



The Vetrun

No 215 AUGUST



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NEW LOOK FOR THE VETRUN

This is the last issue of your magazine - in its present form!
From September, for a trial three issues, it will be type-set and printed. This should produce a better, more efficient magazine for the benefit of all members.

Advertising is now being sought to help cover costs, and it's hoped that all members will make use of these columns, and look for potential advertisers. (I can testify that *Vetrun* ads work: my own ad for a 'car wanted' was successfully answered within three days of the July issue publishing!

AD RATES

Small ads - \$1 a line (minimum \$5)
Full page \$200
Half page \$105
Third of page \$ 70
Eighth of page \$ 25

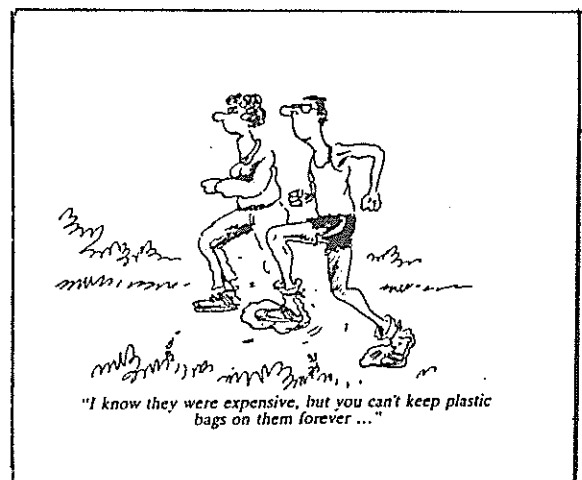
ROTTNEST RUNNING WEEKEND

BOOKINGS are needed now for our Rottnest trip, which is all set for the last weekend in September. Only 54 places are available - accommodation being in four reserved cottages. Costs: \$21 accommodation, \$36 for meals, and organise your own ferry.

Please contact secretary Bob Fergie as soon as possible. A \$21 per head deposit is required with each booking.

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WA VETERANS AC

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15th. JULY...1990

BIBRA LAKE RUN

*=1st.in age group

(MEN) NAME	6KM	:AGE	TIME	GRP POS	(WOMEN) NAME	6KM	:AGE	TIME	GRP POS
TRAVATO	JOE	*:M50	24.07	= 1	ROBERTS	GILL	*:W40	24.50	= 3
FOLEY	BRIAN	*:M45	24.23	= 2	McLIVER	PEGGY	*:W45	27.30	= 9
AIREY	PETER	:M50	25.29	= 4	PELLIER	JOAN	*:W50	30.39	=19
MUNYARD	BARRY	:M45	26.43	= 5	JOHNSON	JAN	:W45	30.48	=21
POMERY	ALAN	*:M55	27.03	= 6	WELLSHERE	PAULA	:W45	31.25	=22
SPENCER	JOHN	:M50	27.05	= 7	BETTLES	ROMA	:W40	31.27	=23
CRELLIN	BILL	:M50	27.47	=10	SMITH	JANET	*:W35	31.59	=25
SPENCER	JEFF	:M45	27.57	=11	ALDRIDGE	ALISON	:W45	32.38	=26
BORNHOLDT	JOHN	:M50	28.43	=12	HOLLAND	CATHERINE	:W30	34.44	=28
JOHNSON	KIRT	*:M60	29.54	=14	HEALEY	ESTHER	:W50	34.59	=30
LAWRENCE	RAY	:M60	29.56	=15	HALBERG	JACQUI	:W40	35.01	=31
BEAUMONT	VIC	:M60	30.18	=17	DAVIS	ROSA	:W45	35.33	=32
MILLER	NORM	:M55	30.38	=18	MILLER	PAT	:W50	36.24	=34
WELLSHERE	IVAN	:M45	30.46	=20	ROBINSON	MARY	:W50	36.27	=35
UTHERLAND	JAN	:M50	31.37	=24					
HOLLAND	HARRY	:M45	34.47	=29	WALKERS	6KM * 12KM			
BOWLER	SYD	*:M65	35.59	=33					
HAGGER	FRED	:M60	39.46	=36	MARTIN	PAUL	*:M45	33.14	=27
12KM (WOMEN)					HORSLEY	DICK	*:M75	46.36	=40
					THOMSET	BARRY	*:M50	82.38	=73
SZPAK	PAULA	*:W35	50.15	=52	FERGIE	BOB	*:M55	93.19	=74
CROCKART	HEATHER	*:W30	53.44	=57	COLLINS	JACK	*:M75	98.18	=76
FORDEN	MARGERY	*:W45	58.36	=66					
PEARCE	JOANNE	*:W40	58.37	=67	WHITTAM	DOROTHY	*:W50	43.54	=38
TURNER	ANN	*:W50	60.53	=68	TYSON	VAL	*:W65	50.02	=51
HODGE	SANDI	:W40	63.11	=69	BEAUMONT	JACQUI	:W50	93.19	=74
12KM (MEN)									
					VISITORS	6KM * 12KM			
POHE	PAUL	*:M45	45.45	=39					
ROBERTS	DAVE	:M45	46.45	=41	VOLET	JEAN	:VIS	27.13	= 8
MAIR	ROBERT	*:M40	47.21	=42	HALL	DAVID	:VIS	29.08	=13
SCHICKERT	BOB	:M45	47.42	=43	SMITH	RICHARD	:VIS	30.12	=16
GILMOUR	JOHN	*:M70	47.50	=44	MITCHELL	STEVE	:VIS	42.31	=37
BOUST	ROBERT	*:M35	48.32	=45	CONNELL	ROBERT	:VIS	57.30	=64
SAMMELLS	BOB	*:M50	48.37	=46	*****				
MADDISON	JOHN	:M50	58.44	=47	*6km	RECORDS	AGE	RECORDS	12km
BARNES	JIM	:M45	49.15	=48	*=====	=====	=====	=====	=====
CAPLIN	DON	:M50	49.21	=49	*34.44	HOLLAND	C W30	CROCKART	H 53.44
BLOM	DICK	*:M55	49.39	=50	*24.41	BELL	C W35	SZPAK	P 50.15
KHAN	MIKE	:M45	51.38	=53	*24.47	ROBERTS	G W40	NORDYKE	K 52.45
PELLIER	JOHN	:M50	52.16	=54	*27.30	McLIVER	W45	STEWART	M 52.39
PATCHMAN	BRIAN	*:M60	52.57	J=55	*30.39	PELLIER	J W50	ROBINSON	M 51.44
WATERS	VIC	:M45	52.57	J=55	*32.19	LAUGHLAN	L W55	LAUGHLAN	L 63.23
JENKINS	ARNOLD	:M45	53.46	=58	*33.43	STRACHAN	J W60	STRACHAN	J 70.05
MOFFATT	DALTON	:M55	54.13	=59	*				
POTTER	RON	:M50	55.10	=60	*31.22	NOORDYKE	A M35	HAZELL	D 44.27
WORNER	BASIL	:M55	55.28	=61	*22.18	ROBERT	P M40	SMITH	F 42.55
HAZELL	DOUG	:M35	55.37	=62	*21.44	CAPLIN	D M45	SMITH	F 42.39
HOUGH	DAVE	:M55	56.09	=63	*22.41	MADDISON	J M50	BYRNE	B 34.34
MOYLE	MERV	:M60	57.31	=65	*25.44	POMERY	A M55	McLINDEN	F 48.49
HOLMES	GORDON	:M60	64.40	=70	*29.14	JOHNSON	K M60	JONES	B 51.31
TURNER	SHORTY	:M50	67.22	=71	*34.17	BOWLER	S M65	HICKS	S 60.32
FLORANCE	GORDON	:M55	68.17	=72	*		M70	GILMOUR	J 47.50

===== BIBRA LAKE RUN =====

EXCEPT FOR THE ONE HEAVY SHOWER AT THE START OF THE RUN WE WERE VERY LUCKY WITH THE WEATHER. JOHN GILMOUR BROKE ANOTHER WORLD RECORD...CONGRATS, JOHN THANKS TO MAUREEN POMERY AND PAT BARNES FOR THE HELP WITH THE NAMES. THE BIBRA RUN WILL BE ORGANIZED BY ANOTHER PERSON FROM NOW BECAUSE IT HAS BEEN 5 YEARS SINCE I STARTED IT. I HAVE ENJOYED DOING THE RUN AND MY BEST WISHES TO THE NEXT PERSON, EASY RUN TO MARK BUT AS PER USUAL SOME RUNNERS ALWAYS GO WRONG...AS AGAIN HAPPENED THIS YEAR... A FEW RECORDS WERE BROKEN IN THE 6KM BUT ONLY THE MENS 70 YEARS (JOHN G.) WAS CHANGED IN THE 12KM OVERALL.

PHYLLIS FARRELL

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Fourteen Down - and
Another To Go!

Merv Moyle Tackles his 'fifteenth City to Surf Fun Run

When we have a phenomenal World class athlete like John Gilmore in the club it is easy to overlook other members whose consistently good performances through the age categories still mark them out as exceptional runners.

One such member is Merv.Moyle, who this year competes in his fifteenth City to Surf Fun Run. Merv's best time for this run was 50 minutes 10 seconds in 1984. Despite a slower time one year due to a spell in hospital Merv has still shown an average of 54 minutes 45 seconds overall.

Since joining the Vets in 1975 Merv has completed three sub 4 marathons and was a member of the over 50's team that took the Australian Veterans' Record for the 24-hour Relay on the Belmont Track in 1983. In 1978 Merv told the time-keepers before the start of the Round the Bridges Fun Run that they could put him down for 42 minutes - and he completed it in just that time! As a regular competitor in the Bunbury Half-Marathon Merv put in his best time of 1 hour 35 minutes 41 seconds in 1988.

However, these facts are only part of the story. Merv's quiet contribution to our club has been to encourage other runners whose spirits may at times be flagging. In training his conversation is quite therapeutic but in competition he can be relied upon to pull something out of the hat when least expected. I am sure that all members will join me in wishing Merv a successful and enjoyable fifteenth City to Surf.

Brian J Aldrich

WESTSIDE PERTH HALF-MARATHON

Complete results are available from the Marathon Club, or *Runners World*.

Listed here, with overall placings and finishing times, are known club members who took part (with apologies for any oversights!)

11. Jim Langford	1:12:50	310. Tony Speechley	1:32:55
16. Chris Maher	1:14:15	317. Michael Traynor	1:33:18
18. Steve Barie	1:14:18	319. Barry Munyard	1:33:20
22. Tom Savin	1:15:27	355. Dennis Miller	1:34:50
32. John West	1:16:40	367. Rob Boggs	1:35:25
37. Bert Carse	1:16:57	368. Peggy MacLiver	1:35:26
47. Bob Raymen	1:17:55	382. Vic Beaumont	1:35:58
58. Paul Hughes	1:18:43	389. Marge Forden	1:36:22
61. David Roberts	1:18:57	409. Mike Rhodes	1:37:52
66. Derek Hoye	1:19:42	410. Basil Worner	1:37:53
73. Doug Hazell	1:19:58	411. Vic Waters	1:37:54
81. Wayne Pantall	1:21:10	421. Dave Hough	1:38:28
103. John Ferris	1:22:04	438. Daryl Williams	1:39:30
104. Peter Sanders	1:22:05	444. Margaret Robinson	1:39:39
113. Bob Schickert	1:22:32	459. Ron Sutton	1:40:45
132. Don Caplin	1:23:15	464. Joanne Pearce	1:40:59
133. Ian Colquhoun	1:23:19	474. Bob Farrell	1:41:40
136. Robert Doust	1:23:26	492. Keith Forden	1:42:58
137. Anne Shaw	1:23:26	520. Susan Sanders	1:44:59
147. David Carr	1:23:58	522. Dennis Wilmott	1:45:13
148. John Gilmour	1:24:01	523. Robert Davis	1:45:18
152. Brian Danby	1:24:31	537. Ann Turner	1:46:32
157. Dick Blom	1:24:41	540. Kath Penton	1:46:46
175. John Brown	1:26:02	542. Patrick Sheerin	1:46:48
177. Brian Foley	1:26:06	548. Joan Pellier	1:47:09
179. Wal Welyky	1:26:15	558. Jeff Spencer	1:49:00
189. Bob Sammells	1:27:01	570. Phyllis Farrell	1:50:13
191. John Pellier	1:27:09	572. Jean-Marie Volet	1:50:36
196. Paula Szpac	1:27:29	599. Duncan Strachan	1:53:03
224. John Slattery	1:29:02	602. Sandra Hodge	1:53:32
231. Gill Roberts	1:29:15	615. June Strachan	1:56:58
256. Ted Maslen	1:30:29	624. Bill Hughes	1:59:15
266. Peter Airey	1:31:00	627. Cedric Turner	2:00:06
308. David Bryant	1:32:51	637. Estelle Rogers	2:06:33

VETERANS' AWARDS Most of these were taken by club members: their names in the list below will be familiar to us all. Particular congratulations to the 'Strachan team', for a very special double win!

35-39	Karen Gobby	1:17:04	55-59	Dave Carr	1:23:58
40-44	Joanne Collins	1:24:59	60-64	Vic Beaumont	1:35:58
	Brian Marsland	1:13:07	65-69	June Strachan	1:56:58
45-49	Kerry Conte	1:32:38		Duncan Strachan	1:53:03
	Jim Langford	1:12:50	70+	John Gilmour	1:24:01
50-54	Marge. Robinson	1:39:39			
	Steve Barrie	1:14:18			

WEAR THE CLUB COLOURS

EVERY club member should have at least one - and treasurer Bill Crellin has dozens!

It's the stylish WAVAC singlet of course, definitely de rigueur at the State Champs; preferable if you're ever competing in an 'outside' event (like the up and coming *City to Surf*); and why not wear it on the Sunday runs?

Right, commercial over. Call Bill and place your order. See if he'll give a discount for bulk orders.

As well as singlets, he has a good stock of club tee shirts. You could use the order form on back of *Vetrun*; and don't forget some iron-on badges, too!

ANNUAL DINNER

Date will be announced shortly - so meantime, keep the diary totally empty!

RECORDS

Certificates

A motion was approved at the AAVAC AGM this year that certificates should be issued for all World and Australian records. (Presumably, Track and Field only.)

Roy Foley, National Statistician, has prepared certificates for holders of current and pending records and sent them to me for distribution. I hold these for:

Pat Carr,
Lynn Carter,
Eileen Hindle,
Kathy Holland
Erica Mercer,
Margaret Robinson,
Antoinette Shaw,
Dorothy Whittam,

Richard Brown
Davis Carr,
John Gilmour,
Murray Tolbert,
Alan Tyson,
Keith Wheeler.

Please ring me on 309 2293 to arrange delivery/collection if you are unlikely to see me of a Sunday morning.

Any members who have set records in the past and want commemorative certificates should supply me with the details (date, venue, age group, performance) and I shall arrange for them to be prepared.

Records Policy

Roy Foley recently re-affirmed the AAVAC policy as being "... that records will not be recognised by or for unfinancial competitors, and will not be recognised if and when they become financial. A record will only be recognised for financial members of a State or Territory."

WA complies with this policy at both State

and National level. In particular, a record claim by a Western Australian veteran will only be accepted if the person was a financial member of the WA Veterans Athletic Club at the time of the performance.

Manual Timing

Roy also advised that the 1990 AAVAC AGM approved a motion that all hand-held watch times recorded in hundredths of one second were to be rounded-up to the next tenth of one second for record claim purposes.

WA representatives had this motion approved at the 1987 AGM but it seems to have been lost sight of at a National level. At State level, we have always rounded times up and shall continue to do so.

Bob Sammells.

TO THE EDITOR

Dear Vic,

In response to your request for ideas about the club's mid-week Track and Field Meeting (they are not trials) any night would suit me. However, I believe that some people do not compete on Thursday as it does not fit in with their preparation for Saturday afternoon events.

I suggest we make use of the Perry Lakes warm-up track, as it is so crowded at McGillivray Oval.

Could the meetings be continued after Easter? We try to peak for our championships and then there is a big let-down when T&F suddenly stops. A number of new records would no doubt be set in this period!

Yours sincerely,
ALAN TYSON

PS. Could distance runners be reminded that their event will be scheduled for the end of the meeting - and that they should not try to change the programmed times of other events? /A.T.

50K ROAD RACE CHAMPIONSHIPS 1990

TWENTY-nine runners completed the three distance events that make up the RRC this year - five women, 24 men. Congratulations to the winner in each age group, and well done all who competed. Overall, 214 runners took some part - 93 in the 10K; 70 in the 15K, and 51 in the 25K. This produces a total of 185 who DNF! Please send all excuses to the editor, except for Pat Carr (track runner) and Estella, who canna drink while running. [Scrub that, tell Morris instead, if you can get a word in edgewise: VW].

PS/ 50K runners eat porridge, Jimmy Barnes sausages, and Chris Brinkwell Huntsbury Fast Foods - keeps you on the road.
(* indicates age group winner)

MORRIS WARREN

Ladies		25K	15K	10K	Min/sec ave
*Peggy McLiver	W45	116:45	67:10	43:41	4:33
Marge Forden	W45	117:59	67:57	43:58	4:35
Phyllis Farrell	W45	134:55	77:34	54:18	5:20
*Joan Pellier	W50	131:37	76:11	48:06	5:07
A. Turner	W50	129:39	78:34	50:44	5:10
Men					
*John Ferris	M35	99:34	56:43	36:54	3:51
Wayne Pantall	M35	101:46	58:45	37:43	3:57
*Brian Danby	M40	104:33	60:39	38:14	4:04
Wal Welyky	M40	106:07	61:20	39:40	4:08
*Dave Roberts	M45	97:44	56:25	36:25	3:48
Bob Schickert	M45	99:19	57:52	38:04	3:54
Greenfield	M45	107:17	62:06	40:51	4:10
Mike Traynor	M45	116:36	66:30	41:37	4:29
*Derek Hoye	M50	95:09	55:42	35:11	3:43
Joe Travato	M50	102:11	59:36	39:49	4:01
John Pellier	M50	110:43	61:45	40:09	4:15
Peter Airey	M50	111:51	64:10	41:46	4:21
Ron Sutton	M50	121:54	70:13	45:57	4:45
Bob Farrell	M50	121:32	72:26	47:18	4:49
*Dick Blom	M55	103:16	59:43	38:55	4:02
Dave Carr	M55	103:47	59:18	38:44	4:02
Geo. Schaefer	M55	111:09	64:08	42:12	4:20
Brian Aldrich	M55	116:27	66:55	43:37	4:32
Pat Sheerin	M55	131:38	73:14	47:06	5:02
Norm Miller	M55	146:29	83:00	52:50	5:38
*Merv Moyle	M60	119:42	67:12	42:47	4:35
Vic Beaumont	M60	121:01	68:19	45:08	4:41
*Stewart Hicks	M65	130:42	75:25	50:22	5:07
*John Gilmour	M70	99:59	59:24	38:48	3:57

1990 PERTH MARATHON

We have listed overall position and time for all known club members in this year's race. Full results are available from the Marathon Club.

It may be of interest to members to note that of the first 50 runners home, just nine were under 30 years old. Of the first 100, 17 were under 30. Of the total - 373 finishers - only 52 were less than 30 years. Youngest finisher was aged twelve years - his time 4:32:01.

13. John West	2:36:07
15. Steve Barrie	2:40:45
19. Tom Savin	2:41:22
51. Philip Drayson	2:55:26
62. Paul Hughes	2:58:03
71. Bob Schickert	2:59:08
82. Wayne Pantall	3:02:38
98. John Gilmour	3:05:34
103. Dick Blom	3:07:47
106. Brian Danby	3:09:37
112. Ian Colquhoun	3:11:05
129. John Pellier	3:15:42
131. Liz Helliwell	3:15:07
138. Jim Greenfield	3:16:07
148. Dennis Miller	3:18:30
157. Rod Marston	3:20:18
167. John Slattery	3:22:16
179. Roger Walsh	3:25:01
186. Marge Forden	3:26:03
188. Brian Paxman	3:26:31
211. Vic Beaumont	3:31:00
220. Tina Carman	3:33:09
245. David Bryant	3:37:52
246. Roland Matzke	3:37:58
247. Norman Scott	3:38:41
298. Bob Roberts	3:53:26
324. Susan Sanders	4:01:10
325. Peter Sanders	4:01:11
326. Bill Hughes	4:01:18
342. Joan Pellier	4:09:02
349. Sandy Hodge	4:21:28
351. Jeff Spencer	4:22:33

CLUB CROSS COUNTRY
CHAMPIONSHIPS

Jorgensen Park, July 22

WET and windy conditions were with us once again for the 8K championships, Jim Langford winning the men's race, and Ann Shaw the ladies. Many thanks to all my helpers.

JOAN PELLIER

Jim Langford	M40	31:26
Duncan McCauley	M40	33:25
Derek Hoye	M50	35:29
Robert Mair	M40	36:13
Doug Hazell	M35	36:30
Bob Bedford	M40	36:46
John Ferris	M40	37:06
Ann Shaw	W40	38:13
Peter Hill	M40	38:19
Joe Trovato	M50	38:37
Bob Sammells	M50	38:46
Maurice Cleagh	M40	38:57
Brian Foley	M45	39:17

Barbara Wilson	W35	40:10		
John Pellier	M50	40:24		
Mike Traynor	M45	41:00		
Heather Crockart	W30	41:40		
Rod Stewart	M50	42:47	<u>Two-lap runners</u>	
Dalton Moffatt	M55	42:29		
Brian Paxman	M60	42:31	Brian Danby	M40 26:42
John Dartnall	M40	42:48	Alison Aldrich	W45 35:48
John Spencer	M55	43:34	Catherine Holland	W30 36:15
Margaret Robinson	W50	44:17	Fred Hagger	M65 43:54
Peggy McLiver	W45	44:24	Mary Robinson	W50 43:55
Mal Ovenden	M45	44:46		
Dave Hough	M55	49:21	<u>One-lap runners</u>	
Roma Bettles	W40	49:26		
Ivan Wiltshire	M45	49:53	Harry Holland	M45 15:29
Gordon Holmes	M60	50:21	Judy Hill	W40 22:13
Ann Turner	W50	50:28	Pauline Kelly	W40 22:14
Norm Miller	M55	50:30		
Pauline Wiltshire	W45	52:02	<u>Visitors</u>	
Robyn Holmes	W40	53:11		
Alan Tyson	M65	54:28	Troy Kelly	39
Lorna Lachlan	W60	55:14	Shay Hill	37:40
Rosa Davis	W45	57:10	Ross O'Neil	40:43
Val Tyson	W65	71:36	Bob Thomson	35:36

A VERY HAPPY BIRTHDAY TO OUR "AUGUST" MEMBERS

03-AUG-49	WEST	: John	turns	41	remains	M40
04-AUG-47	MALKIN	: David	turns	43	"	M40
05-AUG-47	MIDOLO	: Jill	"	43	"	W40
05-AUG-34	WHITTAM	: Jeffrey	"	56	"	M55
07-AUG-37	VAALSTA	: Tuula	"	53	"	W50
08-AUG-41	CARSE	: Albert	"	49	"	M45
08-AUG-48	DANBY	: Brian	"	42	"	M40
08-AUG-35	MASLEN	: E.N. Ted	"	55	becomes	M55
10-AUG-55	DAWSON	: Pauline F	"	35	"	W35
11-AUG-46	BOYD	: Gillian R	"	44	remains	W40
12-AUG-44	LANGFORD	: James	"	46	"	M45
13-AUG-47	LLOYD	: Geoffrey P	"	43	"	M40
13-AUG-39	ROBINSON	: Barrie	"	51	"	M50
13-AUG-46	TRIPP	: Tony	"	44	"	M40
15-AUG-27	HUGHES	: William J	"	63	"	M60
15-AUG-46	KELLY	: Maxwell	"	44	"	M40
15-AUG-49	NEWBY	: Phillipa M	"	41	"	W40
15-AUG-47	TAPPER	: Maxine	"	43	"	W40
16-AUG-43	KUHN	: Barry	"	47	"	M45
17-AUG-42	STONE	: Margaret	"	48	"	W45
17-AUG-43	WALDHUNTER	: Glenys	"	47	"	W45
18-AUG-40	LUCK	: Patricia	"	50	becomes	W50
19-AUG-35	TURNER	: Cedric (Shorty)	"	55	"	M55
21-AUG-35	AUDLEY	: George	"	55	"	M50
21-AUG-43	MARTIN	: Keith Edwin	"	47	remains	M45
21-AUG-42	WILLIAMS	: Daryl R	"	48	"	M45
23-AUG-42	ELMITT	: Roger P	"	48	"	M45
24-AUG-47	BOYLE	: Michele V	"	43	"	W40
24-AUG-25	NAPIER	: Frederick W	"	64	"	M60
26-AUG-29	DAVIES	: Peter	"	61	"	M60
28-AUG-37	MARTIN	: Kevin	"	53	"	M50
29-AUG-37	RICHARDS	: Norman	"	53	"	M50
29-AUG-53	SANDERS	: Susan	"	27	"	W35
30-AUG-12	BAUMANN	: Betty	"	78	"	W75
31-AUG-52	STINGEMORE	: Ann Louise	"	38	"	W35
31-AUG-41	TRAYNOR	: Michael J	"	49	"	M45

SPORTING MEMORIES

A while ago we asked for your sporting anecdotes - and first in is from John Maddison, recalling his 'run for the record'.

I guess that everyone looks back on their sporting career, even modest ones like mine, to one day, one moment that transcends all others. The day when you threw or kicked the winning goal, you scored the winning run, or just achieved a goal that you didn't think was possible.

Mine was achieved as a 16 year old, 36 years ago, and it happened in an unusual way.

Some Background First.

I was a ten year old boy in New Zealand, when the Olympics in London were being held in 1948. A runner from the small country town (Pop 1100) was a favourite for the 800 metres. This was the town that the great Jack Lovelock, winner of the 1936 Olympic 1500 metres came from; Phar Lap, arguably The greatest Horse of all time was foaled nearby and the following year an All Black great started off an illustrious career from our town's Rugby Team. It was the stories of Lovelock who won the 1500 in the magnificent style against a field that included 5 other present or future world mile record holders, and of Doug Harris that sparked my imagination.

Most other boys wanted to be an All Black, but I wanted to run for New Zealand in the Olympics.

Our Teacher, himself a representative Rugby Player told us of the Olympics and how they were held every 4 years. I worked out that I would be old enough by 1960 or 1964 to compete for New Zealand. Even then I would run to and from school dreaming of my ambition. We came to Australia the following year. I still ran everywhere or ran the 3 miles to and from high school rather than catch the tram. Our Physical Education Teacher would make us run around Moore Park, a distance about a mile, before the toe touching etc. and I always finished way out in front. In my third year at 15 I won the school junior high easily in 5 minutes 08 seconds, after competing in many other events during the day. In those days the state age record was 4 minutes and 58 seconds, slow compared with these days, but it was the time when Landy, Bannister, Santee, Hallberg were trying to be the first under 4 minutes.

With the help of a few mates I decided to try and break the state record in the state championships in that year. We were determined that John would pace me for the first lap and then keep going as long as he could. Max would pick me up at the third lap after hanging back and push me to the finish. One of the others would clock me and at the end of each lap yell out my progress ie how many seconds I was over or under the required lap time. We practised and trained for the big day.

All was set and on the big day I felt good. Incidentally, I suspect that Bannister copied our idea to break the 4 minute barrier later that year!

When the race was called I got an inside position with John just outside me. When the gun went off I took off and it wasn't till almost a lap that I realised my pacemaker was nowhere to be seen. At one lap Grant called out 7 under. I was running too fast, even though I felt good. I must slow down, I thought, and I made an effort to do so. At the end of 880 yards

Max called out 7 under, good I thought, I'm on pace for our targeted 4 mins 50 secs. I still felt really good. At the end of lap 3 however, I started to feel the pace, Max called out 9 under, but I knew if I finished the record was mine. I was well out in front by now and never saw Max, both he and John had pulled out at 880. The last lap was hard. Running had never hurt like this, it was supposed to be fun. The last 100 yards was particularly hard and I had to be helped once I had finished.

I didn't hear the finish time for a while after I had stopped running. It wasn't until the father of one of the girls in our group told me that I had run 4 mins 28.3 seconds that I knew what I had done. I had taken 30 seconds off the record.

Max told me later that he was giving me lap times not progressive as we had agreed and I realised what had happened. The girls had bought me a cup of tea (Boy haven't things changed) and he raved on about the effort, comparing me to Sydney Wooderson. The Dad was a Pom like Wooderson. He later took me down to St George Club in Sydney. No-one took much interest in me or any other Juniors at the time and I ran track and cross country with some success. Albert Thomas ran with St George at that time. He was an outstanding runner and held the 2 and 3 mile World Records for awhile. He later took an interest in we juniors and 4 of us trained with him but the training was far too hard for developing runners, and burned out and disillusioned, I gave up and took up cricket.

It wasn't till late in life that Mike Berry talked me into joining the Vets that my interest was rekindled. No matter what however, can that day be taken from me that by a fluke I broke the Mile record?

J MADDISON

P.S. In 1960 a New Zealander, Peter Snell, won the Olympic 800 Gold Medal and another Kiwi, Murray Halberg, won the 5000 metre Gold. In 1964 Snell won both the 800 and the 1500 with another Kiwi, John Davies, winning the Bronze in the 1500.

Doug Harris was spiked in the 1948 Olympic Semi Final and was eliminated.

Notice Board

AUTHOR

TITLE

OVERDUE

Please check through your bookshelves, requests Pat Miller. The following volumes are 'missing' from the library!

Also, if you have books on sport that are no longer required, and may be of interest to fellow members, Pat would be delighted to add them to our small library.

AAWA
BOULD C
BOULD C
BOWDEN R
DAY F & EWEN R
DE CASTELLA

EMERY D
EDITORS OF RUNNERS
WORLD
EDITORS OF R.W.
FREDERICK EC
GELINE R
HAYDEN N

SHARPLEY F

WILSON A
WILLIAMS J R

XXII OLYMPIC GAMES The official pictorial history of Los Angeles
TRACK AND FIELD official handbook 1986-87
HINTS ON ATHLETIC INJURIES
ATHLETIC INJURIES (2 copies)
ASPECTS OF NUTRITION
JUMPING long and triple jump : high jump
JOG WITH DEEK a guide to training and fitness for all runners
WHO'S WHO IN THE 1984 OLYMPICS
AGE OF THE RUNNER
NEW EXERCISES FOR RUNNERS
THE RUNNING BODY
THE PRACTICAL RUNNER
EVERYTHING YOU WANTED TO KNOW ABOUT ENERGY AND WERE TO WEAK TO ASK
ATHLETICS a a guidebook for teachers, coaches, players
HURDLING
SPORTS INJURIES

MATINEE

ENJOY a flick, and help a good cause. Alan and Maureen Pomery are selling the tickets, at just \$6, on behalf of the Post-Polio Network of WA. Showing is at noon, Sunday Sep 9, at the Cygnet in Preston St, Como. Movie is *Always*, a good family entertainment with Richard Dreyfus and Holly Hunter.

CLOCK COVER

WE're still looking for the large clock cover. Someone must have news of it. Please search, and that includes your memory!

TRAILER STORAGE

NEW arrangements are needed re our trailer and storage, currently handled by Brian Danby. There are various permutations that might work.

A/ Could someone, probably living near Brian in Padbury, and with a large vehicle, tow the trailer from his premises?

B/ Could someone both store and tow the large trailer?
C/ Is there a small trailer available (which would handle most weekly needs)?
Suggestions, offers to Brian, or Bob Fergie please.

RUNNING SHORTS

Out of state events:

NSW
Sapphire Coast Half -9.30am
September 30th/ Vets prizes

Mebourne Qantas Marathon -
'Aus. Biggest' Oct. 14

Hong Kong Vets
International Track and
Field Meet - Sep. 29/30

Auckland, NZ - Nov 2-6
OCEANIA VET GAMES

1991 Australian Veterans
Athletics Championships
Canberra March 29-April 1

IN W.A.:

Police Week Charity Fun Run
is on Sep 23, 8am, over 10K
Proceeds go to Princess
Margaret Children's Hosp.
Entry \$3. Call Craig
Lockhart, 222 1111.

Australian Sports Medicine
Federation is running a
course - Mondays, Sep 3 to
Nov 12, 7-10pm - for women
wanting more knowledge of
care and prevention of
injuries. Fee \$50, covers
textbook, certificate
accreditation and logbook.
Call Anne Johnston, on
387-8044.

MUSSEL POOL MUSTER - A PICNIC RUN

SEPTEMBER 9 - 9.00AM

REMLINDER

VENUE Whiteman Park
Mussel Pool (West)
via Dulwich Street off Marshall Road (see map)

TIME 9.00am

COURSES 10kms and 5kms (measured)
limestone tracks, across fields, bush tracks and
one ankle-deep water crossing

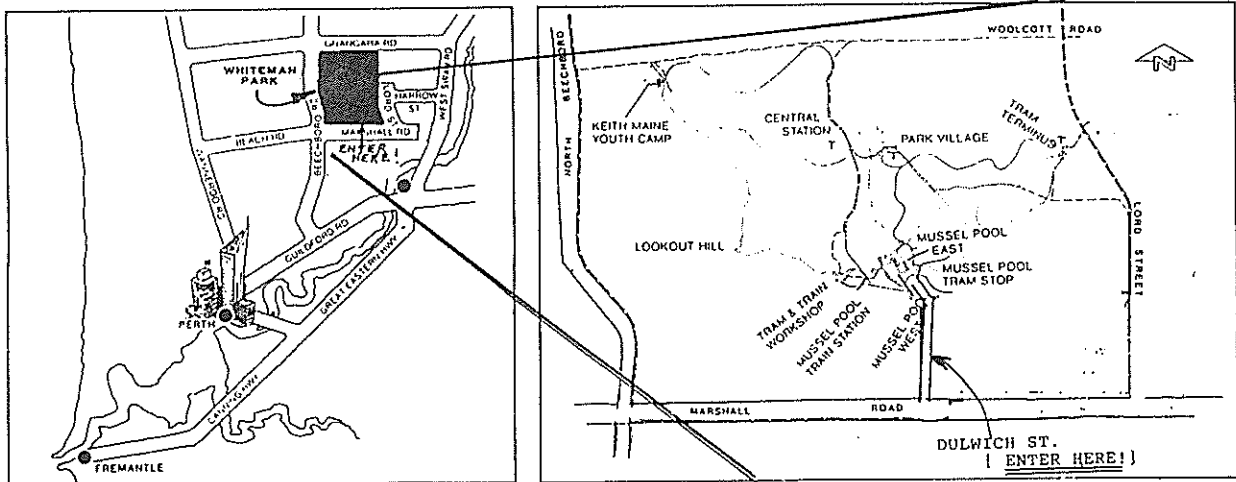
WALKERS 5kms - cycle paths/roads

AFTER THE RUN "Devon Morning Tea"

Then make it a "Picnic Day":

- * BBQs available
- * Tram rides (1.30-5.30pm)
- * Steam train rides (1.00-5.00pm)
- * Visit the "Park Village" and see the way trades were carried on in the past
- * or just enjoy the bush, birds and wildflowers

PLEASE NOTE * Entry by Dulwich Street (off Marshall Road)
* Assembly is at Mussel Pool West - near change rooms



SAFETY FIRST

ONE of the things that worries me most whenever I've organised one of the bigger races, ie People's marathon, is that a runner will because of my neglect or their own be seriously hurt, or killed.

This came back to me on Sunday at Croxford's Climb (Aug12). Runners coming down the hill alongside the Golf Course wandered all over the road, running on the right hand side into a blind corner.

I know - it's normal to run on the right, facing oncoming traffic; but not into a blind corner when a perfectly safe footpath/grass verge exists. Runners ran like this for one reason, to try and save distance, yet this advantage wasn't there on Sunday. Bob Sammells alone ran safely.

Please think, Vets! I don't ever want to go to your funeral because you didn't think on a run - or because I neglected a marshalling position.

Regards, JOHN MADDISON