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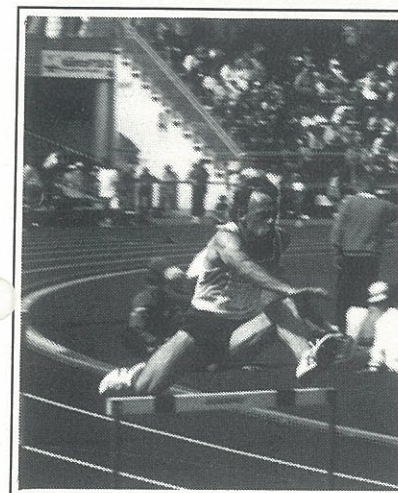
The Vetrunk



NO. 226 AUGUST 1991

WA VETERANS AC - REGD BY
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W.A. Wins Gold at World Champs



John Molloy flying towards
the 400m hurdles gold medal.

A STRONG team of nine club members were part of Australia's contingent at the World Athletics Championships in Finland.

The City of Turku with about 200,00 inhabitants has been organising high standard athletic meetings for many years and there is a strong sporting following among the community.

The opening ceremony was a colourful event featuring a demonstration of many typical Finnish sports, from skiing to modified baseball.

On the Monday rest-day there was a special meeting with 20 invited international athletes competing at 1500m and 5000m. This was an attempt to equal the feat of the great Finnish runner, Paavo Nurmi, when he broke two world records over these distances in 1924.

For the championships there were three stadia in use, with shuttle buses moving competitors and spectators between the sites, some 10km apart.

FINANCIAL DISASTER

More bleak news - we lost eight dollars on the Christmas in August do! The club will struggle on somehow, and undaunted is selling tickets for the next big gig - Fun Quiz Night.

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A VERY HAPPY BIRTHDAY TO OUR "SEPTEMBER" MEMBERS

02-09-41 FOSTER Terence	50 becomes M50	12-09-47 SCOTT David	44 remains M40
03-09-47 THOMSON Bob	44 remains M40	16-09-30 ALDRICH Brian	61 remains M60
04-09-37 HEALEY Esther	54 remains W50	16-09-31 HAYRES Bob	60 becomes M60
04-09-31 WORNER Basil	60 becomes M60	19-09-33 BLOM Dick	58 remains M55
06-09-49 BETTLES Roma	42 remains W40	19-09-52 PANTALL Wayne	39 remains M35
06-09-39 LINCOLN Shirley	52 remains W50	19-09-51 WILSON Barbara	40 becomes W40
06-09-48 PROSSER Alan	43 remains M40	24-09-37 WARREN Morris	54 remains M54
08-09-36 BEAUMONT J.	55 becomes W55	27-09-30 PURVES Noel	61 remains M60
08-09-18 LEGGETT Arthur	73 remains M70	28-09-49 McAULEY Duncan	42 remains M40
09-09-46 BIRKS Margaret	45 becomes W45	28-09-42 WILTSHIRE Pauline	49 remains W45
11-09-43 STOFFERS Margaret	48 remains W45	30-09-43 NICOLL Peter	48 remains M45
11-09-38 DAVIS Robert	53 remains M50	30-09-23 USHER Francis	68 remains M65
12-09-56 HOLLAND Cathrin	35 becomes W35		

WHAT'S YOUR BEST TIME FOR A K?

It must be one of the most asked questions around the club. Although most of us have an answer - generally based on 10k times - how many have ever really tried for a 1k, best time?

Now's your chance! A single kilometre event has been built into this year's Time Trials programme - and we want as many runners as possible to give it a try. The time trials are conducted on Wednesday evenings throughout summer - and being the Vets you can be sure of a warm welcome and a lot of fun. It's a chance to improve speed and skills, and enjoy low-key competition in a variety of runs, walks, throws and jumps. You can take part in any of them.

The first night will be in mid-October. Meetings begin at 5.30pm (6pm from November onwards) and the season continues to the end of March. Venue alternates between Coker Park and (we anticipate) McGillivray Oval.

The 1k trial will be on the first night. It's a great opportunity to test your best kilometre rate. Can you break 5 minutes, or even the magic 4?

We want enough runners there to reproduce that relaxed Sunday morning atmosphere - so watch for exact time and place in the next - September - Vetrunk.

MILL POINT ROAD 10K CHAMPIONSHIPS

Conditions:
fog clearing, dry, still

Despite the initial fog, walking and running conditions proved ideal, especially for the annual 10K Road Walk Championships where records were tumbled by John Mison, Michelle Boyle and Jacqui Beaumont.

John smashed his own M40 record by 2:47 to achieve the new course record of 51:36; while Michelle lowered her W40 time by 2:32, again to set a new course record, at 67:15.

The secret of Jacqui Beaumont's success (a new W50 record of 75:44) can be revealed. At a dinner party the night before, while recuperating husband Vic ran riot on Coke, Jacqui drank nothing but water.

Many of our star performers swear that water will never replace beer after a run - but how about the night before ? (Ed)

First woman runner in - Anne Shaw - must have been on a real high following the pre-race presentation of her 'Sport Australia' award.

That presentation was for cracking the world 2,000m steeplechase record earlier in 1991. At Mill Point Anne showed fine form again, taking 4mins 36secs off the W40 record !

Congratulations to all who performed so well, including Ann Turner with her new W55 record in the run, and especially to new champion Bob Argyle. Our sincere thanks, once more, go to our volunteer helpers for invaluable support on the day.

Pauline and Ivan Wiltshire

10k Race Walk Championship

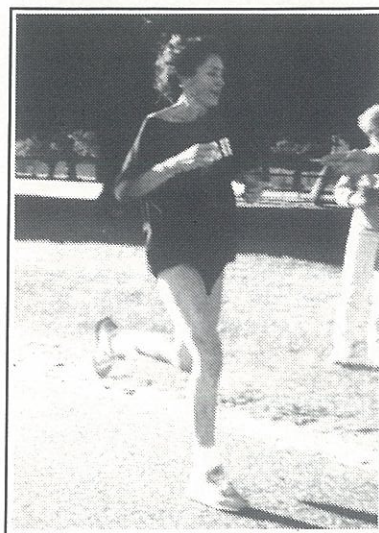
1 John Mison*	M40	51:36
2 Barrie Thomsett	M50	65:55
3 Michelle Boyle*	W40	67:15
4 Dorothy Whittam	W55	69:09
5 Bob Chalmers	M50	71:32
6 Jacqui Beaumont*	W50	75:44
7 Dick Horsley	M75	76:14

July 21, 1991

8 Jack Collins	M75	79:33
9 Joy Sarger	W35	79:33
10 Mitch Loly	M50	82:00

10k Run Mill Point Road Champs

1 Bob Argyle	M45	36:22
2 Dave Scott	M40	36:37
3 Dave Roberts	M45	37:07
4 Paul Hughes	M35	37:09
5 Frank Smith	M45	37:12
6 Robert Mair	M40	37:30
7 Jim Klinge	M40	37:41
8 Bob Schickert	M45	38:11
9 E Johnston		38:20
10 Ann Shaw*	W40	38:23
11 Ted Maslen	M55	39:14
12 Wayne Pantall	M35	39:14
13 David Carr	M55	39:15
14 John Pressley	M45	39:20
15 Brian Danby	M40	39:27
16 Paul Martin	M50	39:33
17 Don Caplin	M50	39:39
18 Robert Doust	M35	39:43
19 Keith Alexander	M40	40:07
20 Wal Welyky	M40	40:25
21 Vic Waters	M45	40:33
22 Tessa Brockwell	W35	40:35
23 Dick Blom	M55	40:45
24 Mike Khan	M45	40:56
25 Bob Sammells	M50	40:58
26 Jim Barnes	M45	41:08
27 John Pellier	M50	41:09
28 Janice Rogers	W30	41:16
29 Lewis Arndt	M40	41:17
30 Jim Greenfield	M45	41:46
31 Maurice Johnston	M50	42:07
32 David Bryant	M45	42:21
33 Dalton Moffett	M60	42:26
34 Roland Metzke	M50	42:33
35 Peter Airey	M50	42:37
36 Rod Stewart	M50	42:48
37 Bob Anderson	M40	43:01
38 Robin Bonner	M60	43:26
39 Barry Harwood	M45	43:32
40 Arnold Jenkins	M45	43:49
41 Vincente Carrero	M45	43:50
42 George Schaeffer	M55	43:50
43 Richard Harris	M50	43:52
44 David James	M35	43:58
45 Rob Boggs	M40	44:11
46 Chris Skeggs	M35	44:14
47 Peg McIiver	M45	44:16
48 Brian Paxman	M60	44:34
49 Alan Pomery*	M60	44:37
50 John Woolhouse	M45	44:38
51 Kath Penton	W45	44:39
52 Stan Lockwood	M60	44:48
53 John Bornholdt	M55	45:18
54 Bill Crellin	M50	45:30
55 Mike Rhodes	M45	45:34
56 Cecil Walkley	M60	45:35
57 Marge Forden	W45	45:48
58 Maurice Warren	M50	45:52



Janice Rogers takes the number one ticket at Kirkman's Run (and the report will be along any day now, right Hugh?)

One of our new members, Janice also caught the eye at Croxford's Climb (see page 9).

59 Merv Moyle	M60	47:08
60 Jean-Marie Volet	M40	48:25
61 Ron Sutton	M50	48:30
62 Ron Potter	M50	49:11
63 Jeff Spencer	M50	49:12
64 Jan Johnson	W45	49:16
65 Barry Munyard	M45	49:23
66 Merv Jones	M50	49:50
67 Ray Lawrence	M60	50:46
68 Kirt Johnston	M60	51:48
69 Ann Turner*	W55	51:58
70 Rob Farrell	M50	52:18
71 Patrick Sheerin	M55	54:13
72 Phyllis Farrell	W45	54:53
73 Dave Hough	M55	55:00
74 Frank Usher	M65	55:25
75 June Strachan	W65	55:40
76 Margaret Warren	W55	55:57
77 Margaret Dwyer	W40	57:41
78 Gordon Florance	M55	57:50
79 Eliza Watts	W55	57:58
80 Lorna Lauchlan	W60	58:33
81 Jill Midolo	W40	58:41
82 Gerry Foley	M65	58:53
83 Mary Robinson	W50	61:24
84 Gaby Ralph	W40	62:08
85 Syd Bowler	M65	62:42
86 Pat Carr	W55	67:54
87 Jackie Billington	W45	69:05
88 Ron Spencer	M50	69:06
89 Joe Yates	M45	72:57

Visitors

Steven Mitchell	34:35
Bob Newman	35:52
Allan Barr	42:15
Mike Carey	42:59
Barry Robinson	44:40
Peter Lynch	47:09
J Tiverios	48:24
Wayne Hart (and Nerys)	66:47
* Record	

HOBART GAMES

With some months to go we already have a large party planning to compete in the Australian Championships. Air fares are now as low as \$460. What a temptation!

PROGRAMME OF EVENTS (PROVISIONAL)

Friday 17th April 1992

400m Sprints	all age groups
Hammer Throw	all women, men 55-70+
10 km Track	all age groups
Pole Vault	all age groups
Javelin	all women, men 35-50

Saturday 18th April 1992

Javelin	men 55-70+
5km Track Walk	all age groups
Sprint Hurdles	all age groups
Discus	all women
High jump	men 45-55
Long jump	all age groups
Hammer Throw	M35-50
Shot Putt	M55-70+
Welcoming Ceremony	
100m Sprints	all age groups
2/3 km Steeplechase	all age groups
1500m	all age groups

Sunday 19 April 1992

5km Track	all age groups
200m sprints	
800m	all age groups
Shot Putt	all women, men 35-50
Discus	all men
3/400 m Hurdles	all age groups
High jump	all women, men 35-40, Men 60+
Triple jump	all age groups

Monday 20 April 1992

Pentathlon	all age groups (Domain Athletic Centre)
Road Walks	10km women, 20 km men (Derwent Entertainment Centre)
Cross Country	10km (Rokeby Police Academy)

** Note 800m and 1500m events will be conducted as divisional finals.

Dinner Dance

A dinner dance will be held at the Wrest Point Casino Convention Centre on Sunday, 19 April, from 7.30pm to midnight.

Entry Forms

Entry forms will be circulated towards the end of 1991 but meanwhile further information may be obtained by writing to the Veterans' Athletic Association of Tasmania Inc., GPO Box 890, Hobart, Tasmania, 7001

WAAA Yokine Relays 4 x 3.8 km

July 6, 1991

A Grade

Duncan McAuley	12:22
Robert Argyle	13:03
Robert Raymen	13:13
Bruce Wilson	13:42
Total	52:20

C Grade

John Ferris	13:30
David Carr	14:05
Mike Rhodes	14:50
John Tyrell	14:43
Total	57:08

Composite team

Peggy McLiver	15:00
Keith Martin	15:53
That was a fine performance by Duncan. Keith was having his first race since an operation; it is good to see him back.	

Association Relay 20/7/91

Teams of four. Each runner covers the 2.5km leg twice. Note Duncan's brilliant effort on a course with plenty of slope and soft sand.

1st Team	1st run	2nd run
Duncan McAuley	8:35	8:41
Robert Raymen	9:12	9:10
John Ferris	9:26	9:32
Bruce Wilson	9:19	9:17
Total		73:12

2nd Team

Mike Rhodes	10:09	10:13
Max Grieve	9:27	9:36
David Carr	9:41	9:53
Mike Thompson	9:30	9:49
Total		78:18

VETS and the ATHLETIC ASSOCIATION

WAVAC (that's us!) participates on Saturdays in inter-club events at Perry Lakes stadium. The summer season begins on Saturday October 12 - and walkers, throwers, jumpers and runners are catered for. A registration fee must be paid by each competitor, to the Association.

David Carr and Val Prescott are our co-ordinators and registrars. Maxine Santich, Brian Foley, Peggy McIiver, Alan Stone and Margaret Stone, Duncan McAuley and Alan Tyson are among those who regularly compete for the Vets. Ask them all about it. David Carr

CROXFORD'S CLIMB

Conditions: fine

DAY broke with a pink sky which was the after effect of Mt Pinetubo volcano, but soon we had a very blue sky. For this the fifth year of the race we maintained the same field, of around 70. Some people really like punishment, or do they just enjoy running up the infamous Cresswell Hill?

As usual Tom Savin took the lead and stayed there for the whole of three laps. He had no opposition. An amazing runner is Tom, and a great guy as well. He did 41:46 breaking his own record by two seconds. I'll have to make it harder for him next year, by raising the hill higher!

The women's race was won by Janice Rogers (one of our newer recruits) who also broke the record by a shattering two minutes. Great run Janice, you look too young to be a Vet! I'd also like to give Irene Ferris a mention. She battled to finish the 12k. Well done, Irene, it takes a lot of guts to do three laps. Everyone who ran the race was a great credit to the club - thanks to all of you for giving it a go.

Thanks to all my helpers, who were Patrick Sheerin, Arthur Leggett, Mary Robinson, Fred Hagger, Estelle and Steve Rogers, Kirt Johnson and Barry Thomsett. Hope I haven't forgotten anyone. Thanks a lot,

Alan Croxford

4km

1 D James	M35	14:56
2 K Johnson	M60	20:57
3 A Aldridge	W45	22:50
4 G Morgan	M65	23:04
5 J Midolo	W40	25:55
6 J Pellier	W50	29:21

Visitors

S Magill	17:44
R Sheehy	20:42

8kms

1 M Cousins	M55	29:57
2 J Lloyd	M40	31:43
3 P Airey	M50	33:36
4 B Harwood	M45	35:56
5 M Moyle	M60	38:54.23
6 C Walkley	M60	38:54.66
7 P Wiltshire	W45	40:22
8 J Lindsey	M40	40:56
9 R Bettles	W40	41:06

August 11 1991

10 R Lawrence	M60	41:46
11 R John	M55	44:53
12 H Ester	W50	46:25
13 S Bowler	M65	49:09

Visitors

D Giacomini	36:43
B Yates	42:54
D Godwin	43:06
J May	44:13
G Ferguson	44:37
T Wiltshire	48:35

12km

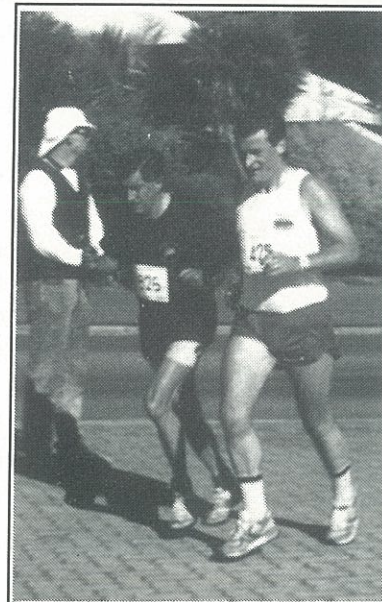
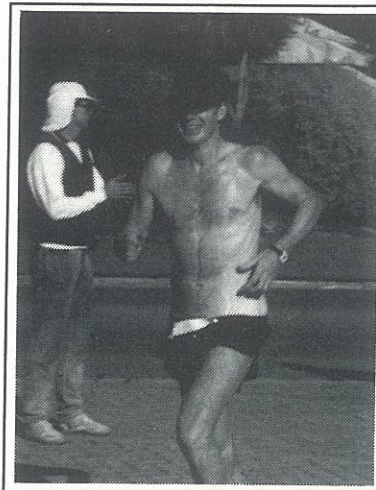
1 T Savin	M45	41:46
2 W Robinson	M35	43:51
3 D Hazell	M35	44:38
4 C Maher	M35	44:49
5 J Ferris	M40	45:00
6 B Schickert	M45	46:22
7 D Roberts	M45	47:00
8 R Bonner	M60	49:08
9 W Welyky	M40	49:43
10 R Sammels	M50	50:11
11 T Wighton	M35	50:39
12 L Arndt	M40	51:26
13 R Stewart	M50	51:28
14 J Pellier	M50	51:46
15 A Croxford	M45	51:52
16 J Rogers	W30	52:30
17 D Moffett	M60	52:50
18 A Jenkins	M45	52:58
19 J Bornholdt	M55	53:23
20 R Potter	M50	53:55
21 J Yates	M45	55:23
22 S Lockwood	M60	55:38
23 N Purves	M60	55:42
24 R Sutton	M50	57:11
25 J Ramsey	M50	58:00
26 M Forden	W50	58:08
27 M Jones	M50	59:59
28 B Aldridge	M60	1:02.0
29 N Miller	M55	1:05.0
30 P Miller	W50	1:07.0
31 F Usher	M65	1:09.0
32 D Hall	M40	1:10.0
33 I Wiltshire	M50	1:05.0
34 G Florence	M55	1:11.0
35 I Ferris	W35	1:12.0

Visitor

S Lewis	48:52
D Arnold	50:06
V Carrero	53:05
A Giacomini	55:46

6km Walk

1 J Mison	M40	29:37
2 M Rhodes	M45	30:27
3 E Jankauskas	M40	31:24
4 B Thomsett	M50	38:24
5 M Boyle	W40	38:54
6 B Weatherburn	M45	39:16
7 M Loly	M45	43:56
8 L Schickert	W45	45:40
9 D Horsley	M75	45:40
10 J Collins	M75	49:13
11 S Penny	M60	59:35



FINANCIAL DISASTER

From page 1

It's Friday September 6, at the Perry Lakes Rugby Club, at 7.30. There's bar service - so please don't BYO

Tickets (only \$5) are being pressed on you every Sunday morning - call committee members for more.

We still need PRIZES - and it would be useful to know in advance if you'll be fronting up with some on the night. It will help us plan - and after all, we have eight dollars to make up!

Family groups are especially welcome (it's always a good move to take kids to a quiz night, they know all the answers!)

MEET THE VETERAN

FIRST let's clear up that rare Scots surname, heard mainly up in Islay (west coast of Scotland) and which Peg acquired from husband Robin back in 1963. So, this weekend flyer is no Scot.

An archetypal Aussie? Yes, just about (though she was born in Kent!) But Peg's been here all her life, and the lean look and the grit, are true blue. She doesn't like losing and when her body says 'No, stay in bed, you're too sick to race' she thinks about it; then dismisses it, and heads for Perry Lakes.

Peggy is a self-confessed racer, an addict of the track. She runs every Sunday morning too; hates to miss an outing.

"I've done less distance work this year, concentrating more on the track because of the Canberra championships whereas in '90 I did most Sunday runs including the 25k."

"Pride comes into it, and you really want to be in them all!"

Saturday Nerves

Her 'Saturday syndrome' will ring bells for any member who's experienced the pre-event nerves that lurk around athletic stadia (even for our 'friendly Wednesday' time trials.)

"It's amazing, the reasons your body can invent, as though to give you the excuse not to compete. I often wake up with aches and pains, and think 'That's it, better stay in bed this morning.' Then I think again. It's usually just nerves."

The nerves are there right up to the starter's gun.

After the race, the transition is total. Elation takes over from fear and Peggy says that the adrenalin build up often makes sleep hard to find come Saturday night!

This yo-yo-ing Saturday existence certainly wouldn't appeal to every Vet. But it's what makes Peggy run.

Peggy Macliver

It brought her the gold medal in Canberra this year, when she ran 2:30 in the W45 800m - just two seconds outside her PB set in 1990.

"That PB is my best achievement, I think", she says. "And in our championships this year I ran 63.8 for the 400, which I equalled in Canberra.

"But I want to go faster, of course. My targets are 62 seconds for 400, and 2:26 for the 800."

While many Vets are 'late starters' with no youthful achievements to match, others like Peggy can look back to early highs.

She was one of the first runners on the Perry Lakes track when it was built in 1962; and was in the first televised foot race in WA, a 100 yards inter-school event.

Competing as a girl for the Melville/Applecross club, she recalls Saturday contests at the Leederville Oval. Until the age of 17 girls weren't allowed in the 400 or 1,500m.

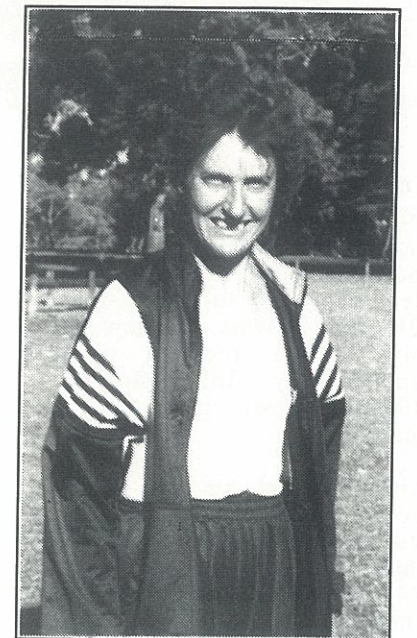
"My distances were always 200 and 800m, but as soon as I was 17 I ran a 400m and won - I was the only girl in it!"

Peg's PB's then were 2:18 over 800m, and 59.0 for 400m. but she echoes so many of us when she says "I know that if I'd trained then as I do now I could have run two minutes for the 8.00m!"

1962 was something of a watershed of Peg's athletic aspirations - and it wasn't just meeting hockey player Rob that took her out!

Interfered with!

"I went to Melbourne for the Empire Games trials and it was a disaster. In the 800m I was tripped and that was it. The only light side was that back



here it was reported that I'd been interfered with. Everyone thought it was a long way to go for that!"

Unfortunately for Australian athletics, Peggy gave it away. She played netball in her thirties (her daughter Michelle follows her here, plays A grade) and only made a return to the real thing when she heard about the Vets from John McKenchie.

"I joined in 1986, and the best I could manage was about 20 minutes training at first. I struggled over 10k with times around 52 minutes. I remember Margaret Warren helping me along at Safety Bay, with Sandi (Hodge) way out in front."

A year later the improvement came, and 1990 equalled '87 as a good year for Peg. Now we're used to her winning ways, which she manages in that mild, quiet manner of the real winner. No tickets on herself.

Never mind what the run, Peggy Macliver will always be trying.

"There's always competition, there's always someone of your standard in the Vets. I often run near Merv (Moyle), or Vic Beaumont."

"Yes, I like to win. Sometimes you're dog-tired, and would like to stop. But I can't because the person behind will overtake me!"

Vic Waters

CHOICE OF SHOES

SINCE George Boakes' witty comments last adorned this column, with tales of fine Big W shoes for just \$17, I've kept eyes down around club runs. Not a pretty sight, as Basil Worner would say. Yes, it's a tough job, but somebody has to do it - and some interesting facts are there at our feet.

First, heeding George, I went to Big W. While eschewing the very cheapest, I did invest in the \$34 specials - Dunlop KT 26. At one time, I hear, they were just about the only road shoes available here.

They look right, and are light (despite a tread that looks as heavy as a town and country tyre).

My original plan was to use these Dunlops for training, and eke out the life of the 'best' shoes, (one year-old Reeboks that are already down-at-heel, Shoe-Goo cases.)

Several runners adopt such a policy. Cath Penton, for instance uses an old pair of Brooks for dirty weather training, saving the pink-soled Nike for club runs (and using yet another, lighter pair for track work.)

SPORT AUSTRALIA

THREE club members have received *Sport Australia* awards for achievements during the past year.

As mentioned in the Mill Point Road report, Anne Shaw was presented with her certificate on July 21 by our President, Joan Pellier. Anne's a fine athlete with many good performances to her name, but we believe her W40 world record breaking 2,000m steeplechase at Perry Lakes last March is what caught the adjudicators' eyes. Her record time is 2:53.6 (reported *Vetrin* No. 222).

Margaret Robinson is another *Sport Australia* winner, again, we believe, for steeplechase performance, in the W50 category. The third recipient will be no surprise - John Gilmour - for 'multiple achievements'!

However, to date the Dunlop shoes have performed particularly well. They are the first pair that have produced no blisters - although that may be due to the relatively short-distance-up to 10k - running for which they are used.

They may also suit best the lighter weight runners, such as myself, and Merv Moyle, who was seen in Dunlop's before the Freo 10 miler. Merv says they give him no trouble, and he does use the same shoes over most distances. Bob Sammells is another regular user.

Paul Woo is also now trying the Big W cheapies, disgusted that his \$130 Nikes have collapsed heel sorbothane after less than a year, even though the road contact rubber is barely worn!

On the subject of heel wear, I am convinced that Reebok's sole and heel material is far less resilient now than in earlier shoes. My much missed GL-6000's had a Goodyear rubber sole and heel, which took four years to wear through (and then only at the heel!) My estimate is that the newer Reebok Hexalite have half the 'bottom life' of their predecessors.

Send your shoes stories, and comments, to *Vetrin*, address on page two.

CORRECTIONS

A few gremlins got under our feet in the July issue.

In the 60's feature, John Gilmour's record for the 800m should read 2mins 16.98 seconds.

Rod Stewart's very carefully prepared piece on the 25k RRC also suffered.

To set the records straight:

John West holds the 25k record, with time of 1:28.50, set in 1990. His time in the 1991 run is not a record.

Marge Forden holds the women's record, her time of 1:56.10 having been set in 1989. Marge did not run the 35k this year, Kath Penton being the category winner with her time of 2:03.44.

Apologies to all, especially Rod. This was his debut as a race director, and though his pre-race announcements almost achieved a longevity record, he didn't deserve to have his prose mangled so!

Finally (I hope) the Association Relays reported in July were short a few noughts. They were run over 3,000m, and 5,000m (or, if you want to be really pedantic, as they were not track runs, 3k and 5k!)

VW

JOONDALUP WALKERS

WAVAC walkers did well in the WARC Joondalup Handicaps on June 29. Vets are shown below (their age groups in brackets), and the other names certainly took part in our championships this year, and may be of interest to club members.

Barry Thomsett

12km	Clock	Handicap	Adjusted
Peter Hill (M40)	1:04:51		1:04:51
Barrie Thomsett (M50)	1:16:58	10:50	1:06:08
J Turnbull	1:16:32	9:45	1:06:47
B Salter	1:16:28	8:40	1:07:48
8k			
P Wheeler	53:47	3:30	50:17
J Back	52:39		52:39
4km			
E Watson	25:02		25:02
Judy Hill (W40)	30:59	4:30	26:29
Dorothy Whittam (W50)	27:25	0:15	27:10

World Championships Turku 1991

From front page

All venues were in attractive surroundings, with good warm-up running trails through the woods.

Our team performed creditably, with John Gilmour and John Molloy each winning gold medals. Eileen Hindle and Kath Holland also stood on the victory podium, with places in the hurdles and sprints. The M40 800 metres final was held during the Paavo Nurmi meeting, when John Molloy had to force his way out of a tight bunch of runners to take second place behind the British runner, Peter Brown, who ran 1:55.90.

Brown also won the 400m from a standing start in 51 seconds, which shows the high standard of the competition! Wally Groom almost took a place, as he was coming third in the 400m hurdles final, when he clipped the last hurdle and, unfortunately, fell.

The other members certainly enjoyed their experiences and close competition, renewed

many past friendships and were impressed by the warmth and welcome expressed by the Finnish people. Val Prescott and Alan Tyson overcame minor injuries and competed in their sprints and 5000m events respectively, while Frank McLinden showed his return to form in the cross country.

I reached the semi final of the 800m and ran my best time for several years in the 5000m heats. Another West Australian, Vic Laine from Geraldton, returning home to Turku on holidays, joined our team and ran in the distance events.

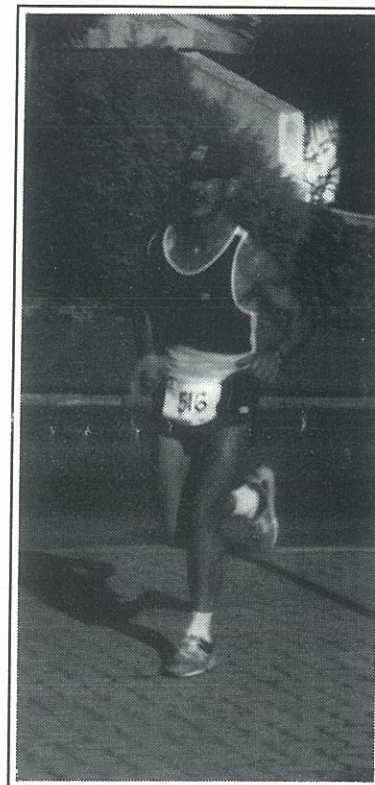
The Championships were well organised, friendly and were enjoyed by all. Our accommodation was a surprise, as Dorothy had booked us into a small hotel. We thought the Taxi Driver had taken us to the wrong place as the sign outside advertised "Sex Shoppe"! The hotel was above a group of shops, one of which had blue videos.

Brian Foley

World Championships Results

John Gilmour	M70	10,000m	2nd	39:04
		5,000m	1st	19:07
		10km C. Country	1st	41:11
		1500m	3rd	5:21.5
Allen Tyson	M65	5000m		25:30
Fran McLinden	M60	10,000m		40:40
		5,000m	final	18:59
		10km C. Country		41:15
Kath Holland	W50	100m	2nd	14.00
		200m	2nd	28.58
		400m	3rd	64.41
Wally Groom	M45	400m Hurdles		61.2
Brian Foley	M45	4 x 400m Relay		
		800m Semi Final		2:12.1
		5000m		17:45
		1500m		4:35
Val Prescott	W45	200m		31.9
		400m		72.00
		Discus		18.84
John Molloy	M40	800m	2nd	1:58.99
		400m Hurdles	1st	57.32
		1500m Final		4:06
		4 x 400m Relay	2nd	
Eileen Hindle	W40	80m Hurdles	2nd	12.46
		200m		27.27
		Long Jump	4th	5.29
		Triple Jump	4th	10.67

1991 PERTH MARATHON



Tom Savin wins the M45s; opposite, John Bell just beats his shorts home, and Cecil Walkley runs a PB.

Results

Noordyk Kathleen	W40	3:39.59
Pearce Joanne	W40	3:47.38
Bettles Roma	W40	4:19.24
Wiltshire Pauline	W45	4:15.54
Archer Michael	M40	3:09.27
Savin Tom	M45	2:40.46
Raymen Robert	M45	2:51.01
Muir David	M45	2:53.41
Conte John	M45	2:59.23
SchickertBob	M45	3:01.29
Bell John	M45	3:16.54
Duffy Philip	M45	3:32.25
Croxford Alan	M45	3:39.17
Johnstone Bob	M45	4:24.29
Miller Dennis	M50	3:19.46
Spare Charles	M50	3:28.08
Pellier John	M50	3:28.39
Watts Michael	M50	3:34.01
Slattery John	M50	3:35.21
Wiltshire Ivan	M50	4:53.55
Carr David	M55	3:16.43
Attwell Raymond	M55	3:29.59
Walkley Cecil	M60	4:04.40
Anderson Val	M65	3:51.04

Deepwater Point

August 4 1991

Wind, rain and a late Saturday night did not prevent some outstanding running and walking at Cappuccino Corner on the banks of the Canning River.

The road walking championships events were won by John Mison and Michelle Boyle in excellent times.

Wayne Robinson and Anne Shaw took the 16k events and David Reid and Peggy McIver the 7.5k.

Many age records were broken and Anne recorded the fastest W40 time course record.

Whilst Tessa Brockwell was annihilating Maxine Santich's W35 16k record, Maxine after an all night dancing session) switched to the 7k event and beat the previous W35 time! Coach Basil Worner was not available for comment on this new training regime.

Robin Bonner (M60) set a new record in the 16k as did Margaret Robinson (W50) and Mick Cousins (M55) in the shorter event. Alan Pomery set numerous records at the Christmas in August dinner the previous night and came out fresh to take the M60 record, contributing to scientific research that excess carbo-loading does work.

Special thanks to all the officials who helped run the events including Sue Jones, Jackie Billington, Colin & Sue Leman, Bob Schickert, Maxine Smith, Janice Rogers, John Puglisi, Kirt Johnson and Barrie Thomset.

Dalton Moffett

7.5k

Dave Reid	M40	26:26
Mick Cousins	M55	27:42
Paul Martin	M50	28:53
David Muir	M45	28:59
David Carr	M55	29:40
Mike Rhodes	M45	30:49
Barry Harwood	M45	32:02
Arnold Jenkins	M45	32:07
John Woolhouse	M45	32:60
Alan Croxford	M45	33:02
Peggy McIver	W45	33:15
Alan Pomery	M60	33:42
Jean-Marie Volet	M40	33:51

Colin Leman	M45	34:05
Maxine Santich	W35	34:40
M. Robinson	W50	35:04
Tony Speechley	M45	35:08
Merv Jones	M50	36:09
John Lindsay	M40	36:36
Jan Johnson	W45	37:33
Kirt Johnson	M60	37:46
Arthur Leggett	M70	39:00
Norman Miller	M55	39:06
Charlie Copping	M35	39:15
Pat Miller	W50	39:53
Robert Sheehy	M45	39:53
Patrick Sheerin	M55	39:55
Jack Williamson	M45	40:09
Estelle Rogers	W35	41:02
Margaret Warren	W55	41:03
Gordon Florence	M55	41:27
Esther Healey	W50	42:22
Alina Copping	W35	43:15
Jill Midolo	W40	43:35
Frank Usher	M65	43:40
Mary Robinson	W50	45:19
Gabriel Ralph	W40	45:53
Patricia Carr	W55	47:40
Ron Spencer	M50	48:01
Ernie Moyle	M65	56:31

16k

Wayne Robinson	M35	59:36
Doug Hazell	M35	59:45
Dave Roberts	M45	60:46
Wally Crowley	M35	61:25
John Ferris	M40	61:49
Robert Mair	M40	62:10
Jim Kliege	M40	62:43
Ian Colquhoun	M35	63:39
John Brown	M40	64:04
John Pressley	M45	64:25
Bob Thomson	M40	64:37
Robin Bonner	M60	65:09
Ann Shaw	W40	65:13
Geoff Lloyd	M40	65:14
Ted Maslen	M55	66:06
Don Caplin	M50	66:12
Wal Welyky	M40	66:26
Tessa Brockwell	W35	66:39
Bob Sammells	M50	66:57
Jim Greenfield	M45	67:24
Mel Overton	M50	68:10
Mike Kahan	M45	69:13
Maurice Johnson	M50	69:28
Palila Szpak	W35	69:50
Rod Stewart	M50	70:09
Vic Waters	M45	70:09
John Pellier	M50	71:22
Brian Paxman	M60	71:33
George Maddox	M45	72:59
Chris Skeggs	M35	73:19
Richard Harris	M50	73:36
Peter Airey	M50	73:46
Joe Travato	M50	74:12
Kath Penton	W45	74:17
Don Blair	M40	74:28
Stan Lockwood	M60	74:46
Cecil Walkley	M60	76:23

Mike Traynor	M45	76:32
Marge Forden	W50	76:50
Morris Warren	M50	77:06
Adrian Noordyk	M35	78:15
Merv Moyle	M60	78:34
Ron Sutton	M50	78:53
Joanne Pearce	W40	79:16
Kath Noordyk	W40	79:16
Ann Turner	W55	80:31
Jeff Spencer	M50	82:15
Ron Potter	M50	82:15
Keith Forden	M50	82:27
Ray Lawrence	M50	82:46
James Ramsey	M50	84:33
Stewart Hicks	M65	88:01
Dave Hough	M55	92:25

7.5k Walk

John Mison	M40	37:51
Egon Jankauskas	M40	42:34
Barry Thomsett	M50	48:13
Bob Chalmers	M50	49:59
Michelle Boyle	W40	50:16
Dorothy Whittam	W55	50:44
Lorna Lauchlan	W60	55:24
Dick Horsley	M75	56:52
Jeff Whittam	M55	56:52
Wendy Spencer	W45	58:25
Jack Collins	M75	60:57
David James	M35	61:02

Visitors 7.5k

Tom Drury	26:21
Mark Pressley	27:06
Adrian Cook	27:21
Karl Nolte	30:55
Nick Robinson	31:30
Dante Giacomini	32:45
Larry Odgers	32:50
Maureen Brown	36:44
Colleen Ferguson	40:32
Derek Arnold	40:33
Maureen Delcanho	41:37
Mick Malone	41:38

Visitors 16k

Ray Brown	54:36
Keizo	55:28
Steve Mitchell	55:59
Shane Power	68:09
Vance Mitsopoulos	63:55
Steve Lewis	67:16
Liz Ulgiati	68:17
John Hickey	68:20
Vicent Carrero	71:47
Aldo Giacomini	75:25
Leroy Thomas	75:29
Alan Thurlow	75:31
Mark Smith	75:42
Catherine Greenock	76:01

TOP AWARD for SECRETARY of the YEAR LYNNE SCHICKERT

Lynne Schickert has been voted Secretary of the Year by the Institute for Professional Secretaries of Australia. She received her title at a Hollywood Oscar-style dinner and awards ceremony at the Park Royal at the end of July, together with a mass of prizes that include a trip to new Zealand.

Members will recall that Lynne underwent some major surgery a year or so back, and has been making steady return to club activities since. The top secretary award is a real boost or her, carrying with it "some credibility, and acknowledgement for background, and work I've done over the years."

Lynne works as executive assistant to Dr Colin Marsh, who's director of the Secondary Education Authority (and another vet).

"The whole event has been very interesting," she told Vetrun, "from the early interviews through to the finale dinner."

"Since winning the title, there have been requests for interviews, and invitations to speak at meeting, conferences and so on. And of course, the title will be very valuable in any future career."

Lynne's NZ trip, which she'll expand into a family holiday, is primarily to attend an NZ secretary's conference. Her many other prizes include a trip to Broome, an Argyll diamond, and a voucher for Liz Davenport designed clothes.

RUNNERS PARADISE FOR LEASE

Three-bed house on Bridges Cycle track! Top, quiet location in South Perth Long term \$140 p/wk. Available mid-September from WAVAC member George Maddox call 293 8167

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Stay On

As we've mentioned in recent issues, the social side of Vets is growing all the time. But some, longer-established, members feel that as the club grows we may be losing the personal contact of the older days.

Well maybe. But we can all do something about that, especially on Sunday mornings. It's good time to stay on, and socialise, especially now finer weather is imminent.

If you're a new member, please take this chance to meet us. Stay for breakfast - there's often a barbecue facility.

And - older members don't forget that it's far easier for you to welcome someone new, than it is for them to break into your little circle!

RING-A-DING

SANDI Hodge would like all her friends to know her new phone number 386-5642. (What confidence - this girl obviously doesn't owe anyone a cent.)

KAREN'S RAFFLES

OUR Sunday raffles to aid Karen Gobby's campaign to reach Barcelona next year raised a total of \$313 and the club has rounded this up to \$350. Our premier female marathoner just missed the Olympic qualification time on the Gold Coast in July, and we wait to hear future plans.

PERTH WINS MASTERS

Perth is to stage the 4th Australian Masters Games, in 1993. It seems likely that WAVAC will have the opportunity to handle the athletics element of the games, and the committee is to make contact with WA government sources.

It sounds like a long way off, but advance planning and arrangements will be required if we are to enjoy a satisfactory participation in this event. Vetrun will keep you informed

VALE

THE club extends sympathy to the Langford family at the death of Mrs Clarice Langford. Jim, Rosemary, Fred and Margaret are Vets members.

LORNA LAUCLAN M.C.S.P., M.A.P.A.

Physiotherapist - has commenced practice at 591 Stirling Highway, Cottesloe

Phone: 385 2625 or 383 1084

Also available gym circuit sessions - treadmill, weights, bicycle, etc. Come along - fun with a friend.

Notice Board

MUSSEL POOL \$1

We want to stress that the dollar entry fee, to run in Whiteman Park, has been imposed entirely by the Park authority. It does not go the club (or to Cath Penton for her delightful Devon morning teas!)

The Park is operating the 'user pays' system.

There's usually an entry fee for cars, which has always been waived in our case, so that's some compensation for this new levy.

GET WELL, FRANK

As if poor old Frank Smith hadn't had enough injury, he's now contrived to break an arm in three places, falling from a ladder.

This proves the theory that diy is very bad for you. We hope to see you back on the road soon, mate.

RACE CHANGES

Some race changes have been forced on us due to a double booking by the Kings Park Board.

Please amend your race card, as follows:

Sept 22 - Cliff Bould Trophy

Sept 29 - Reabold Cross Country

Oct 6 - Mt Eliza Run
* 10k & 5k not 8 and 4 *

Oct 13 - State Cross Country Champs

WA MASTERS

ALBANY is the location for next May 2-10, when the State Masters Games will be staged. Everything from A (archery and athletics of course) through to W (water skiing and weight-lifting) is included.

'91 Chunagon

This half marathon is set for September 15 - 9am at Langley Park. As mentioned previously, there are some interesting prizes, including spot prizes for being a 'lucky finisher'. Presumably, this doesn't mean you have to feel the way I generally do - 'thanks God, I was really lucky to finish.'

This Lotto-style chance of a trip to Japan is all well and good, but more relevant for Vets, perhaps are the following:

- ☐ First male vet - trip to Japan
- ☐ First male vet 50+ trip to Japan
- ☐ First male vet 55+ holiday break (WA)
- ☐ 1st female vet - trip to Japan
- ☐ 1st female vet 45+ - holiday break
- ☐ 1st female vet 50+ - holiday break

The holiday breaks will consist of a variety of one or two night breaks in various hotels such as Burswood and Observation City. The Chunagon event is being organised by WAMC - and if you're not a member of that, entry fee is \$15. Forms are available from our committee members.

The Vetrunk

Vetrunk is the club magazine of the WA Veterans Athletic Club

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782

Secretary: Brian Foley
339 2716

Treasurer: Bill Crellin
448-2924

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.
Phone: (W) 389 8422
(H) 341 3464
FAX: 389 8458

DEADLINE
for next issue - Sept 16

MUSSEL POOL MUSTER PICNIC RUN

September 8 - 9.00am

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

PLEASE NOTE

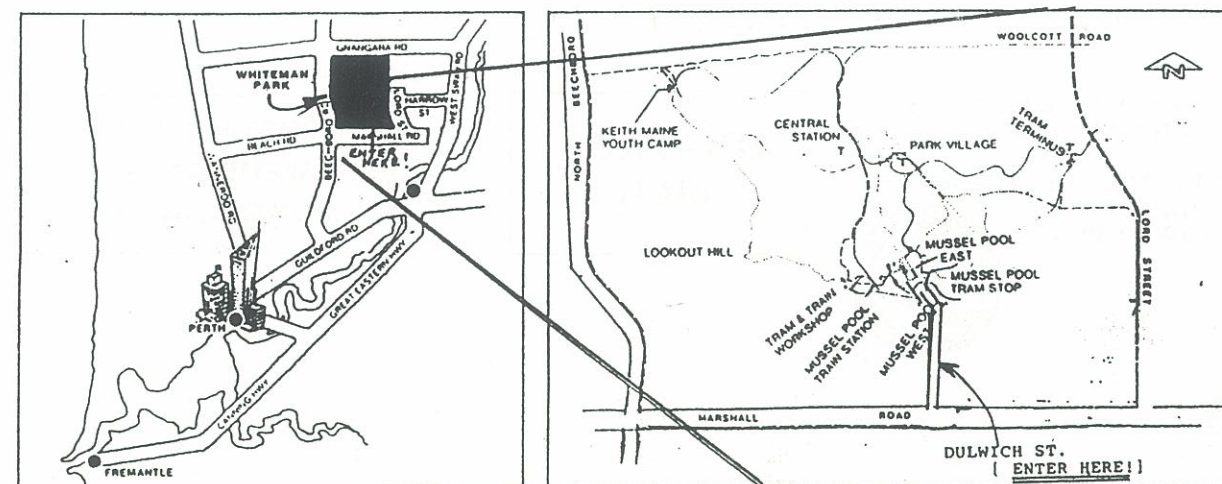
☐ Entry by Dulwich Street (off Marshall Road)

Assembly is at Mussel Pool West - near change rooms

AFTER THE RUN - Devon Morning Tea

Then make it a "Picnic Day"

- ☐ BBQ's 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



Letters to the Editor

To all vets,
My sincerest appreciation for your generous donation, best wishes and words of encouragement. Thankyou so very, very much.
Kindest thoughts
Karen Gobby

Dear Ed,
May I, through the pages of our club's excellent newsletter, say a belated but sincere thankyou to all the members of the club for giving me a rousing reception as I finished the 1991 Perth marathon? It really lifted my morale and spirits, as did the support received near the halfway mark.
Yours sincerely
Dennis Miller

Dear Vic,
With reference to comments in the last issue of our Vetrunk by

Rob Shand re the world record for a single age. Well, it so happened that Brian Kennedy (organiser of the Bunbury marathon for the Bunbury Club) sought it out, and as the statisticians keep such records, there is nothing to stop Rob from setting one himself.

Peter Mundle, who happened to be in Finland, reminded me that all my results in Turku were single age world best times - for the 10,000m 39:04; 5,000m 19:06.77; and 1,500m 5:22. Peter Mundle is the worldwide statistician for world records, and publishes a yearly book, *Masters Age Records*. According to his reckoning, my Turku results are M72 world best times. I hope Rob can do the same at that age!
Good luck John (Gilmour)

It is standard practice in Veteran athletics for world record times to be declared for overall age categories. This means, of course, that an athlete graduating up a category is, in effect, competing against everyone in his/her new category, with up to a five years advantage over some of them.

The possibility of setting new records, of all kinds, is therefore most likely when an athlete moves up a category. This is why Vetrunk published some 60's record last month, as targets for the new M/W 60's

As Rob Shand pointed out last month, there's nothing to stop anyone claiming a single age record as a PB - and it's even better if it's the best PB in the world! However, by the letter of the Vets' code, world records are not established for single ages.
Ed.

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