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### HAPPY BIRTHDAY TO OUR JANUARY MEMBERS

DEANUS FRASER	01/01/40	53 remains M50	BENT TERRI	17/01/60	33 remains W30
HINDLE EILEEN	02/01/49	44 remains W40	PRITCHARD MARY	19/01/43	50 becomes W50
WOODS LELENG	02/01/58	35 becomes W35	FLETCHER JANET	20/01/46	47 remains W45
MASLEN SHEILA	06/01/38	55 becomes W55	LEMAN COLIN	20/01/46	47 remains M45
SAMMELLS ROBERT	06/01/37	56 remains M55	PUGLISI JOHN	20/01/51	42 remains M40
ARGYLE JEAN	07/01/44	49 remains W45	WEATHERBURN BARRY	20/01/43	50 becomes M50
FARRELLY LYNN	09/01/45	48 remains M45	ALDRICH ALISON	24/01/43	50 becomes W50
SHEEHY ROBERT	09/01/46	47 remains M45	COSTELLO TED	24/01/36	57 remains M55
MITSOPOLOUS ROBYN	10/01/51	42 remains W40	FARRELL ROBERT	24/01/40	53 remains M50
WHITEHORN JIM	12/01/37	56 remains M55	BARNES JAMES	25/01/43	50 becomes M50
ATTWELL RAYMOND	13/01/36	57 remains M55	JONES SUSAN	25/01/49	44 remains W40
MADDOX GEORGE	13/01/45	48 remains M45	MITSOPOLOUS VANCE	26/01/51	42 remains M40
CHOATE LYNNE	14/01/53	40 becomes W40	TURNER ANN	27/01/36	57 remains W55
JONES BRIAN	14/01/28	65 becomes M65	MORRISSEY MICHAEL	28/01/27	66 remains M65
KELLY PAULINE	14/01/47	46 remains W45	MADDOX ROSEMARY	29/01/46	47 remains W45
CHASE GERRY	15/01/39	54 remains M50	BUCHANAN BARBARA	31/01/46	47 remains W45



# The Vetrunk



NO. 240 DECEMBER 1992

WA VETERANS AC - REGD BY  
AUSTRALIA POST PUBN 0370

## MERRY CHRISTMAS!

IT'S time for good-will to all, and thanks to all those that make the Vets one of the best of all sporting clubs.

The committee - Joan, Sandi, Margaret, David, Bill, Brian Danby, Brian Foley - wish you a very happy, safe, and injury-free holiday. And it's time for all of us, through your magazine, to express our gratitude for all their devoted efforts on our behalf throughout the year.

Let's not forget the many others - such as Kirt Johnson, Jacqui Halberg, Bev Thornton, Maureen Pomery - who are always there when needed.

We can't name them all. But thanks to all of you, who do more than your share for the Vets. Merry Christmas.  
V.W.

## OCEANA GAMES

### NORFOLK ISLAND - 30TH NOV-6TH DEC

#### WA Competitors

Eileen Hindle W40  
80M Hurdles\* 1st 13.1  
Triple Jump\* 1st 10.17M  
Long Jump 1st 4.77M  
100Metres 1st 13.5  
200Metres 1st 29.2  
Pentathlon\* 1st 2916 Pts

Erica Mercer W45  
2K Steeplechase 1st 9.14  
Triple Jump 2nd 7.01M  
High Jump 2nd 1.12M  
Long Jump 4th 3.68M  
Javelin 4th 16.68M  
Hammer 5th 13.88M  
1500 Metres 4th 5.46.8

Dorothy Whittam W55  
Triple Jump\* 1st 8.59M  
Javelin 2nd 21.38m  
Hammer 2nd 24.42m

100 Metres 3rd 15.5  
Shot 3rd 8.64M  
1500M Walk 3rd 9.50  
10K Road Walk 3rd 72.48  
Weight Pentathlon 3rd 2941 Pts  
5000M Walk 4th 34.39  
4 x 100M Relay (Aust.) 2nd

Barrie Thomsett M50  
1500M Walk 2nd 9.28  
5000M Walk 2nd 34.45  
10KM Road Walk 2nd 68.06  
(Barrie also acted as Official Recorder in field events each day and as judge for track events)

Jeff Whittam M55  
Hammer 2nd 18.24m  
5000M Walk 2nd 36.23  
Weight Pentathlon 3rd 1595 Pts  
1500M Walk 3rd 10.38  
Shot 4th 9.67M  
10K Road Walk 5th 76.28  
Discus 6th 18.78M

Overall, our athletes achieved eight 1st positions, ten 2nd positions and seven 3rd positions; and set four Oceana Records (OR).\*

(The 1994 Oceana Games will be held in Suva Fiji;  
The 1996 Oceana Games will be held in Tonga).

## ROOM at the MILL

There are just 40 places available at the Wellington Mills running camp for the March 1993 long weekend. Please book soon.

## In this issue...

Meet the Veteran -  
Dick Horsley  
with Margaret Birks .....P2

Twilight Jogging  
by Arthur leggett .....P2

Notice Board  
National Newsletter ...P3/4

T& F Results .....P4/7

Bibra Lake Run.....P5

West Coast  
Challenge .....P6

Round the Lakes .....P5/6

Veterans among  
the Pro's .....P6

Track & Field Trials .....P7

Birthdays .....P8

## T&F RESULTS

Due to limitations on space, not all Wednesday night results can be fitted into Vetrunk. However, David Carr does a superb job of compiling these, and makes them available in printed form at each track meeting.

The run-up to Christmas has produced some good nights. Don't forget, the points scoring opportunities begin January 10.



continues

## TECHNICAL AFFAIRS

THE following specifications have been adapted by the AAVAC Ltd for competition in Australia:

Men 30-34 will be eligible for Australian Championships as from 1993 Titles (Adelaide)

Road Walks: 20km for M30-59; 10km for M60+ and all women, M60+ may walk either 10km or 20km during the one race. They are not allowed to walk both and must stipulate which distance they will be walking before the start.

Pole Vault: Minimum height is set at 1.50m (men and women)

High Jump: Minimum height is set at 1.10m (men and women)

Weight Pentathlon: Will be introduced as an Australian Championship in 1994. The WAVA Age Factors and Scoring Tables Handbook has been distributed to all state secretaries. The Weight Pentathlon will be conducted in Miyazaki in October 1993 as a non-championship event for this occasion and will be put up for approval as a Championship event at the General Assembly.

Javelin: New specification 600gm javelin will eventually come into the Veterans competition.

Hurdles: Sprint Hurdle Specification for the new Men's age group 30-34 will be the same as for M35-39 in every respect except the height of the hurdles, which will be 107cm (instead of 99cm for the 35-39 age group)

Decathlon and Heptathlon Scoring Tables: Our Australian Statistician and Technical Affairs Officer, Royce Foley (7 Kinlock Avenue, Murrumbidgee 3163 VIC) has distributed a complete copy of the Decathlon and Heptathlon scoring tables to each state secretary for those members or states who may wish to conduct such an event for their members in preparation for competition in a WAVA Championship.

The Australian Sports Medicine Federation are proposing to set up a Sports Medicine Commission made up of three persons, a sports medicine practitioner, a sports physiotherapist and a sport scientist (exercise physiologist, nutritionist, psychologist, biochemist etc), in order to provide services to athletic organisations such as ours. AAVAC Ltd Borad Members are being asked to vote on the proposal. The Sports Medicine Commission would provide:

a. Advise on all matters relating to injury prevention, provision of sports medicine coverage, availability and

utilisation of the sport sciences.

b. Sports medicine personnel to accompany touring teams.

c. Medical screening of athletes.

d. Education of athletes in injury prevention and sports' health.

Athletes Australia is now a formal member of the Australian Confederation of Sports for the Disabled, so it's great to see sporting opportunities for ALL members of the public being encouraged.

CONGRATULATIONS to Bryan Thomas of ACT for his appointment as AAVAC Ltd delegate to the Working Party of the National Athletics Congress which meets regularly in Canberra.

## MASTER GAMES

Sunny Perth in WA is hosting these Games in April 1993. A comprehensive Athletic Programme will be available, with loads of additional activities and opportunities for our members. Contact address: Masters Athletic, PO Box 1993, Wembley, WA 6014. Phone 619 441 8256 or Fax 619 441 8257.

In 1994, the World Masters Games will take place in Brisbane from Sept 26th - October 8th. Twenty five different sports involved and it is expected that 1200 competitors will take part in these games. In 1995, Melbourne will be hosting the Australian Masters' Games.

## MARATHON CHAMPIONSHIPS

Susan Anderson, Marketing & Promotions Manager for Canberra Motor Village, Kunzea Street, O'Connor, Canberra ACT, has contacted us to offer our members a special rate of accommodation when they are in Canberra for the marathon or in fact, for any other sporting events. The Canberra Motor Village is located 3k from the city and is set in 22 acres of bushland, in easy walking distance to the Australian Institute of Sport. Their special rate is \$55 per night for a self-contained mobile home which accommodates up to 5 adults. If you wish to take advantage of their special rate, please contact Susan Anderson on 0088 026 199 toll free. Dot Browne (Hon Sec) has a couple of their brochures if you are interested.

## ACCOMMODATION IN ADELAIDE

We have been informed of the Aus-

tralian Institute of Sport's new facility in Henley Beach. They have recently purchased a beautifully restored residential hotel to accommodate AIS scholar-ship athletes based in Adelaide. But they are also offering this accommodation at very competitive rates to non-AIS sporting organisations such as our Vets Club. The residence is conveniently situated only 10 minutes from the airport, 15 minutes from the city centre and 20 metres from the beach. Promotional brochures are available and can be obtained by phoning Wendy Thompson & David Ellin, House Managers on (09) 235 1447. Watch out for costs of accommodation in your state Vets newsletters.

BRIAN Travers, of International Sports Tours is welcoming enquiries regarding flights to Adelaide, from the various capital cities plus accommodation in Adelaide for these Easter Championships. Julie-Ann Thornton, also of IST, is their Special Groups Co-ordinator so will answer any enquiries you have. (Phone (02) 922 6166) IST has supplied us with the following possibilities.

Hotel/Motel Inn:  
Flinders Lodge Motel;  
8km from venue, Share twin \$40, Single \$80

Royal Coach Motor Inn;  
8km from venue, Share twin \$45, Single \$90

Apartment Style (Kitchen Units)  
Waterfall Terrace Apt;  
2km from venue, Share quad \$25, Triple \$35, Single \$100  
Metro Luxury Apts;  
2km from venue, Share quad \$25, Triple \$35, Single \$100

Bookings (either by phone or mail) will only be confirmed on deposit payment of \$50 per person.

Final monies will be due no later than Monday 16th March

## MCGILVRA Y

(selected results only,

November 11, 1992)

TRIPLE JUMP (Metres)			
M45 KEITH MARTIN	9.80		
M60 DAVID CARR	7.83		
W45 JANET JOHNSON	8.91		
W55 D. WHITTAM	8.10		
JAVELIN (Metres)			
M45 KEITH MARTIN	28.18		
M45 HARRY HOLLAND	33.36		
M45 FRANCIS LEONG	35.62		
M50 ROSS CALNAN	28.08		
M50 PETER GARE	35.86		
M55 JEFF WHITTAM	16.72		
M60 DAVID CARR	26.20		
M60 ROB SHAND	29.80		
(STATE RECORD PENDING*)			
M65 ALLEN TYSON	22.76		
M65 JIM MCMILLAN	25.34		
W45 KEITH MARTIN	28.18		
W55 D. WHITTAM	19.16		
W60 R. MCMILLAN	18.90		
W60 PAT CARR	15.52		

Conditions: fine, warm

NINETY-FOUR runners and walkers turned up for this combined run with the WA Marathon Club. Unfortunately, some misunderstanding about the starting times (I think that there were three different times published in The West Australian the day before the event) resulted in very few Marathon Club runners participating at our 8.00am start.

The weather was sunny, there was some water on the course but we managed to detour around it. Most people seemed to enjoy the run and I am very grateful to those that helped me officiate on the day. Thanks also go to the WAMC for their marking of the course; and to all who took part, Rosa and I thank you.

Rob Davis

## 12K RUN

1 Brian Marsland	M45	44.02
2 Bob Schickert	M50	45.17
3 John Ferris	M40	45.39
4 Bob Harrison	M50	46.58
5 Dave Muir	M45	47.13
6 Dave Roberts	M45	47.22
7 Mick Cousins	M55	48.01
8 John Bell	M45	50.04
9 John Pellier	M50	51.03
10 Robin Bonner	M60	51.52
11 Bob Sammells	M55	52.40
12 Vicente Carrero	M50	54.39
13 Don Blair	M40	55.19
14 Merv Moyle	M65	57.06
15 Jeff Spencer	M50	57.28
16 Mitch Loly	M50	57.44
17 Arnold Jenkins	M45	58.10
18 Jean-Marie Volet	M40	58.21
19 Merv Jones	M50	58.45
20 Barrie Slinger	M50	58.46

CONDITIONS: Fine, windy

THE handicap sheets were missing.

The recording sheets were missing.

The organisation seemed haywire.

The visitors were sent off on the worst 18 min handicap time. Somehow, between friends and the kookaburra's applause, it all came together as a mildly windy and warm handicap run with 69 finishers. To those who ran 4K, thank you for coming but we only recorded 8K participants.

Thanks for the help, Kirt, Brian Danby, Bob Schickert, Fred and crew. John Bell & Margaret Birks

## RESULTS 8K

	AGE	TIME	H/Cap
1 Ron Hillis	M45	44:44	8:00
2 Keith Forden	M50	45:14	7:45
3 David James	M35	45:34	12:25
4 Mitch Loly	M50	45:36	8:10
5 Irene Ferris	W40	46:07	2:20
6 Bob Argyle	M45	46:45	16:25
7 Bob Sammells	M55	46:53	13:15
8 Jill Chambers	W40	46:56	12:25
9 Joan Pellier	W50	47:21	3:55
10 Arnold Jenkins	M45	47:35	12:05

## Bibra Lake Run

October 18, 1992

21 Helen Lysaght	W40	59.08
22 Vic Beaumont	M60	59.22
23 Ron Hillis	M45	61.10
24 Jackie Halberg	W45	61.42
25 Ron Potter	M50	62.30
26 Ann Turner	W55	63.52
27 Ivan Wiltshire	M55	63.52
28 John Russell	M55	63.59
29 Joan Slinger	W50	70.05
30 Morris Warren	M55	70.06
31 Frank Usher	M65	72.16
32 Esther Healey	W55	77.14

## 6K RUN

1 Robert Raymen	M50	22.24
2 Peter McGoldrick	M35	23.08
3 Jim Barnes	M45	24.35
4 Dick Blom	M55	24.37
5 Vic Waters	M45	25.10
6 Marg Forden	W50	26.38
7 Judy Marsland	W40	26.43
8 Alec Holm	M45	26.52
9 John Tyrell	M40	28.15
10 Bill Crellin	M50	28.31
11 Pauline Wiltshire	W50	28.36
12 Barry Munyard	M45	28.47
13 Peggy McLiver	W45	29.10
14 Ron Sutton	M50	30.05
15 Stuart Parkinson	M40	30.09
16 Roma Bettles	W40	30.51
17 Irene Ferris	W40	31.32
18 Ray Barnett	M45	31.37
19 Jim Whitehorn	M55	31.44
20 Joan Pellier	W50	31.47

## Round the Lakes

December 13, 1992

11 Graeme Bergersen	M40	47:35	18:25
12 Peter Airey	M55	47:52	11:40
13 Dave Hough	M60	47:57	6:40
14 Barry Munyard	M45	48:02	11:40
15 Basil Worner	M60	48:06	11:40
16 Colin Watts	M40	48:08	14:40
17 Mike Faunge	M50	48:12	9:20
18 Jeff Gieschen	Vis	48:13	18:00
19 Ian Colquhoun	M35	48:15	17:45
20 Stuart Airey	Vis	48:16	18:00
21 John Russell	M60	48:17	5:45
22 Bill Meharry	M40	48:20	1:45
23 Ted Maslen	M55	48:20	14:50
24 John Pellier	M50	48:21	14:00
25 Ron Potter	M50	48:23	10:35
26 Vic Waters	M45	48:24	15:15
27 Dave Roberts	M50	48:28	17:35
28 Robin Bonner	M60	48:41	15:15
29 Margaret Warren	W55	48:43	3:00

21 Pat Miller	W50	32.03
22 Norm Miller	M60	32.22
23 Bill Meharry	M40	32.44
24 David Hare	M40	32.44
25 Joseph Brennan	M70	32.48
26 Sandy Hodge	W45	33.05
27 Margaret Warren	W55	33.18
28 Phyllis Farrell	W45	33.32
29 Lorna Lauchlan	W60	34.59
30 Brigitte Cheek	W35	35.53
31 Alan Chambers	M55	37.07
32 Keith Forden	M50	37.08
33 Robert Farrell	M50	40.08
34 Bill Hughes	M65	45.13

## 6K WALK

1 John Myson	m45	33.03
2 Paul Martin	M50	33.04
3 Barry Weatherburn	M45	37.17
4 Bob Chalmers	M50	40.53
5 Dorothy Whittam	W55	41.27
6 Joan Hillis	W45	43.14
7 Michelle Boyle	W45	44.06
8 Tina Carrero	W45	50.34
9 Jacqui Beaumont	W55	50.34
10 Val Tyson	W70	52.70
11 Lynne Schickert	W50	52.21
12 Carol Hood	W50	52.22
13 Harry Vance	M60	52.23
14 Amy Loly	W30	63.02

## VISITORS 12K Run

Brendan Murphy	57.12
Richard Peters	59.41
Dan O'Donnell	62.23

## VISITORS 6K RUN

Mark Pressley	21.05
Colin Hickman	21.31
Michael Archer	24.10
Laurie Niven	24.36
Frances Lipsombe	27.22
Dave Spencer	29.33
Marg Bakowski	31.29
Roger Shaw	32.49

30 Joe Stickle	M50	48:44	14:25
31 Bill Crane	M50	48:48	12:25
32 Mike Khan	M45	48:49	12:25
33 Jackie Halberg	W45	48:53	7:45
34 Ann Shaw	W45	48:56	15:40
35 Brian Danby	M40	49:02	15:40
36 Bob Schickert	M50	49:04	17:55
37 Frank Usher	M65	49:05	1:05
38 Ralph Henderson	M40	49:07	18:00
39 Dave Scott	M45	49:15	17:55
40 George Peet	M55	49:17	6:50
41 Alan Tyson	M65	49:18	7:00
42 John Ferris	M40	49:28	17:45
43 David Reid	M40	49:34	18:10
44 Keith Webster	M50	49:35	4:20
45 Mike Rhodes	M45	49:37	12:25
46 David Carr	M60	49:53	14:50
47 Brian Foley	M45	49:54	15:15
48 Vic Beaumont	M60	49:55	10:55
49 Don Caplin	M50	50:08	16:05
50 Marge Forden	W50	50:13	11:20
51 Morris Warren	M55	50:25	11:10
52 Phyllis Farrell	W45	50:29	2:20
53 Merv Jones	M50	50:45	11:30
54 Ray Lawrence	M60	50:56	3:55
55 Alan Chambers	M55	51:00	18:00
56 Garmel Morgan	M65	51:08	6:40
57 Sandi Hodge	W45	51:19	5:55
58 Esther Healy	W55	51:28	2:20
59 Sheila Maslen	W50	51:37	1:30
60 Brian Bennett	M45	51:54	18:00



Conditions: fine, hot

AN experiment, this, which converted the Challenge from an unifying dice with the West Coast Highway traffic, into our only beach run.

The heat made it taxing, especially for those unused to finding the hard sand, and favoured those who train over resistant, beach or cross-country terrain. We kept the first five kilometres of the old event, then followed a sand-dune track to the beach for a 2K return.

This reduced the run to 7k, as we felt that was tough enough for all but our elite, and most runners found their K-times increased by around 50 per cent on the sand. However, with the finishing chute on the beach, many found solace in the Indian Ocean!

Walkers chose to follow a 6K out and back course along Challenger which is a trifle boring, but safe, flat, and sand-free.

Several suggestions were made to us following the race. Not sure about Maxine, but as far as I'm concerned they were mostly anatomically impossible.

Thanks to my co-director; her hangover; Basil and Kate; Dalton; Garnett; recorders Margaret and Bev; Wally Crowley for accepting Maxine's sand-filled sock in lieu of his proper trophy; and the whole lynch party for its self-control.

Vic Waters

#### 7K Run

##### 1992 Champions:

Anne Shaw (34:25) and Wally Crowley (29:56)

1	Wally Crowley	M35	29.56
2	Duncan McCauley	M40	29.59

61	Terry Foster	M50	53:07	11:40
62	Bill Peart	M50	53:20	18:00
63	Gordon Florance	M55	53:54	3:10
64	Stuart Hicks	M70	55:03	18:00 ?
65	John Yeates	M40	55:04	18:00
66	Richard Matthews	VIS	55:38	18:00
67	Kevin Anderson	M50	57:44	18:00
68	Brenda Matthews	Vis	59:02	18:00
69	Eddy Hill	Vis	59:02	18:00

#### 6K WALK

1	Peter Hill	50:38	19:00
2	Pete Johnson	49:46	16:00
3	Barry Watherburn	49:46	13:00
4	Rod Stewart	51:51	15:00
5	Barry Harwood	55:08	16:30
6	Peggy McLiver	54:50	12:00
7	Ernie Moyle	54:26	8:00
8	Bob Fergie	54:54	9:00
9	Kirt Johnson	56:25	10:00
10	Serge Toussaint	58:41	11:00
11	Pam Foster	53:04	4:45
12	Jacqui Beaumont	54:49	6:30
13	S Haskell	59:50	5:00

#### 2 LAPS 4K

1	Val Tyson	34:00
2	Lyn Schickert	34:00
3	Joan Hillis	34:00
4	Val Bonner	37:18

## West Coast Challenge

December 12, 1992

3	Phil Drayson	M35	30.15
4	John Ferris	M40	30.38
5	Ralph Henderson	M40	30.43
6	Dave Roberts	M50	30.47
7	Tom Savin	M45	30.58
8	Bob Schickert	M50	31.06
9	Paul Hughes	M40	31.57
10	Vance Mitsopoulos	M40	32.18
11	Warren Gee	M40	32.31
12	Geoff Mullins	M45	32.55
13	Dave Carr	M60	33.44
14	Dick Blom	M55	33.45
15	Bob Sammells	M55	33.49
16	Robert Mair	M40	34.06
17	Brian Foley	M45	34.15
18	Brian Bennett	M45	34.13
19	Ann Shaw	W45	34.25
20	Peter Hill	M40	34.27
21	Colin Watts	M40	34.28
22	Joe Stickles	M50	34.31
23	Bruno Larini	M35	34.58
24	Ian Passmore	M45	34.59
25	John Dartnall	M40	35.00
26	Jill Chambers	W4-	35.14
27	Bill Peart	M50	35.36
28	Don Caplin	M50	35.54
29	Graham Thornton	M50	36.01
30	Barry Munyard	M45	36.33
31	George Schaefer	M55	37.18
32	Doug Hazell	M40	37.32
33	Fraser Deanus	M50	37.56
34	Brian Jones	M60	38.04
35	Ron Potter	M50	38.06
36	Lyn Farrelly	M45	38.15

37	Ron Hillis	M45	38.45
38	Dave Scott	M45	38.46
39	Joan Merrifield	W30	38.57
40	Barrie Slinger	M50	39.02
41	Geoff Spencer	M50	40.12
42	Brian Hardy	M45	40.27
43	Carol Broderick	W40	40.39
44	Dave Hough	M60	41.28
45	Alan Tyson	M65	41.56
46	Vic Beaumont	M60	42.14
47	Nena Greenfield	W35	42.40
48	Jim Greenfield	M45	43.42
49	Margaret Ward	W50	43.53
50	Merv Moyle	M65	44.06
51	Brigitte Cheek	W35	44.15
52	Ann Turner	W55	44.18
53	Arnold Jenkins	M45	44.29
54	John Russell	M55	45.55
55	Alan Chambers	M55	47.24
56	Pat Miller	W50	47.54
57	Irene Ferris	W40	48.08
58	Gordon Florance	M55	49.43
59	Norm Miller	M60	50.06
60	Joan Pellier	W50	50.42
61	Ray Lawrence	M60	51.48
62	Lorna Lauchlan	W60	51.51
63	Wendy Clements	W50	52.24
64	Frank Usher	M65	54.36
65	Sandi Hodge	W45	55.02
66	Joan Slinger	W50	55.03
67	Ann Deanus	W50	55.13
68	Joe Brennan	M70	55.25
69	Jill Midolo	W45	55.42
70	Esther Healey	W55	56.47

#### WALKERS 6k

Margaret Stone	W50	38.51
Bill Hughes	M65	43.20
Mitch Loly	M50	43.20
Bob Fergie	M55	43.20
Alan Stone	M60	36.14 (5K)

#### VISITORS

Shane Hill	32.38
John Carpenter	35.15
Paul Bonner	42.31
Alison Deanus	55.14

120 metres. She is one of the few females to win a gift race.

#### Mazanod Success

At the same Mazanod meeting Norm Richards made a real impression when he won the 70 metres in a three way photo finish. Norm has continued this good form with strong performances at Northam.

In the October Northam meet, two Veterans running in their first professional race won the distance events. David Carr jumped the field at the start of the 800 metres and was never headed in an exciting race. Then Clive Choate won the 1600 metre race making it a good day for the vets.

Handicap running has a lot to offer and allows vets and novices to compete with the best. It is quite a thrill to run with the State's best and Olympians like Dean Capobianco and Cathy Freeman - and to be in with a chance. C.C.

### Letters to the Editor

Dear Joan,

I am writing to express my sincere thanks to you and all members of the club committee for the kind and thoughtful actions in inviting Gwen and I to the Annual Dinner, and the generous gift of the coffee percolator.

Thank you also for your descriptive talk of my activities over the years.

I hope to be able to continue with the Vets for quite some time!

Yours sincerely,  
Dick Horsley

### NEW MEMBERS

Welcome to

Bill Peart M50

### Notice Board

#### NEW YEAR'S EVE PARTY

All are welcome at Sue and Brian Danby's annual rave around the graveyard.

Location: Pinnaroo Valley Memorial Park.

Time: 8pm onwards.

Bring: a plate, etc.

Call: 401 4956 for more details.

ALL VETS WELCOME!

#### FEDERATION

The new athletics federation has announced tentative plans to eventually zone clubs for T&F competition. In general, there would be little effect on Vets. More details will be announced as they emerge.

## AAVAC National Newsletter

#### MIYAZAKI

A glossy brochure outlining travel arrangements, tours available Miyazaki accommodation alternatives and competition schedule has now been printed and is available from our official travel agent, Brian Travers of International Sports Tours, 6 Glen Street, Milsons Point, NSW 2061, Phone (02) 922 6166 or Toll free (008) 242 987 or Fax (02) 957 4026 or Collin Cooper, Veterans Travel, Adelaide, 3/195 Fisher Street, Malvern, SA 5061, Phone (08) 272 0992 or Fax (08) 267 2770.

Entry forms for the actual events will not be available from the Japanese organisers of the Games until around Easter 1993, according to Collin Cooper. Once they are available, please note that ALL Australian entries must be posted to Dot Browne, (Hon. Sec. A.A.V.A.C) 4 Victory Street, Mitcham 3132 VIC, for these Games, together with entry monies.

Incidentally, one of our NSW sprinters has pointed out that the proposed programme of events for these championships is not well scheduled for 100m, 200m and 400m athletes. Your secretary has written a letter of protest to the Games Organisers in Japan in the hope that they will alter the programme to allow more recovery time between heats, semis and finals for these particular events.

#### CAPITATION FEES

It was passed at the National Conference in August 1992 that recommended increases in state capitation fees be submitted to all states and territories for their consideration before being voted upon by the AAVAC Ltd Council.

#### ADELAIDE

Entries close on 22nd February 1993. If you are not able to obtain an entry form from your state secretary, send a stamped self-addressed envelope to Dot Browne (Hon Sec AAVAC) and she will forward an entry form as soon as they become available. No late entries will be accepted.

## CALENDAR - 1993

Feb 21	Q1d Pentathlon & 5km Championships
Mar 13/14	Q1d Track & Field Championships
Mar 13/14	NSW Track & Field Championships
Mar 27/28	ACT Championships
Mar 28	NSW Pentathlon Championships & NSW 10K Championship, & NSW 10K Walk Champs
April	Fourth Australasian Masters' Games, Perth
April 9-12	Australian Veterans Track & Field Championships, Adelaide
April 18	Australian Veterans' Marathon Championship, held in conjunction with the Mobil Canberra Marathon
	7am start, entry forms, send a stamped addressed envelope to: Dave Cundy, ACT Cross Country Club, GPO 252 Canberra 2501
1994	
Sep 26-Oct 8	World Masters' Games in Brisbane

## The Vetrunk

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

Patron: W.J. (Bill) Hughes

President:	Joan Pellier
	459 7782
Secretary:	Brian Foley
	339 2716
Treasurer:	Bill Crellin
	448 2924

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

Phone:	341 3464 (H)
Fax:	388 1510

DEADLINE:  
for next issue - January 11

This is the first of our national bi-monthly bulletins, produced by myself with the help of State Secretaries, who supply me with the material. Thank you for sending me your newsletters and congratulations to you all on the wonderful job you are doing with them in each state. Please send me suggestions of anything extra you would like included with the next issue. Good luck to those members who competed in Norfolk Island. I hope all Veterans' Athletic Club members around Australia have a safe and Happy Christmas and I look forward to sharing another great year of comradeship, camaraderie and competition with you all in 1993. To quote Bryan Thomas, "Participate! Don't miss out, life is too short. Try to be a part of every opportunity provided by the Vets." And let's keep the communication going as well!

Regards,  
Dot Browne (Hon. Sec. AAVAC)



# DICK HORSLEY

AT the end of the 'interview', Dick indicated a folder lying on the chair. "There may be something useful in that," he suggested.

I flicked through a collection of newspaper articles, letters and photographs, a catalogue of 60 years of distinction and achievement in athletics as a Committee Member, Judge, Official, Coach and Competitor.

"That's just a sample" he explained, and I realised I'd have to try a different approach.

Dick grew up in Denmark and Wagin, and at the age of nine decided he wanted to be a long distance runner, 'long distance' being a mile. He learnt about athletics by reading a book written by two Swedes, one of whom had been an active athlete for 24 years. Dick thought he'd be doing well if he could equal that effort!

At the age of 18 he began to realise his ambition when he joined the YMCA Club and started running competitively. Within a year he had broken the state 2 Mile championship record and equalled the 1 Mile record.

Apart from a short spell in the RAAF during the war, Dick spent most of his working life with the Bank of NSW and lived in a succession of country towns - Goomalling (where he met his wife Gwen), Perenjori, Morowa, Pingelly, and with a stint in Fiji. (It was in Fiji that he witnessed the burgeoning swimming career of then eight year old Shane Gould.)

Dick believes his sojourns in the country had two significant outcomes, namely his involvement in sport, and on committees. Sport is a favourite pastime of country residents and for the Horsleys, this included golf, tennis and badminton and for Dick alone, cycling, running and bowls. He also coached school children in each town and "as a bank employee, you're in demand to be the secretary or treasurer of every committee".

In his spare time he pursued wood-carving, and lots of reading.

During this time Dick continued to run, and came to Perth whenever possible to run for the YMCA. He also participated in most track and field events, including long and high jumps, shot put, discus and pole vault. Hurdles and the steeplechase, introduced 'too late' for Dick, are the exceptions he missed.

His running record is impressive. Dick has represented Western Australia

in championships in all distances from 1500 metres to the marathon.

In 1954 following a cartilage injury he began race walking, and continued to run and walk until six years ago when a torn Achilles tendon forced him to give up running. He is in fact the only person to have gained first place in both state running and walking championships - 50 years apart! He's equally proud of both efforts. A member of the Walkers Club, Dick is chief walking judge for the Athletics Association.

The termination of the YMCA Club in 1968 prompted Dick and a handful of others including Cliff Bould, Dave Carr, Jack Collins, John Gilmour, Keith MacDonald and Jim Smith to form the WA Veterans Athletics Association. Dick chaired the first meeting in 1974, some months before the national body, the Australian Veterans Association, was formed.

His observations on the Vets 18 years further on are that he is happy with the way the club has progressed because we have resisted sponsorship and membership drives and have maintained the ideals of an amateur club.

Asked what he considers to be his major achievements in athletics he selected:

**1932:** Winning the State Mile Championship in 4.36. This time equalled the record and he subsequently whittled his time down to 4.22.

**1973:** Attending the first World Veteran Championships in Hamburg as the only Australian and winning the 10,000M Walk for M60 in the time of 54.24.6sec. Amongst his collection of newspaper clippings is from Germany celebrating the efforts of the 'spike haired runner from Perth'.

**1974:** Competing in the first Australian Veterans Championships in Sydney and gaining firsts in two walks, the shot putt and the discus.

**1975:** Whilst recuperating from surgery he travelled to Toronto for the first official World Veterans Track and Field Championships and by a large margin won both the 5,000m Walk on the track and the 25K Road Walk in the M60 division.

He has run just one marathon, in 1949 when, at the age of 37, he was the oldest competitor. His favourite runs are cross country and, provided the surface is suitable, he also prefers road or bush walking.

Dick is a Life Member of both the WA Veterans Athletic Club and the Athletics Association.

He has no recipe for longevity other than to do most things in moderation, athletics to excess. His ambition is to 'keep walking' and his major achievement in 1992, apart from turning 80, is to have become a grandfather.

Margaret Birks

## TWILIGHT JOGGING

by Arthur Leggett

"This afternoon we'll jog," she said, "For an hour. Get out of the house And jog along the cycle path By the old East Perth Powerhouse."

The powerhouse stands by the river's edge But there's no machinery hum. Its not been used for many years; Its usefulness is done.

And, as I gazed at its massive bulk With its impressive chimney stack, My mind commenced meandering Away back down Life's Track.

To the days when I was seventeen Standing in the foreman's shed. "So, you heat rivets" he booms out. "Yes, Mr. Scott," I said.

"What was the last job you was on? I've got to know your worth! Suppose you tell me where you was? This is the only site in Perth."

"I've been on the fields at Laverton Working with a rivet crew. The job cut out. I'm back in Perth. They said I should see you."

We stood there silent for a while. Him pondering out the door. Me waiting anxiously And gazing at the floor.

I didn't know that he knew I'd been up there milking cows; Living in a hessian shed With a roof of bush and boughs.

I didn't know that he knew My Dad was slowly dying. My Mum kept boarders in our house And that's why I was lying.

"I tell you what I'll do," he says, "I'll put you on as hired. We'll see just how you shape up. If you're no good - you're fired"

He introduced me to the riveter, Who guessed I didn't have a clue. "Let's get up on the job," he said, "I'll show you what to do."

That's how I first met up with Jeff, Who came from The U.S.A., And Gus Levitzke from Midland Who quietly said, "G'day."

Jeff handled the pneumatic gun, Gus backed up rivets hot and round; I cranked my forge upon three planks Two hundred feet above the ground.

The three of us made quite a crew, And there's something we can show! We built that bloody chimney Over fifty years ago!

It's sad to think that old Jeff died Of cancer in the kidney; And Gus, with his youthful vigour, Went down aboard 'The Sydney'.

And I am just an old bloke Wond'ring where the years have gone As I jog in the cool of the evening On the banks of The River Swan.

## Track and Field Trials

### Coker - 18.11.92

#### DISCUS

M55	David Clive	20.65
M60	Alec Cummings	27.37
W45	Erica Mercer	15.14
W45	Peggy Macliver	17.46
W60	Patricia Carr	15.11

#### SHOT

M55	David Clive	8.59
M60	Alec Cummings	9.40
W60	Patricia Carr	6.25

#### 100M wind assisted

M55	David Clive	12.6
M60	David Carr	14.0
W45	Peggy Macliver	14.9
W60	Patricia Carr	16.5

#### MILE WALK

M50	Mitch Loly	10:43
M55	Alan Chambers	11:14
M60	Alec Cummings	11:05
W45	Leslie Romeo	9:02
W55	Dorothy Whittam	9:56

#### 400M

M45	Keith Martin	59.1
M45	John Pressley	75.5
M60	David Carr	61.6
M60	Robin Bonner	75.3
W45	Peggy Macliver	74.1

#### MILE

M40	David Reid	5:18.9
M40	John Ferris	5:29.4
M45	Vic Waters	5:39.2
M45	John Pressley	5:50.4
M50	John Pellier	5:55.0
M50	Merv Jones	6:37
M50	Mitch Loly	6:40
M55	Alan Chambers	7:48
M60	Robin Bonner	5:57
W40	Jill Chambers	5:58
W45	Erica Mercer	6:30

Welcome back Alec Cummings, who in the early days held records in walks, hurdles, high jump, long jump, triple jump, discus, hammer and shot.

### 25.11.92 McGillivray

#### JAVELIN

M45	Harry Holland	36.4
M50	Ross Calnan	28.78
M50	Peter Gare	36.12
M50	Jeff Bowen	35.04
M55	Jeff Whittam	18.48
M60	Rob Shand	29.52
M60	David Carr	29.14
M65	Alan Tyson	18.90
W35	Cathryn Holland	22.20
W55	Dorothy Whittam	19.78
W60	Patricia Carr	20.42
W65	Rae McMillan	14.32

#### SHOT

M45	Harry Holland	8.75
M50	Jeff Bowen	9.44
M55	Jeff Whittam	6.84

M65	Jim McMillan	8.17
W55	Dorothy Whittam	8.07
W60	Patricia Carr	6.21

#### 200 METRES

M45	Keith Martin	25.9
M50	Peter Gare	26.2
M50	Ross Calnan	29.2
M55	Norm Richards	27.9 and 29.0
M60	David Carr	28.2 and 28.3
M65	Alan Tyson	37.0
W35	Cathryn Holland	34.8
W35	Cathryn Holland	35.5
W45	Janet Johnson	30.3
W45	Peggy Macliver	33.0
W60	Patricia Carr	38.1 and 35.9

#### 1500 WALK

M45	Peter Johnson	7:39.5
M50	Rod Stewart	8:47.5
M55	Jeff Whittam	10:17.9
W35	Cathryn Holland	10:06.4
W45	Dorothy Whittam	9:20.6

#### 800 METRES

M40	Dave Ashton	2:32.8
M40	Gary Lynn	2:27.0
M40	John Ferris	2:33.6
M40	John Stone	2:55.3
M45	Bruce Wilson	2:25.5
M45	Keith Martin	2:21.2
M45	Brian Foley	2:20.4
M45	Vic Waters	2:23.3
M50	Peter Gare	2:35.0
M50	Rod Stewart	2:55.5
M55	Bob Simpson	3:04.6
M60	Robin Bonner	2:46.0
M65	Alan Tyson	3:12.0
W35	Cathryn Holland	3:30.5
W40	Maxine Santich	2:38.6
W45	Peggy Macliver	2:48.1
W45	Janet Johnson	3:00.0
W50	Kath Penton	2:53.5

#### 3000 METRES

M45	Bruce Wilson	10:40
M50	Don Caplin	11:18
M50	David Roberts	10:45
M50	Merv Jones	13:21
M55	Alan Chambers	14:20
M60	Robin Bonner	11:30
M60	Basil Worner	12:19
W40	Jill Chambers	11:54

(Happy birthday Rae McMillan - Welcome to W65)

### 2.12.92. COKER

#### DISCUS

M45	Keith Martin	18.9
M55	Bob Fergie	25.50
M60	Alec Cummings	34.68
M60	David Carr	23.48
M65	Alan Tyson	19.90
W60	Patricia Carr	14.94

#### HAMMER

M55	Bob Fergie	32.76
M60	Alec Cummings	24.96
M60	David Carr	18.80
M65	Alan Tyson	17.76

#### 2000 METRES WALK

M40	Peter Hill	9:46
M50	Mitch Loly	14:06
W45	Leslie Romeo	11:06

#### LONG JUMP

M45	Keith Martin	5.06
W45	Jan Johnson	4.33
W60	Patricia Carr	2.85

#### 100 METRES (Wind assisted)

M40	John Stone	13.0 and 13.1
M45	Keith Martin	12.5
M45	Bernie Oliver	13.8
M55	Bob Fergie	15.8
M65	Alan Tyson	16.0
W45	Janet Johnson	14.1
W60	Patricia Carr	16.5
W60	Patricia Carr	16.0

#### 400 METRES

M45	Keith Martin	57.8
M45	Gary Lynn	65.1
M45	Bernie Oliver	72.4
M50	Don Caplin	66.9
M60	David Carr	61.4
M60	Robin Bonner	75.7
M65	Alan Tyson	75.8
W45	Janet Johnson	66.3
W45	Peggy Macliver	72.2

#### 5000 METRES

M40	Brian Danby	19:37
M50	Don Caplin	19:06
M50	John Pellier	19:48
M50	Mitch Loly	22:10
M55	Alan Chambers	24:38
M60	Robin Bonner	19:38
W40	Jill Chambers	20:03

### 9.12.92. McGillivray

#### 400 METRES

M45	Keith Martin	58.6
M50	Peter Gare	60.0
M55	Norm Richards	69.2
M65	Alan Tyson	79.4
W45	Janet Johnson	70.9
W60	Patricia Carr	91.4

#### 3000 METRES

M40	Alan Thurlow	10:00
M40	David Reid	10:23
M45	Brian Marsland	10:21
M50	David Roberts	11:04
M50	Mitch Loly	13:07
M55	Alan Chambers	14:00
M60	David Carr	11:22
M60	Robin Bonner	11:22
M60	Brian Paxman	12:21
M60	Basil Worner	12:23
W40	Jill Chambers	11:55

#### JAVELIN

M50	Ed Carroll	30.70
M55	Bob Fergie	28.32
M60	Rob Shand	28.74
M60	David Carr	22.46
M65	Jim McMillan	27.08
M65	Alan Tyson	19.58
W60	Patricia Carr	18.26
W65	Rae McMillan	17.00

#### SHOT

M50	Ed Carroll	10.77
M55	Bob Fergie	9.00
M60	Rob Shand	8.60
M65	Jim McMillan	7.69
W60	Patricia Carr	6.83
W65	Rae McMillan	6.48