# YOU DESERVE A NEW SHIRT!

\*(Remember – club singlets must be worn at our State Championships)
Running singlets and club tee-shirts are now available.
Tee-shirts are gold with black trim, and the club badge on left breast.
Style is three stud fastening, with collar. Sizes 10-24 (unisex)— Price \$16 each.
Also available are the black and white singlets, size 10-24 at \$13 each\*.
Car stickers cost \$2 a piece; likewise iron-on badges for windcheater, etc.
Why not get the full set?

	OF	RDER FORM		
PLEASE SUI	PPLY			
		QUANTITY	SIZE	
·····		QUANTITY	SIZE	
		QUANTITY	SIZE	
Post to: Payment to:	I. Ferris, 4/18 Hastings Street, Scarbord Cheque payable to WAVACplease. If	ough 6019 you require a postal delivery	, please add \$2.50	

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WA 6019

# WAVAC TRACK AND FIELD PROGRAMME 1993/4

The programme aims to give athletes opportunities in their favourite events, and encouragement to try ones new to them. We ask everyone to assist in some way, each evening. Please offer your assistance to the co-ordinators, or see David Carr.

6PM START (C = Coker Park; M = McGillivray; \* = Pointscore event)

The Pointscore contest, for the Patron's Trophy, is scaled according to age, sex, and event.

Points are awarded for each \* event undertaken, and the athlete's best ten performances are counted.

Points ar	e awarde	d for each * ever	nt undertaken	, and the athlete	e's best ten perf	ormances are counted	l.	
OCT 13	C	200	1K	5000	DISCUŞ	HAMMER	L/JUMP	1kWalk
OCT 20	M	100	800	3000	SHOT	JAVELIN	T/JUMP	3000W
OCT 27	C	100	400	3000	JAVELIN	DISCUS	T/JUMP	1500W
NOV 3	M	200	400	1500	5000	SHOT	L/JUMP	2000W
NOV 10	C	100	200	800	5000	DISCUS JAVELIN	L/JUMP	3000W
NOV 17	M	100	400	MILE	DISCUS	SHOT	T/JUMP	MILE W
NOV 24	C	200	800	3000	JAVELIN	HAMMER	T/JUMP	1500W
DEC 1	M	100	400	5000	SHOT	DISCUS	L/JUMP	2000W
DEC 8	C	200	400	3000	JAVELIN	DISCUS	1500W	7
DEC 15	M	4x100 Relay	10,000	JAVELIN	T/JUMP	5000W		`
		- <del>-</del>						
JAN 5	C	100	1K	L/JUMP	1KWalk			
JAN 12	M	5000*	T/JUMP*	200	JAVELIN	2000W		
JAN 19	C	400*	HAMMER*	3000	L/JUMP	3000W		
JAN 26	M	3000*	JAVELIN*	100	T/JUMP	1500W		
FEB 2	C	1500*	2000w*	5000	HAMMER	T/JUMP		
FEB 9	M	L/JUMP*	200*	800	3000	SHOT	2000W	
FEB 16	C	800*	DISCUS*	100	5000	L/JUMP	1500W	
MAR 23	M	SHOT*	_1500W*	400	3000	L/JUMP		
MAR 9	C	10000*	100*	200	JAVELIN	T/JUMP	5000W	
MAR 17	Μ	STEEPLECHAS	SE, STATE CH	HAMPIONSHIP	)			

The Vetrun



# The Vetrun



NO. 247 AUG/SEPT 1993

WA VETERANS AC - REGD BY AUSTRALIA POST PUBN 0370

# Can you afford to miss this?

TICKETS are now on sale for the '20 Years of the Vets' dinner and dance.

Can you afford NOT to buy one - and miss this celebration of our club's very existence!

Lorna Lauchlan and helpers will be working the crowds every Sunday morning-butyou can call any committee member and reserve a few. The phone numbers are all on your race programme.

There'll be a few surprises at the dinner, not to mention great food, music and dancing.

In case you missed the details (see last *Vetrun*), date is Friday November 5, location the Quality Langley hotel Silver Room. Price is just \$25 per person, as the club is subsidising this special night.

# 15th People's Marathon

July 25, 1993

Conditions: wet, very windy

Of 228 finishers, 25 were female; 31 ran better than 3hrs. First six home were 30 years-plus, as were 194 others! Dungest finisher was 21, oldest 74. he 35-40 group boasted 44 finishers.

(Thanks to Joan Pellier for compiling these results.)

#### **WAVAC Members**

Tom Savin	M45	2:43:34
Wayne Robinson	M35	2:50:11
Chris Maher	M35	2:59:25
Chris Gillard	M45	3:14:00
Jim Barnes	M50	3:17:41
Charlie Spare	M50	3:18:49
Dennis Miller	M50	3:19:49
John Pellier	M50	3:21:22
Brian Kennedy	M55	3:22:35
Marge Forden	W50	3:35:04
Tricia Spain	W50	3:42:40
Morris Warren	M55	3:48:30
Michael Archer	M40	3:50:16
John Bell	M45	3:55:13
Cecil Walkley	M60	4:05:23

M65	4:13:58
M55	4:19:05
M70	4:19:23
	M55

# Where are the Replacements?

Fourteen years ago our club had many marathon runners under 2 hours 45 minutes - Kevin Anderson, Phil Wall, Bob Harrison, Henk Stoffers, Tony O'Hare, Maurie Smith, and more. Others, under three hours, included Don Caplin, Frank Smith, Ted Maslen, John Butts, Rob Shand, Colin Leman and David Hough. Dozens were running under 3hrs 30mins. Where are today's 'Young Vets'?

The runners named were under 45 years, and keen. Do we need to actively recruit young vets? Do we need fire in bellies, young and old?

Congratulations to those out there carrying the flag - but are they a dying breed?

**David Carr** 

# **Athletics West is established**

WA's Athletics Federation is now operating under the name Athletics West.

Eighteen months in gestation, the organisation is by no means a finished product. According to its chairman, Rod Chambers, "We are very much aware of the need for consultation with all interested parties....final decision has not yet been taken on constitutional structure, or grant allocation priorities."

As your committee has emphasised in the past, the creation of Athletics West will zive little effect on WAVAC, and the bulk of our members. However, our overall concern for athletics in the State means we will be closely concerned with its development.

New chief executive officer of Athletics West is David McCann, who was recently recruited from the IAFF (International Amateur Athletic Federation) in London. Offices are at Suite 6, Leura St, Nedlands 6009. Phone 386 7228; fax 386 7195.

The Vetrun

# Forthcoming Attractions

• • • • • • • • • • • • • • • •

### **RACE NOTES**

# HELP!

Yes! You responded so well to last month's cry for help, that we're trying the same approach. Please call Barrie Thomsett if you can help at any of the following.

OCT 24: Lake Joondalup is a terrific run, limestone paths and a wee Warren hill for excitement.

OCT 31: The Herdsman Run is a little altered by 'improvements' to the lake, but still an excellent cross-country.

NOV 7: Canning Caper is another well-located run. Problems have arisen (and been very efficiently overcome) in the past, when our run clashed with a triathlons. Therefore, extra helpers are always welcome.

NOV 14: Recovery Run is traditionally casual. (There's enough blood in the whites of the eyes, without spreading more on the cycle-path.) BUT...as the annual dinner is nine days earlier, and even I should have recovered by the 14th, this will be a timed run this year,

This is your chance to record a PB! Barrie needs helpers, therefore, with the clock, chute, recording and so on.

# In this issue...?

Bill CrellinP3
KIRKMAN'S RUN P2
DEEPWATER POINT P6
25K RRC / RWC KINGS PARK X COUNTRY . P4 T & F PROGRAMME P8
Perth People's Marathon P1
LETTERS Gold Coast Marathon

Abseiling For Seniors ..... P6/7

Birthdays .....

**Notice Board** 

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# 25K RRC

### June 13, 1993

A wee breeze from the Simpson Desert, wee head wind from the 12.5K turn did not daunt the thirty long distance runners the club has left.

It was good to see eight ladies finish. Many thanks to all the helpers, sorry there were no times for the 10K runner or walkers due to unforseen circumstances.

#### Morris Warren

#### OFK

M35	1:35:14
M45	1:35:37
M50	1:41:39
M50	1:48:16
M45	1:48:22
M45	1:48:42
M55	1:48:44
M45	1:49:55
M60	1:51:52
M50	1:52:30
M35	1:57:01
M60	1:57:10
M55	1:58:15
M55	1:58:25
W50	1:59:21
M45	1:59:41
M65	2:01:44
W50	2:04:42
W35	2:06:00
M50	2:07:37
M65	2:08:13
M60	2:09:01
M60	2:10:52
M60	2:14:40
W50	2:21:36
W50	2:23:27
M50	2:23:29
W35	2:32:00
W45	2:33:11
W55	2:34:55
	M45 M50 M50 M45 M45 M45 M45 M45 M60 M50 M35 M60 M55 M55 W50 M45 M65 W50 W35 M60 M60 M60 W50 W50 W50 W50 W50 W50 W50 W50 W50 W5

#### VISITORS

010110110	
Paul O'Riordan	1:36:45
Robin Waters	1:39:31
John Conte	1:46:11
Rees Waldeck	1:55:55
Stephen Frodsham	2:04:14
Lance Rumball	2:04:15

# **BARROW-PUSH FOR CANCER RESEARCH**

Competitors wanted - to push a loaded barrow 100K from Cranbrook to Albany. Singles, duos or large teams can take part, in the Lions' organised Barrowthon on October 9. Trophies, celebrations, free food at finish. Call John, on 098 414 414 for more information.

#### 10K RUNNERS in finishing order

Frank Smith	M50
Vance Mitsopoulos	M40
Dave Roberts	M50
Ian Colquohounm	M35
Hugh Kirkman	M50
Wayne Pantall	M40
Warren Gee	M40
David James	M40
Bob Sammells	M55
Geoff Tite	M40
Jimmy Greenfield	M45
Fraser Deanus	M50
Max Kelly	M45
Hamish McGlashen	M55
Mike Rhodes	M45
Bob Shand	M60
Bill Crane	M50
Barry Harwood	M50
Peter Airey	M55
Kevin Anderson	M50
Dalton Moffett	M60
Ron Potter	M50
Brian Jones	M65
Peggy Macliver	W45
Keith Forden	M50
Ron Hillis	M45
Jackie Halberg	W45
Heather Sanderson	W40
Dick Blom	M55
Stuart Parkinson	M45
Nena Greenfield	W35
John Russell	M60
Ray Lawrence	M60
Rebekah Healy	W35
Ron Sutton	M55
Jan Johnson	W45
Norm Miller	M60
Joan Slinger	W50
Barrie Slinger	M50
Kurt Johnson	M60
Sandi Hodge	W45
Brigitte Cheek	W35
Irene Ferris	W40

Paul O'Riordan	1:36:45
Robin Waters	1:39:31
ohn Conte	1:46:11
Rees Waldeck	1:55:55
Stephen Frodsham	2:04:14
D 1 11	

#### Peter Johnson M45 Barry Weatherburn M50 Joan Hillis W45 Barrie Thomsett M50 M55

Bob Fergie Jackie Beaumont Robert Farrell Tina Carrero Margaret Gianotti Visitors

Wayne Thomas Heather Wiley

Margaret Warren

Jackie Billington

Frank Usher

Sheila Maslen

Keith Webster

Pauline Kelly

Ann Deanus

Brian Barnett

Ernie Movle

Karen Jones

Paul Martin

10K Walkers

Margaret Ward

W55

W50

M65.

W55

M50

W45

W50

W50

M45

M65

W45

M50

W55

M50

W45

W55

# King's Park Cross Country

# August 8, 1993

It was 6.00am on a bleak windy and showery morning, when the two novice (but intrepid!) race directors set off for King's Park. This was it, the debut, the morning we had dreaded and also planned and looked forward to for weeks. When we mentioned that we were face directing this one, people had lowered their heads and offered their condolences.

"You poor b...., how did you get sucked into that?" was the usual response. Could it really be that bad?

Well, we are happy to report it wasn't that bad at all. In fact we both enjoyed the experience and from the many thanks and congrats afterwards from you, the runners, it appears as though most of you enjoyed a real cross country course and the way it was marked and conducted.

There was only one report of a runner becoming 'bushed' out of a total 90\_ starters, but a couple of the marshals went AWOL for the duration when they failed to detect the deliberate mistakes in their instructions.. Oops, sorry!

Of course there was lots of help from Merv Jones (our predecessor), Barrie Thomsett and Mary Robinson who helped mark the course for more than two hours on Saturday. Thanks also to Trish Spain, John Ferris, Arthur Leggett, David Bryant, Rae Anderson, Bev Thornton, Maureen Pomery, Selby Munsie, Aldo Giacomin, Mary Hepple and a couple of others whose names we didn't get. We are happy to say that the response for help was overwhelming. Well done all!

Our apologies to the walkers who were not provided for because of the huge demand for flags and markers on this course. Because they had to time themselves, we didn't receive any results from them. Thank to Barrie T for taking on their wrath.

We hope to see all of you again next

Warren Gee and Brian Jones

## Basil's back

It's really good to see Basil Worner as first M60 home, and 17th overall, on his 'home' course. Basil's had a lot of setbacks in the past year, but he loves and excels over the cross-country courses. This time is not far off last year's, and he's taken some good 'scalps'.ED.

10K			Dalton Moffett	M60	50:16	5.2K		
David Reid	M40	37:47	Vic Beaumont	M60	50:27	Tom Savin	M45	20:04
David Bishop	M35	38:26	Kevin Anderson	M50	50:43	Robert Raymen	M50	22:12
Walter Quarman	M40	40:05	George Schaefer	M60	50:47	Geoff Tite	M40	22:15
Ralph Henderson	M45	40:18	Margery Forden	W50	50:49	DAvid Carr	M60	22:23
Bob Schickert	M50	40:24	Ron Potter	M50	50:59	Peter Airey	M55	24:40
David Roberts	M50	40:37	Kath Penton	W50	51:04	Arnold Jenkins	M45	25:03
Bob Harrison	M50	42:50	Jackie Halberg	W45	51:10	John Stone	M40	25:05
Frank Smith	M50	42:51	Ivan Wiltshire	M50	51:24	John Smith Roma Bettles	M55 W40	27:34 27:54
Vic Waters	M45	43:17	Brian Hunter	M45	51:48	Keith Forden	M50	28:37
Iill Chambers	W40	43:20	Ron Hillis	M45	52:07	George Peet	M55	29:03
Mick Cousins	M55	43:21	Stuart Parkinson	M45	52:44	Kirt Johnson	M60	29:32
Anne Shaw	W45	43:47	Lyhnn Farrelly	M45	53:00	Jim Riddell	M50	29:51
Geoff Mullins	M45	44:00	Pauline Wiltshire	W50	53:31	Ray Lawrence	M65	30:03
Bob Sammells	M55	44:51	Norm Miller	M60	60:33	Keith Webstser	M50	30:25
Simon Mort	M35	45:03	Noela Medcalf	W55	60:38	Ray Barnett	M45	30:26
David James	M40	45:20	Barrie Thomsett	M50	60:39	Pat Miller	W55	30:43
Basil Worner	M60	45:21	Ann Turner	W55	63:55	Joan Pellier	W50	30:49
Ray Attwell	M55	46:01		W50	64:01	Brigitte Cheek	W35	31:15
John Pellier	M50	46:06	Ann Deanus			Estsher Healy	W55	33:02
Alex Holm	M45	46:37	Mary Robinson	W55	64:22	Patricia Carr	W60	35:27
Bill Crane	M50	46:39	John Russell	M60	64:30	Lyn Schickert	W50	40:32
Mike Khan	M45	46:48	Margaret Warren	W55	66:11	Robert Farrell	M50	43:18
Robin Bonner	M60	47:19	Morris Warren	M55	66:13	VISITORS		
Hamish McMcGlashen	M55	47:34	Sheila Maslen	W55	66:55	Max Thorley	10K	43:10
Lynn Harrop	W40	47:51	Frank Usher	M65	68:40	Chris Limb	10K	45:43
Merv Moyle	M65	47:54	Stan Lockwood	M60	68:42	Garth Berg	10K	47:05
Fraser Deanus	M50	49:10	Phyllis Farrell	W45	73:59	Lance Rumball	10K	48:06
Jeff Spencer	M50	49:55	Ron Spencer	M50	79:00	Patricia Elphinstone	10K	73:58
David Hough	M60	50:04	Jackie Billington	W50	80:40	Alan Smith	5.2K	27:33
Roy Jackson	M35	50:14	Lorna Lauchlan	W60	80:40	Peter LeBreton	5.2k	27:46

# THE EIGHT YEAR CYCLE

"Whether you think you can or think you can't, you are probably right.

Henry Ford.

Expectations, goals and motivation are closely linked.

Merv Moyle will continue his consistent run of fine times for the City-to-Surf. He expects to run 55 to 56 minutes this year and he will. This is not just a good guess. He wants to run that time, he will train accordingly, and run the race at that pace. He will not be tempted to run with the hares; he will conserve his strength on the hills.

So what about the eight-year cycle? Being a late starter, adopting a training schedule, adjusting to a pain threshold, running with the herd, and avoiding injury will result in a period of improving times. We would all agree on that. Now two thoughts emerge; How long to the 'peak', and will that peak be the best time possible?

Eight years seems rather a long time. Not many of our club members' results would support the theory. David Robert's perhaps, and Merv's.

Here is a different approach, using ic as an example. He is a 40 minutes 10km runner, usually. What could he run next season? 34 minutes? Give him time to earn a living and have family and social life. 36 minutes then. He can run a kilometre in three minutes or so. He can run 15kms at 4:12 per

# By David Carr

km. 36 minutes for 10km is difficult but

Now he must devise a training plan for a 36 minutes at a specific time next year. The plan will have physical and, mental components. There will be physical intermediate goals such as time trials and duels with particular club runners, and there will be intermediate mental steps (such as passing from desire to belief to expectation).

Anything wrong with this theory? 36 impossible?

Why not 38? Because he will achieve it, and realise he was on the wrong goal.

So. 37 or 36?

# Times by Years

David Carr has supplied his 400 and 800m times for the past 18

Next issue, we'll be looking at the marathon times of John Pellier, who has completed 48 marathons (so far) in a relatively short career.

-	400m (rounded)	800m		
-	` AGE	YEAR	TIME (SECS)	TIME
	42	1974/5	54	2:11
	43	1975/6	54.6	2:10
	44	1976/7	53.9	2:10
	45	1977/8	55.2	2:08
	46	1978/9	55.5	2:08
	47	1979/80	55.5	2:08
Ì	48	1980/1	55.1	2.09
	49	1981/2	55.9	2:13
	50	1982/3	55.79	2:08
	51	1983/4	56.6	2:10
	52	1984/5	58.4	2:13
	53	1985/6	58.4	2:14
	54	1986/7	58.4	2:13
	55	1987/8	57.0	2:09
ı	56	1988/9	57.8	2:14
and personnel	57	1989/90	57.7	2:12
	58	1990/1	58.4	2:12
-	59	1991/2	59.1	2:15
-	60	1992/3	58.46	2:15

#### Possible conclusions:

- 1 Performance declines with age.
- 2 The first three seasons show improving times.
- 3 Moving into a five-year age group provides a good incentive.

Page 4

# Deepwater Point

M60

M70

16K

Frank Smith

David Reid

John Ferris

John Puglisi

Bob Harrison

Dave Roberts

Vance Mitsopolous

Warren Gee

John Pressley

Brian Danby

Ted Maslen

Brian Foley

Mark Rosen

Robert Mair

Vicente Carrero

John Carpenter

Robin Bonner

**Bob Sammells** 

John Bell

Mike Khan

John Pellier

Joe Stickles

Mike Carev

Fraser Deanus

Richard Harris

Aldo Giacomin

Arnold Jenkins

Roy Jackson

Geoff Spencer

Jeanette Howat

Morris Warren

Nena Greenfield

Jackie Halberg

David Hough

Brian Hunter

Merv Jones

John Russell

Roma Bettles

Ann Turner

Phyllis Farrell

Mary Hepple

Frank Usher

Rob Schicker

7.2K

Ron Hillis

Brenda Mathews

Jimmy Greenfield

Merv Moyle

Leon Sander

Bill Peart

David Bryant

MK65

Basil Worner

Dick Horsley

Cliff Bould

33:10

M50

M40

M40

M40

M50

M50

M40

M40

M45

M40

M55

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W45

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M55

W50

37:10 1984

35:12 1985

59:46

60.19

61.15

61:31

61:53

62:36

63:47

63:50

65:36

65.56

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66:42

66:43

66:48

66:54

67:46

68.14

68:35

69:03

69:14

70:06

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85:52

94:36

98:40

1:43:03

27:37

27:46

29:46

29:48

29:49

32:01

32:31

32:32

32:45

33:03

33:10

34:17

34:20

34:27

34:42

34:44

August 1, 1993

# FRANK RETURNS WITH A RECORD

THIS was the 10th Anniversary of the Deepwater Point event and it was most appropriate that Frank Smith was back-to be the first across the line in the 16K run and set an M50 record.

Frank holds the course record set in

It was in the previous year that Colin Leman first introduced this run to the Vets calendar, and Sue and Colin came along on Sunday to join in the celebrations. The Point Cafe almost ran out of cappuccinos!

Jeanette Howat won the women's 16K while Bob Schickert and Peggy Macliver took the 7.2K events. Marg Forden and Basil Worner setage records in the W50 and M60 7.2K event.s

Mery Moyle just cannot keep out of the news these days.

The inaugural records in the longer event, for M55 and M60, were set by Merv and Duncan Strachan, who each recorded 75:49. (It was a 10 mile run that year, but converted to a 16K over the years)

This year Merv completed the course in 73:00!

Barry Weatherburn and Dorothy Whittam were winners in the 7.2K walking championship.

We had perfect weather conditions, cool, sunny and windless and great club support from members. On behalf of all the runners and walkers I would like to thank Jackie Billington, Maurice Smith, George Schaefer, Stuart Hicks, Dick Blom, Maureen Pomery, Bev Thornton, Jacquie Halberg and many others

**Dalton Moffett** 

# 7.2k COURSE

	RECORD	BOD SCHICKER		
	HEOOHD			Bruce Wilson
V30	Tess Brockwell	29:54	?	Paul Martin
V35	Maxine Santich	34:40	1991	Bob Thompson
V40	Gillian Roberts	30:15	1989	George Tite
V45	Alicia Ansell	32:51	1989	Simon Mort
				Wal Welyky
V50	Margery Forden	34:44	1993	Hamish McGlashe
V55	Lorna Lauchlan	39:47	1985	Bill Crane
V60	June Strachan	40:52	1989	Mike Rhodes
V65	June Strachan	39:59	1990	Basil Worner
<i>A</i> 35	Basil Hannah	26:17	1989	Peter Airey
<b>140</b>	Hugh Kirkman	26:41	1985	Peggy Macliver
<i>1</i> 45	Don Caplin	26:50	1987	Graham Thornton
150	Maurice Smith	27:09	1985	John Smith
155	Mike Cousins	27:42	1991	Margery Forden

# Letters to the Editor

#### Dear Vic **GOLD COAST MARATHON AND HALF MARATHON JULY 1993**

At least two members participated in the recent Gold Coast Half Marathon (myself and Don Blair) and I thought members may be interested in some of the features affecting this Australian National Marathon Championships

Don and I ran the half marathon. which culminated in an exciting dead heat finish between Steve Monaghetti and Ethiopian Tadesse Gebre, in 1:1:47. The marathon was won by an Australian, Shaun Ouilty, whilst the women's section was won by a diminutive Japanese lady, Eriko Asai, in a record time of 2:29:29.

More than 8,500 competitors participated in the events, which included a 10K walk, and approximately 15,000 spectators attended.

The conditions and course lay-out along the beach front and through canal subdivisions was highly enjoyable

Kevin Anderson	M50	35:02	
Lyn Farrelly	M45	35:05	
John Stone	M40	35:05	1
Brian Aldrich	M60	35:53	
Keith Forden	M50	38:01	
Rebekah Healy	W30	38:12	
Jim Riddell	M50	38:20	
Jan Johnson	W45	38:56	
Kirt Johnson	M60	39:50	
Joan Pellier	W50	40:05	
Estelle Rogers	W35	40:19	1
Ray Lawrence	M65	40:39	
Esther Healy	W55	41:12	
Ray Barnett	M45	41:18	
Margaret Warren	W55	42:21	
Alison Aldrich	W50	42:38	
Selby Munsie	M55	43:09	
Irene Ferris	W40	43:31	
Mary Robinson	W55	43:55	
Noela Medcalf	W55	45:00	
Sheila Maslen	W55	45:00	
Shorty Turner	M55	45:32	
Margaret Ward	W50	48:46	
Ron Spencer	M50	51:46	
Lyn Schickert	W50	56:59	
Karen Jones	W45	60:41	
7.2K Walk			
Barry Weatherburn	M50	47:21	
Dorothy Whittam	W55	52:14	
Mitch Loly	M50	54:03	
	M55		
Jeff Whittam	M55	57:42	
Bob Fergie		57:42 60:29	1
Jo Stone	W45		
Joy Sanders Robert Farrell	W40	60:30	
Tina Carrero	M50	60:30	
	W45 M80	65:52	
Dick Horsley		65:52 71:50	
Alan Pomery Amy Loly	M60 W30	71:30	
Amy Lory	VV 30	12:38	

# Passing of a quiet man

BILL Crellin died in August after a nine-month fight with cancer. He approached that final challenge with optimism, and the same quiet determination which characterised a strong man.

Everyone knew Bill. As the Vets' Treasurer over four years he had contact with every member. Bill was often the one that newcomers met first. I did. that nervous day at McCallum Park, when he eased his pace to let me hang on for a few kilometres.

He didn't need to shout, just got on with the task quietly, and efficiently, and always got it done. Training for a marathon, or ensuring that the Club's books were in immaculate shape, it was always achieved without fuss.

Bill was just 55 when he died, still busy with his successful banking career, surrounded by a loving family whose loss is immense. To Karen, and their family, we all offer our deepest sympathy.

I shall remember Bill, bright-eyed and very positive, at the AGM this year., I'll remember him shouting me on at Bunbury a couple of years back, despite his own disappointment at being on the sidelines, training ruined by a car accident. I'll remember catching his eye across the committee table, both struggling to control our laughter as Barry Thomsett produced yet another mighty yawn.

It was at the Xmas Gift Run, last December, that many of us first learned that Bill was very ill. From then, he and Karen fought their common enemy with courage.

We all need friends like Bill Crellin. Life is poorer without them. But we can take heart from the manner of his passing. VW

# Notice Board

# **Time Trials**

T&F season begins on October 13. See back page for details.

## Miyazaki

To our 20 World Veterans' Games representatives who are off to Miyazaki, Japan, best wishes for a successful contest and an enjoyable trip.

# Happy Birthday to our **September Members**

1	Thomson, Robert	03/09/47
1		46 remains M45
	Healey, Esther	04/09/37
		56 remains W55
1	Sanderson, Heather	04/09/49
١		44 remains W40
١	Bettles, Roma	06/09/49
1		44 remains W40
ı	Stone, John	07/09/52
ı	P	41 remains M40
ı	Beaumont, Jacqueline	08/09/36
I	Leggett, Arthur	57 remains W55 08/09/18
-	Leggett, Attitul	75 becomes M75
l	Stoffers, Margaret	11/09/43
ı	Storiers, wangaret	50 becomes W50
ı	Holland, Cathrin	12/09/56
ı	Tronuna, Cutilin	37 remains W35
ı	Scott, David	12/09/47
I	1.50	46 remains M45
I	Aldrich, Brian	16/09/30
l	E - F - F	63 remains M60
ı	Hayres, Robert	16/09/31
I		62 remains M60
I	Blom, Dick	19/09/33
I		60 becomes M60
ı	Wilson, Barbara	19/09/51
ı		42 remains W40
ı	Warren, Morris	24/09/37
١	TY I I	56 remains M55
١	Howat, Jeanette	24/09/54
١	McAulov Duncer	39 remains W35 28/09/49
ĺ	McAuley, Duncan	44 remains M40
١	Wiltshire, Pauline	28/09/42
ı	vinisime, i aumie	51 remains W50
ı	Ward, Marg	28/09/41
I	7,414,171416	52 remains W50
l	Lockwood, Stanley	29/09/29
ı		64 remains M60
١	Usher, Francis	30/09/23
I		70 becomes M70
į	Chambers, Alan	30/09/37
Į		56 remains M55
μ	1	)

## **NEW MEMBERS** Welcome to

Ros Banyard	W45	
Terence Keesing	M35	
Eddie Hill	M50	
David Walladge	M40	
David Kennedy	M40	
David Wyatt	M40	
Gay Wyatt	W35	
Roy Fearnall	M50	
George Masters	M55	
Keith Wheeler	M50	
Stefan Frodsham	M40	
Reece Waldock	M35	

# The Vetrun

Vetrun is the club magazine of the WA Veterans Athletic Club.

Patron: W.J. (Bill) Hughes

Brian Foley President:

339 2716 Secretary:

Bob Fergie 447 6898

COPY for the magazine should be submitted to editor Vic Waters at 47 Sulman Road, Wembley Downs, 6019.

> Phone: 341 3464 (H) 245 3169 Fax:

**DEADLINE:** for next issue - October 15

# Mike Berry

Best wishes go to Mike Berry, and Nora, following Mike's recent operation. He collapsed while helping at the Perth Marathon, later underwent surgery, and at the time of writing is back at home. Get fit soon, Mike.

# **GOOD FINISH TO VETS ASSOCIATION** SEASON

THE 65.8Kms York-Toodyay relay was a great finish to another good season for the Vets. Our team - Bruce Wilson, Jeff Tite, John Stone, David Carr, Brian Foley, Brian Danby, Robert Raymen and Duncan McCauley - covered the distance in 3:59:19. That's an average of 3:38 for each kilometre.

We fought all the way with Northern Districts, swapping places many times. With 8K to go we were 1min 40secs behind them, and the last four runners gradually reduced the gap.

Despite a great effort by anchor man Duncan, we finished just six seconds adrift!

Our club can't match teams like University and Morley-Swans, but we ended the season just one point behind Canning, and well ahead of Floreat.

# **Next Masters** Games

Next Masters Games is in Brisbane, Sep 26 - Oct 8 1994. Athletics segment runs from Sep 26 / Oct 3.

#### Conditions: ideal!

9 K

Unlike last year the weather was ideal for this 9 km run up the west side of the river to Joel Terrace at Mt Lawley and back. Eleven walkers and 78 runners raced.

Most of the runners finished between 51 minutes and 59 minutes of the start - well done handicapper! I have included last year's times in the results so that people can compare their times. Our winner, Rebekah Healy, knocked five minutes off her previous time on this course. Joan Pellier reduced her time by more than three minutes, while Sheila Maslen was within one second of last year's time. Dave Reid clocked the fastest time for the men and Jill Chambers the fastest for the women.

1992 REAL HCAP

3 10	1772	KLAL	TICAL
		TIME	TIME
W30			
Rebekah Healy			
Tessa Brockwell		36:27	55:42
W40			
Jill Chambers		35:54	53:44
W45			
Jan Johnson		46:18	53:38
Peggy Macliver		42:19	53:59
Phyllis Farrell		49:54	54:54
Jackie Halberg		42:06	54:56
Sandi Hodge		51:19	57:14
Tina Carrero		56:34	76:34
W50			
Mary Stewart		38:57	54:02
Pauline Wiltshir		45:22	55:52
Jackie Billington		54:08	56:53
Wendy Clement	S	46:27	54:12
Joan Pellier	50:57	47:35	65:00
Lyn Schickert		65:01	65:01
W55			
Sheila Maslen	53:04		
Mary Heppell		53:33	
Margaret Warren	n50:20		
Marg Gianaiti		76:35	76.35
W60			
Lorna Lachlan	53:42	55:13	57:18
M35			
Michael Carey		38:46	54:21
M40			
Dave Reid		31:41	53:11
Paul Hughes		33:23	
Wayne Pantell		36:03	
Geoff Tite		37:29	
John Stone		46:50	57:35
M45			
Peter Hill		36:39	53:09
Mike Khan		38:01	
	43:45		
Ron Hillis		41:06	
Ken Brownlie		39:02	
Arnold Jenkins		39:54	
B. Hunter		50:05	54:55

# KIRKMAN'S RUN

#### July 4, 1993

I have noticed, particularly this year, that the M50 group is extremely strong. It would be interesting for this group to challenge the rest of the club to a relay race. Each team to have at least six members. The competition within the M50 group is very intense with many races having four or five M50's in the first ten.

**Hugh and Judy Kirkman** 

M - - - 1/ - 11 - -

	Max Kelly		39:38	55:13
	Brian Foley		36:27	55:27
	Geoff Mullins		36:43	55:43
	Alec Holm		37:56	55:46
	Stu Parkinson		44:19	55:59
	Mike Rhodes		43:24	58:04
	John Pressley		38:40	59:15
	M50			
	Bob Harrison	34:58	33:39	54:14
	<b>Bob Schickert</b>	36:05	34:09	54:59
	Bill Crane	39:26	39:59	54:39
	Ron Potter	40:56	40:43	53:33
	Merv Jones	41:39	44:07	56:27
	Mitch Loly	44:19	37:50	51:35
	Ivan Wiltshire	48:15	45:09	55:54
	Keith Webster	48:44	48:03	53:03
	Frank Smith		32:12	53:27
	Kevin Anderson		41:56	54:16
	Dave Roberts	34:22	34:14	55:04
	Vince Carrerro		36:50	55:13
	John Pellier		37:50	55:15
	Paul Martin		36:45	55:30
	Don Caplin (	(39)	39:24	58:39
	M55			
	Ted Maslen	38:09	37:09	54:04
	George Peet		44:06	54:11
	Peter Airey	39:23	41:30	55:25
	Ron Sutton		48:57	63:37
	M60			
	Vic Beaumont		42:12	53:53
	Dalton Moffett		40:23	54:33
	Robin Bonner		37:44	55:30
0.00	John Russell		47:35	55:50
	George Schaefer		40:06	57:01
	Dave Hough	45:30	49:45	62:35
	M65			
	Ray Lawrence		45:12	53:37
	Frank Usher		53:06	54:31
	Merv Moyle		40:15	54:40
	M70			
	Stewart Hicks	46:19	46:44	53:49
	Duncan Strachan	50:59	49:18	52:03
9	Syd Bowler		60:41	60:41

# Note for race directors

This race being a handicap, runners should be listed in finishing order, regardless of age group. How ever, these results have been supplied on disc by Judy, who has put an enormous amount of effort into it!

Rearranging them all would take a similar amount of work by me - and life's too short!

However, would all race directors please comply with the style sheet that is attached to the new race directors' guide? That explains that only championship events should be listed in age categories.

Vicitore

VISITOIS			
Peter Jolly	41:30	41:00	54:30
Nicholas Joyce		52:21	52.21
Max Thorley		35:23	56:13
R. Jackson		41:40	59:30
Pauline Kelly		51:37	51:37
John Johnson		54.51	54.51
Walkers		REAL	HCAP
	1992	TIME	TIME
Pete Johnson M45		51:51	32:31
B. Weatherburn M50	0	55:29	38:59
Barrie Thomsett M5	0 60:24	57:50	43:50
Dorothy WhittamW	5564:36	61:53	49:53
Marg Stone W50		62:27	47:57
Joan Hillis W45		62:46	53:46
Ross Slater M35		67:01	59:01
Jeff Whittam M55		69:28	61:28
Bob Fergie M55		69:30	60:45
Alan Stone M60		70:07	70.07
Graham Thornton M	150	72:11	64:11

# WINTER **DUATHLON** SERIES

Pauline and Ivan Wiltshire and Wendy Clements competed in the Winter Duathlon Series which finished with a State Championship event over a distance of 5km run, 28km bike, 5km run at Canning Vale (Brewery complex) on August

Pauline and Wendy placed first and second respectively in the ov fifty age group.

AH three agree duathlons are good fun, and suggest that runners who also cycle should consider this challenge next season.

and very well mana ons, sponge sta-spread out drink static us crowd suptions, almost continued of supporting port and a high standar officials.

What impressed myations making keting-and other inno this a very successful event. In fact, it wor Tourism Award in 199 contribute significant to the Gold Coast economy through reference international visitation or the runs plus international television orted by such event was highly supported. Athletics entities as tourist rescensland, Gold Australia, Athletics Que k of Queens-Coast City Council, Baro Cola, Canon, land Japan Airlines Coco Cola, Canon, land, Japan Airlines, Coc Travel Corpo-Queensland Tourist and Events Corpo-ration and Queensland

ration. Talk about getting the act into

Other features included traffic free running for most of the route, commemorative medal, certificate and tshirt to every finisher, race results, magazine, souvenir magazine to every entrant, water stations to every 2.4kms, timing and support facilities until the last runner was finished, times called and displayed every 5kms, prizes for all events and category winners and post race entertainment prior to the presentation ceremony.

A shuttle bus service was arranged to get runners from main hotel accommodation points to the start between 5am and 6am and there was a return shuttle bus service.

Prizes were in excess of \$50,000, including incentive prizes and return air tickets courtesy of Japan Airlines for the first resident Australian male and female marathon finishers.

It was interesting to observe that entry fees averaged in the vicinity of \$45 per person and did not deter runners. As my son remarked, it cost three or four times more to enter a local car

The race received massive front page coverage on the Gold Coast Bulletin (main newspaper), plus back and centre page coverage.

Regards

Jeff Spencer

P.S: If this is too boring, throw it into the bin! We reckon the Vetrun is first class reading! I also note the strain of being Editor is not slowing you down. Best Wishes

#### Dear Vic.

The attached article penturer' which Spring edition of 'The Aditure Out, 13 is published by Adveria Park.

Kitchener Avenue, Victor and I must ad-It isn't about running nt of vanity and mit I detect a certain amou self-awareness on the part c you may find it useful.

On the other hand, if y ithout arousing the WPB you may do so wal copies).
any umbrage (I have sever on Sunday (8th

In case I don't see you inning east and August) I am going caravire mid-Novem-don't expect to be back befc

See you then, eh? Jalking, Abseil-Yours in running, Winning, Abselling, Norton Cycle, Carava

#### Arthur Leggett

8am Sunday found us imulating aubehind Gosnells on a st tumn morning without a cloud in an infinite it. infinite blue sky.

We were early but lleagues from Andrew Duke and his coeen there for Adventure Out had b quite some time.

quite some time.

We, individually, st well-chosen set and listened to a fev structors who comments from our integral t and emdemonstrated how to wares.

phasised its safety feat ad by his team,
Andrew, accompanishere we could then led us to the edge w

then led us to the edge w

see down into the quarry were vertical
It was big! The faces looked unforor overhanging, the rock as a long way giving and the bottom w down!

Our first abseil was ce to a ledge forward-sloping rock-fa Not far. Not about 10 metres below. frightening to contemplate!

Safety, confidence an fare were reity for each other's we became seeds peatedly emphasised and blossomed which sprouted and

# **HOOKED ON ABSEILING**

'It is not every day I get the opportunity to photograph a grandmother and a greatgrandmother abseiling down an 80 metre rock-face.'

throughout the day as abseiling exerted a mysterious influence, coalescing a gathering of comparative strangers into a group of companions sharing a common challenging activity.

The first descent required a few deep breaths as we backed over the edge. We did it several tip es and, upon hauling ourselves up again by the adjacent climbing-rope, commenced casting calculating glances at the bigger, more vertical faces.

"Yair, I reckon I could do them." "Me too. Let's try a smaller vertical

first. We'll have a go at the big ones after lunch."

"O.K. Let's do it!" Abseiling gets you that way.

#### Just like on TV

The smaller verticals measured about 20 metres; long enough for me to have a go at kicking out from the face, dropping three or four metres before braking as I swung in again. Just like they do it on TV.

I also noticed how the gang seldom said 'quarry face' now. It was 'forward slope' 'vertical' or 'overhand'. Apparently one's vocabulary changes as one's skill improves.

After lunch I hung back a bit while the others walked around to the other side of the quarry. I wanted to take some photos of my wife and daughter. It is not every day I get the opportunity to photograph a grandmother and a great-grandmother abseiling down an 80 metre rock-face.

This particular face was, indeed, an emotional as well as a physical challenge. Backing over the edge, and feeding the rope through the harness is when you need confidence in your newfound ability.

True, there is an anchor-man at the base who only has to pull the rope to stop your descent, but you are the person with whom you are dealing.

This is your moment! Over you go! The figure eight heats up as the rope whirrs through. Grab it! Hang on for a while and survey the scenery, I spin around. There is nothing in front of me but space all the way across the quarry!

#### Rock-face comfort

Cripes! What am I oing up here hanging on to a piece of ope

I spin around again to face the quarry wall. Strange how a rock face suddenly becomes comforting.

The remainder of the descent was a piece of cake.

"Bit beaut?" queried son-in-law. "Flamin' oath! Let's do it again!"

We did! So did the rest of the group, all except my wife who just didn't have the energy to climb out of the quarry again.

The shadows amidst the hills were becoming deeper and the air colder as we assembled for a resume of the day's activity before dispersing.

As we drove home my daughter expressed a feeling shared by us all:

"I'm completely exhausted but we've got to do it again! And just think, we don't have to go to New Zealand, or Nepal or Canada. It's right here in little old Perth, W.A."

AL

