

FOR SALE

BULL Terrier X pups, 3 female, 1 male, bathtub large size. Farm 1666 Nobel Street Beebangera.

BUY A BOMB and save with a trade-in organ at the Soundhouse 226 Banana Ave. Phone 622452.

BULL Terrier X Blue Heeler male pup. Make good pig dog. Phone 55724.

COMMERCIAL Microw- ave oven, new phone 622975.

DAVEY pressure system good condition. Phone 636304.

FULL pedigree long haired Dachshund pups. Phone Leeton 532172.

FOOTBALL boots as new. Adidas size 8. Puma 8 1/2. Occasional table. Gents bicycle, auto Sun-beam toaster. Phone 622138.

FREEHOLD block. Well situated in Leeton. Telephone Leeton 532172.

HOUSE three bedroom fibro. Contact phone 622221 for particulars.

YORK caravan 15' 4 berth, fridge, gas stove, as new condition. 1 Kooringal Avenue before 7.30 a.m. or after 4.30 p.m.

WANTED

HANDYMAN jobs, fencing, concreting, renovations, go anywhere. Phone 622764.

FOR SALE

PICKLED barley seed. Phone 684157 evenings.

LAYING tows \$1.80 each, over 12 \$1.50 each. R. Savage. Hillston Road, Griffith. Phone 636264.

PUREBRED Pembroke Corgi puppies, 7 weeks old. Phone 685473.

STUDENTS desk and chair. Best offer. Phone 621457 A.H.

TOMATOES for salads, pickles and sauce. Farm 970 Middle Road Griffith.

WOODEN double bed, coil spring base. Good order \$25. Phone 622524.

WEDDING gown and veil size 16 \$150 o.n.o. Phone 624136.

17 TYNE Horwood Bagshaw scarifier, 4 years old. \$1,500. O.N.O. Phone 635342.

NEVILLES FOR HOMES

Curtin St. 3 bedroom W/B & Fibro residence with 30' x 10' enc. rear verandah, plus large detached room suitable rummup room. W/W carpet, air cooler. \$30,000 Freehold.

Bringing Street. Compact fibro residence with 2 main bedrooms, plus smaller 3rd bedroom. W/W, oil heat, cooling, new mains press. O/P H.W. service, garage, (trolley door) \$34,000 F/hold.

Training Program for the Bacchus

By Peter Tuziak

The "Alitalia Bacchus 12,000" is now one of the major events in Australian amateur sport and generates a great deal of publicity for

NOTICES

CAT Club gathering to be held at 7 Coolibah Street, Leeton 12.3.78. Sunday commencing 2.30 p.m. All welcome. Phone 533335.

PRESTO is the cleanest cleaner in the west. You name it, Presto cleans it. Phone 623164.

WANTED

HOMES wanted, 5 black and tan Kelpie pups. Phone 63 6553 or call Farm 2523 Widgeell after 5 p.m.

PAIR rims and centres 11 x 28 to suit MF 35 tractor. Will buy or exchange for 13 x 24 pair. Phone 557121.

TRACTOR driving. Phone 634523 after 7 p.m.

MOTORS FOR SALE

CHEV Bel Air V8 auto sedan, power brakes, good upholstery, radial tyres, reliable, perfect condition. made in Aust. 650

Griffith itself.

The major prizes of return air fares to compete overseas have provided much needed

POSITIONS VACANT

GRIFFITH BASE HOSPITAL PAYCLERK GRADE 2

Applications are invited for the position of Pay Clerk at this hospital. This is a challenging position requiring an aptitude for figure work, neatness and an ability to work within a tight time schedule.

This position could be an excellent opening for a young person interested in a career in health administration.

Wages are currently in the range \$176.40 to \$183.60 with conditions of employment in accordance with the Hospital Employees Administrative and Clerical (State) Award.

PARTTIME CLERK

This is a weekends and public holidays, only, job of five hours per day that will attract a weekly wage (gross) in the range \$34.49 for a 16-year old person, to \$61.26 for an adult for ten hours work. Persons not prepared to work every weekend and every public holiday after an initial full time

international competition for previous winners.

John Stanley and Chris Wardlaw and top female runner, Rosemary Bell, who is an international cross country representative.

During their runs in the "Bay to Breakers Race" in San Francisco, John Stanley (3rd in 1975) and Chris Wardlaw (1st in 1976) wore the Griffith Vintage Festival T-shirt which was prominently displayed for the millions of American television viewers.

Wardlaw, of course, later in 1976, finished a creditable 12th in the Olympic 5,000 metres final and 35th in the marathon.

This year, the 1976 Olympians David Chetle, David Fitzsimons and Wardlaw will be contesting the "Bacchus 12,000".

The organisation of the "Bacchus 12,000" is a credit to a small band of officials from the Griffith Amateur Athletic Club, but more help will be needed on the race day to stage this great event.

If you are not running in the "Bacchus 12,000", it can help for about one and a half hours on Easter Saturday, please

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phone 623655 (work) or 622288 (home). No previous experience is needed.

Now here is this week's training schedule.

FRIDAY: 12 runs over 200 metres on a grass track in about 36 seconds with 200 metres of slow jogging after each run.

SATURDAY: Run with the Griffith jiggers, starting at the Pioneer Park at 5.30 p.m.

SUNDAY: Slow jogging on the road or on a bush track without stopping for at least one and a half hours. Include at least three or four hard hill runs.

MONDAY: 12 runs over 200 metres on a grass track in about 36

seconds with 200 metres of slow jogging after each run. Rest 15 minutes and repeat.

TUESDAY: Rest.

WEDNESDAY: Have your first run over the entire "Bacchus 12,000" course. Aim to run each kilometre at your kilometre race pace from last week, plus 30 seconds so that your overall time will be about six and a half minutes slower than your added time for the two halves of the course last week.

THURSDAY: Five miles on a 400 metre grass track at slow jogging speed for two laps, followed by one faster lap (in about 80 seconds), two laps of slow jogging and so on.

Henry shows the way

In the Frank Speers Trophy race at Lake Wyangan on Sunday Rob Henry notched up his first outright win in the O.K.s.

In light patchy winds he sailed Zanne intelligently to lead from start to finish.

His good time also gave him the overall division and fleet handicaps.

O.K. Dinghies Zanne (Rob Henry) (111.63) 1; Aurora (Leo Dean) (112.87) 2; Outlaw (Laurie Melrose) (113.75) 3.

Flying Elevens Tanya (Hank Lok) (133.40) 1. Handicap results: Division 1 Zanne (R. Henry) 1; Strider (B. Alexander) 2; Savage Grace (R. Brennan) 3.