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HAPPY BIRTHDAY TO OUR SEPTEMBER MEMBERS

Peter, Richard	03/09/39	55 becomes M55	Hayres, Robert	16/09/31	63 remains M60
Thomson, Robert	03/09/47	47 remains M45	Blom, Dick	19/09/33	61 remains M60
Worner, Basil	04/09/31	63 remains M60	Pantall, Wayne	19/09/52	42 remains M40
Healey, Esther	04/09/37	57 remains W55	Wilson, Barbara	19/09/51	43 remains W40
Sanderson, Heather	04/09/49	45 becomes W45	Warren, Morris	24/09/37	57 remains M55
Bettles, Roma	06/09/49	45 becomes W45	Howat, Jeanette	24/09/54	40 becomes W40
O'Donnell, Dan	06/09/50	44 remains M40	Banyard, Ros	25/09/46	48 remains W45
Stone, John	07/09/52	42 remains M40	Spencer, John	26/09/36	58 remains M55
Beaumont, Jacqui	08/09/36	58 remains W55	McCauley, Duncan	28/09/49	45 becomes M45
Leggett, Arthur	08/09/18	76 remains M75	Wiltshire, Pauline	28/09/42	52 remains W50
Birks, Margaret	09/09/46	48 remains W45	Ward, Marg	28/09/41	53 remains W50
Davis, Robert	11/09/38	56 remains M55	Lockwood, Stan	29/09/29	65 becomes M65
Stoffers, Margaret	11/09/43	51 remains W50	Snowdon, Henry	28/09/52	42 remains M40
Holland, Cathrin	12/09/56	38 remains W35	O'Reilly, Mike	29/09/39	55 becomes M55
Scott, David	12/09/47	47 remains M45	Usher, Frank	30/09/23	71 remains M70
Kennedy, Brian	14/09/33	61 remains M60	Chambers, Alan	30/09/37	57 remains M55
Aldrich, Brian	16/09/30	64 remains M60			



The Vetrunk



NO. 255 AUGUST/SEPTEMBER, 1994

WHAT KIND OF MAGAZINE DO YOU WANT?

Record returns for our Vetrunk survey

THE VETRUNK readership survey brought a lively response. Around 20 per cent of members completed the form, and at the last count 82 had been received.

Full survey details are printed in this issue (see page 2.)

The most popular categories were B, D, and E. B and D favour a magazine six times a year; category E is to continue as now.

Many complimentary remarks were made, about Vetrunk and the team which brings it to you, and we thank you for those comments.

Everyone who responded did so

in a constructive manner, including people who favour returning to the photocopied method of production that preceded Vetrunk's current form.

Offers of help were few; but many people said they would willingly pay a higher subscription to cover increased costs, if necessary.

Suggestions were wide-ranging, including:

* we do not need a high-quality production;
* a monthly publication, appearing on the 1st of each month, is ESSENTIAL;

more - page 2

Relay needs more leaders and helpers

HELPERS and organisers are still needed for the Vets Six-Hour Relay on October 30, at the Coker Park track. This promises to be a great club event, but it will take some work!

Relays are a lot of fun, and recently we have taken part in quite a few.

In the Perth Marathon, the club fielded five teams (see report, this issue.)

Earlier this year, the Lake Monger relay race drew many entrants; and our Saturday Association runners have been involved in a lot of relays too.

Extra incentive

Ask anyone who's taken part, and they'll all testify to the extra incentive, and adrenalin, that spurs you on.

Wanting to do your best for the team, you may well excel!

Now, we need some team co-ordinators, and helpers on the day.

If you don't want to run, but can assist, with time-keeping and recording, catering, or in any other way, please call Joan Pellier.

Team managers are required in the

W35, W40, and M35 age groups. Their first task is to get the teams together; and then to co-ordinate them on the 30th, ensuring that everyone knows what to do, and when.

Don't let that worry you - there'll be lots of help and advice from Joan, and other Vets who have deep experience of this kind of event.

Walkers are involved too. Any who wish to form or join a team should contact Barry Thomsett, or Dorothy Whittam.

Finally, do contact the committee if you just want to take part.

There can be no late entries - the closing date is October 16 (Bibra Lake Run).

Six hours sounds tough - but it's not so difficult, considering that you'll probably run no more than 12k during that time; and you'll be part of a great Vets event.

In Vetrunk this month...

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Whilst the race directors Merv and Sue Jones were living it up in New Zealand, 97 WA Vets were yet again attempting the Hester Park 12K.

It was a glorious sunny winter's day when the walkers and runners set off. The first club member home in the 6K was Dave Roberts, the first lady Ros Banyard. In the 12K, David Reid came in first with Tessa Brockwell the first lady.

In the walk, both John Mison and Dorothy Whittam completed the 12K.

A special thank you to all the helpers, especially Ann and Shorty Turner and Dick Horsley who also supplied tea and bikkies to the 'officials'.

Norm and Pat Miller

Deepwater Point concludes

Bill Peart	M50	36:04
B Mathews	W40	36:10
Lynn Farrelly	M45	36:14
E Hill	M50	36:22
Margery Forden	W50	38:37
Ron Sutton	M55	38:37
John Stone	M40	38:54
Mark Hewitt	M40	39:23
Adrian Noordyk	M40	39:50
Joan Pellier	W50	41:02
P Davies	M50	41:02
Arthur Leggett	M75	41:51
Norm Miller	M60	41:52
Keith Forden	M55	42:47
Val Millard	W45	43:42
Jackie Billington	W50	44:59
Rosa Davis	W50	45:40
Rob Davis	M55	46:30
Margaret Ward	W50	46:34
Mary Robinson	W55	46:44
Phyllis Farrell	W45	46:59
Frank Usher	M70	47:00
Mary Heppell	W55	47:18
Jill Midolo	W45	50:32

7.2K Walk

John Mison	M45	39:02
Barrie Weatherburn	M50	47:34
Barrie Thomsett	M50	48:02
Michelle Boyle	W45	53:04
Mitch Loly	M50	53:04
Dorothy Whittam	W55	53:31
Ron Spencer	M50	56:30
Jackie Beaumont	W55	59:59
Jeff Whittam	M55	59:59
Lynne Schickert	W50	62:48
Dick Horsley	M80	68:24

VISITORS

I Davies	7.2K	31:13
E Reid	7.2K	36:02
S Smith	7.2K	38:22
Liz Borello Walk	7.2K	62:48
Miranda Hickey	16K	78:00
P McGurk	116K	79:32
C Brinson	16K	84:51

HESTER PARK

July 31, 1994

6KM

Dave Roberts	M50	22:50
Hugh Kirkman	M50	23:34
Peter Hill	M45	24:26
Michael Anderson	M45	24:44
Arnold Jenkins	M50	26:04
Harry Holland	M50	26:37
Chris Kelly	M40	26:52
Dalton Moffett	M60	27:25
Ros Banyard	W45	27:28
Peter Howat	M45	27:48
John Smith	M55	28:51
Brian Aldrich	M60	29:40
Cathryn Holland	W35	30:13
Mark Hewitt	M40	30:23
Brian Danby	M45	31:39
John Russell	M60	31:52
Kirt Johnson	M65	32:33
Noela Medcalf	W55	32:56
Ray Barnett	M50	33:44
Roma Bettles	W40	33:45
Rob Davis	M55	34:47
Georgina Beale	W35	35:19
Jackie Billington	W50	35:37
Brian Bennett	M45	35:52
Margaret Ward	W50	35:53
Heather Sanderson	W40	36:07
Maria Van Bockxmeer	W45	36:54
Mary Heppell	W55	37:07
Toni Frank	W45	41:24
Alison Aldrich	W50	42:34
Judy Hill	W45	46:28

VISITORS

Garry Glover	6K	22:42
Justin Kelly	6K	23:32
Allan Smith	6K	27:09
Diedre Kelly	6K	30:20
Noel Sedgeman	12K	48:11
Gareth Brunt	12K	48:37
Steve Foster	12K	52:42
Peter Bartlett	12K	61:35
Margaret Robinson	12K	61:48
Peter Gunn	12K	66:23
Renee Kelly (Walk)	6K	52:56
Dianne Kelly (walk)	6K	52:56
Sharon Malek (walk)	6K	61:12

12K

David Reid	M40	44:05
Bert Carse	M50	44:44
Jim Klinge	M45	45:12
Vance Mitsopoulos	M40	45:59
Bob Harrison	M50	47:03
Bob Schickert	M50	47:03
Bob Thomson	M45	47:33
David Jones	M40	47:38
Wayne Pantall	M40	48:32
Max Thorley	M40	49:17
John Pressley	M45	49:44
Tessa Brockwell	W35	50:24
Bob Sammells	M55	50:40
Milton Mavrick	M40	51:13
John Bell	M45	51:15
Mike Khan	M45	51:24
Brian Foley	M50	51:34
Evan McRae	M40	52:07
George Schaefer	M60	52:30
Frank McLinden	M60	52:57
Cecil walkley	M65	54:23
Richard Harris	M55	?
Peter Airey	M55	55:26
Merv Moyle	M65	55:39
Reece Waldock	M40	56:00
Robin Bonner	M60	56:23
Mitch Loly	M50	56:45
Vic Beaumont	M60	56:58
Aldo Giacomini	M55	57:17
Jeanette Howat	W35	52:43
Margaret Birks	W45	52:47
Ron Sutton	M55	58:08
Dave Hough	M60	58:16
Stan Lockwood	M60	59:17
Ron Hillis	M45	60:24
Jacqui Halberg	W45	60:45
Ray Lawrence	M65	63:12
Ted Maslen	M55	63:43
Peter Davies	M60	65:18
Ron Potter	M50	65:33
Arthur Leggett	M75	66:08
Brian Smith	M55	66:08
Mary Robinson	W55	73:04
Frank Usher	M70	76:29

12KM WALK

John Mison	M45	63:49
Dorothy Whittam	W55	89:05

6KM WALK

Barry Weatherburn	M50	37:42
Michelle Boyle	W45	42:33
Lynne Schickert	W50	49:11
Allen Tyson	M65	49:12

Jeff Whittam (8K)	M55	60:08
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WHILE overall participation in marathons may be declining, the WAMC initiative in bringing relay teams into their event is boosting overall participation.

This year, team runners almost doubled the field. Forty-six teams finished the event, adding around 180 runners to the spectacle.

Vets fielded five teams, with outstanding success. We finished fifth, seventh, eighth, 28th, and 31st.

The over-60s quartet, led by Dick Blom into 28th spot, deserve especial congratulations. I'm sure they would have been the most senior team, by far, and yet they outran half the field!

Many Vets were involved in the main event, of course, and many more were there as part of non-vets teams, helping at water stations, encouraging the runners, and simply enjoying a fine day, (which started a little cold, and ended a trifle warm.)

Three of the Vets teams were well balanced, so we expected to have competition and contact through much of the race. I stayed with John Pressley for most of the first, 12K leg, and our teams were to swap places a couple of times during the event. David Carr clinched it for us with a good final 10K.

The Duncan McCauley-anchored quartet were brilliant, finishing fifth overall, in strong company.

Most important of all, the team event was a club success.

There was lots of contact, mutual support and fun at every change-over point; in and out of vehicles, driving alongside and cheering on everyone we knew.

If you have never tried a team event, you owe it to yourself!

Next year, we would like to field even more teams, so plan early to be a part of the Perth Marathon.

YORK/TOODYAY RELAY

August 21, 1994

OUR Association runners broke the four-hour barrier in this year's relay, despite running with no opposition in sight for most of the time.

Unfortunately, this was not because we were leading, but because the other two A division teams were over the hill and away!

They beat us by around 20 minutes, and fifteen minutes.

We were quicker than the B grade teams, but they had started 40 minutes earlier, to create a tighter finish.

Maintaining the pace became easier as we approached Toodyay, with more downhill sections. Around 8K from home, Brian Foley calculated that we

PERTH MARATHON

July 17, 1994

Chris Maher	M40	2:39:38
Tom Savin	M45	2:43:02
Wayne Robinson	M35	2:58:00
John Ferris	M40	3:05:52
Jan Kelly		3:07:16
(*First woman overall)		
Mick Cousins	M60	3:08:58
Brian Danby	M45	3:16:41
Dave Roberts	M50	3:17:00
Gareth Brunt	M40	3:18:39
John Pellier	M50	3:19:40
Dennis Miller	M50	3:23:37
Geoff Mullins	M50	3:26:52
Bob Schickert	M50	3:27:27
John Bell	M45	3:49:27
Richard Harris	M55	3:50:01
Cecil Walkley	M65	3:53:43
Stefan Frodsham	M40	3:53:51
Arnold Jenkins	M50	4:08:19
Roma Bettles	W40	4:08:28

STATE MARATHON RECORDS

W30	Tessa Brockwell	2:54:29	17.11.85.
W35	Karen Gobby	2:36:40	21.7.91.
W40	Alicia Ansell	3:17:33	5.8.84.
W45	Tuula Vaalsta	3:13:59	15.9.85.
W50	Margery Forden	3:25:33	1.11.91.

M35	Phil Wall	2:33:31	12.8.79.
M40	Frank Smith	2:29:06	12.9.82.
M45	Hank Stoffers	2:30:43	1.12.87.
M50	Steve Barrie	2:40:45	1.7.91.
M55	John Gilmour	2:38:19	22.6.78.
M60	John Gilmour	2:41:07	22.11.81.
M65	John Gilmour	2:57:59	28.9.86.
M70	John Gilmour	3:03:04	6.8.89.

needed to average app. 6:45 for each remaining 2K leg, in order to go under four hours.

We stayed on target, leaving Bert Carse the onerous responsibility of finishing into town, over 1.8K, in 6:20, with the Sunday lunchtime traffic hazard adding to the pressure. He came in with 20 seconds to spare!

I always seem to be lauding relays lately, but there you go. The atmosphere is wonderful, the achievement multiplied by numbers.

Unfortunately only five teams ran York to Toodyay this year. Perhaps, in 1995, we can summon up some more Vets, to run it as non-Association teams?

This year's team was: Duncan McCauley, David James, Brian Foley, Brian Danby, Bert Carse, Bruce Wilson, and Vic Waters.

We might have been a little quicker with one more runner. Also, Bruce had to miss his last leg; as an official he had to be in Toodyay to time the teams in! VW.

PERTH MARATHON TEAM RELAY

Overall Leg Time Time

5th			
Wayne Pantall	:53:26	53:26	
Ivan Brown	1:36:17	42:51	
Brian Foley	2:14:10	37:53	
Duncan McCauley	2:53:27	39:37	

7th			
Vic Waters	:54:46	54:46	
Bob Sammells	1:36:16	41:30	
Maxine Santich	2:16:19	40:03	
David Carr	2:58:44	42:25	

8th			
John Pressley	:54:22	54:22	
Paul Martin	1:35:51	41:29	
Gerry Chase	2:12:52	37:01	
Vic Beaumont	3:01:25	48:33	

28th			
Brian Bennett	:58:54	58:54	
Ivan Wiltshire	1:46:18	47:24	
Brian Smith	2:36:59	50:41	
Arthur Leggett	3:25:57	48:58	

31st			
Dick Blom	:56:50	56:50	
Dalton Moffett	1:46:11	49:21	
Lorna Lauchlan	2:41:09	54:58	
Robin Bonner	3:27:00	45:51	

18th (this hearty team included two non-Vets)

Steve Barrie	:52:39	52:39	
Norm Kelly	1:37:48	45:09	
Malcolm Hay	2:22:17	44:29	
Barrie Slinger	3:11:29	49:12	

Make a team for Port to Court

Members might like to consider forming teams for the Port to Court on October 9. Forms are at Runners World, or write to PO Box 208, Wembley 6014. Our club event that day is a casual one, at Pearson Street pony club.

Race Directors - note!

BOB Sammells is presently putting the race director's guide onto computer, and new versions will soon be available. Meanwhile, if you are one of the growing number of Vets with access to a computer, please contact Vic Waters for guidance on preparing your race result, and supplying it on disc.

A dark brisk morning greeted the intrepid race directors, as they arrived at King's Park ready to put the finishing touches to their second staging of this event.

Erection of the finishing chute was achieved with help from the car's high beam, much to the delight of the local magpie population. When dawn broke it was off to check out the course marking, which had been so lovingly completed on Saturday afternoon, with lots of help from Ralph Henderson, and Milton Mavrick.

Everything was in place except for a couple of pinched flags and an AWOL 8km marker dome - it is strange what some people will make a souvenir.

Back at the start, things were humming. Runners and walkers were everywhere. All keyed up, talking, laughing, enjoying the companionship, stretching those finely tuned muscles, readying themselves for the chase. It was a beautiful fine morning, perfect conditions for a rampage through the park.

The last few arrangements were made; briefing of the marshalls (thanks Heather and Brian), and then away the fox, and the chase is on. Quick, on the bicycle, race over to the 800m point, change that turn arrow; over to check that the marshall is in place at 4km point; over to the 8km point with a new marker. Race back to the start.

Phew.....time for a well earned cup of coffee and a rest, for the directors. But look! ...no that can't be..... yes it is... it's the first runner returning. Quick action stations!

Ian Davis was that first 5.2km runner in 21:26. Sue Prewett was the first lady in 23:43.

In the 10km run, Bert Carse was the leading male in 40:02, and Anne Shaw - reluctantly - was first lady home, in 43:12. She had pleaded to be placed second, because Jan Kelly had got bushed at the last turn.

The winning 6km walkers were Barry Wetherburn and Michelle Boyle, in 37:38 and 40:35 respectively.

Thanks to the competitors for coming, especially those who offered their thanks and congratulations. Thanks to the marshalls, and Ralph H. and Dave James for collecting the flags.

See you again next year?
Warren Gee, Brian Jones

City to Surf

PLEASE let us have your City to Surf result, mentioning if it's a PB, or of special interest. I know there were some very good performances, like Merv's, with his 18th run, and Dave James' PB. We'll try to include them all in the next Vetrunk. VW.

State Cross Country Championships King's Park August 7, 1994

(The shorter distance, and the walk, are NOT championships, although Warren has prepared the results in age-group format.)

5.2km Run

M40	
Geoff Tite	22:43
Gerry Prewett	25:14
Les Slide	29:42

M45	
Peter Howat	25:51
David Hall	29:53

M50	
Rob Rayman	23:50
Wayne Hart	32:49
Gavin Chisholm	35:11
Ron Spencer	38:28

M55	
Robert Davis	33:15

M65	
Kirt Johnson	28:23
Garnet Morgan	35:03

W35	
Cathrin Holland	28:01

W40	
Sue Prewett	23:43
Roma Bettles	28:24

W45	
Ros Banyard	25:27
Valerie Millard	29:57
Jill Midolo	44:11
Jane Slade	44:14

W50	
Bridget Carse	31:43
Jacqui Billington	35:01
Rosa Davis	35:04
Alison Aldrick	36:08
Lynn Schickert	44:10

Visitors	
Ian Davis	21:26
Glenn Howat	25:51

6km Walk

M50	
Barry Weatherburn	37:38

M60	
Jeff Whittam	44:44

M80	
Dick Horsley	55:44

W45	
Michelle Boyle	40:35
Joan Hillis	55:43

12km Walkers	
M45	
John Mison	66:50

W45	
Jo Stone	92:04
W55	
Dorothy Whittam	92:04

10km Championship Run

M40

Max Thorley	43:03
David James	44:26
Paul Kelly	44:32
Milton Mavrick	46:29
Stefan Frodsham	48:15
Reece Waldock	49:49

M45

Jim Klinge	40:09
Ralph Henderson	40:35
John Bell	44:29
Ivan Brown	44:35
Mike Khan	46:39
Ron Hillis	53:21

M50

Bert Carse	40:02
Bob Schickert	40:55
Dave Roberts	42:22
Bill Crane	46:41
Graham Thornton	47:18
Brian Foley	47:36
Paul Martin	47:36
Ron Potter	51:26
Tony Speechley	53:20

M55

Don Caplin	43:34
Bob Sammells	43:39
Joe Stickles	47:56
Peter Airey	49:11
Richard Harris	50:00
Aldo Giacomini	51:06
Ron Sutton	54:14
Brian Smith	60:06

M60

Mick Cousins	43:21
Dick Blom	45:53
Frank McLinden	46:16
George Schaefer	47:14
Rob Shann	48:13
David Hough	50:53
Dalton Moffet	51:25
John Russell	62:40

M65

Cecil Walkely	48:55
Merv Moyle	50:24
Stan Lockwood	53:45
Ray Lawrence	57:16

M70

Frank Usher	68:05
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M75

Arthur Leggett	60:05
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W35

Jeanette Howat	52:13
Georgina Beale	65:56

W40

Jan Kelly	43:20
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W45

Anne Shaw	43:13
Margaret Birks	54:23

W50

Maureen Stewart	47:04
Peggy MacLiver	51:27

W55

Ann Turner	56:35
Mary Robinson	67:10

16K

Dave Reid	M40	61:48
Ralph Henderson	M45	62:40
Jim Klinge	M45	62:45
David James	M40	63:12
Bob Harrison	M50	65:56
Wayne Pantell	M40	66:16
Sue Prewett	W40	67:07
Gerry Chase	M55	68:05
Ted Maslen	M55	69:35
Bob Sammells	M55	69:41
Milton Mavrick	M40	69:57
Vic Waters	M50	70:13
Mark Rosen	M45	70:17
Mike Khan	M45	70:25
Brian Foley	M50	70:42
Ian Brown	M45	71:33
Frank McLinden	M60	72:19
John Bell	M45	74:41
Mike Carey	M35	74:44
Alec Holm	M45	74:57
Graham Thornton	M50	75:33
Cecil Walkley	M65	75:36
Kath Noordyk	W45	76:20
Dave Hough	M60	76:50
Gerry Prewitt	M40	77:04
Leon Sander	M55	77:53
Richard Harris	M55	78:01
Vic Beaumont	M60	78:12
Stephan Frodsham	M40	79:16
Aldo Giacomini	M55	80:16
Merv Moyle	M65	80:39
Danny O'Donnell	M40	84:04
Maxine Santich	W40	84:39
Brian Smith	M55	84:39
Tony Speechley	M50	84:39
Roma Bettles	W40	84:48
Richard Peters	M50	84:59
Ray Lawrence	M65	85:50
Irene Ferris	W40	87:34

10K RUN

DAVE REID	M40	36.11
FRANK SMITH	M50	36.18
JIM KLINGE	M45	36.53
BOB SCHICKERT	M50	37.41
DAVID JAMES	M40	37.48
JOHN FERRIS	M40	37.57
DAVE ROBERTS	M50	38.43
BRIAN DANBY	M45	39.02
DON CAPLIN	M55	39.02
DARRY DAHLSTROM	M40	39.11
BOB HARRISON	M50	39.37
JILL CHAMBERS	W45	39.43
WAYNE PANTALL	M40	40.00
VIC WATERS	M50	40.39
DAVE SCOTT	M45	40.43
SUE PREWETT	W40	40.52
TED MASLEN	M55	40.56
BOB SAMMELLS	M55	40.58
JOHN PRESSLEY	M45	41.15
DAVE CARR	M60	41.18
GERRY CHASE	M55	41.19
JOE STICKLES	M55	41.20
MILTON MAVRICK	M40	41.29
IVAN BROWN	M45	41.59
BRIAN FOLEY	M50	42.37
FRASER DEANUS	M50	42.48
JOHN PELLIER	M50	43.03
DICK BLOM	M60	43.05
BRIAN BENNETT	M45	43.30
GEORGE SCHAEFER	M60	43.39
ARNOLD JENKINS	M50	44.37
GERRY PREWETT	M40	44.42

DEEPWATER POINT

July 24, 1994

AFTER Saturday's rain, the winter sun and the absence of any wind made conditions close to ideal for the 108 runners/walkers who came down to this popular river event.

In the '10 Miller' Dave Reid and Frank Smith set the pace in what looked like another great race (Frank won last year). Frank was leading, and close to the finish, when an old injury reappeared, leaving him unable to finish. Despite this, he was his usual happy self, shouting on lesser runners, while waiting to be collected by car. We wish him a speedy recovery.

The age record holders for this event include some of the all-time greats of

7.2

Bruce Wilson	M45	25:27
John Ferris	M40	28:59
B Thomson	M45	29:16
Dave Scott	M45	29:26
Dave Roberts	M50	29:33
Mick Cousins	M60	29:38
Brian Danby	M45	30:06
David Carr	M60	30:27
Paul Martin	M50	30:39
Tess Brockwell	W35	30:54
Geoff Tite	M40	30:59

Mill Point Road Championships

July 3, 1994

Conditions: showers

THANKS to helpers Fred Hagger, Jacqui Halberg, Dick Horsley, George and Gillian Peet, Rob Farrell, Valerie Millard, Barry Weatherburn, Allan and Margaret Stone. Bob and Lynne Schickert

MIKE RHODES	M45	44.52
DAVID HOUGH	M60	45.28
VIC BEAUMONT	M60	45.36
ROBIN BONNER	M60	45.40
ROBERT RAYMEN	M50	45.52
RICHARD HARRIS	M55	46.34
ALAN CHAMBERS	M55	47.03
IVAN WILTSHIRE	M50	47.18
PEGGY MACLIVER	W50	47.39
MERV MOYLE	M65	47.51
ROMA BETTLES	W40	48.16
G. THORNTON	M50	48.49
RON SUTTON	M55	48.50
PAULINE WILTSHIRE	W50	48.54
PETER HOWAT	M45	49.05
ANN TURNER	W55	49.15

Veterans running in WA, with the likes of John Gilmour (twice) Chris Brockwell (M35) Mick Cousins (M55) Robin Bonner (M60) and Frank (three times). It was good to see so many ladies in the longer event this year, including marathon girl Roma Bettles.

Most (but not all!) of last weeks Veteran marathon runners chose the 7.2 event and Mick Cousins was in a record-breaking mood to replace Basil Worner in the M60 list; while Tess Brockwell decided to keep Chris company in the 35 age group, and broke Maxine Santich's record. Maxine ran the longer race this year.

The walkers were out in force and John Mison and Michelle Boyle led the two groups home.

On your behalf I would like to thank Maurice Smith, Stuart Hicks, Dick Blom, Fred Hagger and cappuccinos anonymous, Kurt, Jacqui, Anne and Heather (surnames withheld for their protection!).

Dalton Moffett

Doug Hazell	M40	31:19
Mike Anderson	M45	31:38
Mike Rhodes	M45	32:16
Wal Welyky	M45	32:51
George Schaefer	M60	33:09
Pat Campbell	W40	33:49
Brian Bennett	M45	34:09
Chris Kelly	M40	34:17
Peter Airey	M55	34:27
Peggy MacLiver	W50	35:04
Arnold Jenkins	M50	35:48
Ron Hillis	M45	35:55

JEANETTE HOWAT	W35	49.19
LYNN FARRELLY	W45	49.52
MARJ FORDEN	W50	50.15
JOHN SMITH	M55	50.26
STAN LOCKWOOD	M60	50.43
BRIAN HUNTER	M45	51.01
RAY LAWRENCE	M65	51.40
IRENE FERRIS	W40	51.45
TERRY KEESING	M35	52.03
H SANDERSON	W40	52.09
JOAN PELLIER	W50	54.12
JOHN RUSSELL	M60	56.07
NORM MILLER	M60	56.44
STEWART HICKS	M70	57.17
ARTHUR LEGGETT	M75	59.21
BRIAN SMITH	M55	59.22
PHYLLIS FARRELL	W45	59.45
ROSA DAVIS	W50	1.01.07
LORNA LAUCHLAN	W60	1.01.19
JACKIE BILLINGTON	W50	1.03.30
MARGARET WARD	W50	1.03.46
JUNE STRACHAN	W65	1.04.30
RON SPENCER	M50	1.10.44

WALKERS

JOHN MISON	M45	51.22
PAUL MARTIN	M50	56.08
B. WEATHERBURN	M50	1.02.59
BARRIE THOMSETT	M50	1.04.19
MITCH LOLY	M50	1.06.02
MICHELLE BOYLE	W45	1.10.01
JO STONE	W45	1.18.35
D. WHITTAM	W50	1.18.36
ALAN POMERY	M60	1.21.06

Club Cross-Country Championship - 8.6K

Terry Keesing	M35	48:03
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David Reid	M40	32:02
Duncan McCauley	M40	33:08
Evan McCrae	M40	33:35
John Ferris	M40	33:52
David James	M40	37:51
Jeff Tite	M40	38:00
Doug Hazel	M40	38:25
Milton Maverick	M40	39:20
John Stone	M40	48:11
Mick Malone	M40	48:28

Jim Klinge	M45	33:56
Brian Danby	M45	35:46
Peter Hill	M45	37:17
Ivan Brown	M45	37:58
Brian Bennett	M45	39:36
Mike Khan	M45	41:37
Ron Hillis	M45	44:30

Bob Schickert	M50	34:35
Vic Waters	M50	36:06
Brian Foley	M50	37:27
Paul Martin	M50	38:04
Arnold Jenkins	M50	38:50
John Pellier	M50	39:13
Mitch Loly	M50	40:20
Ivan Wiltshire	M50	42:22
Graham Thornton	M50	42:39
Bill Peart	M50	44:20
Eddie Hill	M50	46:26

Gerry Chase	M55	37:06
Bob Sammells	M55	37:49
Richard Harris	M55	40:46
Peter Airey	M55	41:33
Alan Chambers	M55	42:50
Brian Smith	M55	50:34

Mick Cousins	M60	34:39
David Carr	M60	36:49
Dick Blom	M60	38:12
Robin Bonner	M60	39:53
Basil Worner	M60	41:07
David Hough	M60	48:49
John Russell	M60	49:31

Arthur Leggett	M75	50:33
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Maxine Santich	W40	39:24
Roma Bettles	W40	42:54

JORGENSEN PARK

July 10, 1994

BRIAN Foley and Jacqui Billington had flagged the course (in the rain) the previous evening and there were some perplexed faces among the early arrivals when they saw where the flags were placed.

There were no mistakes, it was a new course!

There needs to be a good reason to depart from a course as traditional as the old Jorgensen Park one, but this year, change we did.

Back in May, John Ferris had suggested that we run the old course in reverse for safety reasons. The Committee agreed but then went one better by adopting the AAWA course.

Competitors' feelings were mixed but, possibly for the first time ever, nobody fell or was injured. So, thanks for your timely suggestion, John.

In the race itself, David Reid got his usual early break on the field and led throughout for the fastest time of the day. Jill Chambers was the first lady, almost three minutes ahead of the nomadic Maxine Santich.

But what about a special cheer for

Brenda Matthews	W40	46:36
Heather Sanderson	W40	47:47
Irene Ferris	W40	48:43

Jill Chambers	W45	36:22
Maureen Delcanho	W45	48:38
Jackie Halberg	W45	49:06
Valerie Millard	W45	51:41

Peggy MacLiver	W50	43:54
Pauline Wiltshire	W50	45:36
Joan Pellier	W50	50:48
Rosa Davis	W50	57:09
Mary Robinson	W55	58:12

Lorna Lauchlan	W60	55:39
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Brian Chambers	VIS	37:43
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dear old Arthur Leggett?

Not having run for weeks, he set out for one lap and ended up doing three. Plus, he brought along a lovely young lady and promptly volunteered herself as a course marshal. What a character!

Times were generally faster than last year. I don't know whether the course was shorter or faster than the old course, or whether people were fitter. However, now that people know the course, I would expect times to improve in most age groups next year.

The social side was better than ever thanks to the organisational skills of Jacqui B (again) and Irene Ferris, plus the quality of the food.

Brunch was served very quickly and queuing minimised with Sergeant Major Irene in charge. Most of us blokes jumped to it quicker than we ever did decades ago (to demonic drill sergeants) when Irene blew her whistle.

Irene, Duncan Strachan will be proud of you.

In addition to those named, our thanks must also go to all who helped on the day. Principle helpers for the run were Fred Hagger, Pat Carr, Liz Khan, Jackie Beaumont, Joan Hillis and Dierdre Powell. Joan Pellier, Sue Danby, Pat Savin, Bev Thornton and Jan Johnson organised the meal, and the men looked after the washing-up.

A great day. Bob Sammells

Peter McGurk	VIS	41:28
Miranda Hickey	VIS	42:05
Judy Rogam	VIS	45:11

Hayley Corbett	VIS	17:46
Hazel Corbett	W45	18:36
Judy Hill	W45	22:02

David Scott	M45	23:23
Simon Mort	M35	27:31
Rose Banyard	W45	27:50
Cathrin Holland	W35	30:36
Ann Turner	W55	33:57
Ray Barnett	M50	34:32

EHR): and you can see why fitness experts have been looking for an alternative.

It's called Perceived Rate of Exertion.

Imagine a scale from six to twenty where six doesn't feel like exercise and twenty is sprinting flat-out. Aim to work in the ten to fifteen bracket; at the lower end, talking and breathing easily, but still burning fat, sweating around the thirteen mark, and starting to have trouble carrying on a conversation at around fifteen.

(This article first appeared in Australian Vogue)

This year saw a major revision of the course that had been used for many years. The Mill Point Road section was replaced by parkland foot/cycle paths which meant that the whole course was off-road. Runners and walkers favoured the change so the course will be used again in 1995.

Conditions were cool, sunny and fairly still at the two starts and, except for some stiffish breezes at South Perth, remained so during the races.

John Mison made the most of them to set the fastest walk time of the day and to take over 11 minutes off Peter Johnson's 1993 M45 record with a time of 2:01:27. Jan Kelly did almost as well in the run; her time of 1:28:54 reduced Marg Forden's 1985 W40 record by exactly nine minutes.

The third Championship Record belonged to Arthur Leggett. He beat Father Time to set an inaugural M75 time of 2:04:45. Our 'Flying Scots' were the first two home. David Reid was just ahead of Bert Carse at 11.3km and they had a good break on the field. At the finish, Bert came home over three minutes clear of David who was closely followed by David James.

In the walk, Barrie Thomsett was pleased with his solo performance. Michelle Boyle, Jo Stone and eventual winner Dorothy Whittam, competed among themselves and all recorded good times.

Hearty congratulations to all age group champions for 1994. Finally, our great team of helpers must be applauded. Marshalls were Kirt Johnson, Ray Lawrence and Ernie Moyle; on drink stations were Jeannette and Peter Howat, and June and Duncan Strachan; at the finish the numbers man was Fred Hagger, the time-keepers were Dick Horsley and Rosa Davis, recorders Noela Medcalf and Bridgit Carse; and finally Alan Pomery, who took charge of morning tea.

You all did a fantastic job and the events ran smoothly as a result. Thanks folks.

Bob Sammells

A weekend visit to our Albany contingent last month presented the chance for a run with the Albany RC. While they are a mixed-age club, many veterans are members, and some are WAVAC members also.

Winter means cross-country in Albany. Sunday morning starts are late (10am/ 11am) but heat is generally no problem. They also split the field into separate races for the kids, women, and men - though when I was there some women ran the men's race, some joined the kids. It's not too rigid.

Organisation is interesting, with one person responsible for the entire winter programme. He also tows the club caravan, containing all the gear. This also provides a perfect control centre for recording etc, whatever the weather.

Bear in mind the Vet's continuing

Club Half-Marathons

August 14, 1994

M40	
David Reid	1:24:24
David James	1:24:45
Milton Maverick	1:36:29
Declan Kenny	1:38:16
Stefan Frodsham	1:39:02
Gerry Prewett	1:40:35
Reece Waldack	1:41:09

M45	
Ivan Brown	1:31:43
Brian Danby	1:33:50
Evan McRae	1:35:07
Mike Khan	1:36:40
Lynn Farrelly	1:56:42

M50	
Bert Carse	1:21:09
Bob Schickert	1:27:23
Richard Peters	1:57:36

M55	
Richard Harris	1:38:11
Ron Sutton	1:56:50
Brian Smith	2:04:47

M60	
Mick Cousins	1:26:22
Frank McLinden	1:35:44
Dick Blom	1:36:59
David Hough	1:49:37
Stan Lockwood	1:51:40

M65	
Cecil Walkley	1:38:37
Merv Moyle	1:43:14

M75	
Arthur Leggett	2:04:45

W40	
Jan Kelly	1:28:54
Sue Prewett	1:30:46
Roma Bettles	1:57:35

W55	
Anne Turner	1:54:15

VISITORS	
Graham Maier	1:28:55
Des Mallon	1:34:32
Doug Hayes	1:40:34

How they run winter in Albany

contemplation of the most efficient manner of having the right stuff in place every Sunday morning. It has been suggested that a tow-trailer might work; obviously it does in Albany, though having the same person tow it does simplify matters.

Handicap

Each cross-country location is used three times in a row.

While it might seem tedious to repeat the same course, there is an extra fillip. On the third week the race is a handicap, based on the performances in the previous two weeks.

My own run in Albany was very

Half-Marathon Road Walk Championship

M45

John Mison	2:01:27
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M50

Barrie Thomsett	2:29:43
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W45

Michelle Boyle	2:39:00
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Jo Stone	2:40:38
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W55

Dorothy Whittam	2:38:52
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11.3km Walk

Joan Hillis	W45	84:33
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11.3 Km Run

Ralph Henderson	M45	44:10
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Dave Roberts	M50	44:33
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Anne Shaw	W45	45:58
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Maurice Smith	M60	46:06
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Dick Blom	M60	47:23
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Martin Watkins	M45	48:07
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Geoff Tite	M40	48:17
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Paul Martin	M50	49:13
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Joe Stickles	M55	49:23
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Rob Shand	M60	51:43
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George Schaefer	M60	51:50
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Peter Airey	M55	52:16
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Mitch Loly	M50	54:18
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Arnold Jenkins	M50	54:28
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Dalton Moffett	M60	54:39
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Ron Potter	M50	55:21
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Brian Bennett	M45	57:06
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Merv Jones	M55	58:10
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Tony Speechley	M50	58:42
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George Peet	M60	66:42
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Peter Davies	M60	66:45
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Valerie Millard	W45	67:53
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Ray Barnett	M45	68:13
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Mary Robinson	W55	68:14
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Garnet Morgan	M65	68:28
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Gavin Chisholm	M50	71:17
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Mary Heppell	W55	71:28
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Frank Usher	M70	71:30
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Marg Ward	W50	72:02
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Maria Van Bockmeer	W45	73:30
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Mel Ovenden	M50	73:32
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enjoyable, in a near-town location I probably could never find again! The field was mixed, with the younger runners haring off (but some of them slowing enough to be caught later!). The Albany runs are usually no more than 8K. This one was a three-lapper, mixed sand and bush, with a burned-out car as a novelty obstacle. Unsure whether to go over, or through, I ran safe and round.

(Seems this was a painstakingly restored vehicle, stolen and set-fire by some brain-dead yobs. It's not just big cities that have problems.) The Albany mob are friendly and welcoming, as many of us know from our too rare meetings with members at the annual T&F championships. It's great to know that as a runner you can find like spirits virtually everywhere you travel.

VW

Wellness

A Change in Pulse

TAKING your pulse is going out of favour as a way of measuring whether or not you are exercising hard enough. The recommended pulse rate equation when in training is as complex for beginners as an advanced aerobics move.

Firstly, subtract your age from 220. This gives your maximum heart rate

(MHR). Your exercise heart rate (EHR) is between sixty and eighty per cent of this, counted as beats per minute. By the time beginners work out how to take a pulse and figure the maths to make it relevant, they might just be fit enough for it not to matter any more.

The fitter you are, the quicker your heart rate returns to normal, so that the sudden decrease in heart rate, as soon as you stop to take your pulse, give you a false reading.

Add this to the fact that resting pulse rates change throughout the day and that your MHR tends to decrease the fitter you get (this means you have to push to dangerous levels to get to your

10K		
Ralph Henderson	M45	36:50
Jim Klinge	M45	36:52
Bob Schickert	M50	37:15
Robert Mair	M45	37:57
John Pressley	M45	38:21
Gareth Brunt	M40	39:12
David Bishop	M35	39:22
Wayne Pantall	M40	39:30
Tessa Brockwell	W35	40:08
Wayne Browne	M45	40:28
Joe Stickles	M55	40:41
Ivan Browne	M45	40:44
Bob Harrison	M50	41:07
Dick Blom	M60	41:14
Mike Khan	M45	41:26
John Pellier	M50	41:34
Milton Mavrick	M40	42:20
Frank McLinden	M60	42:21
Max Kelly	M45	42:44
George Schaefer	M60	42:45
Richard Harris	M55	42:52
Rob Shand	M60	42:58
Cecil Walkley	M65	43:19
Reece Waldock	M40	43:48
Maureen Stewart	W50	44:02
Arnold Jenkins	M50	44:13
Ted Maslen	M55	44:36
Peter Airey	M55	44:49
Lynn Harrop	W40	44:51
Brian Bennett	M45	46:05
David Hough	M60	46:51
Margaret Birks	W45	46:52
Ron Potter	M50	47:14
Merv Moyle	M65	47:57
Vic Beaumont	M60	48:16
Mev Jones	M55	48:18
Stan Lockwood	M60	48:23
Aldo Giacomini	M55	49:09
Marg Forden	W50	49:20
Ron Hillis	M45	49:25
Ann Turner	W55	49:59
Ray Lawrence	M65	50:39
George Peet	M60	53:08

THE GARVEY GALLOP

August 21, 1994

A lightly overcast sky and a slight, easterly breeze combined to produce an excellent day for the events encompassed by the Garvey Gallop.

The course, following the cycle path from Redcliffe to Maylands and return, was flat and conducive to good running times.

However, the marshalls at the 5K mark later wrongly advised a considerable number of runners, who then mistook a post in Swan View Road for the turnaround point. Consequently, their distances were approximately 200 metres shorter than 10KMS.

Except for this minor hiccup the run was regarded as a pleasant event along an enjoyable course; a circumstance created by the combined efforts of Maureen Pomery, Ron Sutton, Kirt Johnson, Leo Hassam, John Maddison, Brian Smith as well as my wife, Eileen, my daughters Maureen and Susan plus my grand-daughters Vicki and Stacey.

Arthur Leggett

John Russell	M60	54:19
Joan Pellier	W50	55:41
Roger Crossman	M50	56:29
Jacqui Halberg	W45	56:30
Garnet Morgan	M65	57:19
Val Millard	W45	57:27
Graham Thornton	M50	57:49

Rosa Davis	W50	57:44
Mary Robinson	W55	60:12
Frank Usher	M70	60:32
Phyllis Farrell	W45	60:32
Margaret Ward	W50	61:05
Mary Heppell	W55	63:19
Sheila Maslen	W55	68:17
Ron Spencer	M50	69:34

5KM		
Walter Quartermain	M40	16:31
David Carr	M60	19:20
Michael Anderson	M45	19:50
Bob Sammells	M55	20:03
Ian Passmore	M50	20:30
Keith Forden	M55	24:07
Heather Sanderson	W40	25:51
Norm Miller	M60	27:55
Jan Johnson	W4529:00 (late)	
Jackie Billington	W50	29:09
Rob Davis	M55	29:10
Pat Miller	W55	29:45
Patricia Carr	W60	32:31
June Strachan	W65	33:08
Jill Midolo	W45	33:09
Lynne Schickert	W50	35:45

10KM Walk		
Paul Martin	M50	55:53
John Mison	M45	55:53
5KM Walk		
Peter Johnson	M45	36:21
Dorothy Whittam	W55	37:59
Jeff Whittam	M60	37:59
Margaret Gianatti	W55	43:09
Gillian Peet	W55	43:09

VISITORS		
Ian Davies	5K	18:35
Max Thorley	10K	38:37
Phillip Shorthouse	10K	40:36
Gareth Borg	10K	43:17
Jean McGurk	10K	56:31

THE RUN this year was expertly organised by Frank Smith while Hugh cooled his heels in a boat in the middle of the Great Australian Bight.

Frank not only organised a great run but made sure it didn't rain, although I'm not sure what strings he pulled to do that.

As leader, Frank co-ordinated a team of helpers which included Bob Harrison, Ernie Moyle, Fred Hagger, Mary Robinson with Anne Smith and John Gilmore on timings at the finish.

Anne was wearing her medal that she had recently won with the Sweet Adeline's Barber Shop group at the National Championships in Sydney where they won GOLD! Congratulations Anne and we wish you gold in the next competition.

The course this year had to change

	Time	H/Cap
Margaret Birks	W45 49:49	6:35
Phyllis Farrell	W45 50:44	1:50
Mike Rhodes	M45 51:52	11:55
Milton Mavrick	M40 53:06	15:35
Vic Beaumont	M60 53:24	11:25
Brian Smith	M55 53:26	10:00
Dave Hough	M60 53:50	11:00
Val Millard	W45 53:54	3:40
Ivan Wiltshire	M50 54:14	11:00
Kirt Johnson	M65 54:16	8:40
Wayne Pantall	M40 54:34	18:20
Dave Reid	M40 54:36	22:00
Duncan Macauley	M40 54:39	21:15
Jim Klinge	M45 54:41	20:20
Pauline Wiltshire	W50 54:45	10:30
Stuart Hicks	M70 54:46	5:40
Bob Sammells	M55 54:48	17:25
Pat Campbell	W40 54:53	12:50
Gerry Chase	M55 54:59	17:35
Bob Schickert	M50 55:06	20:20
Alec Holm	M45 55:07	17:25
Ian Passmore	M50 55:25	14:50

Sharks Run		
	continues	
Dalton Moffatt	M60	48:12
Vic Beaumont	M60	48:20
Brian Bennett	M45	48:39
Ian Passmore	M50	49:07
John Dartnell	M45	49:07
Peggy MacIver	W50	49:22
Merv Moyle	M65	49:31
David Hough	M60	50:24
Margaret Birks	W45	50:45
Aldo Giacomini	M55	50:58
Ann Turner	W55	51:29
Lynn Farrelly	M45	51:42
George Peet	M60	51:51
Brian Hunter	M45	52:23
Jackie Halberg	W45	52:51
Joan Pellier	W50	56:11
John Russell	M60	57:13
Phyllis Farrell	W45	57:28
Frank Usher	M70	62:41
Margaret Ward	W50	63:30
VISITORS		
Clyde England	10K	39:57
Haley Corbett	5K	36:56

KIRKMAN'S RUN

June 26, 1994

due to the East Perth development closing the path. It was still a flat 9k run so that times can still be compared to last year. The course was well marked and as far as I know no-one got lost.

The 64 runners set off at staggered times while 12 walkers all began together. The winner of the handicap for the runners was Margaret Birks and the handicap winner for the walkers was Barry Weatherburn.

Many thanks to all who participated.

Judy Kirkman

Arnold Jenkins	M50	55:33	14:50
Ivan Brown	M45	55:40	17:00
Mike Khan	M45	55:45	17:25
Frank Usher	M70	55:55	01:25
Vic Waters	M50	55:57	19:00
Dalton Moffett	M60	56:07	13:55
Brenda Matthews	W40	56:10	10:05
Eddy Hill	M50	56:12	12:05
Jeanette Howat	W35	56:14	12:50
Peter Howat	M45	56:15	14:50
Sheila Maslen	W55	56:17	00:55
David James	M40	56:19	20:20
Ray Lawrence	M65	58:30	8:25
Jan Johnson	W45	56:31	7:20
Tessa Brockwell	W35	56:32	19:15
Peter Airey	M55	56:42	14:40
Ted Maslen	M55	56:57	17:35
Simon Mort	M35	57:00	16:15
Geoff Tite	M40	57:02	18:45
Paul Martin	M50	57:16	18:45
Ron Sutton	M55	57:18	11:25
Brian Foley	M50	57:42	18:45
Jacqui Halberg	W45	57:51	12:50
John Pressley	M45	57:54	19:40
Rosa Davis	W50	58:06	01:50
John Dartnall	M45	58:09	18:05
John Russell	M60	58:10	09:35
Robin Bonner	M60	58:24	16:30
Lorna Lauchlan	W60	58:34	02:15
Graham Thornton	M50	59:05	15:35
Jackie Billington	W50	59:32	02:45
John Stone	M40	60:45	11:25
Bill Peart	M50	61:12	15:35
Keith Forden	M55	62:12	11:55
Mitch Loly	M50	62:27	17:25
Marg Forden	W50	63:16	11:55
Ron Spencer	M50	64:30	-
Merv Moyle	M65	67:08	14:25
Stan Lockwood	M60	67:08	15:20

WALKERS		
Weatherburn	M50	71:12 13:45
Michelle Boyle	W45	78:30 15:45
John Mison	M45	81:06 33:45
Lynne Schickert	W50	81:21 12:30
Jeff Whittam	M55	81:23 11:45
Bob Fergie	M55	83:22 13:45
Leslie Romeo	W45	83:22 24:15
M Vanbocxmeer	W45	92:43 13:45
Mel Ovenden	M50	92:44 13:45
Pat Miller	W55	95:04 13:45
June Strachan	W65	95:05 13:45
Jo Stone 5K	W45	41:38 -

NATIONAL VETS MEETING REPORT

By
Brian Foley

THE Association held its AGM and Development Conference in Melbourne in mid August. Jacqui Billington and myself were delegates from WA at the meeting.

The major elected positions were:
President - Stan Perkins (Qld)
Vice President - H Doherty (Qld)
Secretary - Dot Browne (Vic)
Treasurer T Hishon (Qld)

These six Board positions, one of which I hold, are up for election next year. My current responsibility on the Board is to develop a national membership base and registration system.

Two team managers and a doctor for the World Championships in USA next July will be elected through a postal ballot. The costs for their travel will be met by the travel agent, JCT Travel. This company will also be offering discounted air fares within Australia to our members.

Following the AGM, the Development Conference then lasted the next one and a half days, so that we were quite busy discussing the strengths and weaknesses of our organisation.

A consultant was present, from the Federal department for mature age sports. This department helped us with the conference, and bore the costs.

Examples of the topics discussed are:

Strengths - friendship, fitness, participation, age groups.

Weaknesses - communication, coaching, elitism, retention of members.

Opportunities - Masters Games, promotion, ethnic groups, funding.

Threats - other sports, facilities, geography.

The objective or mission of our Association was defined as:

To provide mature age people with the opportunity to participate in athletics at their desired level.

Plans were then drawn up for the main areas for development which were a result of the previous analysis. These areas are:

Management, Finance, Participation, Marketing / Promotion, Coaching, Athletic Events, Facilities, Communication.

These plans are to be further developed by the Board and will be communicated when they are finalised.

The State and Federal Government Departments for Sport have funding to assist with implementing the plans. However, we need to know our membership base before applying for funds. The government has computer systems available to assist us to prepare this base data.

I will keep you informed of the progress.

HAPPY BIRTHDAY TO OUR AUGUST MEMBERS

WEST, JOHN	03/08/49	45 becomes M45	WALDHUTER, GLENYS	17/08/43	51 remains W50
WOODS, COLIN	03/08/37	57 remains M55	MEDCALF, GORDON	19/08/29	65 becomes M65
MIDOLO, JILL	05/08/47	47 remains W45	TURNER, CEDRIC	19/08/35	59 remains M55
WHITTAM, JEFFREY	05/08/34	60 becomes M60	MARTIN, KEITH	21/08/43	51 remains M50
MORT, SIMON	06/08/56	38 remains M35	BERGERSEN, GRAEME	22/08/51	43 remains M40
HENDERSON, RALPH	07/08/48	46 remains M45	EVANS, PETER	23/08/51	43 remains M40
DANBY, BRIAN	08/08/48	46 remains M45	BOYLE, MICHELE	24/08/47	47 remains W45
MASLEN, TED	08/08/35	59 remains M55	KELLY, PAUL	28/08/53	41 remains M40
CARSE, ALBERT	08/08/41	53 remains M50	BENNETT, BRIAN	28/08/47	47 remains M45
LANGFORD, JAMES	12/08/44	50 becomes M50	NAPIER, FREDERICK	28/08/25	69 remains M65
LLOYD, GEOFFREY	13/08/47	47 remains M45	RICHARDS, NORMAN	29/08/37	57 remains M55
HUGHES, WILLIAM	15/08/27	67 remains M65	SANDERS, SUSAN	29/08/53	41 remains W40
KELLY, MAX	15/08/46	48 remains M45	BAUMANN, BETTY	30/08/12	82 remains W80
STONE, MARGARET	17/08/42	52 remains W50	STINGEMORE, ANN	31/08/52	42 remains W40

Letters to the Editor

Dear Vic
May I through you publicly thank the Race Director for the Darlington Dash for his/her effort in marking all of the kilometres and the conduct of the run in general.

For those of us who 'psych' ourselves along on memories, rather than long-gone performance or stamina, they are a real life-saver, as were the Millers with their water and encouragement on the same day.

I would like all to know that this old Vet was truly appreciative.

Sincerely
Frank Usher

MASTERS GAMES
DRAWS WA VETS
TO BRISBANE

The World Masters Games will be held in Brisbane from September 26th. A surprising number of our athletes will be competing.

This includes Syd Coleman, Wendy Ey, Louella Jenkins, Sharon Molony, Patricia Carr, David Carr, Ruth Johnson, Noela Medcalf, Gordon Medcalf, Dorothy Nicholaidis, Doreen Dow, Jackie Lishman, Dick Blom, Erica Mercer, Clive Choate and Lynn Choate.

A reasonable guess would be that there could be 25 West Australians in track and field events.

What's the attraction?

Our club and the AAVA have an efficient and well-defined structure catering for thousand of members. The Masters movement has no such structure and no members. How are people drawn to Masters games? Certainly not by the entry fees, which are quite high? And not by the programme dates (stretched over more than a week).

The objective is to promote tourist activity in the host city. The aims are commercial rather than sporting. So what's the attraction?

The advertising is massive and people are convinced that they will have a good time. Because many sports are held, most of us know someone who is going. This gives impetus and helps word-of-mouth advertising.

Government support is generous. The reasons are that tourism is a big industry and politicians can be seen in a favourable light when supporting tourism, and sport. The last time Brisbane had a Masters games, a dozen politicians jostled for place on the official dais.

Report by David Carr

SUNDAY dawned cold and wet and a disappointingly few 44 runners turned up at Darlington Oval. A small hiccup with the toilet facilities saw a 'lineup' for the one and only 'loo', and everyone knew they were up in the hills!

The day's prize was the Dick Horsley Trophy for the fastest husband and wife team and all eyes were on the Ferris', Pelliars and Greenfields. Nena Greenfield was the first female in, followed by Irene Ferris then Joan Pelliars. Unfortunately for the Greenfields, Jimmy injured himself and once again the Ferris's took the trophy with a combined time of 105:00. The Pelliars were second in 113:49, with the Carreros third in 134:12.

16K

Tom Savin	M45	60:31
Vance Mitropoulos	M40	63:29
John Ferris	M40	64:17
Bob Schickert	M50	65:45
Dave Roberts	M50	66:26
Paul Martin	M50	68:55
John Carpenter	M45	69:26
Evan McRae	M40	69:27
Vicente Carrero	M50	70:10
John Pelliars	M50	71:12
Dick Blom	M60	71:18
Bob Sammells	M55	72:08
Brian Danby	M45	74:54
Dalton Moffatt	M60	81:31
Ron Hillis	M45	82:40
Brian Smith	M55	84:31
Ray Lawrence	M55	86:22
Ann Turner	W55	86:48
Frank Usher	M70	107:53

8K WALK

Mitch Lolly	M50	60:20
Tina Carrero	W45	64:02
Dick Horsley	M80	80:01

DARLINGTON
DASH

June 12, 1994

Many thanks to our helpers, Liz and Mike Khan, Pat and Norm Miller at the drink station at the top, and Fred Hagger and Stewart Hicks.

A big thanks to those of you who did travel up to the hills to what is a beautiful and picturesque run, and we encourage more members to make the trip next year.

Dale and David James

8K

Walter Quarman	M40	29:34
Vic Waters	M50	32:27
Geoff Tite	M40	33:51
Joe Stickle	M55	33:52
Nena Greenfield	W35	36:11
Simon Mort	M35	36:26
Graham Thornton	M50	40:04
Kathrin Holland	W35	40:41
Irene Ferris	W40	40:43
Kirt Johnson	M65	41:31
Penny Hall	W50	42:15
Joan Pelliars	W50	42:37
Jackie Halberg	W45	43:10
John Stone	M40	43:11
Valerie Millard	W45	46:24
Jackie Billington	M50	50:05
Mary Robinson	W55	50:51
Lynne Schickert	W50	63:20

SHARKS
RUN

June 19, 1994

5KM

Bruce Wilson	M45	18:56
David Carr	M60	20:31
Dick Blom	M60	21:19
Harry Holland	M50	22:33
Peter Airey	M55	22:58
Ros Banyard	W45	23:01
Keith Forden	M55	24:37
Cathrin Holland	W35	25:13
Kirt Johnson	M65	25:16
John Stone	M40	26:04
Valerie Millard	W45	28:02
Allen Tyson	M65	29:36
Margery Forden	W50	30:19
Jackie Billington	W50	30:56
Lorna Lauchlan	W60	31:08
Alison Aldrich	W50	31:43
June Strachan	W65	36:30
Patricia Carr	W60	36:45
Lynne Schickert	W50	38:58
Tina Carrero 4K	W45	30:28

THE FIRST running of this event enabled 59 runners and 12 walkers to compete in a difficult, very accurately measured 10K run. Chris Maher (on his return from a successful Comrades Marathon) and Jill Chambers were the first male and female home in the 10K. My thanks go to my army of willing helpers, without whom the event could not have been staged.

Paul Martin

10K

Chris Maher	M40	39:38
Bob Schickert	M50	39:58
Frank Smith	M50	40:24
Don Caplin	M55	40:56
Vic Waters	M50	42:28
Bob Sammells	M55	42:41
Jill Chambers	W45	42:50
Evan McRae	M40	43:00
Milton Mavrick	M40	43:09
Vicente Carrero	M50	43:29
Geoff Tite	M40	43:42
Brian Foley	M50	44:16
John Pelliars	M50	44:43
George Schaefer	M60	45:30
Rob Shand	M60	46:09
Graham Thornton	M50	47:49
Arnold Jenkins	M50	47:59

After the 'Wandering Star' tour in the southern wheat belt of WA, it was time to broaden my horizons. I have always had a keen desire to cycle the east coast of Tasmania. New Zealand also has held a fascination for me after hearing wondrous reports from members of the orienteering fraternity in Western Australia.

And so a month's tour of Tasmania by foot and bike seemed a great way to prepare for the 'Great New Zealand Bike Ride.'

I had visited Tasmania on two previous occasions and so was aware of the beauty that this small island State had to offer cyclists and bush walkers.

New Zealand seemed a wonderful place to extend my cycling skills, although tales of tremendous mountain passes and never-ending rain on the south island's west coast left me with some lingering doubts as to my ability to cope.

Bass Strait

And so January 3, 1994 saw this novice cyclist embark on the trans-Bass Strait ferry en route to Devonport. Next morning I chose the pretty town of Longford as my first night's stop. From there I proposed to ride to Hobart and then join up with ten other complete strangers to walk eastwards along the southern-most parts of Tasmania.

My first day's ride was uneventful and the ride south to Deloraine and on to Longford was a very pleasant start, and I began to dream of long balmy days of sunshine, poppy fields, and cold Tasmanian beer. Ah well, dream on, for a screaming wind, drenching rain and of all things a broken tooth, soon had me on the bus to Hobart.

However, a few days in Hobart, and my wallet much lighter, saw me cycling along the Derwent valley to New Norfolk, another day doing the tourist bit at Richmond, and I was ready to join the ten for nine days of trekking along the southern coast from Melaleuca to Cockle Creek.

Tin mine

If nine days of constant walking, climbing 'largish' hills, hauling what seemed the heaviest pack in creation, fording fast flowing rivers and wading through constant mud, is your idea of a good time, well the south coast track is just the thing to get your adrenalin flowing, and you will understand how I lost about 10kg in a great hurry.

The south west region of Tasmania is one of the world's last great pristine wilderness areas. The only sign of man's intrusion is a very narrow track that leads eastwards a few kilometres from the coast, and a family tin mine that has been there for generations. The airstrip? Well, I will say little!

There are no huts, no signposts to point the way, no instructions as to

Cycling under the
Southern Stars
by
Barrie Thomsett

what you must or must not do, simply the forever high ranges and button grass plains. Walkers are reliant on simple good common sense and preparation before they enter this area. This was truly a wonderful way to begin a 79 day journey of discovery.

After this wonderful and somewhat exhausting experience, I spent two days in Hobart before cycling east and south to Port Arthur, and then north along the east coast and finally over the Welborough Pass and on to Launceston.

A small diversion around the Mt Roland region only delayed me for a day or so and well worth the effort, even if it meant another walk over a mountain pass.

A wonderful few days in the Stanley area with Sandi and Brigitte, who are dear friends as well as expatriate WA Vets, and then a brief cycle journey eastwards towards the Gunns Plains region and on to Devonport, the return ferry journey to Melbourne, and a late arrival by plane in Christchurch.

At last, now it was time to join two new-found friends from the Over 55 Cycling Club from West Australia. I had only known Betty and Jim Christie a few months, but they soon became constant companions, along with a 'young couple' from Victoria, Lou-Anne and Ron Wigg, whom I had met on the Trans-Tasman flight.

A 2am arrival at my accommodation in Christchurch was not a smart way to start 18 days of cycling, particularly as it began at 8am that morning. However, let me start by heaping praise on the Bicycle Victoria organisation, for what group tour, non-profit people would meet a plane at 1.30am, take

your bike off your hands, and quietly and efficiently direct you to cheap transport to take you to your hotel, etc?

With about 450 overseas riders plus about 100 New Zealanders all converging on Christchurch, it was a truly amazing feat of organised efficiency and kindness that was to continue for the next 18 days.

SATURDAY February 2 dawned cloudy with light drizzle, but not enough to dampen our spirits. After collecting our ID tags, and complimentary bright green or pink bum bags, sorting out any minor problems with our bikes at the mobile shop, we were on our way.

A polite suggestion about those wonderfully colourful bags, although they were meant to carry our cut lunch each day, this was not really smart, as by lunch time any salad etc had become cooked vegetables and the bread was fit for toast. However they were a wonderful souvenir and really very suitable to carry valuables and a light spray jacket.

First puncture

The first day's ride was relatively uneventful, though Jim managed to collect a puncture in the first 20K, and discover his spare tube was also faulty. A word of warning, when it is suggested that you pack your bike for the air journey, ignore it at your peril. A broken hand brake and computer cable are no way to start a major tour, although both were readily repaired by the wonderful tour mechanics who were on hand at all times.

To cover each day's activities would take a small book so I'll try to highlight the various delightful towns we passed through and events that stand out after so much wonderful cycling.

The local tour operators took full advantage of this travelling circus and set up shop at each night's camp. They offered such delights as hot air ballooning, jet boat riding, helicopter and light

Wellness

mature ageing, degenerative diseases, obesity and reduced immunity to diseases.

For optimum nutrition to stay young, you should not over-eat.

The other anti-ageing factors are deep sleep, aerobic exercise, yoga, mental stimulation and positive thoughts.

Smoking, including passive smoking, is the number one cause of premature ageing and short life. To give up smoking, you need to really want to give it up and to exert some will power. Hypnosis and nicotine chewing gum can help.

aircraft flights over the glaciers, trips to Milford Sound with fishing, swimming and bushwalking as part of the day's activities. Of course if you were young, had no nerve or perhaps nerves of steel there was bungy jumping, tandem parachute jumping or just good old boring para-gliding. However for the less adventurous one could always try out the local hotel, sleep, or go for a vigorous walk onto the Franz Joseph Glacier.

Towns such as Methven, Geraldine and the beautiful Lake Tekapo come to mind, along with the Canterbury Plains. And then of course, the long climb to the Rakia Gorge. All these names come to mind as I reflect on a journey that though not very remarkable in comparison with some epic adventures, must still rate, and I quote 'one of the great organised bike rides in the world'.

I had long been regaled about the beauty of the fiord land, and so took the opportunity to use a rest day, do the 'tourist bit', and take a bus from Arrowtown to Milford Sound.

The journey over roads that had only recently been closed due to heavy rain and landslides, a 1.2k hole through the mountains, was quite amazing. The sheer beauty of mountains, capped with snow in mid-summer and towering above, was, for a person born and bred in flat Western Australia, simply overwhelming.

The tunnel must have been quite exciting for previous bus load of Japanese tourists. However the driver who turned out the bus lights and left them in absolute blackness, and then played a cassette tape of a train under full power can only be described as an absolute lunatic, particularly if he valued his job. With all respect to our Asian neighbours, a bus load of panic-stricken Japanese tourists are indeed a formidable foe.

And so on to Lake Wanaka, and we were now camping at the base of snow capped mountains. Our camp at Pleasant Flats at the end of the Hast River Bridge was unusual, but a barbecue of venison or porterhouse steak soon made up for the stupid attempt at swimming in freezing water.

Our next stop was in a very rocky and undulating paddock in the middle of a deer farm. This enterprising and community conscious gentleman provided a wonderful chance for a horde of very hungry cyclists to sample his product and quench their thirst, and so provide much needed funds for the local school. I might add we still tucked into dinner later in the evening. Gee... life was really tough.

Ah well, on to Fox Glacier, and a delicious roadside lunch of baked potatoes etc before a climb over the Franz Joseph Pass and onto the town of the same name and another camp in a paddock.

I might add that all this camping seemed to have rather disastrous effects on one's bladder, for it couldn't possible have been anything else. How-

ever if you have staggered out of a very warm sleeping bag in the wee small hours to do exactly that, and then try to find your way back to bed amongst hundred of similar looking tents, well, hilarious is the only way to described the resulting pandemonium.

At last we were coming to the business end of the journey, and after a 40k gradual climb we were facing the might Arthur's Pass, and 8km of very, very steep roads that were even banned to semi-trailers, caravans and the like.

At last even my 'granny' gears failed to make an impression, and so I took the opportunity to dismount and enjoy the views.

Let's face it, no self respecting wimp would every admit to anything else.

Wilderness pub

Another dampish evening at Klondyke corner, another wilderness pub, and being reluctantly nagged into a tippie or three by the Wigg family.

Then on to a last 'walk' over Porters Heights and bound for Springfield, more booze and good food and a fast 50KM ride into Christchurch to a soft bed and a readily available toilet.

So it was all over, after 18 days and 1300kms, we were at last back in Christchurch. The Kiwi people had set a pattern that was to continue for another month as I toured north across the Cook Strait to such delightful places as Rotarua, the Coramandel Peninsula, the North Land and the Bay of Islands.

Brokenwheel

A minor mishap of a very broken back wheel, and the news that it would have to be repaired in Sydney was only a minor setback.

Lou-Anne's parents, who live in Auckland, showed me their great hospitality, and my stay in that lovely city would have not have been so wonderful but for their kindness.

For instance, my introduction to Toby (alias 'Arseholes' the cat) and the wonderful day's 400km car tour of the hills and beaches of this very beautiful city really was a tremendous way to end my stay in the North Island.

Should you ever cycle north of Auckland on a rather old and hired mountain bike, or for that matter, any bike, and be stopped by a lady offering you a chance of Kiwi family hospitality, then you will have fallen under the spell of the McWhinney family from the lovely town of Arewa.

Do not refuse, even if you might wonder what on earth is going to befall you, for an evening in their home is one of the truly wonderful experiences that can occur!

And so, on March 20, I boarded an Air New Zealand 767 for Sydney, enroute to Perth, after 70 days of adventure under the southern stars.

Barrie Thomsett

Load-up with Vets diners!

CARE to carbo-load, and explore some of Perth's better (but less well-known) watering holes?

A Vets group has been formed to do just that, and spice up the club's social scene. For instance, some of them hit Fast Eddie's, Fremantle, the Friday prior to City to Surf. Excellent lasagne was followed by either hot caramel fudge sundae, banana splits, pancakes, or Eddie's Mum's cheesecake. With drinks, the cost per head worked out at \$17.

(Between courses they worked at composing a City to Surf poem, to the rhythm of Raggle Taggle Gypsies-o; but that's probably not compulsory!)

Richard Harris organised this gang of galloping gourmets, on behalf of the social committee (chairwoman, Jacqui Billington). Next function is likely to be in Northbridge. Potato skins at Ted's, perhaps, followed by broken hearts at Death by Chocolate.

If you haven't tried skins, they're potato wedge served with chopped bacon, cheese, chives and sour cream - cost, \$8.50. 'Broken hearts' are chocolate mousse-filled meringue shells, leaking a delectable raspberry sauce - cost \$7.50.

"So don't stay home on Friday night," says Richard. "Dump the calorie counter, come and dine with some of your favourite people."

To join them, you can call Richard on 457-6102 (home, after 7pm); or at work, 323-4387.

MIGHTY MASTERS

ATHLETICS has attracted more entrants than any other sport in the Brisbane Masters. The original expectation of 1,200 athletes has been marked up to 3,000. Thirteen age groups, beginning at 30 years, will be there, from September 26 to October 3. Overseas entrants are due from Russia (48 of them), and Botswana, Estonia, Denmark and Argentina.

Glynis Nunn-Cearns is one of the stars; as is oldest entrant, 89 years-old John Alroy (Qld), in the 3000m, 5000m and 10K road walks.

The marathon and half-marathon have drawn 1500 runners.

Next Vetrunk

Your next Vetrunk should publish on Sunday December 4, and FINAL copy deadline is November 27. However, we would like any contributions, and results ASAP, to help production.

from the Committee

More, please!

We would like to congratulate Norm Miller for promoting his run at Hester Park so well that it drew 15 visitors. It's a great way to show potential new members what a great organisation we have. Could other race directors please follow Norm's lead?

Rottnest Weekend

Quiz Night is set for December 2 at Perry Lakes Rugby Club.

Who will volunteer to help with the questions?

Quiz Night

Rottnest Running Camp Weekend is set for September 30th to October 3.

Contact the social group, led by Jacqui Billington, to get your booking in.

Rosie's medals lunch is a Vets sell-out

MORRIS Warren earns our thanks once more for his efforts with the 50K RRC.

Turning out those results is the kind of job that makes your brain hurt!

Morris has promoted the 50K tirelessly for years.

He has always wanted some kind of trophy to be awarded, and some recognition given to the intrepid few who conquer the three races.

Well, he's finally been rewarded for his dogged work!

A sell-out event at Rosie O'Grady's pub in Northbridge on Sunday September 18 will see 50K RRC medals presented for the first time. Personally, I sincerely hope Morris will be there to enjoy the day, which is a tribute to his hard work, and dedication to distance running.

If YOU haven't bought a ticket, you might just be lucky, if you contact Jacqui Billington right away. It will be an excellent lunch (with a choice of pumpkin soup, Dublin Bay Pasta, home-made beef lasagne, and Irish Stew, vegetables, salads, breads) provided by club member Chris Brockwell. With live entertainment thrown in, the \$10 ticket is a bargain, even by Vets' standards!

Notice Board

ACTING UP

"I act my age better than she does." That was 84 years old Carl Lindgren, commenting on the exploits of his 86 years old wife, Mavis.

She ran the 1993 NYC Marathon in 7:20:47 - and it was her 65th marathon since turning 70!

WANTED

TRAINING partner for regular Saturday a.m. long run (20K?). Prefer start/ finish Claremont area. Contact Ivan Brown, 384 8582.

Stamp collector (Lyn Schickert's dad) would like any interesting stamps you can part with. Call Lyn or Bob on 332 4114.

Belated congratulations!

AFTER Bunbury, both Chris Maher and Cecil Walkley took on tougher opposition. Both ran in the South African Comrades Marathon, an 88K event.

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

Next Issue: December 4

NEW MEMBERS

Welcome to

Maria Van Bockxmeer W45
Mark Hewitt M40

WELL RUN, NORM

Congratulations to Norm Richards who took Dave Clive's M55 100M record with a great time of 12.4 recently.

50K Road Race Championship

		25K	15K	10K	Ave/k
Jeanette Howat	W35	2:07:06	74:47	49:19	5:01✓
Sue Prewett	W40	1:46:36	64:24	40:52	4:13✓
Roma Bettles	W40	2:18:10	79:19	48:16	5:18✓
Irene Ferris	W40	2:19:04	85:29	51:45	5:31✓
Jill Chambers	W45	1:44:13	63:18	39:43	4:08✓
Phyllis Farrell	W45	2:32:31	89:55	59:45	6:02✓
Joan Pellier	W50	2:24:44	84:04	54:12	5:39✓
Ann Turner	W55	2:15:32	81:46	49:15	5:19✓
Dave Reid	M40	1:37:41	58:14	36:11	3:51✓
John Ferris	M40	1:38:41	59:15	37:57	3:54✓
Darry Dahlstrom	M40	1:45:06	63:30	39:11	4:08✓
Milton Mavrick	M45	1:52:46	67:59	41:29	4:26✓
Dave Roberts	M50	1:43:03	59:02	38:43	4:01✓
Bob Schickert	M50	1:44:04	61:40	37:41	4:03✓
John Pellier	M50	2:01:51	66:50	43:03	4:37✓
Arnold Jenkins	M50	2:07:51	74:44	44:37	4:56✓
Ted Maslen	M55	1:49:11	65:08	40:56	4:18✓
Joe Stickles	M55	1:48:52	66:56	41:20	4:21✓
Gerry Chase	M55	1:49:50	66:28	41:19	4:21✓
Bob Sammells	M55	1:55:26	67:36	40:58	4:29✓
Alan Chambers	M55	2:08:08	77:45	47:03	5:03✓
George Schaefer	M60	1:56:56	69:18	43:39	4:35✓
Dave Carr	M60	1:56:55	79:14	41:18	4:46✓
Dave Hough	M60	2:05:05	76:11	45:28	4:55✓
Vic Beaumont	M60	2:07:08	74:40	45:36	4:59✓
Merv Moyle	M65	2:14:33	79:09	47:51	5:13✓
Stewart Hicks	M70	2:25:24	88:30	57:17	5:49✓

Record returns for the Vetrun readers' survey

from front page

* one a month would be too many, an onerous and unnecessary task;
* what we have is fine;
* monthly would be best, 'but as I can't offer to help, six a year is next best';
* we should seek ads to cover costs;
* and, if six a year takes pressure off the editor, do it!

We haven't space to print all the comments in full, and as these were not made for publication, it seems unreasonable to name the writers. However, if anyone would like their comment to appear in full, please let me know, and I'll arrange that for the next issue.

One comment that I feel should be given fuller coverage is that of Jeff Whittam, the previous editor of Vetrun, by virtue of his first-hand experience.

Jeff says that he does not consider that production of a photocopied Vetrun is labour-intensive. He and Dorothy handled the job in approximately four

Letters to the Editor

'Horse-sense' from Bob?

With reference to 'Changes to Vetrun' mentioned in issue number 254.

Being a member of our Club since inception, I recall our first effort (compliments of Dave Carr) at producing a 'Newsletter'.

It was a Roneo sheet, quite legible, although the layout would not have earned Dave a job at 'The West'.

What it did achieve was to give members what I feel they wanted most - to see their name, position and time in the preceding events.

The current 'Vetrun' is doing this with additional informative topics and club happenings in a very presentable manner. If we are required to pay our way, and can afford it, we should.

Producing more frequently, I feel, we would soon run out of 'copy', and perhaps members would not await anxiously, as I am sure they do now, for their next issue of 'Vetrun'.

As for forward information as a reason to increase production, I don't see this as necessary.

The Saturday Sports info section of the 'West' should be sufficient for members to be advised of any later changes to the programme, and within a relatively small membership, word of mouth would soon bring members up to date.

Please leave 'Vetrun' as it is. Look

SUMMARY OF YOUR OPINIONS
A (photocopy system) 8
B (6 a year) 16
C (6 a year plus circular) 4
D (6 a year, plus emergency circular) 28
E (carry on as now) 17
F (12 a year) 5
NO category chosen, suggestion made 5
TOTAL RETURNS 82

evenings a month.

Finally, I stress that this survey was not a vote.

The final decision on how to proceed must be taken by the club committee.

The committee will obviously take into account views of the members, financial implications, and what it perceives as the overall function and efficiency of Vetrun.

for more feature contributions from outside the Club and keep up the good work.

To all members - 'Don't work a willing horse to death!'
Bob Hayres

There's the rub!

Dear Vic,
Going back to the WA Championships, I recollect you taking snapshots of me in flight and I really did appreciate you going to that trouble.

Reverting to the embrocation idea, only one M55 and myself did six jumps, the remainder either being exhausted or having trouble with their feet. Including those needed for placing the take-off board, plus a couple of practise jumps, I did ten in about half an hour and finished as fresh as a daisy and could have done it all again. This lasted until about 8pm when I felt a very slight ache just about each knee, and this had disappeared when I awoke next morning.

There were no after-effects but two evenings later I spent an hour cutting our back lawn and finished up with the usual aches and tireditis. In other words, I was back to normal!

If I find myself in a position to have another go in the future the embrocation benefit will be used and would have the confidence to do a much longer run-up than I used this year.

All the best
George Boakes.

Editorial by Vic Waters

'Old-age' makes news

CLUB members keep making news, apart from their running. On two successive nights last month, a Vet filled the screen. First Hugh Kirkman; next night, Ivan Brown. Is it my imagination, or are people on TV becoming older?

The most notorious veteran athlete to make headlines this season is, of course, Arthur Tunstall. You may hate or admire him, and his comments and actions as head of our Commonwealth Games team.

But if you saw Arthur under siege from the Press pack out there, you'll probably agree with me that it looked like the unspeakable in pursuit of the inedible.

However, for vets, the relevance of Tunstall and his press treatment goes beyond the obvious intolerances that were on show in Canada. Tunstall seems to have a tolerance problem with the disabled, and the indigenous.

The Press has a tolerance problem with the aged.

I haven't seen the words 'old fool' in print anywhere. But most reporters managed to put that thought into the readers' mind. It's easy. You just have to mention his age, early on in the story.

If he was 37, would that have been mentioned? Of course not.

Mention age, and the inference is that the subject is too old for the job, perpetuating outmoded ideas and systems.

Persuade someone to comment, and you're home and dry. I heard and read the phrase 'past his sell-by date' at least twice.

This is prejudice.

We all have good reason to know that age does not bring incompetence.

But...we're all guilty of the same prejudice.

When you first heard of his 'disabled embarrassment' gaffe, didn't you say 'bloody old fool'?

It's easy to slip into 'ageism', isn't it?

By the way, when the cricket season starts, watch the West Australian closely for another 'ism'.

'ism, schism - what does it matter?

Big-ism will be endemic. 'Big' Tom Moody, 'Big' Bruce Reid, 'Big' Brendan Julien - there'll all be getting the growth treatment. Perhaps for variety, we'll read about 'Giant' Joe Angel?

For sure, nobody will mention 'Tiny' Tim Zoehrer, 'Diminutive' Damien Martyn, or (sadly) 'Small' Swampy Marsh. It's prejudice, I tell you!

Track and Field Programme - 1994/ 95

THIS year's track and field programme has been re-jigged quite a bit, with more variety, and a few novelties! We hope more Vets will try them, and find a really enjoyable extra athletic outlet.

Patron's Trophy

In the programme below, some events are marked *. This means they are point-scoring, part of the Patron's Trophy contest. This is age-graded, and really favours those who have a go at everything.

There will always be someone there to guide and help you, even with field events you may have never tried before.

On the track, the season starts with a casual night, with only three fixed items. The unusual 1600m (four laps of the track) is to show you what will be happening in the 6-hour relay (October 30).

Start Times

These vary a little, according to light and heat!

We begin at 5.30 pm, until November 2, when it becomes 6pm for the rest of the season.

There are plans to run some events under lights at Coker. At the moment, only February 7th is fixed, with a 7pm start; but November 30 is another possible.

Dates to Note

Season starts - October 5
Patron's Trophy starts - October 19
6PM start-up - November 2

Training

Tuesday am: Perry Lakes stadium, warmed up by 8.30am.
Saturday am: as above, for the next few weeks, then make your own arrangements.

October

Table with 9 columns: Date, Day, Event, Distance, Equipment, Time, Location, Points, Name. Rows include 5C 1600M Javelin 100M, 12M 100M 1K L/J Shot Discus 1KW K Martin, 19C *5000M *T/J 200M Javelin 2000W J Pelier, 26M *400M *Javelin 3000M L/J Discus 3000W D Whittam

November

Table with 9 columns: Date, Day, Event, Distance, Equipment, Time, Location, Points, Name. Rows include 2C *3000M *Hammer 100M T/J 1500W M Stewart, 9M *1500M 5000M Shot T/J 2000W, 16C *L/J *200M 800M 3000M Hammer *2000W, 23M *800M *Discus 100M 5000M L/J 1500W, 30C *10,000M *100M 200M Javelin T/J 5000W

December

Table with 9 columns: Date, Day, Event, Distance, Equipment, Time, Location, Points, Name. Rows include 7M *Shot 3000M 400M *1500W, 14C Medley Relays and Barbecue

January

Table with 9 columns: Date, Day, Event, Distance, Equipment, Time, Location, Points, Name. Rows include 4C 200M 1K 5000M Discus Hammer L/J 1KW, 11M 100M 800M 3000M Shot Javelin T/J 3000W, 18C 100M 400M 3000M Javelin Discus T/J 1500W, 25M 200M 400M 1500M 5000M Shot L/J 2000W

February

Table with 9 columns: Date, Day, Event, Distance, Equipment, Time, Location, Points, Name. Rows include 1 7pm C 100M 200M 800M 5000M Discus/Jav L/J 3000W, 8M 100M 400M Mile Discus Shot T/J Mile/W, 15C 200M 800M 3000M Javelin Hammer T/J 1500W, 22M 100M 400M 5000M Shot Discus L/J 2000W

March

Table with 9 columns: Date, Day, Event, Distance, Equipment, Time, Location, Points, Name. Rows include 1C 200M 400M 3000M Javelin Discus 1500W, 8M 4 x 100M Relay 10000M Javelin T/J 5000W, 15C 60M 600M 2000M Standing L/J Hammer 800MW, 22M 100M 800M 5000M L/J Shot Javelin 3000MW, 29M Steeplechase

* C = Coker Park M = McGillivray