMBER 29TH

An additional Social Evening is being organised by Al. Digance on Saturday, November 29th at the Western District's Club Hut at 7.45pm. There will be no admittance charge, just bring your own food and drink. This will not be an elaborate do, just something to get us together with our wives etc., socially before Christmas. Please attend and please advise Al.

SOCIAL EVENING AND SUMMER PRIZE PRESENTATION

This will be held during the month of MARCH 1976 on the same basis as the "Winter Do", with Basket Supper, Band, Bar and Entertainment etc. etc. - If you missed the Winter one - don't miss the Summer.

TRACK AND FIELD SCENE

The Saturday afternoons at Kensington Track are in full swing, if support warrants in the short distances the Starter is prepared to run "Veterans" heats. Get your spikes out and have a go. Show them the co-operation is warranted.

By the time you get this publication the Adelaide Harriers Tuesday evening Track Meeting will have started; they start earlier this year at 7.00pm instead of 7.30pm. As before a Special Veterans Event is being held each week, these will be handicapped by an outsider (Roger Frisby) and points will be given i.e. 4 for the winner, 3, 2 and 1 for all other finishers each week in the Veterans; only one event with a "Consistency Trophy" at the end of the Season for the winner. Being handicapped anyone can win.

A full programme of events is listed and most are handicapped, support the Adelaide Harriers. Venue: A.H. Track, South Terrace (opposite Travel Lodge).

SUMMER PERPETUAL TROPHIES:

We have already been offered a "Founders Cup/Trophy" by Al. Digance and additional trophies by Mrs. Nola Greenham, Lloyd Frisby, Percy Barnes and Martin Finn. Many thanks to these kind supporters.

The Committee has not yet met to decide their allocation; suggestions will be welcomed; bear in mind the numerous events in the Track and Field Season and the 5 age groups; we must give all members a chance, Sprinters, Middle and Long distance, Field and Walkers. A decision must be made soon; let me have your ideas.

Also we have room for more Trophies should anyone feel like donating one.

The Winter and Summer have Trophies now, we are certainly improving.

CLUB TRACK AND FIELD CHAMPIONSHIPS:

The S.A.A.A. have again agreed to accommodate us during the S.A. Track and Field Championships being held from February 18th to 29th (consult the official Summer Programme available at Kensington). They will run the 100 metres, 200 metres, 800 metres and 1500 metres; this is an increase from last year. Entries must be on the official forms before closing date as per State Titles. Application has been made for the 5000 metres and Shot Put to be included on the programme for Saturday, January 24th at approximately 2.55pm and the 400 metres and Discus on Sunday, January 25th at approximately 3.50pm (these times are not certain).

The remainder of events i.e. Hammer, Javelin, 3000 Steeple, 10,000m, 1500m Walk, 3000m Walk are left in obeyance until the Committee meets.

My suggestion is that the 10,000 metres be held in conjunction with the Adelaide Harriers Meeting on Tuesday, January 13th and the 3000m Walk on Tuesday, January 6th. Leaving only the Hammer, Javelin, 3000m Steeple and 1500m Walk to be held at the Inter-club Finals programmes on February 7th and 14th.

These are only my suggestions and must not be taken as certain, at this stage, until the Committee holds its next Meeting.

ALL AGE GROUPS CATERED FOR.

CLOCK JOG - SUNDAY NOVEMBER 16TH AT 11AM.

At N.F.C. Jogging Course No.1, corner Unley and Greenhill Roads. Choose your distance, 1,2,3,4 or 5 miles and estimate your time, nearest in each distance wins. Fun awards. Sponsored by Adelaide Y.M.C.A. No entry fee. No age limits. Male or female.

CLUB RECORDS OFFICER:

Following John Perry's departure, Ray Beaumont has been elected to this position. However, I am sure you will understand the hard job involved obtaining Record Performances in every age group during the Track Season with its large variety of events. Therefore, we must insist it is the responsibility of each member who feels he has beaten an existing record for his age group to notify Ray the event, details of performance, and when and where achieved. No responsibility can be accepted for omissions, also obtain a signature of Timekeeper/Recorder involved. A complete record of all Winter Champions is being kept with other special events only, but this will prove no problem as Ray's good wife Jean compiles these results for the DRC.

MORE NEW MEMBERS:

Ted Royle, Jim McNaughton, Bill Wall, Kevin Rohrlach and Pat McCarthy - welcome to you all. Keep it up, we are growing all the time.

.....

BRISBANE CHAMPIONSHIPS:

This is not a firm booking, only a provisional interest. Please complete:

I hope to attend the 1976 Track and Field Titles in Brisbane and if so wish to join the Veterans Party for Bulk Bookings for Air Flight and Accommodation (delete if finding own accommodation) I will be accompanied byAdults School children.

.....Name

..... Address

(Rewrite if you wish to retain your Newsletter)

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