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Track and Field Time Trials January 1991

DATE	VENUE	POINTS	COMPETITION	NON-POINTS EVENTS	
				RUN	WALK
Jan 2	Perry Lakes	100	800 Discus	5000	5000
Jan 9	Coker Park		5000 Hammer	200	2000
Jan 16	Perry Lakes	200	2000 Walk Javelin	1500	-
Jan 23	Coker Park		3000 Shot	400	3000
Jan 30	Perry Lakes		1500 Triple Jump	100	3000



The Vetrunk



NO. 218 DECEMBER 1990

WA VETERANS AC
REGISTERED BY AUSTRALIA POST
PUBLICATION No WBH 0370

WA VETS SHINE IN AUCKLAND

WA's participation in the Oceania Vetrans' Track and Field Games in (Auckland Nov 2-6) was colourful and effective, if small. Liz Helliwell, Karen and Des Gobby, Erica Mercer, Mike Faunge and Norm Richards did WAVAC proud returning with a bag of medals, records and placings.

Readers of *Veteran Athlete* will already have this information - but for those of us without subscriptions, here's a rundown of their performances.

Liz (W35): 800m - 3rd - 2:32.78 / 1500m - 3rd - 5:06.46 / 5K - 5th - 18:46.01 / 10K Road - 6th - 43:33.

Karen (35): 800m - 1st - 2:21.26 / 5k - 1st - 17:07.7 / 10k Road - 1st - 35:38.

Karen and Liz also placed well in team events - 2nd in a medley relay of 200, 400, 800m; and 3rd in a hilly, testing cross-country 600m.)

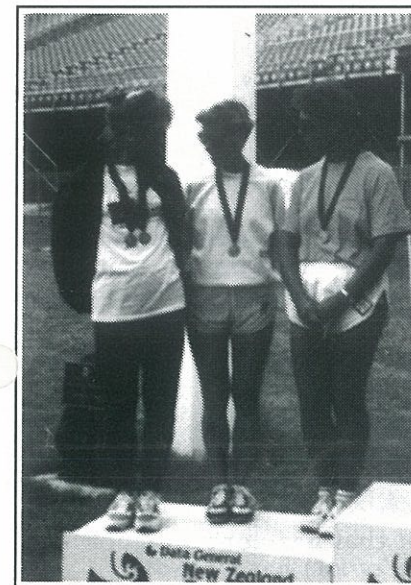
Erica (W45): 1500m - 6th - 5:39.46 / 2000m steeplechase - 8:51.07 / high jump - 3rd - 1.14 / hammer - 4th - 14.50 / javelin - 5th - 16.90.

Norm (M50): 100m hurdles - 3rd - 21.78 / 100m - 6th - 13.43 / long jump - 2nd - 4.87 / triple jump - 1st - 9.62 / high jump - 1st 1.35.

Mike(M50) 10k Road 31st 45:42

DES (M40) 10k Road - 36th - 41:58

If you wish to have your own copy of *Veteran Athlete*, and keep up with all Australian vets news, write to the editor, at McInnes Road, Tynong North, Victoria 3813. Or phone Mike Hall, on 059 428 3440.



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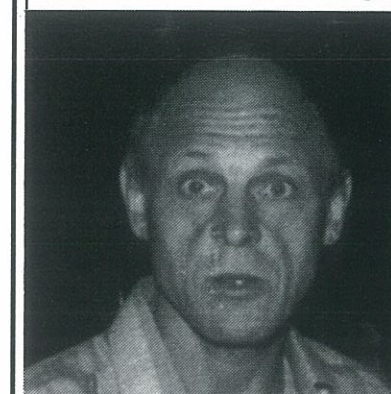
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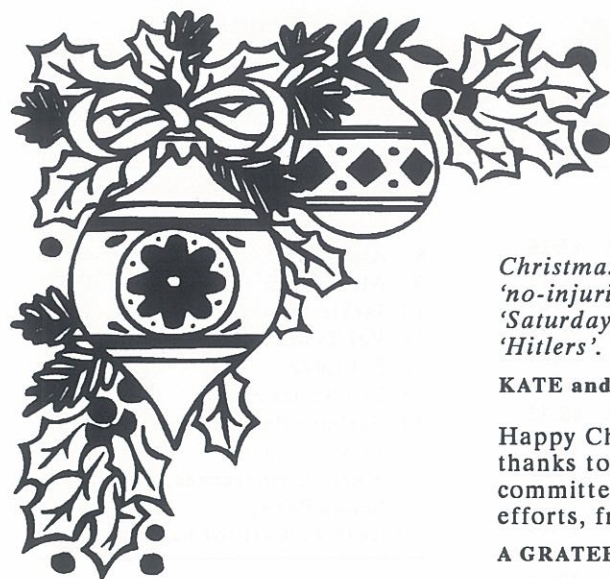
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WHAT'S HE SEEN?

SHOCK Horror and surprise are writ large on the face of Jim Barnes. If you can't face the sight of Vets with clothes on, don't turn to page 9, and the annual dinner coverage.



Christmas wishes and a 'no-injuries' New Year to our 'Saturday morning Mob' of 'Hitlers'.

KATE and BASIL

Happy Christmas and many thanks to Bob and his committee for all your efforts, from,

A GRATEFUL MEMBER

I would wish you all festive good cheer, as we finish another great year, Good health and fun, For 1991.

JOHN BORNHOLDT

Happy Christmas and a quick New Year to all those M55's who will turn 60 before I do! from,

THE PHANTOM 55

Greetings. New Year resolution? 'Less talk, more walk.'

In fact, less yak, more track!

VALERIE and ALLEN TYSON

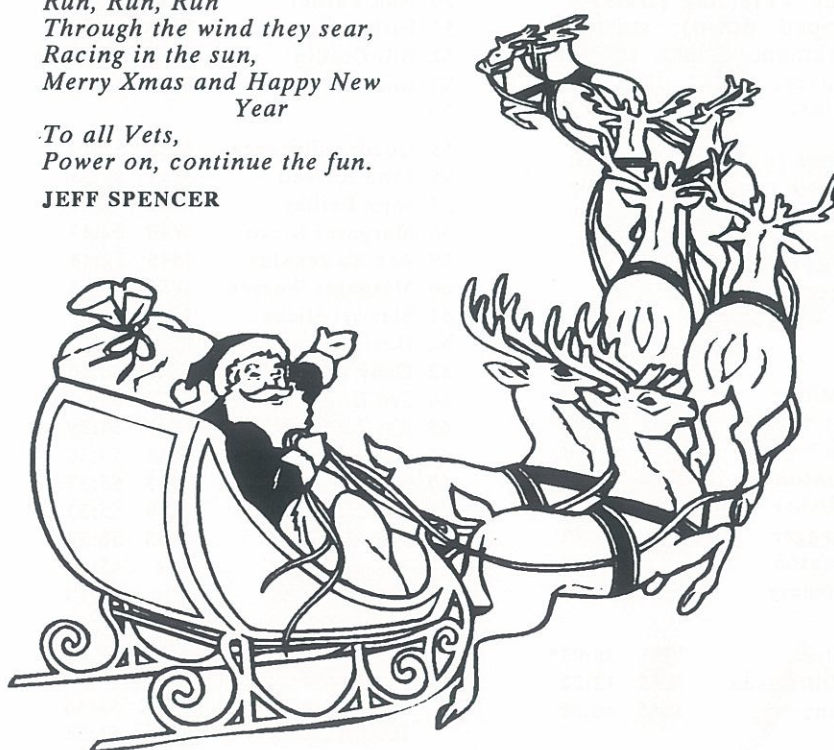
Happy Christmas to all and good wishes for 1991 without injuries. ('I shall return!')

LIMPING LEO

*Run, Run, Run
Through the wind they sear,
Racing in the sun,
Merry Xmas and Happy New Year*

*To all Vets,
Power on, continue the fun.*

JEFF SPENCER



Merry Christmas, Happy New Year to our illustrious handicapper and his lovely wife Linda (a living monument to Mike's taste and perception.)

MERVIN JONES

To all the Vets: If you think you're getting a better handicap for Christmas - you'll be lucky! Best wishes, MIKE (and Linda) RHODES

We wish all Vets a Happy Christmas, and personal bests in the New Year.

ALAN and MARGARET STONE

Seasonal salutations to all in the Vets Club, which has done so much to make a struggling migrant feel at home.

VIC WATERS

We wish a Merry Christmas, Happy New Year and ever-better performance to all club members.

BOB and LYNNE SCHICKERT

Best wishes to everyone, and may all your injuries be minor ones, like broken legs.

DALTON (Surge) MOFFATT

Happy, fast, walking from Tail-End Charlie

SANDY PENNY

A Merry Christmas and a Happy New Year to Vets everywhere.

BOB SAMMELLS

Happy Christmas to all slow runners!

JOHN and JOAN PELLIER

Merry Christmas. She wants snow - I don't know if I'd survive!

BRIAN and SUE DANBY

We wish all runners and their families a very happy, joyous Christmas and a prosperous New Year.

KAREN and BILL CRELLIN

Best wishes to all our friends for Christmas and the New Year, and let's hope we all enjoy an injury-free 1991!

MARGE and KEITH FORDEN

Happy Christmas to everyone. I hope I go faster in '91, and see more than your rapidly disappearing rears! Love from

LORNA LAUCLAN

All the Christmas best to every club member, and their families.

BOB and EDNA FERGIE

Happy Christmas everyone, and an injury-free New Year - is that non-libellous, editor?

MARGARET BIRKS

Vetrun's cast of thousands (editorial, sales, circulation and distribution team) wish the very best to all - especially our contributors and advertisers.

VETERANS TRACK AND FIELD TEAM

The Veterans club has a team of around 20 members who regularly compete against other clubs in the Athletic Association competition. This is at Perry Lakes Stadium on Saturday afternoons, and in the Cross Country and Road Running events during winter.

We compete in different grades, and score points for performance. There are quite a few veteran athletes competing for other clubs so we do not feel out of place and we are able to offer competition at all levels of ability.

Over the last two weeks the men's team came third out of seven clubs in the B grade Trophy competition, only one point behind Karrinyup. During the winter programme we performed well in women's B grade and men's A and C grades.

These competitions are not for the elite athlete alone, they are for keen athletes of all abilities. Our team needs new members and from a club of 400 members we should be able to provide competition for anyone who would like to join.

Please contact Val Prescott (384-8585) or myself (339-3718) if interested. You will find it rewarding and exciting.

Brian Foley

9th Australia Day South West Championships - which are open to all - are on January 26/27. Entries close January 12, and you can get more information from Val Prescott.

Handicapper's Dilemma

It's hard to sympathise with a handicapper, but Mike's dilemma at the Round the Lakes event might raise a smile. After a winter of injury and poor performance (by his lights) Mike Rhodes found himself with his most liberal handicap for years (around 12 minutes). At the end of the 8k he approached the line with horror, thinking he'd won. Mike refused to cross the line, being happy to make a third circuit rather than face the derision due to a handicapper who wins a handicap event. All was well, however. Jack Williamson had preceded Mike.

LETTERS TO THE EDITOR

The 'Well-Kept' Secret - and a need for more running groups?

Dear Vic

I feel I must comment on your observation that the Vets' club is a 'well-kept secret' and the possibility that we should actively seek more members (Vetrun No 216).

Believe me, Vic, we have been down that road of drumming up members. At the end of the day our numbers probably did increase a little, but all we achieved was more work for the officials and only a few more actual runners the next year - which we probably would have picked up anyway.

For prospective runners we advertise our run each week in the *West*, and there is word of mouth and the grapevine if they are looking for a club to run with, and meet the age requirement.

Personally, I would be more interested in getting our present membership greater choice of runs in their own locality. I agree we have an excellent programme for Sunday runs; and there are track meets in summer, and a few training groups which members form and join at various times.

However, my interest is in encouraging members to run as a group, just for health or the sheer enjoyment of it - not just as a fast training group!

I know we have a vast range of abilities within the club - but could anyone just suggest group jogs, rather than training groups, in various locations during the week?

Our women runners might particularly benefit from this, as we all get inspired at Sunday runs, but might get lazy when

COMING SOON

Medical matters relative to injury, fitness and general health are of particular interest to Vets - and we now have promise of regular hints, help and advice - from John Bell and Barry Slinger! (That's it guys - you're committed now.)

These marvellous medicos will be seeking out fascinating facts to delight you - such as the

left to our own devices. There is an established Point Walter group, and Kings Park groups come and go. But I am selfish, and don't want to travel during the week - are there any northern suburbs mid-week runners looking to join a slow group? I know I would be interested, for one.

Finally, I hope members will take up the opportunity to help with Sunday runs (and fill in the form (published in the *Vetrun*). You can still have a run after the official duties - and we do have a lot of members who do little or nothing for the club.

Sincerely,
Margaret Warren

Well, how would members feel about setting up a register of 'non-official' jogging groups?

Anyone who would like to suggest a meeting time and place has only to contact the committee, or the Vetrun - phone No's on Page Two - and we'll publish the information. It could also be placed on the Sunday morning notice board. ED.

Wear the Badge - Please!

Dear Vic

Could you please include in the *Vetrun* the plea that more members wear their name-badges when taking part in a club run?

It would really be helpful - and though this matter was raised some time ago, at the last run I attended there was hardly a badge to be seen.

Membership of our club is growing and it would add to the friendly atmosphere if new members could see who everyone else is. So - dig out those badges and wear them!

Ann Turner

revelation that we don't really need water on long runs! Well, that's how I heard it; but maybe Barry thinks we have a camel section.

He'll explain all next month. In the meantime - let's have your own thoughts, queries and observations, on beating problems, avoiding blisters etc. Old Wives Tales will be considered.

TIME TRIALS

October 10, 90					
Women	Age	100m	3000m	3k Walk	Javelin
B Dearden	30	12.9			
M Forden	45		13.01		
J Johnson			14.25		
J Pellier	50		13.39		
R Holland			15.12		19.40
D Whittam					16.86
P Carr	55	15.5			10.10
L Lauchlan	60	16.3	16.17		
V Tyson	65			21.43	
				22.00	
Men	Age	100m	3000m	3k Walk	Javelin
P Woo	35	13.1	12.40		25.66
Maher			10.13		
Martin	45		12.08		
B Foley			10.14		
J Williamson		16.5	14.36		
F Smith			10.51		
E Carroll		13.5			31.33 *
K Forden	50		11.58		
D Caplin			10.48		
J Pellier		14.5	11.16		
B Worner	55		12.01		
D Carr		14.4	11.28		21.32
B Paxman	60		11.29		

October 17, 90					
Women	Age	400m	2k Walk	5000m	Triple
Deleanho	40	1.28.5		25.26	
J Johnson	45	1.10.7			8.80
A Stone			12.42		
D Whittam	50	1.21.1			7.80
P Carr	55	1.25.9			6.70
L Lauchlan	60		13.50		
V Tyson	65		14.58		
Mens	Age	400m	2k Walk	5000m	Triple
P Woo	35	62.8		22.15	
Malone	40	72.3		25.11	
K Martin	45	60.9			
B Foley		61.6		19.25	8.00
T Foster				20.07	
F Smith				18.44	
B Hardy				20.38	7.90
D Caplin				18.05	
B Worner	55			20.53	
E McLinden				20.19	

October 24, 90						
Women	Age	100	800	2k walk	10,000m	Hammer
B Dearden	30	12.9				
T Frank	40				14.80	
J Johnson		13.8				
L Romeo	45	11.44				
P McLiver		14.5	2.42.0		11.70	
A Stone				11.52	15.96	
R Holland	50		3.04.1			
V Tyson	65			14.29		
Men	Age	100	800	2k Walk	10,000m	Hammer
R Woo	35	21.0				
J Devenport					41.47	
J Davies	40				41.29	
K Alexander					38.00	
B Foley	45		2.14.2		13.00	
R Martin		12.5	2.20.2		13.56	
A Jenkins		14.3	2.26.3		15.56	
V Waters			2.32.8			
J Pressley			2.45.2		40.28	
T Foster			2.41.5		41.47	9.80
F Smith					36.58	
Clive	50	12.1				
B Thomsett				11.20		
A Stone					21.28	
K Forden						
D Carr	55	13.7	2.26.3		9.58	
B Fergie				13.08	28.06	
D Blom					38.54	
F McLinden					39.50	

October 31, 90						
Women	Age	200	3k	3k Walk	Discus	Lng Jp
B Bearden	30	27.4				
J Johnson	45	29.0				4.00
D Whittam	50				18.92	
J McMillan	60				18.65	
V Tyson	65			21.30		
Men	Age	200	3k	3k Walk	Discuss	Lng Jp
P Woo	35				26.57	
R Moore					24.32	4.38
B Daney	40		11.42	12.05		
K Alexander		28.6				
R Calnan	45	27.6			19.15	4.60
A Jenkins		27.5	11.45		18.22	
J Pressley	45	35.1	11.15			
B Foley			10.29		18.65	
T Foster		30.9	11.44		14.75	
B Hardy			11.53		19.10	
E Carroll					31.12	
Clive	50	25.5				
B Thomsett			18.57			
B Worner	55		11.52		13.57	
B Paxman	60		11.38			
J McMillan	65				28.62	
D Horsley	75			21.56	18.20	

November 7, 90					
Women	Age	200	800	2k Walk	Javelin
P MacLiver	45	30.1	2.51	13.13	15.26
L Romeo				11.59	
J Johnson		28.7			11.72
R Holland	50		3.04		18.48
D Whittam		32.2		13.58	17.90
P Carr	55	34.9		14.10	14.98
V Tyson				14.08	
Men	Age	200	800	2k Walk	Javelin
A Duck	40		2.46		
T Foster	45	29.4	2.59	14.10	19.06
B Foley		28.5	2.19		20.94
A Jenkins		28.1	2.50	12.51	19.90
K Martin		25.3	2.45	13.19	24.82
D Caplin	50				21.20
D Carr	55	27.7		14.05	19.22
B Worner				12.44	17.34
D Whittam				13.14	18.64
A Tyson	65		3.26	12.44	20.08

November 14, 90					
Women	Age	400	2k Walk	5000m	Shot
B Dearden		71.3			
Bettles	40			24.25	
Shaw				18.53	
J Johnson	45	68.0			
A Stone			11.57		6.32
P McLiver				20.46	6.43
D Whittam	50				7.57
P Carr	55			27.41	5.32
J McMillan	60				6.24
V Tyson	65		14.09		5.00
Men	Age	400	2k Walk	5000m	Shot
P Woo	35			21.28	8.27
R Moore					7.94
B Danby	40			20.09	
E Carroll					9.72
J Record	45			18.18	
K Martin				21.12	6.73
T Foster			69.8	20.24	5.73
A Jenkins			64.8	20.34	6.98
B Foley				18.26	6.47
J Pressley			75.5	19.14	
P Gare	50				10.07
R Calnan			67.9		8.71
M Jones				22.27	
F McLinden	55			19.43	
A Stone					8.81
J Whittam			13.32		6.40
D Carr				18.51	6.05
B Worner				20.41	6.01
D Blom			80.3	19.07	
B Paxman	60			20.01	
N Purves				23.21	
A Tyson	65		13.29		7.01
J McMillan					7.98
D Horsley	75		14.23		

ROUND THE LAKES

Perry Lakes November 18 1990

Conditions 'a wee bit sunny, nae wind'.

It was a good morning, a wee bit sunny but nae wind except from the 76 runners as they moved. Eight runners did only one lap; out of shoe goo was the excuse mostly used.

The club has new iron man - Dick Blom - who ran the Marathon Club Churchland 10k (in 38 mins) and then did our run in 35 minutes. A drink of water, cheerio and off to work he went!

Jack Williamson blitzed the field with a fast time, followed by Ann Deanus, who has spent the last ten years running, working on her handicap. Well done, Ann!

We welcomed a couple of visitors from Belgium.

Seventeen people took part in the 6k walk and some good times were recorded. The competitive spirit amongst walkers is excellent, and we all know they are a growing force.

Now for the thanks - to my favourite recorder, Maureen Pomery, who never lets the club down; Basil Worner, who flagged the course; Barry Thomsett and Margaret, who tied up the Vets flag (Barry's knots slipped down); starter Hugh Kirkman; drinks table, Rob McLiver; ticket handler, Norm Miller.

Many thanks to John Bell, too; he began this run. It was in his forced absence that so many club members rallied round. **Morris Warren** (and his censor, Margaret Warren).

1 LAP

1	Norm Miller	M55	21:50
2	Garnett Morgan	M65	21:50
3	Patricia Miller	W50	22:30
4	Jan Johnson	W45	23:43
5	Frank Usher	M65	25:55
6	Fred Hagger	M65	26:29
7	Kath Penton	W45	32:41
8	Alan Pomery	M55	33:37

2 LAPS

9	Dick Blom	M55	36:03*
10	Jack Williamson	M55	42:22
11	Mike Rhodes	M45	46:28

12	Ann Deanes	W50	47:16
13	Paul Woo	M35	47:18
14	Boli Bilford	M40	47:27
15	Hank Stappenbelt	M45	47:55
16	Peter Nicoll	M45	48:07
17	Rod Stewart	M50	48:32
18	Noel Purnes	M60	48:33
19	Robert Mair	M40	48:37
20	Judy Kirkman	W40	48:46
21	Ray Attwell	M50	48:47
22	Fraser Deanes	M50	49:02
23	Mike Faunge	M50	49:07
24	Richard Harris	M50	49:10
25	Jean Volet	M40	49:13
26	Brian Paxman	M60	49:15
27	Norm Scott	M50	49:18
28	Bob Schickert	M45	49:29
29	Frank McLinden	M55	49:39
30	John Puglisi	M35	49:41
31	David Bryant	M45	49:45
32	Vic Waters	M45	49:50
33	John Ferris	M40	49:58
34	Hugh Kirkman	M45	49:59
35	Ron Sutton	M50	50:02
36	Patti McCarthy	W45	50:12
37	Basil Worner	M55	50:21
38	Graham Luck	M50	50:26
39	Heather Crockast	W30	50:29
40	Boli Sammells	M50	50:30
41	Robin Bonner	M55	50:38
42	Kirt Johnson	M60	50:51
43	Maurice Johnson	M50	51:04
44	Peggy McLiver	W45	51:16
45	Cliff Bould	M70	51:19
46	Patrick Sherin	M55	51:23
47	Arthur Leggett	M70	51:28
48	Dalton Moffatt	M55	51:32
49	Rob Davis	M50	51:39
50	Ann Turner	W50	51:54
51	Esther Healey	W50	51:58
52	Bill Crellin	M50	51:59
53	Rosa Davis	W45	52:09
54			

55	Gorden Florance	M55	52:22
56	John Russell	M55	52:35
57	John Pellier	M50	52:41
58	Margaret Kirko	W40	52:47
59	Arnold Jenkins	M45	52:48
60	Margaret Warren	W55	53:03
61	Stewart Hicks	M65	53:39
62	David Hough	M55	53:46
63	Gaby Ralph	W40	53:56
64	Syd Bowler	M65	54:21
65	Ray Laurence	M60	54:29
66	Jim Greenfield	M45	54:30
67	Phyllis Farrell	W45	55:37
68	Robert Farrell	M50	55:33
69	Ron Ford	M55	58:52
	Brian Stoute	Vis	45:21
	Cathy Mance	Vis	48:13
	Jef Limbrick	Vis	48:45
	Geoff Fairclough	Vis	49:31
	Ken Black	Vis	50:19
	Eric Alcock	Vis	51:36
	John Davies	Vis	51:56

6km WALKERS

1	John Mison	M40	30:58
2	Bob Chalmers	M50	38:53
3	Barry Thomsett	M50	40:56
4	Michelle Boyle	W40	40:57
5	Margaret Stone	W45	41:24
6	Barry Wetherburn	M45	41:40
7	Bob Fergie	M55	42:08
8	Alan Stone	M55	42:15
9	Alan Tyson	M65	44:37
10	Jackie Beaumont	W50	44:44
11	Val Tyson	W65	47:06
12	Pat Luck	W50	47:19
13	Lyn Schickert	W45	48:36
14	Barbara Buchanan	W40	49:34
15	Jack Collins	M75	49:35
16	Maria Limberecans	W55	49:45
17	Sandy Penny	M60	52:49

* Incorrect start for handicap

RESULTS - PERRY LAKES

8th December 1990

200m

D Carr	M55	28:8
K Holland	W50	29:3

CANNING CAPER

11th November 1990

WEATHER:
Very warm. No breeze.

It was a near-record turnout of 136 starters who contested this year's riverside run over a 3k out and back course. 110 ran or walked a 6k and 26 enjoyed themselves so much they did it over again. Jim Langford and Margaret Birks took the honours over 12k; Steve Barry and Maxine Santich won the 6k run.

In the 6k walk, first man was John Mison, first woman Michelle Boyle. We must apologise to competitors placed between 57-66 as a problem with the clock meant no times were recorded for them.

Many thanks to my helpers Alison and Brian Aidrich, Brian Paxman, Robert Raymen, and Lynne Schickert.

BOB SCHICKERT

6km Run

1	Steve Barry	M50	20:54
2	David Ashton	M42	21:55
3	Doug Hazell	M35	22:15
4	Paul Pohe	M45	22:22
5	John Puglisi	M35	22:34
6	Joe Record	M45	22:40
7	Warren Gee	M35	22:53
8	Hugh Kirkman	M45	23:11
9	Dick Blom	M55	23:19
10	Bob Thomson	M40	23:22
11	Don Caplin	M50	23:35
12	Mal Ovenden	M45	24:10
13	Jim Barnes	M45	24:15
14	Peter Airey	M50	24:17
15	Robin Bonner	M55	24:21
16	John Maddison	M50	24:34
17	Mike Rhodes	M40	24:49
18	Brian Hardy	M45	25:28
19	Barry Harwood	M45	25:32
20	Maxine Santich	W35	25:37
21	Peter Cole	M45	25:37
22	Vic Waters	M45	25:45
23	R. Biggs	M40	25:53
24	Basil Worner	M55	25:59
25	Brian Jones	M60	26:00
26	Ken Taylor	M45	26:02
27	Paul Woods	M35	26:03
28	John Dartnall	M40	26:20
29	Bill Crellin	M50	26:20
30	Jean-Marie Volet	M40	26:21
31	John Pellier	M50	26:23
32	Alan Pomery	M55	26:35
33	Barrie Slinger	M50	26:37
34	Peggy MacLiver	W45	26:38
35	Vic Beaumont	M60	26:59
36	Mary Robinson	W50	27:05

37	Merv Jones	M50	27:41
38	Ron Potter	M50	27:55
39	Marge Forden	W45	28:41
40	Dave Carr	M55	28:42
41	Leon Sander	M50	28:59
42	Ray Lawrence	M60	29:23
43	Joanne Pearce	W40	29:24
44	G. Peet	M55	29:27
45	Robert Farrell	M50	29:29
46	John Lindsay	M40	30:21
47	Joan Pellier	W50	30:28
48	David Hall	M40	30:39
49	Estelle Rogers	W30	30:44
50	Rob Davis	M50	30:47
51	Patrick Sherrin	M55	31:02
52			31:10
53	Keith Forden	M50	31:28
54	Jackie Halberg	W40	31:59
55	Pat Miller	W50	32:01
56	Phyllis Farrell	W45	32:25
57	Kirt Johnson	M60	
58	Sandi Hodge	W40	
59	June Strachan	W65	
60	Kath Penton	W45	
61	Duncan Strachan	M65	
62	Joan Slinger	W45	
63	Roma Bettles	W40	
64	Morris Warren	W50	
65	Frank Usher	M65	34:43
66	John Russell	M55	
67	Sid Bowler	M65	35:20
68	Alan Croxford	M45	35:51
69	Judy Kirkman	W40	37:17
70	Carol Cole	W45	37:33
71	Pat Carr	W55	38:11
72	Sheila Maslen	W50	38:28
73	Cliff Bould	M70	38:30
74	Dorothy Whittam	W50	38:42
75	G. Ralph	W40	39:40
76	Karen Crellin	W45	39:41
77	Mary Robinson	W50	39:41
78	Fred Hagger	M65	40:34
79	Toni Frank	W45	40:35
	Mark Pomery	Vis	22:12
	Mark Pressley	Vis	22:13
	Craig Tyrrell	Vis	23:57
	Ken Clark	Vis	24:19
	Phil Cowin	Vis	25:03
	H Tyrrell	Vis	25:25
	Carl Fuster	Vis	25:29
	Ian Passmore	Vis	26:39
	John Tyrrell	Vis	26:54
	Peter Watson	Vis	27:25
	Isabel Tasker	Vis	29:24
	Janet Butler	Vis	
	W Hart	Vis	
	Mary Heppell	Vis	41:09

12km Run

1	Jim Langford	M45	41:33
2	Frank Smith	M45	43:49
3	?		44:32
4	Dave Roberts	M45	45:12
5	David Muir	M45	46:49
6	John Pressley	M45	48:32

7	Terry Foster	M45	50:01
8	John Bell	M45	50:15
9	Bob Sammells	M50	50:51
10	Maurice Johnston	M50	51:02
11	Brian Foley	M45	51:28
12	Ted Maslen	M55	51:53
13	George Schaefer	M55	52:48
14	Graham Luck	M50	53:10
15	Jim Greenfield	M45	53:19
16	Frank McLinden	M55	54:38
17	H. McGlashan	M50	54:50
18	Dalton Moffett	M55	56:44
19	Richard Harris	M50	56:51
20	Margaret Birks	W40	57:21
21	Dave Hough	M55	57:24
22	Ron Sutton	M50	59:59
23	Merv Moyle	M60	60:10
	B. Weatherburn	Vis	42:08
	David James	Vis	50:35
	Mike Carey	Vis	57:14
	Penny Sands	Vis	57:58
	Brian Stoute	Vis	61:32

6km Walk

1	John Mison	M40	31:47
2	Paul Martin	M45	
3	Peter Hill	M40	
4	Barry Thomsett	M50	40:56
5	Michelle Boyle	W40	40:57
6	Jeff Whittam	M55	42:33
7	Bob Fergie	M55	42:34
8	Pauline Kelly	W40	45:53
9	Alan Tyson	M65	45:54
10	Dick Horsley	M75	46:09
11	Judy Hill	W40	48:15
12	Val Tyson	W65	50:52
13	Lorna Lauchlan	W60	50:53

THATS THE WAY TO DO IT

Sorry to sound like Mr Punch, but at least we don't hit you with a big stick!

RACE DIRECTORS - please tear out and keep this page. Use it as a guide when completing reports.

COMPETITORS - all suggestions for improvements will be gratefully received.

The present plan is for each event to fit on a single page, so we can all cut and file reports if we wish, and then compare conditions, times etc year against year.

Vetrun is trying to standardise all reports, and the system used for this Canning Caper page is an excellent example to follow.

Please separate out walkers and visitors, and different distances.

Give a brief conditions description, followed by your report.

Type all info - or PRINT clearly by hand if you can't type.

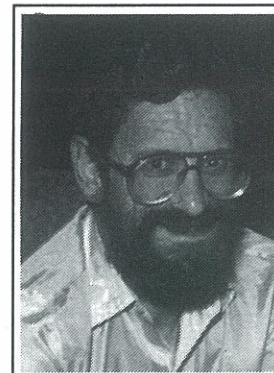
Venue: The WACA

Conditions: Warm, no wind, fed, moderately alcohol

Report: Another trial of the social committee deserve heartfelt thanks to all the winners - everyone there!



Okay, next year you try



Mrs Rhodes is not expecting handicapper this year, but handicapper was sitting next



Dinner dress in WA allows pyjama party, or mafia slaps Judy and Peter Hill.

"An't

EATON WEEKEND

The long weekend for March 1991 will again be at Eaton. (efforts will be made to improve the too problem).

STATE CHAMPS

Our club track and field championships are booked for Sunday March 10 (am) and Saturday and Sunday March 16 /17 (pm). The Sunday morning will be used to stage the longest event - the 10k at a cooler point of the day, as agreed by popular request at this year's AGM. The 5km walk and hammer events will also be contested on this morning. As in the past, steeplechases will be held in the week preceding the championships (date and times to be announced.)

There'll be a festive finish barbecue, and we hope all members will come along, help, support, and enjoy a good weekend's athletics.

REGISTERED ?

Currently there are fewer members registered with the AAWA than last year and though it's not a real problem at this stage, if numbers dwindle the Vets may not be able to continue competing in Association events. Many members may not appreciate just what our connection is with the Association. The Vets club is affiliated with both the AAWA (Athletics Association of Western Australia), and the AAVAC (Australian Association of Veteran Athletics Clubs). As a member, this costs you nothing - whereas members joining most other athletic clubs automatically pay for registration with the AAWA. To compete in Association events, therefore, you must register with the Association. As you may have read two issues back, these events aren't just for the elite. Registration costs \$45 for the year \$30, for winter only. Contact Brian Foley or Val Prescott for more information.

Notice Board

WELCOME

New members this month are Ed F. Carroll, of York; Bill Chapman of Belmont; and Sandy Penny of Ardross (who is surely destined to figure in some convoluted transpositions on the race sheets!) Welcome to you - and congratulations on joining the best and friendliest club in the state!

'Plagiarism of the Month' is Merv Jones title for this contribution to the mag, with credit to the great NZ coach, Arthur Lydiard

The ideal starting pace is a pace one knows he can maintain all the way. Only among top athletes should it be necessary for tactics to enter into anything. Between them, fast take-offs in an attempt to break up the field are expected and warranted. But take good care not to get tangled up in this cut-throat running. Yours is the one whose throat will be cut first.

FOR SALE

New Pair Reebok ERS QUESTOR running shoes. Never worn. Bought in Singapore November 1990 size 6 U.K., 38 EUR. Price only \$90 (cost approx. \$130 in Aust). Phone Lee Copping W: 227 5771 H: 450 2410

DIRECTOR NEEDED

Our 1991 race programme is almost completed - but here's early notice that a race director is needed to take over the Pagoda Run in 1992.

There's been a good response to the 'offers of help' form. If you haven't completed it, please do. Helping out on a run will provide you with valuable experience, and perhaps encourage you to organise an event totally.

PLEASE remember - especially if you're one of that minority that says 'I joined the club to run, not organise' - that we all did the same thing. But without organisers, there simply would be no runs for you to enjoy.

ON THE TABLE

We're looking for some new tables for the Sunday morning meetings, for tea, refreshments etc. Any suggestions - contact the committee.

Happy Christmas and a prosperous New Year to all Vets - especially clients. Zurich superannuation continues to win the race!

BRIAN and ALISON

For a really good Christmas buy a 1980 Volvo 264, or 1980 Toyota Corona Liftback, or 1989 Nissan Vector. All air-con/auto. Best wishes to all.
PAT and GRAHAM LUCK (385 8272)

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Ravens Rest

25th Nov. 1990

Conditions : Very Warm;
Strong Easterly Winds.

A warm morning and a strong easterly wind welcomed all the runners to Sloans Reserve. Once again we got the weather wrong! In spite of the hot conditions everyone gave a good account of themselves. Tom Savin was the 10k winner with an exceptional run in the heat and young Shayne Hill, a Judy and Peter Hill product, showed how to run a smart 5k without the benefit of training (due to exams). Paul Woo was the first 5k Vet home - watch this lad, he is getting competitive! First 10k lady was visitor Cathy Nance in 52:10, followed by our Margaret Birks picking up the pace after shedding all the Pommy Pud from her recent holiday. Nice to see Kath Penton recovering after the flu and Leo Hassam back on the track.

Jan Johnson was first 5k Vet lady in a good 26:47. Virtually everyone stayed on for coffee and country scones under the fir trees with a much better view than last year. Lots of positive feed-back but please can we have it cooler next year!? Ever reliable Maureen Pomery, recorder, Sue Jones, timekeeper, with Maurice Johnson, Jill Modolo, Kirt Johnson and Jeff Spender marshalls (and our kids on the drink station) made the run possible. Our thanks to you all.

WALKERS

Judy Hill	2km	15:05
Jacque Blackman	2km	15:05
Val Tyson	4km	30:43
Barrie Thomsett	6km	40:52
Dorothy Whittam	6km	46:07
Lyn Schickert	6km	51:39
Leo Hassam	6km	51:40
Sandy Penny	—	—
Peter Hill	10km	58:08
Jeff Whittam	8km	60:09
Margaret Stone	10km	66:55
Bob Chalmers	10km	68:16
Lorna Lachlan	5kmRun/2km Walk	38:33

Conditions: Warm, no wind.

Over 100 runners started in conditions far better than last year. Although the temperature was cooler there was still a bite in the sun. Thanks to all who helped by recording of names, manning drink stations and collecting flags afterwards.

Bryan Hardy

7.0km

1	Tom Savin	M45	24:00
2	Warren Gee	M35	28:05
3	Robin Bonner	M55	28:32
4	Arnold Jenkins	M45	29:14
5	Brian Danby	M40	29:16
6	Basil Worner	M55	29:18
7	George Maddox	M45	29:40
8	Mike Rhodes	M40	29:49
9	Roger Walsh	M45	29:54
10	Rod Stewart	M50	30:32
11	Alan Pomery	M55	30:44
12	Brian Jones	M60	30:54
13	Ron Potter	M50	30:57
14	Paul Woo	M35	31:11
15	Vic Beaumont	M60	31:30
16	Margaret Birks	W40	31:32
17	Kurt Johnson	M60	34:20
18	Ray Lawrence	M60	34:29
19	Norm Miller	M55	34:53
20	Kath Penton	W45	35:08
21	Paul Martin	M45	35:54*
22	Allen Tyson	M65	36:32
23	Jan Johnson	W45	36:47
24	Peter Nicoll	M45	37:16
25	Esther Healey	W50	38:02
26	Morris Warren	M50	39:06

HERDSMAN RUN

NOVEMBER 4TH

27	Patricia Miller	W50	39:22
28	Margaret Warren	W50	39:28
29	Ray Barnett	M45	42:01
30	Syd Bowler	M65	42:03
31	Mary Robinson	W50	42:14
32	Fred Hagger	M65	42:53
33	Patricia Carr	M55	44:36
34	Patti McCarthy	M45	47:33*
35	Pat Luck	W50	48:24
	Simon Beaumont	Vis	25:53
	Troy Kelly	Vis	26:04
	Ron Bragg	Vis	27:17
	Debbie Casey	Vis	31:26
	Kevin Nash	Vis	34:08
	Andrew Seinor	Vis	34:18
	Geoff Fairclough	Vis	52:29*
7.0km Walk			
1	Cathryn Holland	W30	49:22
2	Bob Fergie	M55	49:32
3	Val Tyson	W65	52:50
4	Dick Horsley	M75	53:00
5	Jack Collins	M75	55:46
6	Jacqui Beaumont	W50	55:52
7	Pam Foster	W45	57:44
8	Pauline Kelly	W40	57:55
	Britta Meyer	Vis	49:33
14.0km			
1	Frank Smith	M45	48:46
2	Derek Hoye	M50	50:30
3	Dave Roberts	M45	52:24

5KM

Paul Woo	M35	22:05
Jan Johnson	W45	26:47
Pat Carr	W55	34:19
Alan Stone	M55	35:24
Shayne Hill	Vis	20:22
David McAuley	Vis	26:05

10KM

Tom Savin	M45	37:06
Duncan McAuley	M40	41:32
Bob Sammells	M50	43:35
Bob Schickert	M45	45:17
John Pellier	M50	47:47
Bryan Hardy	M45	47:57
Dalton Moffatt	M55	49:44
Alan Pomery	M55	49:44
Merv Jones	M50	50:58
John Bornholdt	M50	51:53
Margaret Birks	W40	56:09
Basil Worner	M55	56:10
David Carr	M55	56:11
Stewart Hicks	M65	59:16
Merv Moyle	M60	61:27
Kath Penton	W45	63:56
Rob Davis	M50	63:56
Patrick Sheerin	M55	63:56
Robert Farrell	M50	63:56
Sandi Hodge	W40	69:07
Rosa Davis	W45	72:49
Phyllis Farrell	W45	72:51
Simon Beaumont	Vis	39:18
Frank Wilson	Vis	49:22
Cathy Nance	Vis	52:10

4	Bob Schickert	M45	53:46
5	Peter Sanders	M45	54:03
6	John Gilmour	M70	54:54
7	Bob Sammells	M50	55:22
8	John Pressley	M45	56:25
9	Joe Travato	M50	57:28
10	Don Caplin	M50	57:44
11	Frank McLinden	M55	58:11
12	Mel Ovenden	M45	58:28
13	Terry Foster	M45	59:18
14	Peter Airey	M50	59:43
15	Jim Greenfield	M45	59:55
16	George Schafer	M55	60:55
17	Max Kelly	M40	61:04
18	Pat Guiton	M55	61:14
19	Peter Cole	M45	62:38
20	Vic Waters	M45	62:47
21	Dalton Moffatt	M55	62:48
22	Bill Crellin	M50	64:24
23	Richard Harris	M50	64:46
24	Merv Moyle	M60	65:00
25	John Bell	M45	66:58*
26	Ron Sutton	M50	67:17
27	Noel Purves	M60	70:03
28	Patrick Skeesin	M55	71:52
29	David Bryant	M45	74:01
30	Ann Turner	W50	74:16
31	Rob Farrell	M50	75:00
32	Sue Sanders	W35	76:57
33	Jack Williamson	M45	78:52
34	Shorty Turner	M55	80:01
35	Phyllis Farrell	W45	83:35
	Peter Priest	Vis	48:46
	Michael Sanders	Vis	57:04
	Mark Rosen	Vis	58:04
	Eric Alcock	Vis	63:43
	Isabel Tasker	Vis	68:49

* Started Late

FASTER RESULTS NEEDED

Now *Vetrun* is feeling more comfortable in its new format, we want to continue improving your magazine. Making it easier to read and enjoy was the first stage. Now it needs to attract more advertising, and hit the streets earlier each month.

My predecessor, Jeff Whittam (ably assisted by Dorothy) did a sterling job for many years, ensuring that each issue reached members in the first week of the month.

Now that we have introduced some new technology, that can happen once more....

PROVIDED that race directors make a real effort to get their reports in FAST!

Some directors are taking a month or more to mail results to me. This means *Vetrun* comes out late, and our handicapper, Mike Rhodes is also held up. He often has to evaluate four or more events at one sitting to establish accurate handicaps.

SO....would all race directors please ensure that full information reaches me within a week of the event.

Final deadline for the coming issue will be printed in each *Vetrun*. This will generally be close to the end of the month, to follow our committee meeting. However as far as race directors are concerned, your deadline is SEVEN DAYS AFTER YOUR EVENT.

Some members are complaining that the paper is reaching them late. Fair enough, we'll try to do better. In the meantime, everyone can help by sending in more contributions, and sending them sooner.

I'll keep making all the improvements I can to the *Vetrun*, thanks to the aid of people like Margaret Birks, Jack Collins, Basil Worner and others, who rather than complain about the state of events, have come forward to help with production of your magazine.

VIC WATERS

The Vetrun

Vetrun is the club magazine of the WA Veterans Athletic Club

Patron: W.J (Bill) Hughes

President: Bob Schickert
332 4114

Secretary: Bob Fergie
447-6898

Treasurer: Bill Crellin
448-2924

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

DEADLINE for next issue - January 4 1991

CAN YOU SELL?

Do we have a member with sales experience, who's willing to approach advertisers for the *Vetrun*?

Our present target is just one page of ads per issue, and as the rates are so reasonable, that shouldn't take much doing!

Please call Vic Waters 389 8422 or 341 3464 (home) - If you have any suggestions, or would like to take on the space sales role.

ELECTRONIC TIMING

THAT contentious issue - the demand for electronic timing for record claims - is likely to bite the dust according to secretary Bob Fergie, who represented us at the recent annual meeting of the AAVAC (Australian Association of Veteran Athletics Clubs).

It seems this new ruling was sneaked through without anyone giving much thought to its being largely unnecessary in the kind of events most Vets run. Now it appears likely to be quashed.

This is good news for all would-be record breakers, even those who do contest the shortest sprints. John Gilmour will be particularly pleased for (as reported last month) he currently has two record claims in the pipeline with his time of 11:25.59 for the 3000 metres

WE TOLD YOU IT PAYS TO ADVERTISE

Martin's Printing Service (the outfit that has done so much to help improve the quality of your *Vetrun*) has already found that it pays to advertise with us. Extra work is flowing Martin's way, from a major mining company, as a direct result of his ad.

Please pass on the good news to potential advertisers - and help support and improve your club magazine.

Rates are very reasonable:

Small ads	\$1.00 a line (minimum \$5)
Full page	\$200.00
Half Page	\$105.00
Third of page	\$70.00
Eighth of page	\$25.00

A VERY HAPPY BIRTHDAY TO OUR "DECEMBER" MEMBERS

01-DEC-36 HARRIS Richard turns 54 remains M50
01-DEC-44 KHAN Michael turns 46 remains M45
01-DEC-49 PEARCE Joanne turns 41 remains W40
01-DEC-47 SHAW Ann turns 43 remains W40
02-DEC-43 DAVIS Rosa E turns 47 remains W45
02-DEC-37 VINCENT Denis J turns 53 remains M50
03-DEC-35 BORNHOLDT John turns 55 becomes M55
03-DEC-43 YATES Joseph turns 47 remains M45
04-DEC-43 MUNYARD Barry T turns 47 remains M45
07-DEC-38 BOYLE Hugh F turns 52 remains M50
07-DEC-40 MARSH Glenys turns 50 becomes W50
07-DEC-36 ROBINSON Mary turns 54 remains W50
11-DEC-50 GEE Warren A turns 40 becomes M40
12-DEC-32 RUSSELL John turns 58 remains M55
14-DEC-41 HARWOOD Barry turns 49 remains M45
15-DEC-41 PENTON Kathleen turns 49 remains W45
17-DEC-29 BERRY Nora turns 61 remains W60
17-DEC-52 DEVENPORT John P turns 38 remains M35

17-DEC-50 HUGHES Susan turns 40 becomes W40
18-DEC-47 GREENWAY Kate turns 43 remains W40
18-DEC-47 VOLET Jean-Marie turns 43 remains M40
19-DEC-29 BEAUMONT Victor turns 61 remains M50
19-DEC-39 GODWIN Barbara turns 51 remains W50
19-DEC-43 HOLLAND Harry turns 47 remains M45
20-DEC-42 CROXFORD Alan F turns 48 remains M45
21-DEC-12 HORSLEY Richard turns 78 remains M75
22-DEC-40 EDWARDS John A turns 50 becomes M50
24-DEC-11 COLLINS John H turns 79 remains M75
25-DEC-35 BARRIE Stephen turns 55 becomes M55
26-DEC-19 HEAD Phyllis turns 71 remains W70
26-DEC-37 HOLLAND Ross Mck turns 53 remains M50
28-DEC-30 MOFFETT Dalton turns 60 becomes M60
28-DEC-32 SCHAEFER George P turns 58 remains M55
29-DEC-47 BROWN Des A turns 43 remains M40
29-DEC-41 CROWTHER Derek turns 49 remains M45
29-DEC-39 SLINGER Barrie turns 51 remains M50

A VERY HAPPY BIRTHDAY TO OUR "JANUARY" MEMBERS

02-JAN-49 HINDLE Eileen turns 42 remains W40
02-JAN-45 MUIR David turns 46 remains M45
02-JAN-39 MULLER Peter E turns 52 remains M50
04-JAN-42 SPAIN Trisha turns 49 remains W45
06-JAN-52 COPPING Charlie turns 39 remains M35
06-JAN-38 MASLEN Sheila turns 53 remains W50
06-JAN-37 SAMMELLS Robert turns 54 remains M50
09-JAN-48 COTTRELL Allan W turns 43 remains M40
13-JAN-36 ATTWELL R.K turns 55 becomes M55
13-JAN-45 MADDUX George turns 46 remains M45
14-JAN-53 CHOATE Lynne turns 38 remains W35
14-JAN-28 JONES Brian turns 63 remains M60
14-JAN-47 KELLY Pauline J turns 44 remains W40
15-JAN-50 ALLAN Bob J W turns 44 remains M40
19-JAN-43 PRICHARD Mary turns 48 remains W45
20-JAN-46 FLETCHER Janet turns 45 becomes W45

20-JAN-46 LEMAN Colin turns 45 becomes M45
20-JAN-51 PUGLISI John turns 40 becomes M40
22-JAN-51 TAYLOR Marg turns 40 becomes W40
23-JAN-39 LUCK Graham turns 52 remains M50
24-JAN-43 ALDRICH Alison turns 48 remains W45
24-JAN-40 FARRELL Robert turns 51 remains M50
24-JAN-54 POWER Maria turns 37 remains W35
25-JAN-43 BARNES James turns 48 remains M45
25-JAN-47 BOGGS Robert turns 44 remains M40
25-JAN-49 JONES Susan turns 42 remains W40
27-JAN-42 STEWARD Peter W turns 49 remains M45
27-JAN-36 TURNER Ann turns 55 becomes W55
28-JAN-27 MORRISSEY M.P turns 64 remains M60
29-JAN-30 EVANS James B turns 61 remains M60
31-JAN-46 BUCHANAN B.G turns 45 becomes W45

ROAD WALK CHAMPIONSHIPS 1990

These championships were held over four events through the winter. The distance totalled 53.3 kilometres. Good fields attended the walks and six competitors completed the requirements for the championships. Congratulations to John Misson and Jack Collins for outstanding efforts in their respective age groups and to Margaret Stone and Jacquie Beaumont for the Ladies. Ernie Moyle and Bob Fergie performed well to win their age groups.

Margaret Stone	W45	107:16	50:25	145:38	67:57	6:11:36
Jacquie Beaumont	W50	115:03	55:05	160:20	77:19	6:47:47
John Misson	M40	79:55	39:17	119:36	54:23	4:53:11
Bob Fergie	M50	111:44	54:01	150:25	69:58	6:26:08
Ernie Moyle	M65	110:55	55:07	162:16	75:31	6:43:49
Jack Collins	M75	117:28	57:36	170:01	79:27	7:04:32

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