



The SA Veteran News

Official Newsletter of the SA Veterans' Athletic Club

Sept 1998

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Editorial

This is the first Newsletter since our Annual General Meeting on 30th July and a few changes have taken place to our Club Committee. The bad news is that Bev Byrne has relinquished the role of Secretary after a few years of dedicated effort on our behalf and will be taking a well earned break. The good news is that Paul Boyce has taken over from Bev and will continue his history of service to our Club as Secretary.

Colin Hainsworth will now be wearing 2 hats by taking the Vice President role as well as still lead the very keen Walks group we have. A welcome newcomer to the committee is Iain Dobbie who has the difficult job to do the handicapping for our growing group of runners.

The big news is that we will continue our handicap competition through the summer months by using the new stadium at Mile End this year. More details in this Newsletter.

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Frank Rogers



Beautiful Adelaide. Our very pleasant Peacock Road course. Why not join us in our Winter Handicap Series next year ??

President's Message

Fellow Vet Club Members

Saturday afternoon runs and walks continue to be a source of delight and pleasure for your committee. Thanks for your support.

To keep the momentum going through summer, we have been fortunate enough to have been granted permission by Athletics S.A. to hold handicap track events and field events on Wednesday evenings. The first meeting will be on October 28th. Frank has the programme set out in this newsletter. We do seek your support for this endeavour, as it helps give our members the opportunity to meet and keep in contact once a week for most of the year. We will have to be self-sufficient with regard to officials on Wednesday evenings, so please, when you can, come and be part of what could be a most enjoyable fun time. We are anticipating some close finishes in the races and it is a glorious opportunity to show-case our Club and show that some of us may be old, but we are not over. Our Host Day was almost a Club Day, but it was still a most enjoyable day with perfect sunny weather. We thank Ron and Betty O'Neil and Don Dohnt, our honorary members, for officiating. Thanks also go to our Saturday afternoon officials, Ruth, Frank, Geoff, Paul, Colin, Iain (our most honorable handicapper) and Janice (when she is injured). Also Julie Larkin when she is able to come.

Our A.G.M. was almost a non-event. Granted, the weather was abysmal. For next year's A.G.M. we shall be setting a date which should suit and attract a greater number of members.

While we thank the retiring Secretary Bev Byrne for her three years of very active service, we welcome Paul Boyce, who will take over that role. I wish to thank all those committee members who unstintingly offered to stand for another year of service.

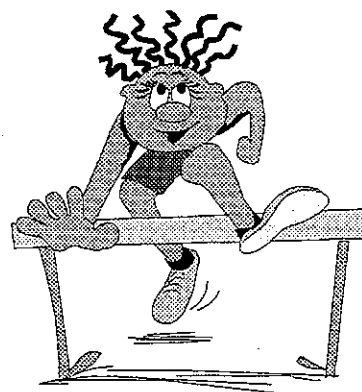
Thank you all. With our increased activity we really do require a committee to share the workload.

The Track and Field component of the Australian Masters Games (Adelaide 1999) organization is under way. The Sport fee will be \$25-00 for 8 events, and \$5-00 for each extra event. Unfortunately we have no control over the Games Registration fee, which is \$70.00. The programme looks good, with Track and Field events at Santos Stadium, the Cross-country and Walks at Victoria Park Race Course, the half-

marathon in the Barossa Valley at Tanunda, and a possible 5K Fun Run along the banks of the Torrens starting in Bonython Park. Familiar territory ??? The City Mile will, of course, be down King William Street.

In preparation for the Masters Games, Barb Stevens, of A.S.A. is prepared to provide coaching assistance for Track and Field events at Santos Stadium on Monday or Friday mornings, starting at 10:00 am. There will be change rooms available, and the cost will be only the \$4:00 non-concession and \$3:00 concession entry fee to the Stadium, payable at the Stadium office on the first floor. Monthly passes to the Stadium are \$14-00.

Monday/Friday was chosen to fit in with the Wednesday night competition. Please ring me on 8379 2539 if you are interested in this coaching offer.



Also for the Masters Games, a registry of billets will be compiled for those wishing to host an athlete or two for the Games in September/October next year.

SAVAC. is involved in the organization of these Games and we shall be striving to make them a success in every sense of the word.

Keep training.

Glynn

AAVAC News

On the 5th and 6th of Sept our Australian Association, AAVAC held their Annual General Meeting in Sydney. This AGM is attended by all State Veteran Clubs and from SA our Delegates were our President and Secretary, Glynn and Paul Boyce. Also from SA were Peter Dunham who is the AAVAC Treasurer and Frank Rogers, the AAVAC Travel Director.

This AGM is an important part of our athletic world each year and gives all States the opportunity to get together with the AAVAC board and to either provide some rational input of their needs or to even do some old fashioned table thumping to get their point across.

There has been some changes to the make up of the AAVAC Board with hard working Len Childs giving up the position of President after a few years of dedicated effort. This job has been filled by Stan Perkins, another well known name in Veteran Athletics who no doubt will continue the good work as the head of our organisation. The full make-up of this Board is:

President	Stan Perkins	Qld
Vice President	Peter Crombie	NSW
Treasurer	Peter Dunham	SA
Secretary	Brian Foley	WA
Directors:		
Comp/Championships	Ray Green	ACT
Merchandising	Peta Crombie	NSW
Membership/Registrar	Colin Browne	VIC
Technical Affairs	Wilma Perkins	QLD
Travel	Frank Rogers	SA



Len Childs receives an AAVAC Service Award from Secretary, Brian Foley.

For anyone who is looking for a new direction in life, or maybe a bit of a challenge, please note that there is a vacancy on the AAVAC Board. We are looking for someone to fill the position of Director, Development and Promotion. The person we are looking for needs a few skills in marketing and promoting our organisation to the business world etc. Sounds simple enough !! Actually I am quite serious. If anyone thinks they can help our organisation in filling this position please put up your hand.

Part of the meeting process is for all Board members and State Clubs on their activities during the last 12 months of their activities and Paul reported on our behalf for SAVAC. Our initiatives taken during the last year or so to provide competition more suited to Veterans and to attract members was well received.

You may recall that about 12 months ago we called a Special General Meeting to discuss the merits of the Australian Association changing its name from "Veteran" to "Masters".

This was presented as a Notice of Motion at the AAVAC AGM and while not passed or rejected was deferred for 3 months to enable a postal vote from all States to decide on the result.

It is interesting to note that Qld has already taken action and they are now known as "Queensland Masters Athletics."

Two Jetties Fun Run

It seems hard to realise but Xmas is only a few months away again and this means that it will be time for the annual Two Jetties Fun Run.

We have an arrangement with the Distance Runners Club to help conduct this event and in return our

Club gets a share of the proceeds so it is important for SAVAC that the event is a success.

The date is Monday 28th Dec and will start and finish as usual at Glenelg. More details later but how about marking this one in your calendar now to either help officiate or to compete.

ASA and other Results

The following are a few results achieved lately by SAVAC members in ASA and other events.

DRC St Marys Cross Country -- June 20th Over 35 Men 10,000m

Brian Wyld	7th	47:20.5
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ASA Mountain Run -- June 27th

Open Men and Women	8,000m
John Burnell	9th 34:25.2

ASA Cross Country Champs -- July 4th Over 35 Men 8,000m

Grenville Wood	1st	26:47.9
David Standeven	6th	31:16.7
John Burnell	10th	33:07.9

New Balance Canberra Marathon -- April 19th

Bev Lucas	2:58:15
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Bev was 4th female overall and also was 1st in the W50 section of the AAVAC Championships which was run as part of this event.

Summer Twilight Competition

Glynn, our worthy Pres, mentioned in her Message that we intend to carry on from the success of our Winter Saturday handicap programme by joining in with Athletics SA and running our own programme during their Summer Twilight Programme at the new track at Mile End. We will not be competing in their events but rather conduct our own by making up our own programme.

We will also continue to use our popular handicapping system. This will give us the luxury of having top facilities during the summer for our track events and at the same time retain control of the programme we use.

It will help to lift the profile of our Club and with a bit of luck we may attract some of our members who normally compete with ASA to also try their luck in our handicap races. Who knows !! The main thing we will give it a go and no one can complain about that.

One thing that Glynn did not mention was the fact that this acceptance of our Club at the regular ASA programme and to use the new stadium facilities was due in no small part to the hard work that Glynn herself put in on our behalf.



The programme will start on Wednesday 28th October and continue each Wednesday throughout the summer. We will start off by using an "A" and "B" programme repeated every 2 weeks but may change the format if necessary after we see how it goes after some experience.

The first meeting is on Wednesday Oct 28th and the programme for this night and the following Wednesday is:

Oct 28th: "A" Programme

2km walk	6:30pm
1500m run	6:40pm
Shot put	7:00pm
100m	7:30pm
400m	8:00pm

Nov 4th: "B" Programme

3km walk	6:30pm
Discus	7:00pm
200m	7:30pm
800m	8:00pm

For the next week, Nov 11th we will use the "A" programme with the "B" programme on Nov 18th etc.

At this stage we expect that we will have to pay a \$4 entry fee to ASA. And when you think about it this is a pretty cheap evening out.

One Problem:

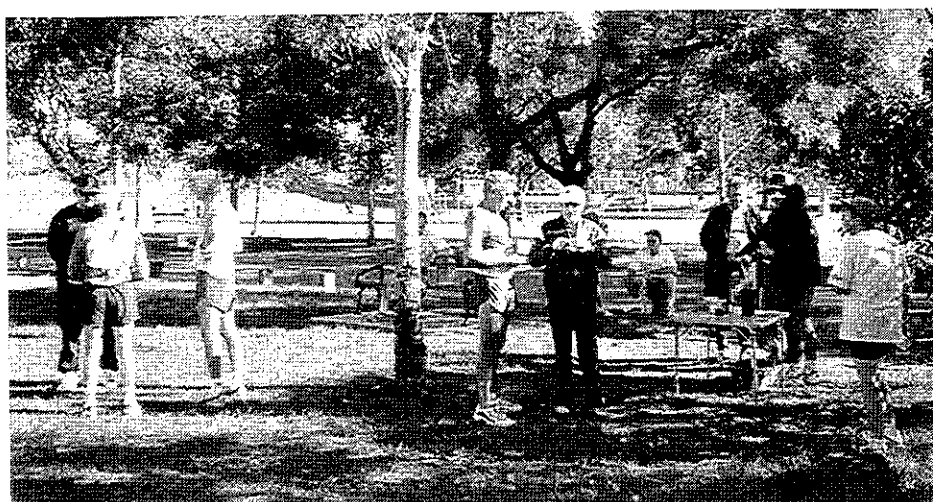
Because we will be conducting 4 or 5 events each night and have to fit these into the ASA programme we must be well organised.

This means that everyone must help in setting up, time keeping and recording. This will not be done just by the SAVAC Committee members.

They also wish to compete and do their warm-ups.

Both runners and walkers will be expected to help each other to conduct the programme for all events and not just their speciality.

If there are no helpers for a particular event it will not be conducted.



Enjoying a cuppa and bikkies in Bonython Park after a 5km run and walk.

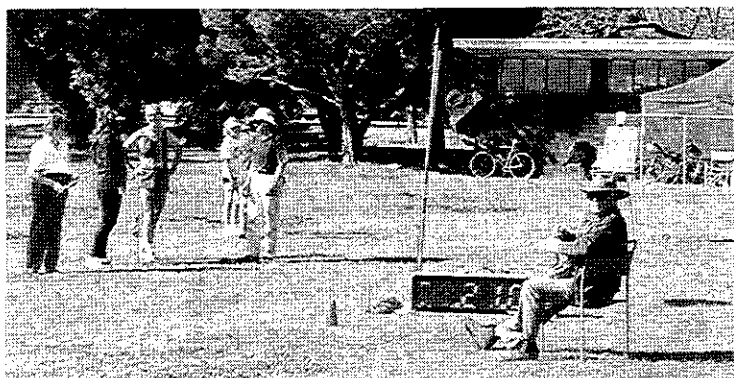
Winter Results

Our very successful Winter Programme will be coming to a close on the 3rd of October but you can be assured that it will be on again next year. There will be a few small changes to incorporate some Saturdays with the Athletics SA (ASA) programme but these will be minimal and we will still keep our handicapping system going.

ASA are very pleased with what our Club has achieved this year and by joining in with them for 2 or 3 days we can keep everyone happy.

The Adelaide winter has been fairly kind to us on most Saturday afternoons and the variety of courses that we use has certainly added to the interest.

Results for the last few months are:



4th July

Entertainment Centre

8km Walk (handicap)

Tim Thompson	56:38
Murray Marker	41:32
Dian Goodger	50:33
Colin Hainsworth	50:15
Jill Rogers	65:14
Lillian Harpur	52:22
Glenda Hollis	57:34
John Smyth	59:52
David Robertson	63:20

4km Run (handicap)

Christine Gregory	24:58
John Hill	17:43
Reg White	25:38
Ted Jones	16:23
Paul Boyce	20:37
John Martin	18:33
Frank Rogers	15:35
Janice Dobbie	20:08
Peter Jenkins	27:02
Di Pedrick	18:32
Linda Whitelaw	24:13
Kurt Postler	22:22
Ross Hill-Brown	18:26
Iain Dobbie	22:24

8km Run

Richard Everson	30:52
Brian Wyld	33:53
Richard Sjoerdsma	36:28
Doug Smart	37:30

11th July Salisbury

10km walk (handicap)

Colin Hainsworth	61:26
Trevor Millard	70:20
Dian Goodger	63:14
Tim Thompson	69:51
Murray Marker	53:11

5km Run (handicap)

Janice Dobbie	25:13
Paul Boyce	25:14
Frank Rogers	20:07

2.5km Run

Peter Jenkins	18:55
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18th July Peacock Road

8 mile Walk (handicap)

David Robertson	95:32
Ron O'Neil	90:51
Colin Hainsworth	80:09
Trevor Millard	92:59
Dick Larkin	94:11
Noel Heinrich	85:14
Lillian Harpur	87:55
Tim Thompson	92:38
Dian Goodger	86:37
Glenda Hollis	100:10

2.5km Run

Bev Byrne	14:31
Anne Cooper	16:37

5km Run (handicap)

Kurt Postler	26:33
Di Pedrick	23:18
Ted Jones	20:42
John Martin	23:36
Frank Rogers	19:57
Jan Dobbie	24:53
John Hill	21:37
Peter Jenkins	34:40
Avril Hill	25:04
Bob Clarke	22:25
Paul Boyce	25:35
Iain Dobbie	25:10
Chris Gregory	33:08
Reg White	35:01
Norm Charles	32:30

Timekeeper, Don Dohnt keeps an eye on things at our Cross Country Host Day.

10km Run (handicap)

Richard Sjoerdsma	47:42
Brian Wyld	43:24
Dave Patterson	40:40

25th July Regency Park

10km Walk

SAVAC Championship

W30	Debbie Lee	59:49
	Dian Goodger	66:53
W45	Glenda Hollis	73:17
W50	Sandra Kramer	52:04
	Lillian Harpur	68:11
	Jill Rogers	80:39
M50	George White	49:20
	Noel Heinrich	62:28
M65	Colin Hainsworth	64:13
	Dick Larkin	72:54
	John Smyth	78:23
M70	Ron O'Neil	68:54

10km Run

SAVAC Championship

W35	Marie Laird	49:30
M30	Richard Everson	38:33
M55	Brian Wyld	42:06
	Doug Smart	46:49
M60	Frank Rogers	42:05
	John Martin	47:19
M65	R Sjoerdsma	46:46
	Kurt Postler	56:10
M70	Bob Clarke	48:00

5km Run (handicap)

Peter Jenkins	33:37
Avril Hill	24:11
Paul Boyce	25:18
Christine Gregory	32:08

Don Parker	24:05
Ted Jones	21:15
Reg White	33:03
Jan Dobbie	26:20
John Hill	23:19
Iain Dobbie	31:14

**1st Aug Burbridge Rd
8km Walk Jack Webber
Trophy (handicap)**

Geraldine Waites	53:24
Kay Dewhirst	54:35
Dick Larkin	55:25
Geoff Peters	60:14
Tim Thompson	54:17
Lillian Harpur	52:24
Trevor Millard	55:13
Jill Rogers	63:16
Colin Hainsworth	50:02
Bill Starr	52:55
Noel Heinrich	50:06
Richard Everson	38:17
Ron O'Neil	54:52
Stuart McPherson	56:11
Murray Marker	45:34
Marie Zumbo	60:30

4km Run (handicap)

Don Parker	17:46
Paul Boyce	19:01
John Hill	17:15
Frank Rogers	15:10
Ted Jones	15:53
Linda Whitelaw	23:52
Brian Wyld	15:30
Di Pedrick	18:12
Avril Hill	18:56
Chris Gregory	24:55
Peter Linford	17:17
Iain Dobbie	19:09
Bob Clarke	18:02
John Martin	17:48
Kurt Postler	21:28
Reg White	25:53

Also running for first time:

Eric Grant	16:05
Dian Goodger	22:53
John Rhodes	18:23
Mary Rhodes	23:08

**8th Aug Peacock Road
10 mile Walk (handicap)**

Tim Thompson	114:26
Lillian Harpur	110:03
Dick Larkin	119:20
Richard Everson	80:01
Colin Hainsworth	103:35

8 mile Walk	
Dian Goodger	88:25
6 miles Walk (handicap)	
Stuart McPherson	66:25
Jill Rogers	79:28
Geraldine Waites	69:49
4 miles Walk (handicap)	
Marie Zumbo	48:24
Geoff Peters	57:17

5km Run (handicap)	
Bev Byrne	27:41
Kurt Postler	26:16
Peter Linford	22:02
Paul Boyce	24:29
Brenda Parkinson	26:42
John Martin	23:15
John Rhodes	23:30
John Hill	22:42
Frank Rogers	20:05
Christine Gregory	32:55
Reg White	35:44

First time runners:

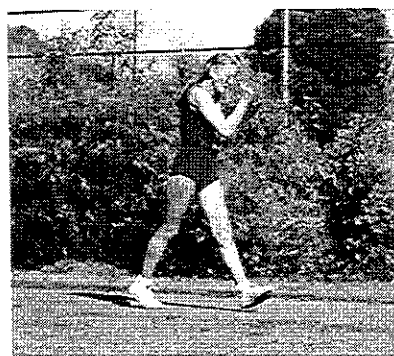
Godfrey Parkinson	23:27
David Milburn	24:01
Phil Aldridge	24:49
Raelene Aldridge	24:57

2.5km

Bill Thorpe	13:31
Peter Jenkins	16:56

15th Aug Bonython Park

5km Walk (handicap)	
Stuart McPherson	30:05
Tim Thompson	32:04
Dian Goodger	31:38
Murray Marker	27:14
Glenda Hollis	34:58
Colin Hainsworth	30:58
Dick Larkin	34:56
Noel Heinrich	31:12
Jill Rogers	40:21



In action: Lillian Harpur

5km Run (handicap)	
Paul Boyce	24:20
Doug Smart	22:30
John Martin	22:52
John Hill	22:27
Kurt Postler	26:44
Peter Jenkins	34:21
Richard Sjoerdsma	22:58
Bob Clarke	23:50
Avril Hill	26:31

22nd Aug Entertainment Centre

8km Walk (handicap)	
Lillian Harpur	50:54
Dick Larkin	55:01
Dian Goodger	50:13
Colin Hainsworth	49:48
Noel Heinrich	49:52
Murray Marker	43:20
Stuart McPherson	50:38
Glenda Hollis	57:43
Marie Zumbo	64:30

4km Run (handicap)

Kurt Postler	20:42
Paul Boyce	19:10
John Hill	17:27
Avril Hill	19:11
John Martin	18:02
Christine Gregory	25:18
Iain Dobbie	19:21
Peter Jenkins	27:16
Reg White	29:21

First time runners:

Sandra Kramer	18:58
Debbie Lee	18:58

8km

Brian Wyld	33:41
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29th Aug SAVAC Host Day

5km Walk Women	
Dian Goodger	31:34
Marie Zumbo	33:30
Kay Dewhirst	33:31
Jill Rogers	38:25
Lyn Seeley	41:19
5km Walk Men	
Stuart McPherson	30:20
Noel Heinrich	30:21
Colin Hainsworth	31:09
Dick Larkin	34:44
Peter Derrick	35:44
Geoff Peters	41:19

10km Cross Country

W35	Marie Laird	53:55
M55	Brian Wyld	43:57
	Doug Smart	51:14
M60	John Martin	49:02
	Dave Trembath	49:36
M65	R. Sjoerdsma	48:58

2km Fun Run

Iain Dobbie	9:31
Bev Byrne	12:19
Chris Gregory	13:13
Janice Dobbie	13:58

4km Fun Run

Judy Daly	18:16
John Hill	19:08
Paul Boyce	19:39
Kurt Postler	22:42
Brenda Parkinson	23:58
Reg White	29:35

4km Run (handicap)

Ross Hill-Brown	18:07
John Martin	18:00
Iain Dobbie	19:40
Don Parker	18:14
Kurt Postler	22:10
8km Run	
Brian Wyld	34:22

12th Sept Bartels Road**10km Walk (handicap)**

Lillian Harpur	64:58
Dick Larkin	70:16
Stuart McPherson	62:11
Colin Hainsworth	63:05
Trevor Millard	70:19
Dian Goodger	65:54
David Robertson	80:00
Valmai Padget	79:57
Tim Thompson	70:00
Noel Heinrich (disq)	

19th Sept Peacock Road**10km Walk (handicap)**

Dick Larkin	68:52
Stuart McPherson	60:57
Colin Hainsworth	62:21
Lillian Harpur	64:32
Tim Thompson	69:15
Ron O'Neil	69:32
Murray Marker	56:34
Bill Starr	68:07

5km Walk (handicap)

Jill Rogers	19:47
Marie Zumbo	17:42
Helen Brougham	16:50

2.5km Run (handicap)

Iain Dobbie	11:38
Reg White	17:41



The start of the Cross Country at our Club Day on Aug 29th

5th Sept West Lakes

8km walk (handicap)	
Colin Hainsworth	49:11
Ron O'Neil	54:30
Bill Starr	53:32
Dick Larkin	56:12
Dian Goodger	52:38
Noel Heinrich	50:53
Geoff Peters	62:54
First time walkers:	
Linda Whitelaw	61:57
Helen Brougham	52:25

4km walk

Geraldine Waites	26:58
Marie Zumbo	27:45

3km Run (handicap)

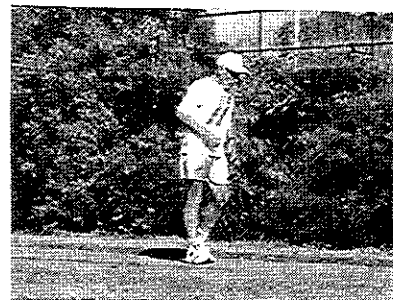
Christine Gregory	18:28
Ross Hill-Brown	13:04
Iain Dobbie	14:30
John Hill	13:47
Reg White	20:23

6km Run (handicap)

Doug Smart	27:09
John Martin	27:56
Brian Wyld	24:49
Kurt Postler	32:43
Richard Sjoerdsma	28:01
Frank Rogers	24:56
Dave Padget	27:13
Bob Clarke	29:47

5km Run (handicap)

Doug Smart	21:48
Don Parker	22:30
John Martin	22:38
Kurt Postler	27:02
Phil Aldridge	24:03
John Hill	23:39
Peter Gregg	31:33



In action: Dick Larkin

Letters to the Editor

The following message is from John Martin, that old bloke we see busting his guts trying to beat his handicap and anyone else on Saturday afternoons. John is one of our stalwarts who has had to keep a tight rein on his talents due to injury and for some of us that is the only way we can keep in front of him.

John has been so impressed by the Saturday handicap competition we have been running this year that he has been compelled to put pen to paper and express his thoughts for us. With some amendments I quote from his letter:

Dear Fellow Vets

Has it not been a joyous time lately thanks to the handicap runs each week (mainly Saturday at present but mid-week is coming as well).

It's been a while since so many walkers and runners combined to use Adelaide's unique parklands and walkways and it does my "old" heart good for me to see so many present and past members enjoying the competition as well as the post race social scene.

So I say thanks to all for doing such a great and not easy job for the running of these varied handicapped events. Hope this message gets through to you old buggers sitting on your aches and pains (caused by lack of exercise) watching TV. Come and join your old pals in a handicap romp in Adelaide's parklands. You will probably run the legs off me -- or will you ???

John Martin

P.S. Unhappy? Try sweating

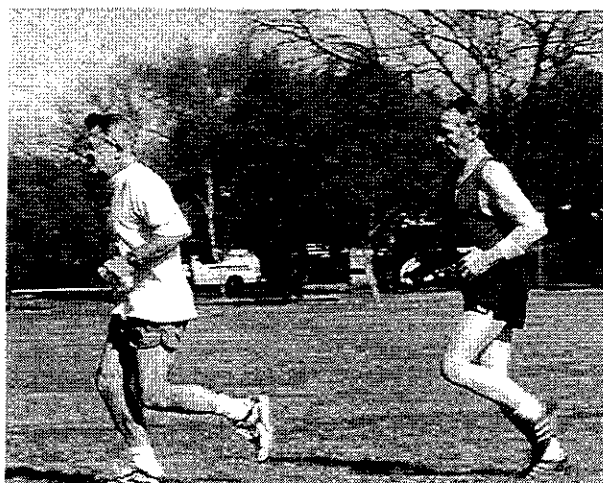
Thanks John, your comments are appreciated.

AAVAC Championships

Our National Track and Field Competition was held in Brisbane this year during the Easter period and we have finally got around to publishing the results obtained by the small group of Sth Aussie Vets who attended. We were a bit limited in

numbers but made up for it by our results in this, our top Veteran competition in Australia.

Tom Morgan in action at the AAVAC Nationals in Brisbane.



John Martin shows his style in trying to run down Dave Trembath in our recent 10km Cross Country.

Results for SAVAC members are:

Sandra Kramer	W45	
5km track walk	26:14.29	1st
10km road walk	55:50	1st
Jill Rogers	W50	
5km track walk	39:45.75	3rd
Anne Lang	W55	
200m	33.03	
400m	71.67	2nd
800m	2:44.83	2nd
1500m	5:42.30	1st
Richard Everson	M30	
5km track walk	23:11.01	1st
20km road walk	1:42:44	1st
Jeff Battista	M35	
100m	11.42	2nd
200m	22.97	1st
Hans Van Bavel	M45	
100m heat	12.41	
100m final	12.10	3rd
200m	24.01	3rd
Peter Dunham	M50	
100m	13.88	
200m	28.24	
400m heat	62.92	
400m final	61.97	
David Milburn	M55	
5km track walk	31:44.74	3rd
20km road walk	2:23:39	3rd
Frank Rogers	M60	
800m	2:28.55	1st
1500m	5:26.68	3rd
2000m steeple	8:24.90	3rd
Tom Morgan	M65	
100m	14.98	
200m	30.56	
400m	71.73	
Long jump	4.08m	3rd
High jump	1.20m	



John Smyth	M65	
5km track walk	37:57.00	
20km road walk	2:49:33	1st
Discus	22.27m	
Weight pent.	1785 pts	



Jeff Battista runs a close 2nd in the 100m at Brisbane

Travel News

Oceania Games 2000

The next Oceania Veteran Championships will be held in Norfolk Island from 16th to 23 Jan 2000. This sounds still a bit too far in the future to worry about but unfortunately if you have any intention of going you need to make accommodation bookings now. The Games Organisers have advised that accommodation will be in short supply and already many bookings have been made.

Because of possible shortages, AAVAC will not be taking "Expressions of Interest" and then arranging a group booking later but instead ask that those interested to make individual accommodation requests **directly** to either:

- (a) Karen Hearn at JCT Travel in Adelaide.
Call Karen on 1800 150122. Karen can of course arrange all your air flight needs as well.
- (b) Organising Committee, Oceania 2000
Box 158, Norfolk Island 2899
You can also e.mail your requirements to
Norfolk Is on: games@worldtraders.nf

Oceania Games 2002

Looking a bit further ahead again, it looks like the 2002 Oceania Games will be held in Geelong in Victoria. This should be a popular event and it will be a change to be able to attend without the usual high travel expenses. Details will be given as they become available.

The Millenium Marathon

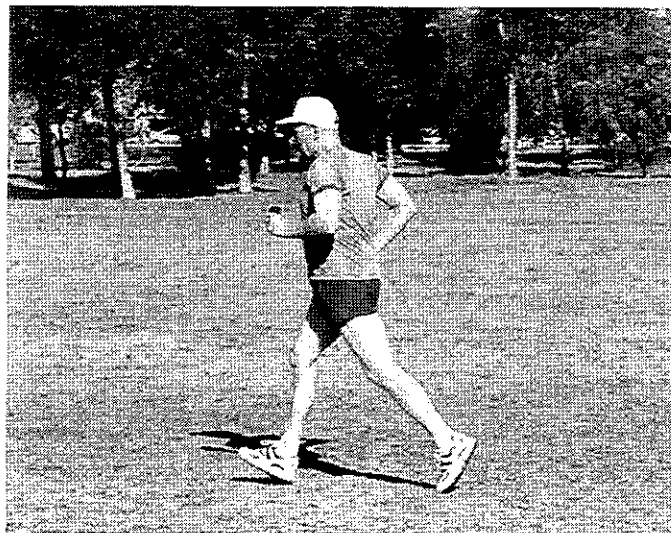
For those who would like something just a bit out of the ordinary why not try what is being billed as "The Worlds first Marathon of the New Millennium". This will be held in Hamilton, NZ and will take place on 1st Jan 2000.

World Championships -- 1999 in Gateshead UK

A final reminder to anyone who is still considering going to Gateshead next year and have not yet put their name on the mailing list for information.

Our Travel Agent, JCT Travel will shortly be sending out their complete travel package details and this information will only be going to those on the mailing list.

Give Frank Rogers a call if you are a late starter for this trip.



In action: Kurt Postler



*Rememeber the old Olympic Sports Field ??
The developers have now moved in.*

**SOUTH AUSTRALIAN VETERANS ATHLETIC CLUB INC.
APPLICATION FOR MEMBERSHIP/RENEWAL OF MEMBERSHIP**

Surname:
First Name: Date of Birth:
Address:
..... P/Code:

Telephone: Work: Home:

Annual Subscription Fee: \$35.00

Annual Pensioner Fee: \$25.00

Annual Country Member Fee: \$20.00

Annual ASA Registration (inc Insurance): \$80.00

Annual ASA Insurance only Fee: \$20.00

Please make cheques payable to SA Veterans Athletic Club and forward to:

Registrar SAVAC

Richard Sjoerdsma

54 Warwick Street

WALKERVILLE SA 5081 (phone 8344 2604)

The SA Veteran News

If undeliverable return to:

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2/316 Kensington Road
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Have you changed your address ??

If so please let Richard Sjoerdsma know.

Call him on 08 8344 2604

