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

ORDER FORM

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HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

01-01-40	DEANUS, Fraser	52 remains M50	20-01-51	PUGLISI, John	41 remains M40
02-01-49	HINDLE, Eileen	43 remains W40	22-01-51	TAYLOR, Marg	41 remains W40
02-01-45	MUIR, David	47 remains M45	23-01-39	LUCK, Graham	53 remains M50
04-01-42	SPAIN, Trisha	50 remains W50	24-01-43	ALDRICH, Alison	49 remains W45
06-01-52	COPPING, Lee	40 becomes W40	24-01-36	COSTELLO, Ted	56 remains M55
06-01-38	MASLEN, Sheila	54 remains W50	24-01-40	FARRELL, Robert	52 remains M50
06-01-37	SAMMELLS, Robert	55 becomes M55	24-01-54	POWER, Maria	38 remains W35
12-01-37	WHITEHORN, Jim	55 becomes M55	25-01-43	BARNES, James	49 remains M45
13-01-36	ATTWELL, Raymond	56 remains M55	25-01-47	BOGGS, Robert	45 becomes M45
13-01-45	MADDOX, George	47 remains M45	25-01-49	JONES, Susan	43 remains W40
14-01-53	CHOATE, Lynne	39 remains W35	27-01-36	TURNER, Ann	56 remains W55
14-01-28	JONES, Brian	64 remains M60	28-01-27	MORRISSEY, Michael	65 becomes M65
19-01-43	PRITCHARD, Mary	49 remains W45	29-01-46	MADDOX, Rosemary	46 remains W45
20-01-46	FLETCHER, Janet	46 remains W45	31-01-46	BUCHANAN, Barbara	46 remains W45
20-01-46	LEMAN, Colin	46 remains M45	31-01-45	GRIEVE, Max	47 remains M45



The Vetrums



No. 229 DECEMBER 1991

WA VETRANS AC - REGD BY
AUSTRALIA POST PUBN No WBH 0370

Have a Happy running Christmas!

THERE'S only one way to shake off the Christmas kilos, plum duff, and moderate alcohol consumption. You've just to run — and here are some last-minute changes and reminders that will make the going perfect.

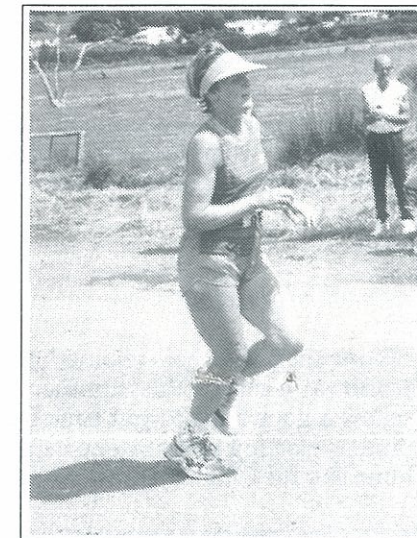
MOST important — Boxing Day at Lake Leschenaultia will start at 6.30pm. We're already finding early evenings too warm — and directors Peter and Judy Hill suggest the later start for comfort. Good thinking (and see Garnet's letter on the subject — page 2).

Next — don't forget to fetch a gift to the December 22 run at McCallum. Nothing expensive — \$3-4 is suggested.

You can make Christmas very happy for Barry Thomsett, too, with a call and some (polite) suggestions about next year's race card. See page 3, Notice Board.

Finally, don't miss the Danby's generous and seasonal offer of a New Year's Eve party in their own personal graveyard. For those who don't already know, Brian and Sue really do live in the Memorial Park (third tomb on the left). The party will be lively, though, and they would love to hear from all Vets!

MARGE HAS DONE IT AGAIN!



see page 6

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Track and Field Time
Trials — Perry Lakes
Faster by Fax..... 8/9

Those Were The Days!
CLUB PICNIC RUN
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HAPPY XMAS!..... 11

More Birthdays! 12

*New Year's Eve Party
it's the...*

*Graveyard Smash!
from 8 'till late*

*at Pinnaroo Valley Memorial Park
Whitford Avenue, Padbury*

**Your hosts are Sue and Brian Danby —
and all Vets are welcome**

Please bring a plate, etc.
Call 401 4956 for details and to confirm.

Conditions: Heavy rain

THIS run has been on the calendar for around 14 years and has always managed to provide a different weather pattern on the day. This year was no exception when the skies opened up and for late November we had what could have been any day in June.

You might think this would keep a few runners in bed on a Sunday. No way. What we had was 110 runners and walkers — a record number for this event, and a sure sign that vets are as keen as ever.

Please spare a thought for the officials on the day (who I thank very much for working in very tough conditions), in particular Nora Berry and Alison Johnson who did a wonderful job of recording. Many thanks to others who make directing a run so much easier:- Kerrie Conte, Dick Horsley, Mike Berry, Rob Shand, Syd Bowler and Bob Johnstone.

Bob Hayres

(Apologies for any errors—the official timesheet was badly damaged by rain.)

8 K

W. Crowley - 1st Male	M35	28:28
F. Smith	M45	28:38
P. Hughes	M35	28:44
B. Schickert	M50	28:59
B. Argyle	M45	29:23
D. Robert	M45	29:24
W. Robertson	M35	29:27
J. Ferris	M40	29:50
D. Jones	M35	30:10
J. Molloy	M40	30:14
R. Mair	M40	30:28
J. Pressley	M45	30:48
I. Colquhoun	M35	31:00
B. Foley	M45	31:31
J. Conte	M45	31:42
N. Cousins	M55	31:42
W. Gee	M40	31:50
A. Noordyk	M35	31:51

ALBANY PB FOR MARGE

NOT bad, is it, celebrating your half century with a marathon personal best!? Marge Forden did so at Albany in November, continuing the steady improvement that has come from true dedications and hard work at distance running. She ran her first marathon in 1984, and has now completed a dozen, including the London of 1987.

The PB markers are:

1984	3:47:43
1988	3:30:43
1989	3:25:55
1990	3:26:03
1991	3:25:33

Next target is to break 3:20, in Perth next year. Anyone wanting to run a sensible and controlled marathon would do well to follow Marge all the way!

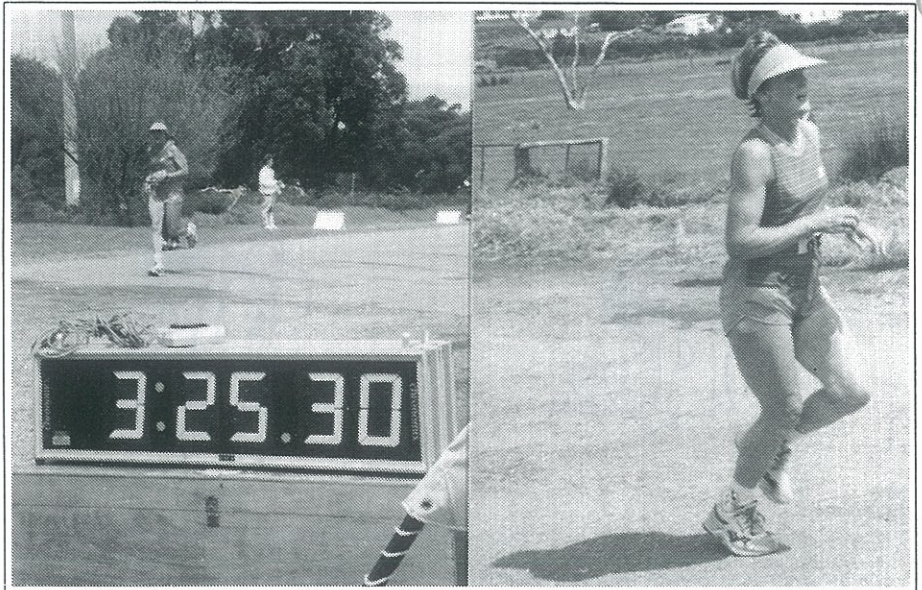
West Coast Challenge
NOVEMBER 24, 1991

P. Martin	M50	31:58
R. Bonner	M60	32:07
M. Arndt	M40	32:26
D. Miller	M55	32:27
V. Waters	M45	32:28
J. Greenfield	M45	
J. Rogers - 1st Lady	W35	32:47
D. Caplin	M50	32:48
D. Moffett	M60	33:41
F. McLinden	M60	33:42
J. Pellier	M50	33:45
C. Watts	M40	33:53
I. Davis	M40	33:58
B. Harwood	M45	34:00
F. Deamus	M50	34:02
M. Kelly	M45	34:04
B. Vittorio	M45	34:05
D. Bryant	M45	34:06
M. Santich	W35	34:09
A. Jenkins	M45	34:31
. Attwell	M45	34:36
P. Airey	M50	34:48
S. Lockwood	M60	34:54
. Manyard	M45	35:17
K. Noordyk	M45	35:20
A. Pomery	M60	35:26
J. Bornholdt	M55	35:57
J. Spencer	M50	36:01
K. Forden	M50	36:03
P. MacIver	W45	36:11
C. Walkley	M60	36:12
M. Founge	M50	36:17
R. Potter	M50	36:35
K. Penton	W45	36:38
D. Carr	M55	36:44
B. Worner	M60	36:46
M. Forden	W50	37:10
R. Hillis	M45	37:13
J. Violet	M40	37:16

. Schuller	M60	37:22
M. Jones	M50	38:02
C. Wiltshire	W45	38:25
D. Hall	M40	38:34
M. Loly	M50	38:54
M. Moyle	M60	39:01
J. Halberg	W45	39:10
A. Turner	W55	39:30
V. Beaumont	M60	39:52
R. Lawrence	M60	40:40
G. Morgan	M65	40:52
D. Hough	M55	40:53
E. Roger	W35	40:55
R. Bettles	W40	41:12
I. Wiltshire	M50	41:18
S. Hodge	W45	42:12
K. Johnson	M60	42:13
J. Williamson	M45	42:40
B. Check	W35	44:28
W. Clements	W45	44:35
J. Midolo	W40	44:52
J. Brennan	M70	45:14
A. Deamus	W50	45:21
G. Florence	M55	47:26
S. Maslen	W50	47:32
E. Healey	W50	47:36
M. Robinson	W50	47:52
G. Thornton	M50	48:04
P. Carr	W55	52:05
C. Bould	M75	53:22

Walkers

J. Mison	M40	45:08
P. Hill	M40	45:08
B. Anderson	M40	51:00
B. Thomsett	M50	53:21
M. Boyle	W40	53:54
B. Chalmers	M50	54:02
D. Whittam	W55	56:53
L. Lauchlan	W60	57:40
E. Moyle	M65	59:05
J. Hillis	W45	62:27
V. Tyson	W70	62:28
? ?		62:28
B. Hughes	M60	62:28
J. Whittam	M55	62:32
E. Vance	M55	71:13
J. Argyle	W45	71:13
I. Vance	W45	71:13



In just three seconds, Marge Forden is going to set another marathon PB!

MEET THE VETERAN

Bob Hayres
(An original — one of the first 13!)

TALKING to Bob Hayres is like taking a trip through the archives of the Vets. He is one of the thirteen members, all men, who ran the inaugural race at McCallum Park in 1973. The distance was 3000m and Bob had the distinction of finishing thirteenth!

He speaks of the gradual growth of the Vets and of his involvement in a number of 'firsts' — the first Nationals held in Perth in 1977 and funded by a bank balance of \$100, the first women to run with the club, the first 24 hour relay and the first trip to Rottneest when the eight members (all male again) disembarked from the ferry at midday and ran around the island in 28 degrees heat in order to justify the afternoon in the pub.

Bob has been race director, was on the steering committee for the first two National Championships and was club president from 1978-1980. His most vivid and uncomfortable memory of the Vets was counting laps in the first 24 hour run at Belmont. He recalls sitting outside all night in viciously cold weather and feeling envious of the runners.

Although he participated for many years in track events, Bob is essentially a long distance runner. His favourite distance is the marathon and from 1979-1989, he ran eleven consecutive People's Marathons.

His PB of 3h 16m was set on his second run in 1979 and he has been unable to improve on that time. For the past two years a knee injury has limited his running although he hopes to run a marathon in 1992 to celebrate both his retirement and his 60th birthday.

Margaret Birks



Bob Hayres — 1991 was his final West Coast Challenge

How Sandgroper Special became a Classic

The beginning — 'Floreast Beach Run' and the present — 'West Coast Challenge'. A quick trip back in time prompted by a discussion after this year's 'West Coast Challenge'. How did it come about? When did it start?, and who's responsible?

In those early days of the Vets anyone who had a good reason could declare 'this run is on' for no other reason than they felt it would be a reasonable place to have a run on a Sunday morning. It was for this reason I thought, it's January and it's hot, why not a run near the beach and the 'Floreast Beach Run' was declared.

The course started at its present position nearer the Floreat Beach Kiosk. It took the old West Coast highway turning on to Oceanic Drive. No traffic lights and the road configuration somewhat different along Oceanic until Raebold Hill entrance road. Up the hill and down the exit road heading back towards the old City Beach Club Rooms. Down the steps on to the beach and then the fun started. Some headed for the sand on the water's edge, others stayed high on the soft sand. This direction maintained back to Floreat Beach and finish.

The course was not measured but no one worried as the objective was out and back as quickly as you could. Those days everyone wanted to run and officials were hard to come by, however we forced Dick Horsley to hold the watch assisted by Bruce Buchanan and we had a race.

The two volunteer helpers jogged out to the Raebold Hill turn to direct runners, take the half way time then ran back to the finish to clock the runner in. How's that for dedication to the job? It was all great fun for the 18 runners who participated and we should name them for old time's sake in order of finish: K. Beament, D. Caplin, M. Smith, M. Johnson, G. Beament, B. Watson, R. Hayres, E. Pearton, A. Tyson, J. Martin, R. Johnstone, R. Godkin, B. Oliver, J. Whittam, G. Nordyk, R. Lawrence, J. Pearson (Midolo) and M. Moyle.

The course had further changes before finally becoming the West Coast challenge named by Rob Shand and was supposed to be West Coast Challenger referring to the roads we traversed. A perpetual trophy in the form of a shield was struck for the winner and as this was always a man it was agreed a trophy should be provided for the women due to pressure brought to bear by Dorothy Whittam. If you have ever had Dorothy twist your arm you will know what I mean. Give or take 100 metres the course is 8kms but who cares? This year over 100 Vets hit the road and I personally found this very rewarding.

R. Hayres

...on the Track

OCTOBER 23

DESPITE some blustering winds, the first night at McGillivray was a great success with a record number of participants in the 'rare mile'. In fact we needed three heats to cater for the 28 runners.

We also required three divisions for the 200 metres when 19 runners elected to sprint also.

And if you think that the Time Trials are for runners only, we also had no fewer than 13 having a go at the discus. So if you are not sure if you can run, be certain that you can throw something! (And there'll always be someone to give you some tips.) The standard in the Mile was again high, with Tony Heppener and Dave Reid showing great form.

In the 200m, Steve Kilburn, Harry Holland, Paul Woo, Mal Ovenden and Norm Richards must have been pleased with their first up times. However, like all Vets events, it was pleasing to see the big number who wanted to just 'be in it'.

Basil Worner

1 MILE RUN

Heat 1

Tony Heppener	4:32.75
Mark Pressley	4:41.45
Dave Reid	4:54.16
Richard O'Keefe	4:51.48
Jim Langford	4:59.39
Brian Foley	5:06.39
Peter Baxendine	5:11.90
Bruce Wilson	5:14.84
Steve Barrie	5:19.26

Heat 2

Ken Post	5:19.90
J. Walker	5:26.40
Steve Kilburn	5:26.90
John Pressley	5:30.00
Vic Waters	5:34.60
Rod Stewart	5:40.30
Ian Holt	5:52.30
Brian Paxman	5:52.90
Dennis Miller	5:59.10
Robin Bonner	6:02.60
Joe Wheeler	6:29.60
Jeff May	6:37.30

Heat 3

Mal Ovenden	5:58.30
Cecil Walkley	6:16.65
James Ramsay	6:17.84
Merv Jones	6:44.59
Alan Tyson	6:50.19
Kath Penton	8:14.12
Gordon Medcalf	8:17.00

200 METRES

Heat 1

Steve Kilburn	26:00.00
Harry Holland	26:53.00
Paul Woo	26:60.00
Mel Ovenden	26:80.00

Norm Richards	27:55.00
Bruce Wilson	28:60.00
Ken Post	29:39.00

Heat 2

Mark Pressley	26:63.00
Rod Stewart	29:70.00
Vic Waters	29:98.00
Joe Wheeler	30:10.00
Jan Johnson	30:86.00
John Pressley	33:00.00
Dorothy Whittam	34:39.00

Heat 3

Ian Holt	29:60.00
Gordon Metcalf	32:90.00
James Ramsay	33:90.00
Robin Bonner	34:20.00
Cyril Wooten	42:20.00

1 MILE WALK

Barry Thomsett	9:22.54
Margaret Stone	9:41.36
Basil Worner	9:42.44
Dorothy Whittam	10:43.05
Mitch Loly	11:18.51
Dick Horsley	11:28.16
Val Tyson	11:55.38
Gordon Medcalf	14:27.97

Discus

Harry Holland	30.49
Paul Woo	27.38
Cathryn Holland	27.22
Jim McMillan	26.68
Alan Stone	26.59
Margaret Stone	19.86
Alan Tyson	19.20
Cyril Wooten	18.07
Gordon Medcalf	17.20
Ray McMillan	17.12
Dorothy Whittam	15.56
Mitch Loly	14.00
Val Tyson	10.44

MASTERS GAMES, BRISBANE, OCTOBER 1991

West Australian's performances:
(Sorry no official times
were available)

M70 - John Gilmour, 10,000m
(Road), 1st about 39:25; 5000m, 1st;
1500m, 1st; 800m, 2nd.

M55 - David Carr, 800m, 2nd; 400m,
3rd; 10 000 (road) 2nd.

W45 - Erica Mercer, Steeple, 1st.

M75 - Syd Coleman*, Shot; Discus;
Hammer; Javelin; 100m, 2nd; Triple
jump, 1st.

* Great performance, mostly wins
and records.

NOVEMBER 30

Anne Shaw World Record is Pending

JUST two weeks before travelling to Japan to race in the half marathon, Antoinette ran the 200m steeple in 7 min 50.6.

Application is being made for a world record.

She has been improving her vaulting style in recent weeks. She held the style until the final lap when she was tiring. We can expect this star to take another ten seconds off this season.

Other results included: Duncan McAuley, 400m in 57.3 and 800m in 2:07; Dorothy Whittam, hammer 23.20m; David Carr, 400m in 60.2; Brian Foley, 800m 2:14.8; Barry Thomsett, 1500m walk in 8:27.4 (this from a man who firmly believed he could not do nine minutes four weeks ago).

Kath Holland started her track season with a cautious 70.5 sec 400m. Other members running for other clubs included Barry Kernaghan, 56 plus for 400; and Peter Gare not far behind him.

John Molloy was just inside two minutes for 800m. That's impressive!

DC

NOVEMBER 27

Best-ever Vets 1500m

AFTER the first 1500m heat, Steve Barrie opined that this might have been the fastest WAVAC 1500 ever. It's a possibility, with six club members running between 3:30 and 3:40.

Honours went to Jim Langford, first Vet in; but Steve, M55, took top points in the event. Another great battle was run between five M60 runners. Robin Bonner led them in.

In the second heat John Pressley ran a PB, shrewdly using me (VW) as a windbreak before surging away to win well! After five weeks of point-scoring and twelve events covered, some interesting patterns were emerging. Dorothy Whittam enters most events and averages about 900 points per event. She seems unbeatable. Steve Barrie can score at an even higher rate, but does not throw, jump or sprint, so is unlikely to be with the leaders at the end of the season.

DC

At long last after three previous attempts we got the weather right. The Ravens Rest Run has developed a reputation for extreme heat or torrential rain — perhaps it was the extra early start due to daylight saving.

The run went well but one minor hitch — the 5km runners took a slightly shorter, but steeper hill home. In the 10km Tom Savin showed how to run this course in a fast 36:20. For the ladies, Kath Penton was first in 48:39. Brian Hardy put in a nice 18:43 to win the 5km with Phyllis Farrell first lady. Nice to see Alan Stone running again completing a non-stop 5km in 28:03. Practically everyone stayed back for post race discussion, assisted by usual scones and cream. Our thanks to Maureen, Sue, Wendy, Bob and Phyll Farrell with a special mention of Kirt Johnson for all his help and all the other vets who always pitch in to make the morning a success. We have been concerned about the condition of the track, but opinion has it that all is well, so see you all next year.

Jacqui and Vic Beaumont

Who was the runner who did not alter his clock? Arrived an hour late, then beat a hasty retreat before getting a mention in dispatches. Kirt is not telling!

RAVENS REST

NOVEMBER 17, 1991

RESULTS

5 Kilometres

Bryan Hardy	M45	18:43*
Robert Farrell	M50	24:18
Alan Stone	M55	28:03
Jane Robley	W30	30:59
Phyllis Farrell	W45	24:04*
Joan Pellier	W50	31:33
Dorothy Whittam	W55	25:17

Visitors

Alan Becket	20:25
-------------	-------

10 Kilometres

Wayne Rolunson	M35	39:21
Ian Colquhoun	M35	39:47
Duncan McAuley	M40	38:01
Brian Danby	M40	41:31
Tom Savin	M45	36:20*
David Muir	M45	40:02
Frank Smith	M45	40:21
Vic Waters	M45	43:04
Joe Yates	M45	47:25
Ron Hillis	M45	49:20
Bob Schickert	M50	38:39
Paul Martin	M50	41:19
Bob Sammells	M50	43:18
James Ramsay	M50	44:12

John Pellier	M50	44:39
Maurice Johnston	M50	47:27
Ron Sutton	M50	48:07
Jeff Spencer	M50	50:56
Keith Forden	M50	53:00
Dick Blom	M55	44:27
Norm Miller	M55	53:11
John Russell	M55	55:16
Dalton Moffett	M60	45:23
Stan Lockwood	M60	45:35
Alan Pomery	M60	46:26
Basil Worner	M60	48:42
Brigett Check	W35	1:07:17
Kath Penton	W45	48:39*
Sandi Hodge	W45	55:15
Marj Forden	W50	52:59
Pat Miller	W50	56:07
Margaret Warren	W55	1:09:38

Visitors

Roy Becket	45:10
J. McManus	56:17
Brad Yates	1:06:52

Walkers

Peter Hill	M40	52:36	10km*
Bob Chalmers	M50	1:08:08	10km
Ernie Moyle	M65	1:10:15	10km
Mitch Loly	M50	1:10:56	10km
Jeff Whittam	M55	1:15:03	
Jo Stone		1:15:02	
Margaret Stone	W45	1:08:07	10km*
Joan Hillis	W45	1:10:56	10km
Harry Vance	M55	59:50	8km
Val Tyson	W70	59:45	8km
Irene Vance	W45	29:24	4km

***Winners**

MAKE A GOOD START AT THE TRACK!

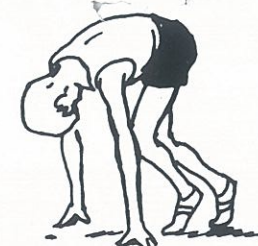
HOW many Vets realise that fellow members — such as Harry and Cath Holland, Syd Coleman and Alan Tyson — devote countless hours to coaching Little Athletes? Their work is a great example for other organisations, anxious to promote greater co-operation within our sport. Thanks to Alan Tyson for these figures from the kids guide. With a growing number of Vets joining our Wednesday T&F sessions, this could help you make a start.

SPRINT START — 1



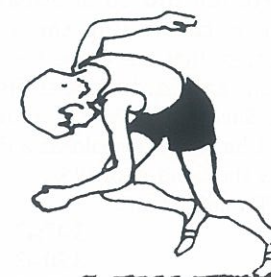
The sprint start from a crouch position requires sufficient strength in the fingers, wrists and arms to be of any value to the little athlete.

SPRINT START — 2



The hands are shoulder width apart and the feet placed to avoid contact between knee and arm. The lean forward is to promote drive from the set position.

SPRINT START — 3



The start involves vigorous use of both arms to assist the driving action from the foot which is placed in the front position when getting down on the mark. The aim is to come to a full running position without standing up at the start.

Conditions: Fine, warm

A beautiful day on the Canning River saw 130 people complete either the 10K or 6K. Many thanks to helpers Alison and Brian Aldrich, Robert Raymen, Brian Paxman and Barry Weatherburn. Jim Langford won the 10K with a fine 34:08 (a course record). Great to see Basil Worner back in action following a long injury break.

Lynne and Bob Schickert

6K Run

1 D. Carr	M55	23:37
2 V. Waters	M45	23:39
3 J. Woolhouse	M45	25:07
4 B. Hardy	M45	26:03
5 J. Volet	M40	28:21
6 N. Miller	M55	28:51
7 V. Beaumont	M60	28:54
8 K. Johnson	M60	29:37
9 J. Whitehorn	M50	29:39
10 R. Bettles	W40	30:12
11 D. Hall	M40	30:17
12 M. Delcanho	W40	30:20
13 P. Miller	W50	30:59
14 R. Farrell	M50	31:27
15 M. Malone	M40	31:31
16 A. Tyson	M65	33:04
17 G. Morgan	M65	33:18
18 P. Farrell	W45	34:14
19 D. Whittam	W55	35:17
20 E. Healey	W50	36:22
21 J. Pellier	W50	37:22
22 D. Ralph	W40	37:37
23 B. Meharry	M40	37:44
24 P. Carr	W55	38:14
25 E. Moyle	M65	41:10
26 S. Bowler	M65	41:21
27 D. Marsh	M40	41:23
28 T. Frank	W45	43:10
29 J. Robley	W30	43:46

Visitor

I. McLennan	32:39
-------------	-------

6K Walk

1 J. Mison	M40	31:36
2 M. Boyle	W40	39:54
3 G. Whittam	M55	42:10
4 M. Loly	M50	44:23

BARRY HARWOOD, WA's most famous soccer referee, and a WAVAC member has retired from the real football game.

The Proleague Cup final between Perth Italia and Spearwood Dalmatinac was his last game after 28 years as a referee. "Because of my age (50) I am no longer eligible to officiate at international level or in national league games," he said.

"I could continue to referee locally

CANNING CAPER

November 10, 1991

5 V. Tyson	W70	44:30
6 J. Beaumont	W55	44:31
7 W. Spencer	W45	44:46
8 J. Hillis	W45	44:46
9 D. Horsley	M75	45:00
10 H. Vance	M55	47:11
11 I. Vance	W45	47:17
12 C. Hood	W50	53:06
13 M. Miller	W45	53:58

10K Run and Walk

1 J. Langford	M45	34:08
2 J. West	M40	35:13
3 W. Quarman	M35	36:04
4 W. Robinson	M35	36:33
5 P. Hughes	M35	36:36
6 B. Argyle	M45	36:57
7 D. Roberts	M45	36:57
8 J. Klinge	M45	37:09
9 ?	?	37:26
10 B. Thomson	M40	37:28
11 F. Smith	M45	37:31
12 D. Muir	M45	37:56
13 J. Ferris	M40	37:59
14 D. James	M50	38:09
15 J. Pressley	M45	38:34
16 W. Crowley	M35	38:39
17 J. Puglisi	M40	38:47
18 G. Brunt	M40	38:57
19 I. Colquhon	M35	39:00
20 B. Foley	M45	39:07
21 J. Bell	M45	39:11
22 B. Power	M45	39:20
23 J. Gilmour	M70	39:25
24 D. Reid	M40	39:26
25 B. Sammells	M50	40:48
26 A. Shaw	W40	40:51
27 R. Bonner	M60	41:04
28 D. Miller	M50	41:25
29 B. McLennan	M40	41:44
30 D. Blom	M55	41:52
31 F. McLinden	M60	42:14
32 J. Ramsay	M50	42:48
33 B. Part (Qld)	M55	42:56
34 G. Schaeffer	M55	42:59

35 D. Hazell	M35	43:31
36 B. Howard	M45	43:29
37 D. Moffett	M60	44:08
38 G. Thornton	M50	44:29
39 P. Airey	M55	44:34
40 S. Lockwood	M60	44:48
41 T. Maslen	M55	44:40
42 K. Noordyk	W40	45:21
43 M. Robinson	W50	45:32
44 E. Schuller	M60	45:36
45 R. Harris	M50	45:47
46 L. Sander	M50	46:08
47 B. Munyard	M45	46:29
48 J. Spencer	M50	46:49
49 R. Potter	M50	46:55
50 B. Crellin	M50	46:55
51 A. Noordyk	M35	47:30
52 R. Sutton	M50	47:41
53 J. Olfield	M45	48:05
54 M. Jones	M50	48:48
55 B. Worner	M60	49:16
56 J. Smith	M55	49:36
57 A. Turner	W55	49:43
58 M. Moyle	M60	49:52
59 P. Wiltshire	W45	50:02
60 R. Hillis	M45	51:09
61 J. Lindsay	M40	51:10
62 Jacqui Halberg	W45	51:45
63 J. Russell	M55	52:15
64 R. Lawrence	M60	52:57
65 R. Ford	M55	53:20
66 J. Williamson	M45	53:27
67 S. Hodge	W45	53:28
68 P. Hill (walk)	M40	53:30
69 M. Warren	W55	54:23
70 J. Strachan	W65	54:39
71 D. Strachan	M65	56:32
72 B. Anderson (walk)	M40	58:15
73 C. Oldfield	W45	58:42
74 J. Midolo	W40	58:45
75 S. Maslen	W50	59:59
76 L. Lauchlan	W60	1:00:31
77 C. Bould	M75	1:07:10
78 B. Thomsett (walk)	M50	1:07:11

Visitors

S. Mitchell	34:33
K. Stewart	34:41
P. Logan	35:43
S. Power	35:51
A. Sorenson	41:22
M. Carey	42:22
V. Carrero	42:49
H. Simmonson	44:35

Are we faster—in Fax?

MEMBERS have been asking when we'll repeat the One K trials. After that great inauguration at Coker, it's a must. Now — Basil Worner has come up with another beguiling suggestion.

Why not organise an interstate contest with other Vets?

No travelling is involved — we'll prove our grasp of modern technology, and fax results to the competing club, or clubs.

Basil will look into the logistics, with the help of committee members. Everyone wanting to make another 1k Trial should make themselves known to the T&F organisers — David Car and Maxine Santich; to Basil; or contact *Vetrun*.

TIME TRIALS — NOVEMBER 20

With five events each evening and as many as 32 in an event, we cannot print all results. We will make some comments on each session. Results and scores will be available at the track each Wednesday.

Ed Carroll came from York to lead the field in the shot; he scored 1036 points for 11.26m. Valerie Tyson has a state record pending for a 5.51 put. Lorna Lauchlan and Dorothy Whittam also had high scores.

In the 5000m, Steve Barrie had top score of 954. Robin Bonner earned 812.

Notice Nick Bailey leading them home in the 400m? That was his first win in 18 years of competitive athletics. Great!

DC

JOHN GILMOUR 10,000

Great success for this event at Coker Park (Sunday December 1) also brought complications for our 10,000 handicap walk.

NOVEMBER 27 — 1500M RESULTS — TIME AND POINTS

W30		
Shona Papalia	7:19.9	220
Leanne Hill	5:37.6	835
W35		
Maxine Santich	5:10.1	981
W45		
Peggy Macliver	5:42.8	924
Jackie Halberg	6:25.6	667
W55		
Patricia Carr	7:57.7	383
Noela Medcalf	7:14.3	640
M35		
Chris Maher	4:35.8	846

Peter Baxendine	4:33.7	858
M40		
Nick Bailey	5:14.0	646
John Walker	4:43.9	827
M45		
Brian Foley	4:37.4	896
John Pressley	5:01.0	760
Vic Waters	5:02.6	745
Jim Langford	4:31.0	934
Bruce Wilson	4:39.1	886
M50		
Roland Matzke	5:23.1	682
Mitch Loly	6:19.5	396

AROUND AUSTRALIA

What's in a Name?

WHEN we say Veterans we think of track and field, but most sports have a veteran movement. Men's basketball has more veterans than juniors playing in Australia.

If you don't like the term veteran, try golden oldies, masters, seniors, old boys, classics of POPS (parachutists over phorty society). The last named might be the conservative arm of parachuting optimists over forty society.

RACE WALKING

Race walkers should know about 'Race Walker's Newsletter'. Noted veteran walker Peter Waddell produces this about every month. It is about four pages of news, results and chat about the walk scene. Peter probably types it, prints it, buys the stamps and licks them too. Maybe there is a charge, or you send him some stamps.

'Race Walkers Newsletter'. Editor: Peter Waddell, PO Box E175 Canberra 2600.

ACT vets staged an indoor track and field meeting last month. The modified programme included standing triple jump, 2700m distance run, 40m hurdles, 50m dash and medicine ball throw.

Queensland vets newsletter gives more information about non-club events than club events (fun runs, interstate, Oceania, Gold Coast

Vet Ref's final whistle

if I met the fitness criteria, but I've decided to concentrate my energy on my business (teaching massage)."

Barry turned to refereeing in 1963 after injury ended a promising playing career with English side Rotherham and has been at the top level in WA since 1967.

He refereed his first D'Orsogna Cup final in 1970. His most lasting memory is the Bicentennial Cup match between Argentina and Saudi Arabia, which he refereed in Adelaide in 1988. It was the first game of the tournament — and Pele kicked off.

THOSE WERE THE DAYS

Pt. 2

'Too hard, too late'

ON the day we won the war, which happened to be my call-up date, I reported to a UK recruiting centre determined to do my bit for the defeat of Hitler and Mussolini. An Army doctor gave me the once-over and then, without the aid of measuring devices, proclaimed:

"Height 5'8"; weight 140 pounds; light brown hair; fresh complexion; mother's darling!" On the strength of this I was posted to the heavy infantry, so maybe, he was only joking — or was he?

Weight up

After 18 months of infantry routine and fodder, my weight was issued with a 10 per cent increase, and I could march 90-plus miles in three days whilst carrying around 60 pounds of boots and gear. Never felt so fit in my life! Sport was not ignored but somewhat irregular, although we played soccer at every opportunity and, during my 51/2 years of unregrettable servitude, I found myself playing with or against professionals from clubs such as Chelsea, Leeds and Crystal Palace; and amateur internationals from Wales and Scotland.

We did get through a regular amount of physical training, plus unarmed combat, but the opportunities for athletics were rare. However, when our mob was threatened with service abroad the battalion Colonel had a bright idea, designed to check on our fitness, and decided to put on an inter-company athletics match.

Slow strides

Our company office superiors took this in their usual slow stride and details appeared on the notice board just three days before the event. The following day we had trials from which our team was selected, with me down for the 440. That afternoon training began in real earnest. A p.t. sergeant took our team of 24 under his wing, and two hours later (and for the first time in my life) I had run 12 miles without stopping. My legs were ready for voluntary amputation and I felt like a punctured balloon.

Un-de-feeted

Nevertheless, I am not one to easily admit de-feet. As a civilised civilian I had managed 59 secs. for the 440, which wasn't all that bad — maybe. The next morning I awoke with my legs fighting to stay under the blanket, but by afternoon the pain had reduced itself to mere agony. Three of our company were involved in the 440 heats and we were all eliminated. My time was 63 secs and I felt like treating our Captain to a dose of unarmed combat.

But it did teach me the folly of training too hard, too late!
Anon

CLUB PICNIC RUN

October 27 1991
Conditions: Fine

THIS was to be the last Picnic Run at Yanchep, but judging by the number of runners who made the trip north this time, it will be on the programme again in 92.

Fifty-four runners and walkers fronted the starting line, supported by another thirty or more spouses and friends. John West was the first WAVAC member to finish, with

AGM of National Association of Vets Clubs

OUR space is too limited for more than a couple of items from the national AGM — but delegate Dave Carr has prepared notes, which are available from Vetrin for any member with particular interest or concern.

Briefly:

PREVETS — ages now set at M30 and W30. WA is not planning to change at this point.

WALK — M60 distance remains 10,000m.

Next MEETING — April 16, Hobart.

VETERAN ATHLETE — has gone under. Mike Hall has made a great effort, but with circulation below 400, couldn't continue. Agreed that some form of national newsletter is required.

OVERALL:

Sometimes we wonder if our involvement with national and world matters is worth all the bother and expense, but...

Our club was not a spontaneous creation; we adopted the model of other Australian clubs. It worked.

Our shared interest with other states brings an exchange of ideas, some competition and wonderful friendships.

Reduced internal airfares, and the proximity of the next two world championships (Japan, Singapore) will see increased travel by our club members.

We cannot plan for our club unless we are aware of government policies, trends in athletics, the masters movement and legal responsibilities.

Peg Macliver (we believe) the first lady.

Weather conditions stayed lovely — for a well-earned barbecue and liquid refreshments after the race. It all added up to a very enjoyable day.

Full results will be published as they become available.

Joan Pellier

Notice Board

1992/93 PROGRAMME

THIS year, let's get it right! Inevitably, changes will crop up as the season progresses, but the committee urges all members to study the current programme, and inform us of amendments.

NOW is the time to do it!

Barry Thomsett is organising the 92-93 programme, and he needs the help and co-operation of everyone — but especially race directors.

He needs to know of changes of date venue, or facilities. If, for instance, your run is designated as a 'Guess Your Time' but you don't intend offering that facility — let us know. Perhaps you can find extra helpers.

Is the morning tea facility still available? Location unchanged?

We'll be making extra checks for accuracy of the final printed card this year — but there's no chance unless the right information is received from members.

Call Barry on 276 6446.

HANDICAPPER

A new, volunteer, moving target has been identified. In other words, a replacement handicapper has offered himself as sacrifice. It's Paul Hughes, who's shown no previous signs of insanity. We're hoping he doesn't think better of it, and will take over from Mike Rhodes, who can then retire to a health farm.

NEW MEMBERS

Welcome to

David R Marsh
Jean P Marsh
Eugene O Schuller
Harry Vance
Irene Vance
Mick Malone
Maureen Delchano
Jim Whitehorn
Carol Hood
Joe D Wheeler
Colin R Watts
Carole A Cole
Ron J Hillis
Joan L Hillis
John C Walker
Allen M Smith
Keith Wilkinson

Jim Kidd's Shoes Shine

GIVE credit where credit's due (then, when you carp, it's more credible!) No joke here, though. Jim Kidd Sport at Carine seems to have the right attitude.

Some months back we wrote of Paul Woo's disappointment with his Nike shoes, which had prematurely collapsed. Armed with that copy of *Vetrin*, and the defunct shoes, Paul returned to Carine. Well, at last the power of the press paid off. Jim Kidd (obviously no pirate) gave Paul a replacement pair, courtesy of Nike.

We can't ask more than that of a retailer; let's hope the new ones are more reliable. Paul has made massive improvement already this track season, going comfortably below 60 seconds in 400m, and his training was done mostly in the humble Dunlop K28's. Don't want to labour the point further — especially as Dunlop hasn't yet tried to bribe me with even a new pair of laces — but many club runners are using these inexpensive shoes.

I have discovered one fault though. In heavy rain (a la West Coast Challenge) they dye your socks blue!

VW

The Vetrin

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

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

Phone: (W) 389 8422
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FAX: 389 8458

DEADLINE
for next issue — Nov 17

Patron: W.J. (Bill) Hughes

President: Joan Pellier
459 7782

Secretary: Brian Foley
339 2716

Treasurer: Bill Crellin
448 2924

Old Chalkies Stay Bright

DAVE Carr's years of teaching kids are only too obvious to those who know him. However, those years of toil didn't blunt his humour.

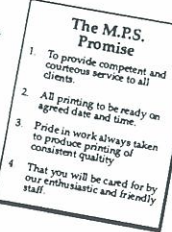
At the last committee meeting he threw me the disreputable sweat shirt I'd forgotten at McGillivray, with the curt instruction '...and get your mother to put your name on it'.

VW



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Letters to the Editor

Dear Vic,

The issue of mid-summer running deserves further discussion. Several country towns are presently cashing in on the present wave of enthusiasm for triathalons, some of which have 10.00am starts.

The endurance athlete's problem is how to lose the large quantities of heat that the human machine generates during lengthy periods of bodily activity. The higher the environmental temperature becomes the less efficient our heat regulatory systems function and the more fluid we lose by evaporation.

Perhaps the medical members could combine their experience and knowledge to draw up some guidelines before there is a more serious incident. We do live in a hot climate, especially in summer.
Sincerely, John Spencer

Dear Vic,

Sun Fun

Cecil Walkley draws attention to the dangers of fun runs in hot conditions.

We have not started a City to Surf before 9am; some of them might have started later. In 1975 the race was in February, in 1976 it was in March, in 1980 it was in April, in 1984 it was in October. Hot months. So, we are silly, but not as silly as we used to be, Cecil. (The road run and

walk at the masters games in Brisbane started at 6.30am. Registration was at 6.00am which is 5.00am in day-light saving time and 3.00am Perth time and at least the curtains don't fade at that time).

Dave Carr

To Joan Pellier, President

Dear Joan,

With regret I must tell you that I shall no longer be running in Perth. As of next month I shall be living back in Melbourne.

I enjoy very pleasant memories of the most enjoyable runs and warm friendliness of other members; I shall certainly miss them. I hope to continue running in Melbourne and may cross tracks with people at big runs from time to time.

Keep on running. All the best to you all.

Kindest regards,
Heather Crockart

PS. I shall personally see to the safe return of the two perpetual trophies: — Jimmy Barnes and Brockwell.

Dear Vic,

A Question of Timing

Now that WA has rejoined the world, at least for this summer, it seems a good idea to put back our Sunday starting times by one happy hour. For the 07.30 hrs programmes

this would mean setting off at 08.30 hrs WADLT (07.30 hrs WAST), when the sun would be just where we left it last year, and so duck the philistine practice of prowling the early kilometres with a torch or a white stick.

And, while we're at it, the mid-week time-trials could be edged up a tad nearer dusk; this would eliminate the bore of applying sun-blocker just before tea. Maybe Idea 1 is a bit difficult to arrange at this stage, but one 'Vetrin' notice plus lots of word-of-mouth might pave the way for January/February. Item 2 would be easier because of 'informal numbers'. ...Just a thought which might avert Daylight Slaving...

Sincerely, Garnet (Morgan)

DOROTHY ANDERSON

Dorothy Anderson was the Athlete of the Meet at our State Championships 1990. She passed away suddenly in October as a result of a heart condition. Dorothy was unknown to most of our Perth members until her record breaking performances at those championships in the W55 group. She established Australian records in the long jump and 80m hurdles and State records in 400m, 800m, 1500m, discus and shot.

A long time member of Albany Athletic Club, hockey player and an active member of the community, Dorothy will be missed by all who knew her.

Pat Carr

HAPPY BIRTHDAY TO OUR DECEMBER MEMBERS

01-12-36	HARRIS, Richard	55 becomes M55	17-12-50	HUGHES, Susan	41 remains W40
01-12-44	KHAN, Michael	47 remains M45	18-12-47	VOLET, Jean-Marie	44 remains M40
01-12-49	PEARCE, Joanne	42 remains W40	19-12-29	BEAUMONT, Victor	62 remains M60
01-12-47	SHAW, Ann	44 remains W40	19-12-43	HOLLAND, Harry	48 remains M45
02-12-43	DAVIS, Rosa	48 remains W45	20-12-42	CROXFORD, Alan	49 remains M45
03-12-35	BORNHOLDT, John	56 remains M55	21-12-12	HORSLEY, Richard	79 remains M75
03-12-43	YATES, Joseph	48 remains M45	22-12-56	ROBLEY, Jane	35 becomes W35
04-12-43	MUNYARD, Barry	48 remains M45	24-12-11	COLLINS, John	80 becomes M80
07-12-49	GREIVE, Vicki	42 remains W40	25-12-35	BARRIE, Stephen	56 remains M55
07-12-36	ROBINSON, Mary	55 becomes W55	26-12-19	HEAD, Phyllis	72 remains W70
08-12-50	TYRRELL, John	41 remains M40	26-12-37	HOLLAND, Ross	54 remains M50
11-12-50	GEE, Warren	41 remains M40	28-12-30	MOFFETT, Dalton	61 remains M60
12-12-32	RUSSELL, John	59 remains M55	28-12-32	SCHAEFER, George	59 remains M55
14-12-41	HARWOOD, Barry	50 becomes M50	29-12-47	BROWN, Des	44 remains M40
15-12-41	PENTON, Kathleen	50 becomes W50	29-12-41	CROWTHER, Derek	50 becomes M50
17-12-29	BERRY, Nora	62 remains W60	29-12-39	SLINGER, Barrie	52 remains M50
17-12-52	DEVENPORT, John	39 remains M35			



Christmas Messages

Happy Christmas and a wonderful New Year to the whole club — from far-off Yulara.

JAN JOHNSON (new phone 089 562527 - address PO Box 9, Yulara 0872 NT).

Cheers to everyone. Special thanks to Basil for his support and encouragement and the 'unseen little things'.
LOVE FROM MAXINE

Wishing everybody a very merry Christmas and a happy New Year.
RIET AND DICK BLOM

Happy Xmas. Thanks to Joan and the Committee for a great year of fun runs.
A GRATEFUL VET.

Happy Xmas to all us walkers — the super Vets! It's good to be in it!
LIMPING LEO.

Dear Santa Claus, Please don't give all those W50s (except me) winged running shoes for Xmas.
LOVE KATH PENTON

Seasons Greetings to all fellow athletes. Run for Life! Many thanks.
DUNCAN.

Happy Christmas everyone and thanks for all your support during the 'year of the injury'. Hope to be running again in '92...
MARGARET BIRKS

A Merry Christmas and a Happy and successful New Year to Veteran Athletes everywhere.
BOB SAMMELS

Merry Christmas and a Happy New Year. Many thanks to you all for the encouragement in my steeple chase. Love you all.
ANNE SHAW.

Happy Holiday — from your Vetrin. Don't worry, Packer will never get this one. Special thanks to Jackie Halberg and Margaret Birks; and all the contributors who have helped make Vetrin Australia's best.
VIC WATERS

Merry Christmas and a Happy New Year to all the runners in our league (at the back).
NORM AND PAT MILLER

Happy Christmas. Thank you for a year of friendship. Wish I had joined earlier.
CECIL WALKLEY

Wishing everyone a Happy, Healthy and Prosperous 1992 and may all your injuries be minor.
SUE AND COLIN LEMAN

Run for your life and a healthy and happy 1992.
SUE AND STEWART HICKS

May seasonal joys
For you young girls and boys
Continue
(and injuries be few)
Throughout '92.
BRIAN PAXMAN

