

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?

ORDER FORM

PLEASE SUPPLY

..... QUANTITY SIZE

..... QUANTITY SIZE

..... QUANTITY SIZE

Post to: I. Ferris, 4/18 Hastings Street, Scarborough 6019

Payment to: Cheque payable to WAVAC...please. If you require a postal delivery, please add \$2.50

PRINT POST APPROVED
644113/00007

IF UNCLAIMED PLEASE RETURN TO:
47 SULMAN ROAD
WEMBLEY DOWNS 6019



**SURFACE
MAIL**

**POSTAGE PAID
WILLETTON WA.**

MR R HAYRES
26 JENKINS PL
WEMBLEY DOWNS 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.

OCT 13	C	200	1K	5000	DISCUS	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	
DEC 15	M	4x100 Relay	10,000	JAVELIN	T/JUMP	5000W		
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	M		STEEPLECHASE, STATE CHAMPIONSHIP					



The Vetrunk



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 - but you 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 *Vetrunk*), 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

Allen Tyson	M65	4:13:58
Aldo Giacomini	M55	4:19:05
Val Anderson	M70	4:19:23

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

(Thanks to Joan Pellier for compiling these results.)

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

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

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 have 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 IAAF (International Amateur Athletic Federation) in London.

Offices are at Suite 6, Leura St, Nedlands 6009. Phone 386 7228; fax 386 7195.

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 Crellin P3

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

Notice Board

Birthdays P3

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 unforeseen circumstances.

Morris Warren

25K

Wayne Robinson	M35	1:35:14
Tom Savin	M45	1:35:37
Bob Schickert	M50	1:41:39
John Pellier	M50	1:48:16
John Carpenter	M45	1:48:22
Vic Waters	M45	1:48:42
Ted Maslen	M55	1:48:44
Geoff Mullins	M45	1:49:55
Robin Bonner	M60	1:51:52
Vicente Carrero	M50	1:52:30
Mike Carey	M35	1:57:01
Cecil Walkley	M60	1:57:10
Aldo Giacomini	M55	1:58:15
Morris Warren	M55	1:58:25
Margery Forden	W50	1:59:21
David Bryant	M45	1:59:41
Merv Moyle	M65	2:01:44
Trish Spain	W50	2:04:42
Jeanette Howat	W35	2:06:00
Merv Jones	M50	2:07:37
Alan Tyson	M65	2:08:13
David Hough	M60	2:09:01
Vic Beaumont	M60	2:10:52
Brian Aldrich	M60	2:14:40
Wendy Clements	W50	2:21:36
Joan Pellier	W50	2:23:27
Jeff Spencer	M50	2:23:29
Estelle Rogers	W35	2:32:00
Phyllis Farrell	W45	2:33:11
Mary Robinson	W55	2:34:55

VISITORS

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 Colquhoun	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 MacIver	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
Margaret Warren	W55
Jackie Billington	W50
Frank Usher	M65
Sheila Maslen	W55
Keith Webster	M50
Pauline Kelly	W45
Ann Deanus	W50
Margaret Ward	W50
Brian Barnett	M45
Ernie Moyle	M65
Karen Jones	W45

10K Walkers

Paul Martin	M50
Peter Johnson	M45
Barry Weatherburn	M50
Joan Hillis	W45
Barrie Thomsett	M50
Bob Fergie	M55
Jackie Beaumont	W55
Robert Farrell	M50
Tina Carrero	W45
Margaret Gianotti	W55

Visitors

Wayne Thomas
Heather Wiley

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 race 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? surely not?

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 Giacomini, 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 year.

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

David Reid	M40	37:47
David Bishop	M35	38:26
Walter Quarman	M40	40:05
Ralph Henderson	M45	40:18
Bob Schickert	M50	40:24
David Roberts	M50	40:37
Bob Harrison	M50	42:50
Frank Smith	M50	42:51
Vic Waters	M45	43:17
Jill Chambers	W40	43:20
Mick Cousins	M55	43:21
Anne Shaw	W45	43:47
Geoff Mullins	M45	44:00
Bob Sammells	M55	44:51
Simon Mort	M35	45:03
David James	M40	45:20
Basil Worner	M60	45:21
Ray Attwell	M55	46:01
John Pellier	M50	46:06
Alex Holm	M45	46:37
Bill Crane	M50	46:39
Mike Khan	M45	46:48
Robin Bonner	M60	47:19
Hamish McMcGlashen	M55	47:34
Lynn Harrop	W40	47:51
Merv Moyle	M65	47:54
Fraser Deanus	M50	49:10
Jeff Spencer	M50	49:55
David Hough	M60	50:04
Roy Jackson	M35	50:14

Dalton Moffett	M60	50:16
Vic Beaumont	M60	50:27
Kevin Anderson	M50	50:43
George Schaefer	M60	50:47
Margery Forden	W50	50:49
Ron Potter	M50	50:59
Kath Penton	W50	51:04
Jackie Halberg	W45	51:10
Ivan Wiltshire	M50	51:24
Brian Hunter	M45	51:48
Ron Hillis	M45	52:07
Stuart Parkinson	M45	52:44
Lyhnn Farrelly	M45	53:00
Pauline Wiltshire	W50	53:31
Norm Miller	M60	60:33
Noela Medcalf	W55	60:38
Barrie Thomsett	M50	60:39
Ann Turner	W55	63:55
Ann Deanus	W50	64:01
Mary Robinson	W55	64:22
John Russell	M60	64:30
Margaret Warren	W55	66:11
Morris Warren	M55	66:13
Sheila Maslen	W55	66:55
Frank Usher	M65	68:40
Stan Lockwood	M60	68:42
Phyllis Farrell	W45	73:59
Ron Spencer	M50	79:00
Jackie Billington	W50	80:40
Lorna Lauchlan	W60	80:40

5.2K

Tom Savin	M45	20:04
Robert Raymen	M50	22:12
Geoff Tite	M40	22:15
David Carr	M60	22:23
Peter Airey	M55	24:40
Arnold Jenkins	M45	25:03
John Stone	M40	25:05
John Smith	M55	27:34
Roma Bettles	W40	27:54
Keith Forden	M50	28:37
George Peet	M55	29:03
Kirt Johnson	M60	29:32
Jim Riddell	M50	29:51
Ray Lawrence	M65	30:03
Keith Webster	M50	30:25
Ray Barnett	M45	30:26
Pat Miller	W55	30:43
Joan Pellier	W50	30:49
Brigitte Cheek	W35	31:15
Esther Healy	W55	33:02
Patricia Carr	W60	35:27
Lyn Schickert	W50	40:32
Robert Farrell	M50	43:18

VISITORS

Max Thorley	10K	43:10
Chris Limb	10K	45:43
Garth Berg	10K	47:05
Lance Rumball	10K	48:06
Patricia Elphinstone	10K	73:58
Alan Smith	5.2K	27:33
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 Vic 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

km. 36 minutes for 10km is difficult but possible.

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 years.

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	TIME	TIME
AGE	YEAR	(SECS)	
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
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
56	1988/9	57.8	2:14
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.

Deepwater Point

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 1985.

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 Worners set age records in the W50 and M60 7.2K events.

Merv 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, Jacqui Halberg and many others.

Dalton Moffett

7.2k COURSE RECORDS

W30	Tess Brockwell	29:54	?
W35	Maxine Santich	34:40	1991
W40	Gillian Roberts	30:15	1989
W45	Alicia Ansell	32:51	1989
W50	Margery Forden	34:44	1993
W55	Lorna Lauchlan	39:47	1985
W60	June Strachan	40:52	1989
W65	June Strachan	39:59	1990
M35	Basil Hannah	26:17	1989
M40	Hugh Kirkman	26:41	1985
M45	Don Caplin	26:50	1987
M50	Maurice Smith	27:09	1985
M55	Mike Cousins	27:42	1991

M60	Basil Wornor	33:10
MK65	Cliff Bould	37:10 1984
M70	Dick Horsley	35:12 1985

16K

Frank Smith	M50	59:46
David Reid	M40	60:19
John Ferris	M40	61:15
John Puglisi	M40	61:31
Bob Harrison	M50	61:53
Dave Roberts	M50	62:36
Warren Gee	M40	63:47
Vance Mitsopolous	M40	63:50
John Pressley	M45	65:36
Brian Danby	M40	65:56
Ted Maslen	M55	66:40
Brian Foley	M45	66:42
Mark Rosen	M45	66:43
Vicente Carrero	M50	66:48
Robert Mair	M45	66:54
John Carpenter	M45	67:46
Robin Bonner	M60	68:14
Bob Sammells	M55	68:35
John Bell	M45	69:03
Mike Khan	M45	69:14

John Pellier	M50	70:06
David Bryant	M45	70:18
Joe Stickles	M55	71:10
Mike Carey	M35	72:27
Fraser Deanus	M50	72:34
Merv Moyle	M65	73:00
Richard Harris	M55	73:19
Bill Peart	M50	73:31
Leon Sander	M55	74:16
Aldo Giacomini	M55	75:34
Arnold Jenkins	M45	75:41
Roy Jackson	M35	75:56
Geoff Spencer	M50	76:02
Jeanette Howat	W35	76:32
Morris Warren	M55	76:49
Nena Greenfield	W35	76:56
Jimmy Greenfield	M50	76:58
Jackie Halberg	W45	77:54
Brenda Mathews	W40	78:18
David Hough	M60	78:59
Brian Hunter	M45	79:24
Merv Jones	M50	80:30
Ron Hillis	M45	81:25
John Russell	M60	84:50
Roma Bettles	W40	84:51
Ann Turner	W55	85:52
Phyllis Farrell	W45	94:36
Mary Hepple	W55	98:40
Frank Usher	M65	1:43:03

7.2K

Bob Schickert	M50	27:37
Bruce Wilson	M45	27:46
Paul Martin	M50	29:46
Bob Thompson	M45	29:48
George Tite	M40	29:49
Simon Mort	M35	32:01
Wal Welyky	M45	32:31
Hamish McGlashen	M55	32:32
Bill Crane	M50	32:45
Mike Rhodes	M45	33:03
Basil Wornor	M60	33:10
Peter Airey	M55	34:17
Peggy Macliver	W45	34:20
Graham Thornton	M50	34:27
John Smith	M55	34:42
Margery Forden	W50	34:44

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 event.

Don and I ran the half marathon, which culminated in an exciting dead heat finish between Steve Monaggetti and Ethiopian Tadesse Gebre, in 1:1:47. The marathon was won by an Australian, Shaun Quilty, 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
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
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
Jeff Whittam	M55	57:42
Bob Fergie	M55	57:42
Jo Stone	W45	60:29
Joy Sanders	W40	60:30
Robert Farrell	M50	60:30
Tina Carrero	W45	65:52
Dick Horsley	M80	65:52
Alan Pomery	M60	71:50
Amy Loly	W30	72:38

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

Thomson, Robert	03/09/47
Healey, Esther	46 remains M45
	04/09/37
	56 remains W55
Sanderson, Heather	04/09/49
	44 remains W40
Bettles, Roma	06/09/49
	44 remains W40
Stone, John	07/09/52
	41 remains M40
Beaumont, Jacqueline	08/09/36
	57 remains W55
Leggett, Arthur	08/09/18
	75 becomes M75
Stoffers, Margaret	11/09/43
	50 becomes W50
Holland, Cathrin	12/09/56
	37 remains W35
Scott, David	12/09/47
	46 remains M45
Aldrich, Brian	16/09/30
	63 remains M60
Hayres, Robert	16/09/31
	62 remains M60
Blom, Dick	19/09/33
	60 becomes M60
Wilson, Barbara	19/09/51
	42 remains W40
Warren, Morris	24/09/37
	56 remains M55
Howat, Jeanette	24/09/54
	39 remains W35
McAuley, Duncan	28/09/49
	44 remains M40
Wiltshire, Pauline	28/09/42
	51 remains W50
Ward, Marg	28/09/41
	52 remains W50
Lockwood, Stanley	29/09/29
	64 remains M60
Usher, Francis	30/09/23
	70 becomes M70
Chambers, Alan	30/09/37
	56 remains M55

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 Vetrunk

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

Patron: W.J. (Bill) Hughes

President:	Brian Foley
	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)
Fax:	245 3169

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. **DC**

Next Masters Games

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

