

**SOUTH**

**AUSTRALIAN**

**VETERANS**

**MAGAZINE**

**N<sup>o</sup>.**

**16**

*Oct 77*

**Athletics is fun**

**THE TOAST IS:  
'SUCCESS TO  
THE VETERAN  
ATHLETES'**

---

**EDITOR**

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



# Success for vets

Our Front Page Caption is a Toast to the World Competitors from S.A. who brought back six Medals from Sweden. Lloyd Snelling took the Silver in the 400m 1B Class and a Bronze in the 4 x 400m Relay. Whilst Alex Lampard took the Silver in the 400m Hurdles 3A Class, and a Bronze in the 4 x 400m Relay. The other two Medals were both Bronze in the 4 x 400m Relays gained by Herbie Barnes and Bob Clarke.

Not a Medal winner but worthy of a mention must be Wallie Beames who finished in Fourth place in the 55/59 year age group in the Marathon.

Other S.A. members taking part were by no means disgraced, P. Barnes, W. Caudle, P. Dalwood, A. Digance, D. Paul, Roy and Nora Sutcliffe who in spite of jet lag, lack of training and a few tummy upsets, all put in creditable performances.

Australia finished with 60 medals, 14 Gold, 20 Silver, 16 Bronze from 78 Competitors. A few outstanding notes are a Blind German F. Assmy of 63 years ran the 100m in 12.6s and the 200m in 26.3s with a guide helping him but this meant no right arm action. First WOMAN home in MARATHON ran 2.45.12 and a Swedish Woman ran the 10,000m in 39.52. Germany had 8 men over 60 years of age that could run 13secs or better for the 100m, their only problem was which to put in the Relay.

Thanks Al. Digance for these spots of info. also the observatory remark that it would be impossible for SOUTH AUSSIE to consider promoting these Titles, nearly 3000 competitors, nearly 1000 in the Marathon, even Sweden found problems with lack of Officials.



Telephone: 47 4644  
Private: 296 1883

**SUBARU** 

**DAVE BOYD MOTORS PTY. LTD.**

for Volkswagen Saloons & Transporters

38 PORT ROAD  
ALBERTON 5014

Represented by:  
Rowland W. Ferris

## JOIN OUR STAFF

At the time I was commencing "copy" production for this issue I had distributed less than half of issue No.15. Therefore I am looking for a Distribution Manager or a Few Area Distributors.

Would at least 4 members, say one from each of the Northern, Eastern, Southern and Western suburbs care to volunteer as distributors for our magazine and thus ensure members have an opportunity to obtain their copies early after publication. I will continue to post out those to members who have supplied stamped addressed envelopes also the Official circles.

## WHAT'S ON

- Oct. 1st - Adelaide University Host Day at Park 9
- Oct. 8th - Central Districts Host Day at Elizabeth
- Oct. 12th - Twilight Meeting
- Oct. 19th - Twilight Meeting
- Oct. 29th - Graded Competition
- November 5th - Interclub programme no.1
- 12th - Interclub programme no.2
- 19th - Interclub programme no.1
- 26th - Interclub programme no.2
- December 3rd - Graded competition
- 9th - Pacific Games Satellite Meeting O.S.F.
- 10th - Interclub programme no.1
- 17th - Interclub programme no.2
- 31st - Womens and Veterans Pentathlon Championships
- January 14th/15th - Boys, Sub Jnr. Match and Mens Decathlon Championships also Invitation Events
- 21st - Interclub programme no.2
- 28th - Interclub programme no.1
- February 4th - Interclub Final programme no.1
- 11th - Interclub Final programme no.2
- 18th/19th - State Track and Field Champs. Heats
- 25th/26th - State Track and Field Champs. Finals
- March 4th - Veterans and Under 15 Boys State Champs.
- 11th - Highland Games and City of Adelaide Champs.
- 25th/26th - Australian Veteran Champs. Melbourne

REFER PAGE 15 for late additions : Details of the "BAY DAY CARNIVAL" on December 28th and revised dates for our CLUB TRACK AND FIELD CHAMPS.

# Off to hectic start

The Tuesday evening Track Meetings at the Adelaide Harriers Track in South Terrace commence on November 1st and as usual a special Veterans event will be included each week. These events will be based on Handicap placings and points allocated, with 4 to the winner, 3 to the second, 2 to the third and 1 to all finishers. Points are only given to Veteran Club Members and a Trophy is awarded by the Adelaide Harriers to the overall winner at the end of the season.

Entries have to be handed in ONE WEEK in advance to make sure of your handicap mark, no nomination no handicap mark.

## Programme for November 1st

7.00pm 100m Veterans Handicap  
7.15pm 100m Under age  
7.25pm 100m Open Handicap  
7.35pm 2 Miles Open  
7.50pm Finals 100m Open and Veterans  
8.00pm 2 Mile Walk  
8.25pm 1 Mile Open Handicap

SO GET YOUR NAME ENTERED IN TIME TO ENSURE YOUR HANDICAP.



## SUPPLIES OF CLUB UNIFORMS

OBTAINABLE FROM BOB AULD

Singlets (complete with badge)	\$10		
Spare Cloth Badges	\$3	Shorts	\$5
Lapel Badges	\$2	T - Shirts	\$4

The above prices are now brought up to date and we are hopeful same can be held for some time now owing to the reasonable stocks on hand.

# Worth waiting for

## BALAKLAVA CARNIVAL - SATURDAY OCTOBER 15th

Note that this is to be held on Saturday October 15th and not Sunday October 16th as previously published.

Events : Open 120 yards, Junior 800 metres, Veterans 440 yards  
Open 1 Mile, Veterans 1 mile, Womens 100 metres,  
Womens Middle Distances.

All events to be Handicapped, so enter what you want, Trophies and Medallions to be given. Those listed to compete are:  
A. Digance, R. Ferris, D.Mallett, W.Fisher, R.Auld, M.Schnyder, T.Jones, D.Murphy, B.Weatherley, P.Jenkins, J.Campbell, R.Woodcock, R.Blanchard, K.Rohrlach, L.Hart, G.Wenk, L.Frisby, J.Webber and R.Wall.

Quite a fair turnout, but oh dear what about those missing names??? fancy a Track Meeting without Snelling, Clarke, Paul, Barnes, Liascos, Leedham, Butler, Adams, Nailer, Sutcliffe and many others.

# Jones wins his first

Tom Jones of Brighton was our 100th member last year, but owing to illness nothing much was seen of him until this current Season. Starting steady Tom has progressed well and now his obvious talent has started to show. On August 27th Tom scored his first win in the Kuitpo 5 mile road race by running a time of 30.08 he took full advantage of his 9 mins. handicap to take out the Handicap Trophy, over a minute in front of another improving Veteran Neville Scott who also had a 9 mins. mark.

Full Results:	G.Hicks	28.15	J.Campbell	33.59
	D.Murphy	29.15	L.Hart	34.00
	T.Jones	30.08	D.Kimber	37.24
	N.Scott	31.25	R.Beaumont	38.01
	K.Rohrlach	32.52	R.Wall	38.32
			J.Groat	39.44

Kuitpo 15 Mile Road Race: G. Seagrim 1.39.31,  
D. Mallett, 1.44.14, P.Pye 1.44.57, P.Chisholm 1.52.04

# THAT CENTURY FAILURE

What a shame - Sept. 4th must go down in the Adelaide Harriers record book as being an utter disgrace, with a Club that has over 100 members only two turned up to compete in their own promotion, the total of NINE starters was made up by 1 from Central Districts and SIX from the Veterans Club. Poor old Mr. Mac, what must he have felt about the support given.

This event for the last couple of years has declined in popularity and surely must now be considered for the "chop", its a shame to see such a fine "training" opportunity go by the board, if only runners had chosen to start with training in mind and go as far as they wanted, all the facilities were there, changing rooms, toilets, showers, timekeepers, lap scorers etc. BUT VERY FEW COMPETITORS.

The Four finishers were: G. Jewiss (A.H.) 2h.43m.34s,  
B. Weatherley (Veteran) 3.08.07, D. Mallett (Vet) 3.10.24,  
P. Jenkins (Vet) 3.35.36  
Team Event Winners : Veterans Club (2nd,3rd & 4th)

Non finishers were : W.Kirkwood 88 laps, W.Rust 70 laps,  
D. Gratton (C.D.) 58 laps, R. Ferris 30laps and  
P. Afford 10 laps.



**TOYOTA**

**Rod McLeod**

Sales Manager

Phone 47 4366

A/H 356 9205

cnr. Old Port Road & Tapleys  
Hill Road, Queenstown,  
S. Aust. 5014

Vets world's trip

**SCORES AT LAST**

As mentioned in our last Magazine a New Scoring Points Table was used for the Pentathlon, which will be used Internationally for the future :

Long Jump	40 to 49	3.67m base with	3pts per cm.
	50 to 59	3.50m base with	4 pts per cm.
	60 to 69	3.00m base with	5 pts per cm.
Javelin	40 to 49	20m base with	20 pts per metre
	50 to 59	17m base with	30 pts per metre
	60 to 69	15m base with	40 pts per metre
200 metres	40 to 49	32.40s base with	1 pt per .01sec
	50 to 59	34.00s base	" " " "
	60 to 69	36.00s base	" " " "
Discus	40 to 49	17.00m base with	30pts per metre
	50 to 59	17.00m base with	30pts per metre
	60 to 69	15.00m base with	1 point each 3 cm
1500 metres	40 to 49	6.46.6 base with	6 pts. per second
	50 to 59	7.40.0 base with	5 pts per second
	60 to 69	8.20.0 base with	5 pts per second

FOR ALL YOUR INSURANCE NEEDS CONTACT :-

## BARRIE GRAHAME & ASSOCIATES

- INSURANCE CONSULTANTS -

COMPETITIVE PREMIUMS - ALL BUSINESS PLACED WITH  
REPUTABLE COMPANIES

Tel:- 267-2351 OR 47-3230  
After hours 339-1926

Postal Address : P.O. Box 184  
PORT ADELAIDE 5015



# Exercise and the Ageing Process

DR. JOHN L. BOYER M.D.

We now know that ageing is a condition called atherosclerosis, a fatty deposit on the walls of the arteries, which carry blood to the heart, brain, kidneys, legs and other important parts of the body; this condition restricts the supply of oxygen and other cellular nutrients, causing the death of cells which are replaced by scar tissue. This is the ageing process. Just what does exercise do to your heart and blood vessels?

First exercise trains the heart muscle just as exercise trains and improves any muscle. It strengthens the muscle fibres of the heart and thus makes it a more efficient organ. What kind of exercise does this best? Endurance exercise is best to improve the strength of the heart muscle. That is why running, jogging, swimming, cycling or any endurance work is so good. It makes the heart stronger. To support this improved muscle there must be improved circulation — the formation of new vessels and the dilation of existing vessels to improve the blood flow to the muscle fibres of the heart. Thus there is an actual increase of blood to the heart itself with exercise by this collateral system.

Secondly, exercise increases the size of the heart. Just as exercise increases the size of any muscle. This increases the output of blood by the heart with each heart beat. Since the heart is a volume organ, the size and capacity of the heart are very important. The better the volume capacity the better the stroke volume and cardiac output with each beat.

Thirdly, exercise decreases the resting heart rate. The resting heart rate of the trained or the untrained. The heart rate tends to reflect the heart function. A slow resting heart rate is more efficient. Rates below 70 are optimal. A slow beating heart with a large volume capacity results from endurance exercise. An additional benefit of exercise is that it tends to lower the blood pressure. Long endurance activity in particular does this by its dilating effect on the vessels so that the pressure within the vessel is reduced. Exercise may also lower the blood pressure by a direct effect on the body's other blood pressure regulating mechanisms.

A fourth benefit of exercise is called the peripheral benefit. This means that collateral vessels are also increased to other muscles of the body. This gives another reserve capacity and increases the overall efficiency of the cardiovascular system.

A fifth benefit is in the body weight and metabolic areas. How much body fat one has compared to lean body mass (muscle) is more important than overall body weight. Optimally one should have only 10–15% of one's weight as body fat. Most sedentary Western men have 25–30% of the body weight as body fat. Exercise helps to convert the body fat to lean muscle mass and thus decreases the proportion of total body fat. In general, the more unfit and untrained the individual, the greater his per cent of total body fat.

Bone metabolism is also improved with exercise. There is an increase of both bone density and bone strength. The oxygen carrying components of the blood, the red blood cells, are also increased as a result of exercise.

There is also an endocrine benefit from regular exercise. It improves the metabolism of certain chemical substances called catecholamines. These are adrenalin-like products. These substances tend to waste the oxygen supply of the body. Exercise improves the efficiency of the way the body handles the catecholamines. This may also have something to do with the mood of an individual and it may explain why fit persons have less of a tendency toward depression and in general are happier than the unfit.

With this background of the physiological effects of exercise we can now answer some topical questions. It is easy to see now why running (actually alternating walk and jog) is used as the exercise rehabilitation for cardiac patients. Jogging is an ideal form of endurance exercise. It can be done anywhere and at any time and without any equipment. It does everything for the heart that exercise can do. However, other endurance activities do just as well such as cycling, swimming or long-distance hiking.

What about running contrasted with other sports for conditioning? I'm sure you could all answer this yourselves. Conditioning occurs only with endurance sports — running, swimming, cycling, singles tennis and so on. It does not occur with the non-endurance sports such as golf, bowling, archery, and NFL football-watching on the TV screen.

As far as competitive sports for men over 40 is concerned, over three years experience with the US Masters meets indicates that it is just great for the trained, conditioned year-around middle-aged adult. I think competition could be disastrous for the middle-aged man who tries to get ready for competition in a short period of time. This probably is one of the most important points of my talk today. Competitive sports for men over 40 are fine provided year-around conditioning and cardiovascular fitness is maintained. It should be the responsibility of track and field clubs who have Masters competitors to encourage an over-40 athlete to withdraw from a meet unless he has maintained his fitness continually.

In regard to disabilities as the result of strenuous exercise, the same principles apply whether you are 20 or 40. The more fit you are the less chance you have of an injury.

The results of our study of participants in the first US Masters Track and Field Championships were about as predicted. They were in the upper echelon of adult fitness levels. In particular the endurance runners, middle distance and beyond, were outstanding. Some of the field-event participants, although in great muscular shape, could have improved their cardiovascular condition. We have not published our data for a couple of reasons. One of which was we wanted to be certain that no one would get into trouble medically after we got ourselves out on a limb by stating how great these middle-aged athletes were. After three years of competition you might be interested to know that we have had no serious medical problems of any kind. As a matter of fact at this meet we have had fewer musculo-skeletal problems than at the last AAU National meet held at the same stadium.

"VETERIS" - APRIL 1974

## By Chuck Poller

By the side of the Swan River in Perth, Western Australia, catching the cool breezes blowing up from the Indian Ocean, is an uneven area of grass with a 400m track marked on it. Almost any evening of the week around 5.30 p.m. there will be between 30 to 80 male and female athletes training there. One of the few onlookers will be John Gilmour. He, being one of the early birds, will have finished his training stint of not less than ten 1000m laps along the south bank of the river and back along the line of gum trees. He will be standing just to one side of, but close to, the first hurdle in a flight of five, watching, perhaps, Kerry O'Connell, former Australian Junior 200m hurdler (now in her first season as a senior and already State Senior 400m Open Record breaker), or a completely 'green' long legged youth, nervously trying in his run-up to put his right foot on the leaf John has strategically placed for him; and to all his proteges he gives gentle words of advice, coaxing skills out of them they never knew they had, and being ever patient with their temporary failures. Often he will be interrupted by respectful sprinters and long distance runners asking "What shall I do now, Mr Gilmour? I've finished my 10 poles" or "I think I've pulled a muscle. What do you think I should do about it?"

John Gilmour, you see, is athlete, coach, father-confessor and gentleman and, for your correspondent, is world-ranked in them all. He is not tall, not strong (except in the heart and legs) and, less obvious, recognizes each of the athletes around him by their bulk or lack of it, their stance or style of running, by the clothes they wear or by their voices—because, except when up close to them, he doesn't see their features well enough.

Though born in Scotland of the McWhirter and Gilmour clans, John, with his parents, emigrated to Welshpool, Western Australia as a toddler of 2½. It wasn't long however before he was running to school 3 miles away, both ways, every day, wet or fine, 8°C or 35°C! Soon he was making school athletic history by becoming its long distance champion, and runner up sprinter champion. Then an out-of-school-hours sport grabbed him and he became a junior soccer player, his speed and stamina making up for his slight frame and pushing him into local fame as Fremantle's top goal scoring centre forward. It was seeing his verve and dash in one such soccer match that prompted famous WA Australian Rules football player (and later Perth coach) Ern Henfrey to suggest that John join the local athletic club as the training would help his starting speed and provide a Summer keep-fit outlet. So he did.

Meanwhile the war was pushing its dark clouds nearer to the usually cloudless skies of the Southern hemisphere, so in 1941 our man in the spotlight joined the 2/4th Machine Gun Battalion, moving 60

miles East to Northam to start his Army training. His athletic training was not neglected, however, and he was soon the Army, Navy, and Air Force 3 mile cross country champion. State-wise he won the 440 and 880 yards titles from the then WA Champion Don Barrett-Hill—and the weeks rolled on.

Things were looking good to the bright eyed, 23 year old champion runner John Gilmour, especially the prospect of seeing some of the world with his posting to Singapore. When the Japanese over-ran the peninsular, however, John found he was *not* in the running. Well, it wasn't long before he decided he ought to be. Getting together with another WA athlete in the POW camp, a hundred yard track was created—by chopping down a number of Singapore's famous hibiscus hedges, moving some paving slabs from a path to cover the drains that happened to get in the way of the run, and topping the slabs with turves that they 'scrounged' from adjacent lawns!

The Japanese CO might have put them on bread and water for the duration but he was so amazed at their audacity that he just nodded admiring assent when, after their explanations about it all being designed to help the POWs keep fit, the two went on to ask his permission to hold a sports day! It was a great success—for the athletes, the entertained onlookers (Japanese guards included) and the inevitable Aussie POW bookmakers (who made a 'bomb'). Several 'Olympic' type sports days followed with volley ball, wrestling, two up, even frog jumping events supplementing the running. They were the good days, but they were not to continue for long, alas. Following their refusal to sign a "I won't try to escape" affidavit, discipline for the POWs tightened and the restrictions mounted.

Although the prisoners, including John, tried to keep fit, the low caloric, vitamin deficient rations handed out to them began to take its toll. Deprived of nourishment, their bodies failed to stand up to even a minor training pattern. As malnutrition symptoms worsened, John, like so many of the POWs around him, became increasingly troubled by skin problems, rashes, styes, and cuts and abrasions that would not heal. The styes were particularly troublesome. Two of John's friends went completely blind because of them and John, in a very bad way himself with the styes as well as with severe malnutrition, was admitted to hospital. Only the timely arrival of a South African Red-Cross ship with food and vitally needed medical supplies saved him from a complete breakdown and blindness but the optic nerves were by then permanently damaged and his sight badly impaired. Nevertheless, when the POWs were transferred to Kobe, Japan, John was made to work like the rest, and over the next three years he toiled from dawn to dusk, first in an oil factory, then in a graphite factory or on the docks, unloading ships and loading railway trucks, his living space in his 'free' dark hours being the size of his bed!

Altogether he was a POW for 3½ years and on being freed and discharged was only a shadow of the fit and happy young man who had joined the forces in 1941. It was now 1946 and he was 27 and far from fit—but if people thought his athletic days were over they were never more mistaken in their lives. In spite of his doctor's advice and that of well meaning friends and his worrying relatives, John took up his training schedule and smiled his thanks for people's concern. Able to see the track lines and run between them; able to follow flags (if there were enough of them for fairly close spacing) he worked his way back to athletic fitness and success.

In that first year, 1946, he won the State 440 yards title and ran second in WA's first ever 15 miles road championship. In 1947 he set new State times for the 6, 7, 8, 9 and 10 mile events. In 1948 he ran 15 miles in 1h. 28 mins to take the State Title—and he went on running; representing Western Australia 5 times up to 1961, after which he was considered too old by the selectors! He had been running in spite of his doctor who had said his war damaged body could not go on standing the further punishment his training programme was putting on it. His relatives and friends had continually worried because his poor eyesight had often led him into difficulties in the cross country events (he had gone off course on more than one occasion and had nearly beheaded himself with a low wire on another—but he had kept coming back, to his own, his club's and his State's glory). Yes he had triumphed. He had had a wonderful and rewarding athletic career. Was it now to end because he was 43? Not if John Gilmour could help it. He was sure he had something to put into athletics for all the pleasure he had got out of it. He was already coaching youngsters in long distance running but broadened his coaching base with study and also took on administrative duties—and continued running, because, 'has-been' according to age or not, he was still among the best half-dozen long distance runners in the State.

## Spotlight (Cont'd)

Then came the world-wide surge of interest in veterans athletics and John suddenly saw there were age group Australian and perhaps world records he could aspire to. His subsequent achievements put him into the local spotlight, then the Australian and finally the world spotlight.

Apart from beginning to set world times from his 52nd year onward, he was still achieving personal bests in distances he had been running all his life! When he was 53 he bettered by 2 minutes his 15 mile road championship winning time of 1:28:0 in 1948! When he was 54 he knocked 1 minute off his State Record time of 57:18:0 for the 10 mile event 26 years earlier! Recently he ran a marathon faster than his p.b. set 18 years ago!



Col Junner 538 and John Gilmour 535 lead

Entering the new veterans age group of 55-59 in May 74 he proceeded to attack its records with more than passing success—and he won't be satisfied, this writer is certain, until he has beaten or got pretty close to most of them. As proof of his supremacy in Australia, in 1974 he came 1st in his age group and 3rd overall in the Over 40 Australian 10000m Championships.

John says running is his life and he covers an average of 60 miles a week, Summer and Winter, showing that it is. He is currently set on getting to Toronto, Canada, for the August 1975 First World Masters Track and Field Championships and if he gets there (money is tight and he has to rely on sponsors) he will surely give, as always, a magnificent account of himself.

But John is a top Australian coach as well as a great veteran athlete. In the distance events his proteges include Fred Langford, David Eltringham and Mike Hill, all with one or more Australian titles to their credit. In the hurdles there has already been mention of Kerry O'Connell the former Australian Junior Champion. He also trained Max Binnington and Jenny Watson, who represented Australia in the Christchurch Commonwealth Games, and a whole string of State Champion Hurdlers down to juvenile

level about all of whom, no doubt, more will be heard.

The end of the John Gilmour story? There is no end in sight. Our man in the spotlight is President of the WA Marathon Club, Vice-President of the WA Veterans Club; a life member and Vice-President of both the WAAA and the Canning District AAC (he actually founded the latter 25 years ago) and all are onerous positions, for John takes his duties seriously and makes them so.

Above all John has one special attribute for the discerning. Whether he is standing talking to youngsters, officials, administrators or the press, or drinking his lemonade during a fund-raising 'do' after a beautiful exhibition of ballroom dancing (he was coached by a professional—and it shows) with friends and his wonderful wife (who has always willingly gone along with "this mad, beautiful thing, athletics, and even crazier Veteran Athletics") or receiving the admiring congratulations of his fellow athletes after a gold winning run in England, Finland, Sweden, Norway, Denmark or West Germany, John Gilmour is always, without doubt, a true and very modest gentleman.

# KEV. ROHRLACH CONSTRUCTIONS PTY. LTD.

34 SCHILLING STREET, ANGASTON, SOUTH AUSTRALIA, 5353, 'PHONE 64 2320.

CIVIL ENGINEERING.

GENERAL CONSTRUCTION CONTRACTORS AND MASTER BUILDERS.

What a fight and fright Phil Afford gave to the State Senior athletes on the night of 17th August in the D.R.C. 1 hour run. Phil finished in 6th position, but was only approx. 1 lap away from third position. In all 15 Veterans finished this event including 68 year old Harry Purvis with seven runners behind him all only a fraction of his age.

P. Afford	10m. 39ly. 2f.	J. Campbell	8m 1144y	0f
R. Auld	9m. 1317y. 1f.	L. Hart	8m 281y	2f
D. Murphy	9m. 1240y.	P. Jenkins	8m 86y	2f
G. Seagrim	9m. 1147y. 1f.	F. Toye	7m 1553y	1f
D. Mallett	9m. 345y 2f	R. Wall	7m 1107y	0f
D. Campbell	9m 00y 0f	R. Beaumont	7m 303y	1f
P. Chisholm	8m 1255y	J. McNaughton	7m 275y	2f
		H. Purvis	7m 172y	1f

PHONE: 296 7578

### *Rite Office Supplies*

Cash Registers, Calculators, All Office Equipment, etc.

LLOYD WRIGHT  
MANAGER

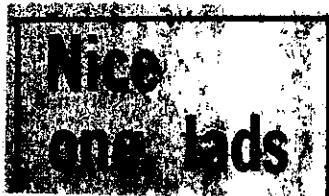
32 OLEANDER STREET  
STH. BRIGHTON  
STH. AUST.

*Dave  
Boyd*  *datsun*

Business: 268 3633  
Private: 296 1883

*Rowland Wesley  
Ferris*

963/969 Port Road  
Cheltenham, S.A. 5014



It was good to see RON O'NEIL back in action again in the Veterans "A" Team in the Victor Harbor Relay, both Veteran teams were embarrassed by runners failing to turn up and luckily Ron was around willing, but only just able with injuries, to help us out. A singlet etc. was found and he was forced (??) on the road on the tough leg number 9. Thanks a lot Ron you did well, starting like a train fading a little but finishing well, you did us proud.

In the absence of Joe Lovatt we had to borrow Peter Pye from the "A" team to also fit into the "B" team to make sure they got home. However, both teams grouped well and managed to slice large amounts off last years times. The enthusiasm amongst the boys was great to see, with a bit more sorting out I feel next year the 4 hour barrier could be beaten, weather permitting.

These times will show the progress our Club has made over the last three years:

	<u>Leg 1</u>	<u>Leg 2</u>	<u>Leg 3</u>
"A" 1977	B.Parkinson 29.40	R.Hardwick 18.05	P.Pye 22.55
"A" 1976	B.Weatherley 30.12	R.Hardwick 20.08	W.Rust 23.52
"A" 1975	J.Lovatt 30.55	R.Ferris 24.25	W.Rust 24.35
"B" 1977	A.Gottschalk 30.08	M.Schnyder 22.57	R.Beaumont 27.38
"B" 1976	D.Kimber 35.06	L.Frisby 22.32	P.McCarthy 24.05
"B" 1975	B.Weatherley 32.08	R.Beaumont 27.18	J.Lovatt 25.03
	<u>Leg 4</u>	<u>Leg 5</u>	<u>Leg 6</u>
"A" 1977	N. Scott 22.25	D.Campbell 20.49	G. Adams 20.01
"A" 1976	A.Gottschalk 25.51	D.Campbell 22.35	R. Auld 22.22
"A" 1975	D.Kimber 28.21	B.Fiegert 23.19	R. Auld 25.04
"B" 1977	J.Campbell 27.07	D. Kimber 25.25	A.Digance 27.00
"B" 1976	R.Ferris 27.07	J.McNaughton 26.16	A.Digance 28.35
"B" 1975	B.Weatherley 27.26	R.Ferris 24.20	T.Nailer 22.03
	<u>Leg 7</u>	<u>Leg 8</u>	<u>Leg 9</u>
"A" 1977	T. Jones 24.00	D.Mallett 28.15	R. ONeil 29.23
"A" 1976	J. Lovatt 27.35	R.Clarke 29.00	J. Gibson 27.58
"A" 1975	A. Digance 35.16	G.Parkinson 29.45	J. Gibson 32.10
"B" 1977	P. Jenkins 28.47	J. Groat 35.56	P. Pye 29.22
"B" 1976	R. Wall 32.16	J. Groat 36.08	D.Mallett 32.20
"B" 1975	W. Rust 28.48	J. Groat 38.23	B.Fiegert 36.01
	<u>Leg 10</u>	<u>Total Time</u>	
"A" 1977	F. Murphy 30.09	4hrs. 5m. 42s.	
"A" 1976	D. Paul 28.52	4hrs. 18m. 25s.	
"A" 1975	B. Covell 28.46	4hrs. 42m. 36s.	
"B" 1977	K. Rohrlach 28.38	4hrs. 42m. 58s.	
"B" 1976	K. Rohrlach 31.20	4hrs. 55m. 45s.	
"B" 1975	R. Auld 33.58	4hrs. 55m. 28s.	

# On form at Easter? National Track Championships

NAME .....

I am hoping to compete in the Nationals in Melbourne next Easter, in the following events (provisionally) .....

.....

I am interested in quotes for travel by ..... and accommodation for ..... (number) OR I will arrange my own transport and accommodation (delete one or the other).

RETURN THIS FORM TO ROWLY FERRIS

**THEY'VE BOOKED SO FAR** .....

MELBOURNE HERE WE COME - FROM GOOD OLD SOUTH AUSTRALIA \*\*\*\*\*

Phil Afford,	Perc Barnes,	Peter Jenkins,
Brenda and Godfrey Parkinson,		Bill Rust,
Trevor Read,	Reggie Sara,	Aileen Miller
Bob Auld,	Dave Mallett,	Brian Weatherley,
Al. Digance,	Rowly Ferris,	Lloyd Snelling

**PEAK  
HOLIDAY TIME**

SPECIAL NOTE: Rowly Ferris and Lloyd Snelling will be organising Air Transport with T.A.A. (either packet deals including accommodation or straight flight).

Bob Auld and Dave Mallett will be arranging transport by Luxury Coach, very cheap and convenient.

SO CONTACT ANY OF THE ABOVE FOR YOUR QUOTE - DON'T LEAVE IT LATE.

# Countdown to biggest BAY CLASSIC

Once again the VETERANS have been invited to join in the fun at the BAY CARNIVAL to be held at GLENELG on the Public Holiday on Wednesday December 28th.

The events for Veterans will be the same as last year, namely a SPRINT and an 800 METRES both to be handicapped.

Those than ran last year will recall the terrific atmosphere down at the Bay on this day and I am sure more will want to participate this time. Heats and Finals will again be held according to entries. But entries have to be in early to allow for programme printing by the Glenelg organisers.

NOMINATIONS OF 50 Cents. per race must be handed to LLOYD SNELLING BY MONDAY NOVEMBER 28th without fail.

DON'T MISS OUT ON A GREAT OPPORTUNITY - SEE LLOYD SNELLING NOW \*\*\*\*\*

\*\*\*\*\*

## It's the most open for years

CLUB TRACK AND  
FIELD  
CHAMPIONSHIPS

With numerous of our runners having birthdays that take them into a different age group, this Seasons Club Track and Field Championships look the most open for years bearing in mind the additional new talent that has joined us.

Unfortunately we have had difficulty obtaining Kensington Track owing to very heavy bookings, so much so we have been compelled to accept two early dates i.e. SUNDAYS DECEMBER 11th & 18th - it was a case of either take these dates or move the venue and clash with something else.

Entry Forms will be available in due course and note that this year a NOMINATION FEE of 50cents per event will apply.

# RESULTS

## 27th July D.R.C. 3000 metres Olympic Sports Field

R. Auld	10.11	G. Seagrim	10.39	J. Campbell	11.47
D. Murphy	10.13	M. Dollery	10.46	M. Schnyder	11.21
D. Mallett	10.20	W. Rust	11.31	P. Jenkins	11.56
G. Powell	10.25	L. Hart	11.47	R. Wall	13.09

## 27th July D.R.C. 5000 metres

P. Afford	16.39	D. Mallett	18.28	L. Hart	20.19
R. Sutcliffe	16.44	G. Inwood	19.08	W. Rust	20.20
R. Auld	18.03	J. Devereaux	19.15	J. Campbell	21.15
D. Murphy	18.17	K. Rohrlach	19.36	P. Jenkins	22.05
G. Seagrim	18.21	A. Gottschalk	19.49		

## 30th July Catholic Collegians Host Day 6 $\frac{1}{2}$ miles

P. Afford	37.32	R. Woodcock	41.50	M. Cubitt	48.15
D. Murphy	40.02	P. Pye	43.06	P. Jenkins	48.38
W. Kirkwood	40.38	K. Rohrlach	43.22	L. Hart	49.08
R. Auld	40.54	D. Campbell	43.30	J. Webber	54.33
D. Mallett	41.11	B. Weatherley	44.59		

## 13th August Adelaide Harriers Host Day 3 Mile Parklands Run

P. Afford	16.14	P. Pye	18.43	M. Schnyder	21.29
G. Wenk	16.39	K. Rohrlach	18.44	L. Frisby	21.38
D. Murphy	17.24	P. Chisholm	19.04	P. Jenkins	21.38
G. Seagrim	17.36	W. Rust	19.24	D. Kimber	22.13
R. Auld	17.38	M. Cubitt	20.07	J. Webber	22.27
D. Mallett	17.58	L. Hart	20.19	J. Groat	23.24
T. Jones	18.39	J. Campbell	20.22	R. Wall	23.24

## 20th August Central Districts "Old Spot" Hilly 10 Miles Road Race

P. Afford	58.38	D. Mallett	65.00	W. Rust	70.44
G. Hicks	59.15	P. Chisholm	66.45	L. Hart	72.09
G. Wenk	60.06	D. Campbell	68.22	P. Jenkins	75.33
D. Murphy	63.42	P. Pye	68.31	J. Groat	85.50

## Central Districts 7,500metres Cross Country

G. Adams	28.06	G. Parkinson	31.17	A. Gottschalk	37.25
R. Auld	29.42	K. Rohrlach	31.43	D. Kimber	38.09
N. Scott	30.34	M. Cubitt	33.46	R. Wall	39.55
T. Jones	30.54	D. Mallett	37.25		

## 31st August D.R.C. Night Run South Terrace Cinders Track 5000metres

R. Clarke	18.04	D. Mallett	18.15	J. Campbell	21.14
G. Seagrim	18.13	G. Inwood	18.43	P. Jenkins	22.04
				R. Ferris	22.41

## 10,000 metres

D. Mallett	40.20	R. Smith	42.52
------------	-------	----------	-------



September 17th : D.R.C. 4 x 2 mile Relay

From a list of entries in excess of 20 only 11 turned up for this relay event, however with some juggling about everyone got a run and Dave Mallett ran twice to complete the third team. Times in order of speed :

D. Mallett	11.49	D. Mallett	12.23	P. Jenkins	14.08
T. Jones	11.50	D. Kimber	13.58	R. Wall	15.04
D. Campbell	12.07	M. Schnyder	14.00	A. Digance	15.09
P. Pye	12.11	J. Campbell	14.05	R. Ferris	15.26

September 17th : Battle of Britain 10 Kilo Walk

Stan Malbut 59.10

Club 50 Kilos Championship Walk

Stan Malbut (1A) 5h.22m.44s Jack Webber (3A) 6h.24m.33s

September 24th : Club Host Day - Trophy Winners

Dave Boyd Motors Trophy -	Grenville Wood (EH)	32.03	(10,000 metres)
John Cahill Motors Trophy -	Phil Afford	35.23	
Portside Chrysler Trophy -	Roy Sutcliffe	35.38	
Ray Beaumont Trophy -	Reg. Sara	38.33	
A.G.C. Trophy -	Wallie Beames	38.08	
Rowly Ferris Trophy -	Al. Digance	49.13	
A.N.Z. Bank Trophy -	Peter Haynes (EH)	15.54	(5000 metres)

The above trophies will be represented at our Club Social on October 23rd.

The Winner of the "Blanchard Air Charter" Trophy will also be announced at the Social.



---

THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF ADELAIDE, INC.  
76 FLINDERS STREET, ADELAIDE 5000      PHONE: (08) 223 1611

SUBURBAN BRANCHES:

Elizabeth  
Glenelg  
Kilburn  
Modbury  
Walkerville  
West Croydon

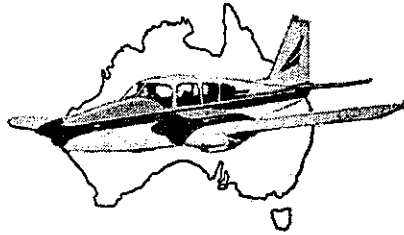
CAMPSITES:

Clarendon  
Scott Creek

OF SPECIAL INTEREST TO VETERANS:

Squash play (pennant & social)  
Men's & ladies' fitness classes  
Creative leisure courses  
Family activities  
Holiday camping for youth  
Gymnastics coaching  
Sports teams  
Meeting rooms for hire  
Y's Mens Service Club

# Blanchard Air Charter



**TWIN ENGINE AIRCRAFT CHARTER  
ALL WEATHER, DAY OR NIGHT**

13 Little Archer Street  
North Adelaide  
South Australia 5006

Telephone 267 3074

# Oasis Health Spa

INCORPORATING: SILHOUETTE FIGURE FORM  
AMERICAN HEALTH STUDIOS



Corner Morphett &  
Franklin Streets  
Adelaide 5000  
Tel. 51 4813  
Marion Shopping  
Centre. Tel. 98 2222

S.A. VETERANS AMATEUR  
ATHLETIC CLUB

## **SOCIAL EVENING**

**SUNDAY 23rd OCTOBER 1977**

Sportsmen's Association of Australia

148 Greenhill Road, Parkside

**7.30 p.m. till 11 p.m.**

**Winter Prize Presentation**

**BAR**

Bring your own Basket Supper

**DANCE-BAND**

**Tickets: \$2**